

In this Issue: Apprentices, Ministerial Roundtable, Med Students, Health Screening, Deadly Ears, NPA gets physical, Woodcarving, Peter Austin, Rangers NOT happy, Safety Training, Andiamo IV, Kasa por yarn and more



Barge arrives, York Island in the background.



Jackhammer in action.



All looks good, but..."Where is the sign?"



"We give it back in a minute."
Visiting Melbournians Ryan Rubin, Gaby Pyatigorsky, Justin Abrahams and Tamara Cornell eager to get a shot before the sign is in place.

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1st May 2010, Top of Australia tipped again



From left: Mr Mario Bond, Mr Allen Bond and Mr Cassie Mark after they put the sign in place, in the first ever picture with the new Tip sign at Cape York. The original Tip sign had mysteriously disappeared some months ago. Member for Cook, Mr Jason O'Brien and Cape Yorker magazine paid the manufacturing costs, while Skytrans donated free transportation to Bamaga. NPARC Umagico Depot welded the sign to the post and shipped it to Cape York. Coming in from the north of the country, the sign reveals little of the unspoiled wilderness beyond.

The Aboriginal name for the Tip of Cape York area is 'Panjin,' which according to Mr Rusty Williams is the name of a woman.



Image left: Someone lost their heart at Cape York, so the footings reveal on 2nd of May.

Most images courtesy: Mr Nick Kernow.

New Animal by-law

A draft of the local Animal by-law has been prepared. Mr Jim Foody, Dir of Engineering Services, "We will see that it's appropriate to the local community, and that will be presented to Council as the Animal By-laws of the NPARC in the not too distant future."

Vets in NPA

April saw a repeat visit by Dr Lauren Porter, of Katherine Vet Care, NT. No figures available at this point in time. The Vets appear to be keen polo players. There are plenty of horses and riders in the NPA, perhaps interested in the sport. The Vets will return in 2 to 3 months.

High achievers honoured

All apprentices at Bamaga Works Depot received certificates for their high level of achievements during their training.

More on page 2.

Good Ideas

Eating a healthy breakfast has many health benefits. A minimum of two fruits and five mixed vegetables, the drinking of water, as well as 30 minutes exercise daily are recommended.



Tree falls over in Bamaga, damaging a fence. Workers from NPARC Parks and Gardens cut and removed the tree.



Medical students in Bamaga

A number of medical students staying for a number of weeks elected to take part of their medical training at Bamaga Hospital. Health issues relating to the tropics and indigenous communities are new to most. For many students their stay brings valuable experiences, but also memories for a lifetime.

Mr Christoph Mueller, 20, came all the way from Medical University Vienna, Austria: "I was quite



amazed when I came here to Bamaga. There are a lot of diseases that I have never seen before. It was amazing for me to see so many cases of rheumatic fever.

In Austria that is very rare to see. I think people here like to have a good health system, and they feel very comfortable with the doctors here. It was a new experience for me to see a lot of different things."

"The differences between Vienna and Bamaga? Bamaga is a smaller community. People have to work together here. Nurses and doctors have to have more team work so that it is a good health system here. In Austria you can send many patients to a specialist, while here, the next specialist is very far away, and the doctor has to diagnose everything, and you have to do the work of a lot of utilities, because you don't have it here. For ultra sound there is no specialist here. It's different. If you want to do a CT scan, the patient has to travel a long way."

Med Students in Bamaga

Ms Natalia Murray, Newcastle: "The NPA was geographically a beautiful place to visit – it is amazing how over a few short kilometres the dry landscape of Bamaga becomes the waterfront of Seisia, or the rainforest of the Tip itself. Day trips to the Jardine River and T.I. also illustrated the natural beauty of this part of Australia."



"During my stay, I found the community to be incredibly welcoming and I appreciated the way everyone opened up their homes to me. I was lucky enough to travel to the Tip, to see the aircraft ruins, and to have some lovely home-cooked meals!"

"The hospital staff were helpful and keen to teach, and made being so far from home a lot easier. It was lovely to walk down the street and be greeted by so many friendly faces. One distinct memory I have is when Laissani saved me from a pack of dogs early one morning – it

was nice to have people looking out for each other, which I found to be one of the central values of the NPA."

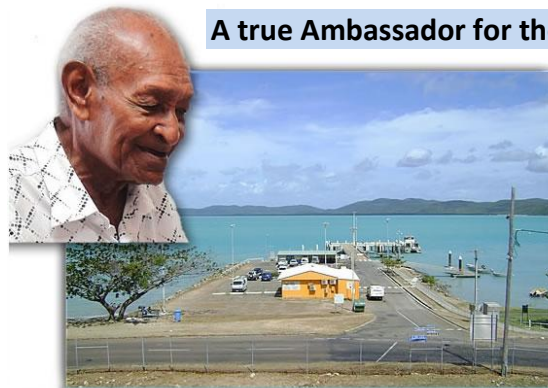
"I was lucky enough to be in town for the Ropeyarn Cup and the Cultural Festival, and it was great to see the local music and dancing talent. The Fishing Club on Friday nights was great for winding down at the end of the week and listening to some fantastic live music. It was great to visit the five community Health Centres from Injinoo to New Mapoon and gain some experience in community health care."



Mr Mick Sullivan, 3rd year student nurse. "I came to Bamaga, wanted to know more about indigenous nursing. This is a good way to get knowledge of it. I try to get my teeth into how I can possibly help a person with their health. I've been here for 5 weeks already and I'll be here another 2 weeks. For my last semester I'll be going back to PA Hospital, Brisbane. Hopefully after that, I'll be a registered nurse and hopefully I'll be able to move around Australia. Since I've done this (working in indigenous communities), it's got me wanting to do more of this. The remoteness of here is beautiful. I love it, it's great, I enjoy it. In terms of the nursing here, it's so different from Brisbane. The standards of health here are so different. The first couple of days was a real shock. People are so sick, but they are still functioning normally. People are so ill and that's a normal fact of life, in such a chronic sense (diabetes, hypertension, diet, nutrition and exercise). During the health screening we asked 'How much exercise you do?' that sort of thing. Some people say,

'My job, I exercise every day. I mow the grass.' Do you have a ride-on mower or a push mower? 'I got a ride-on mower.' So it's not really exercise. The education that people have about their health is a lot different to how medically educated people are in themselves in Brisbane. Things like how the body works and regular exercise. I'd like to say 'Thank you' to everyone for having me in their country. I'm really grateful for that, and I don't know who to go to specifically to say 'thank you.' In the meantime, I just thank everyone."

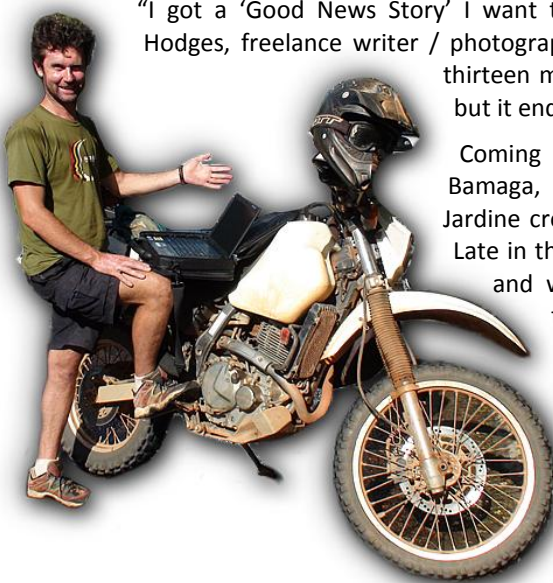
A true Ambassador for the Torres Strait



Stepping off Peddell's Ferry at Thursday Island jetty, a huge smile greets one with outstretched hands. Within a minute, Uncle Seaman Dan does what he knows best, welcoming visitors to T.I. shores, with one of his unforgettable tunes, 'Welcome to the Torres Strait.' Uncle Dan's music is played during every ferry crossing. He is loved by many, became a legend in his lifetime, and is a true ambassador to the Torres Strait. Mr Seaman Dan will be back in the NPA in June, for recording sessions with NPA talents.



Riding writer shares 'Good News Story' with readers



"I got a 'Good News Story' I want to share with the readers," says Mr Craig Hodges, freelance writer / photographer, who travelled in from Broome (WA), thirteen months on the road. "It starts off really bad, but it ends fantastic," says Mr Hodges.

Coming up from Weipa on his trail bike towards Bamaga, the bike's engine ceased, 35km south of Jardine crossing. "I thought I had major breakdowns. Late in the afternoon I packed my bags, water, food, and walked throughout the night to reach the ferry at 9am in the morning. Charles (Woosup), the manager at the ferry, from Injinoo, he kindly took me to Bamaga, and then took me to Seisia to get a hire car, to pick up my motorbike. I took my motorbike to the Top End Mechanical Repairs in Seisia, and they said, 'Oh, I think it's going to be a big job.' I thought, OK, I keep the hire car, went to the Bamaga

Resort and had a couple of drinks there, then went to the tavern and had a couple more drinks. I came back at night and realized I couldn't drive anywhere."

"When I came back, I looked at my car, midnight... someone had broken into my car, taken my laptop, my camera, and my mobile phone... I was devastated. These are the things that I need to tell stories. These are my implements to work, so this wasn't going to be a good story for Cape York. My motorbike broke down, my laptop, my camera stolen, a few other things."

"Next day I report it to the police, and the police said, 'Don't think you have much of a chance.' I've travelled to a lot of communities in Australia, and I know there are a lot of good people, and what it takes is getting a message out to the good people, who know everybody, to encourage

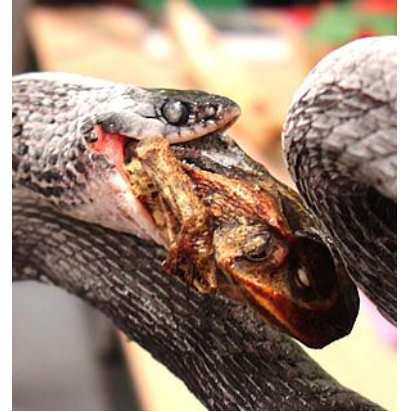
the people that have done something wrong to come around, to help out. So what I started doing is putting up notes in the bakery, in the supermarket, in the BPs, and on Saturday I went to the football (Bamaga Oval), and I asked the coach there, 'Would you mind making an announcement, in the middle of the day, to the young people, to help out, if they know anything.' Yesterday (late March) I told more people, everyone I met I told my story, 'Please, help out. Return my camera and my laptop, because I need them.' Today, I went to the police station, asked them for any news, 'No, no, no...', they said. I said I'm going to go to the radio station, and I'm going to speak to NPARC News, and maybe even Torres Strait News, to see if I can speak to more people. I was about to put up a note at the Post Office and a lady saw me and she said, 'Are you the man that lost a laptop and a camera?' "Yes." "Somebody has handed it back in. Go to the Bamaga Resort, they have information."

"I went to Bamaga Resort, I spoke to Justin there. He said 'Yes, at the BEL Office. Someone has handed it in.' I went there and couldn't believe it. My camera was there, my laptop was there. A few small things weren't there, but I was very happy. Now I want to take this good story back to the community, and say 'Thank you to Bamaga, thank you to the people from the NPA.' Thank you especially to the person who returned it. It took a lot of courage, obviously. Some people think if they hand it back they might look like the people who took it, but no, they are the good people that are helping bridge the gap." Mr Hodges left notes at local notice boards, thanking for the return of his things. To top it all off, Mr Hodges received a call from Top End Mechanical Repairs: "The bike just needed oil."



Bitten off more than it can chew?

Snakes don't chew. This venomous black snake tried to regurgitate a cane toad. The toad died from the snake's venom, the snake died from the toad's poison.



The white colouring on the snake is ice, as it is kept in the Healing Centre's freezer, Injinoo, not that it will give any of them any healing.



The toad releases its poison from glands behind the ears, and also through its skin. In Australia, 102 of the species were initially introduced to kill beetle pests in Queensland cane fields (1935).

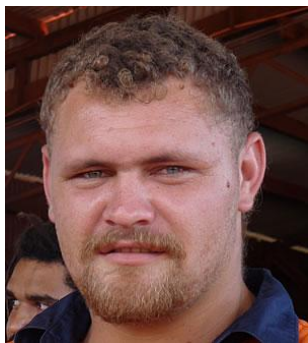


More were introduced in following years. A female cane toad can lay up to 35000 eggs, sometimes twice a year. Cane toads have hopped all the way to the Northern Territory and south to New South Wales, killing many native animals in the process, in particular snakes. ABC News (Chrissy Arthur) recently reported of China's interest to import cane toads for use in traditional medicines.



Cane Toad from Bamaga

Apprentices honoured for High Achievements



Mr Tyrone Phineasa



Mr Gaston Poi Poi



Mr Alfred Nona *, Diesel Fitter



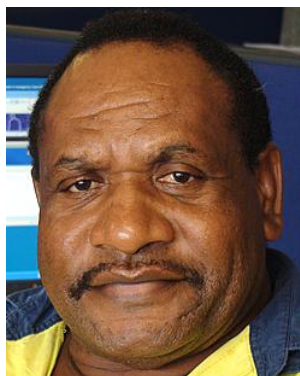
Mr Mervin Salee *, Diesel Fitter



Mr Phillip Bagie *

Apprentices at Bamaga Works Depot were honoured with certificates of high achievement in a ceremony at Bamaga in April. NPA Regional Council Mayor, Mr Joseph Elu, Mr Jim Foody, Dir of Engineering Services and Mr Anton Mariki, Workshop Manager, congratulated each of the men.

Mr Tyrone Phineasa, Mr Clinton Wasiu and Mr Michael Idai all earned High Distinction in their first year at TAFE. All are training to become Diesel Fitters. Mr Phillip Bagie, 3rd year apprentice as Diesel Fitter, achieved High Distinction in TAFE Training. Mr Gaston Poi Poi and Mr Andrew Lui jnr are 1st year apprentices as Auto Electricians. Mr Mervin Salee, Mr Alfred Nona, and Mr Dwayne Nona completed their apprenticeship training and are now fully indentured Diesel Fitter Tradesmen. All men passed with high distinction. Mr Anton Marink, Workshop Manager, thanked Mayor Elu, Mr Foody, and the parents for attending the ceremony.



Mr Andrew Lui jnr



Mr Michael Idai



Mr Dwayne Nona, *
Diesel Fitter



"If things are going right, it brings a reward," says Mr Jim Foody. "Congratulations to those involved for all your hard work. You are a beacon to others that come in behind you. You showed that you can do it."

NPA Regional Council Mayor, Mr Elu, thanked the apprentices for the hard work they carried out in making the Services work, despite the legacy Council had with bad and aged equipment, following the amalgamation. "It is a hard job, I know," said Mayor Elu, "but hopefully from now on in we are trying to get newer equipment into this place, and selling the old ones." *) A Nona, M Salee, D Nona, and P Bagie are from Injinoo.

Ministerial Round Table

"Next month we are going to have a visit from some dignitaries," says Mayor Elu at NPARC Bamaga Workshop. "They are holding the ministerial round table here (Resort), on the 12th of May. We will have two Ministers and hopefully fourteen Mayors from the Aboriginal and Torres Shires from Queensland. We will be talking about funding to make this community run. The funding the five previous Councils got (before amalgamation) was not enough for them to function. I don't know how, with an amalgamated Council, we'll use the same amount of money and make a big Council out of it."

Each meeting has a theme, Child Safety and Sports and Recreation. In addition to the 14 Mayors there will be public servants as well. Mayor Elu, "We'll have probably 30 to 35 people here." For a list of invited guests see page 13.



Mr Clinton Wasiu



NPARC Chief Executive Officer
Mr Stuart Duncan

NPA wood carving workshops



Mr Kel Williams is an Indigenous Wood Sculptor, in the NPA to pass on his extensive knowledge in the craft of woodcarving. Mr Williams, known as 'Didjeridude Kel Designs' is also a craftsman in jewellery. The logo on his business card is based on a piece of jewellery he designed, an Aboriginal Shield, featuring a boomerang, snake and a few other carvings. This and Frill Neck Lizards, Platypus and Long Neck Turtle jewellery were part

of the Saltwater Collection, Indigenous Jewellery Design in Far North Queensland.

Mr Kel Williams, an artist over 25 years, was born and bred in Cairns. He is now living south in Babinda, Qld. "I needed the space, to get away from the city. My grandfather was born on Stephen Island, and my grandmother is from Hopevale. My grandfather taught me at a very young age, wood carving, when I was about 10 years old. He didn't have any modern power tools like we have today. Everything was a handsaw, mallet, chisel and wood rasp. That's how I learned. Nowadays everything is power tools, rough it out with power tools, then finish it off with a knife, shaping, and sandpaper."

"The crocodile, we only got it this morning. It had broken off in one of the storms. I don't believe in going out and chopping off a tree, just to get the timber. I'd rather collect storm damaged pieces. That particular species of timber is Black Wattle. It's very easy to carve, especially for the young people. It is one of the best timbers to learn with for carving. It's easy for them, and they get a good feel for the timber."

"When I leave here (early April) I have an exhibition in Cairns, at UMI Arts. There are three artists involved with that. Carving is my medium, the other artist is painting, and the third artist is doing ceramics. We're all Torres Strait Islander artists, each working in a different medium."

"I have done a lot of commission work. When I get the chance I do the Port Douglas Markets (an hour north of Cairns). They are run on a Sunday. It is a tourist market. I sell boomerangs and artefacts that I make. It's very popular with the tourists."

Themes: "I carve many animals, but also the old Aboriginal hunter; he's one of my favourites. I love to carve him, his expression, his form. I love doing the other animals, to break the monotony, doing the same thing over and over."



Showing a keen interest, Artist Mr Matthew Kulla Kulla (left) and Mr Neville Reys, at the NPA Arts Centre, New Mapoon, where the workshops are held.

"Woodcarving is a therapy," says Mr Williams. "I

find it very relaxing and very therapeutic. I have nobody to hand down my knowledge to. That's why I do all the different communities in the Cape York region, just to hand out my knowledge."

One of Mr William's work (right), the image does not do it justice (a picture of a picture).

Keen interest also in Injinoo (image below), as people meet at the Healing Centre.



works will ever be put to use, be that as paddle or boomerang. Once carved the works are just too precious. Busy hands at New Mapoon Arts Centre. Mr Williams can be reached on 0447 675 066, or tel. 07-4067 5062.



Mr Kulla Kulla carved the barramundi on the paddle, which is since painted.

A croc paddle is in the rough stages, the excess material removed with a router.

It is a lot of legwork, whilst sitting down, if it's a scorpion (below right). Overall, Mr Williams visit sparked a lot of interest in the craft of woodcarving.



NPA Health Screening

continued from Issue 12

During March and April, Health Screenings were carried out in all Community Health Centres in the NPA, organized by Queensland Health. The screenings were well supported by the communities and all Health Workers on the ground put in many hours to cope with the demand.

Mrs Kylie Sagaukaz, "Primary Bamaga School resulted in about 90% screening. Injinoo juveniles aged 15 and over, a high percentage was captured. I'm pretty sure all of the kids at the Umagico and Injinoo Daycare Centres have been screened. The same with New Mapoon. The Health Workers went to the centres and did the screening there. All four communities, like Seisia, Umagico, New Mapoon and Umagico were really, really good with their adult screening percentages. Bamaga... not so good. Students at the Bamaga High School will be screened in the coming weeks (April), and there will be more adult screenings. Next week they have the 'Deadly Ears Program,' which is really big, because a lot of the children have the ear problem and are now on the Deadly Ears Program."

"Personally, myself, I think it was a success. There were a number of people referred to specialists. Some were admitted to hospital, which to me, if we had only fixed one person, that still would have been a success, that someone didn't die young. Definitely, the response from the four outer communities was wonderful. It was good to see one of the football teams (Injinoo Crocs) came one night and brought all their football guys. Also some of the older people in the community were rustling up the young ones. In Umagico, there were a lot of younger people, you know their ages, say from 17 to 25, which is really good, because it's the younger generation you really want to capture, so that we don't have this in the next generation happening like we do now."

"I think it was a success, it was great. Hopefully it can be done on a yearly basis. Just from the people that I saw when I was involved in it, had been really, really sick, and didn't know. Even 'name withheld', which had not been to a doctor in 9 years, went. That was really good. If they find these things early enough, they can be treated. Yes, OK, there are probably sometimes things that they find are irreversible, but the main thing, if they find something in someone that can be fixed, that is great, they saved a life, or prolonged that person's life, rather than cutting it short."

Deadly Ears in town: Ms Anette Smith is Nurse Unit Manager for the ENT component (Ear, Nose, Throat) for Deadly Ears, a statewide Aboriginal and Torres Strait Islander Ear Health Program (walkin' program) (Queensland Health). "There are twelve of us all up," says Ms Smith, "we've come with an ENT Consultant, an ENT Registrar, these are the two Doctors that specialize in ENT. We also bring everyone required for an operating team. We have an anesthetist, an anesthetic Registrar and an anesthetic assistant. All three are experienced in pediatric anesthetics."



"We also brought two scrub scout nurses, and we have a recovery room nurse, who specializes in pediatric (a scrub nurse is an instrument nurse, handing the instruments to the doctors during operations. A scout nurse or circulating nurse opens everything that is needed in the operating theatre). The recovery room nurse is a registered nurse. We also have a registered nurse who works in second stage recovery, in conjunction with some of the health workers from the community here. That nurse oversees their care of the patients, making sure they are educated and given discharge advice. On this trip we brought one of our Ear Health Trainees, she is an Aboriginal girl, her name is Yula. She works with Deadly Ears during her traineeship in Brisbane."

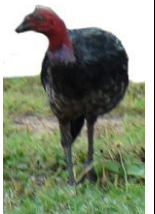
"The big thing with the community is that the children have problems with their middle ear, they are not hearing as much. There is fluid in their middle ears. There are a number of causes, but they found that there are some procedures that reduce the occurrence for them always having poor hearing. What they do is they remove adenoids, which is soft tissue at the back of the throat, which obstructs the tube that leads up to the middle ear that normally allows aeration of the middle ear. The children's adenoids tend to get infected, and that causes obstruction of the eustachian tubes, so your normal middle ear functioning is not occurring, then you get fluid buildup. They attack it from two ends. They take out the adenoids of children who have adenoid tissue, and they also make a little incision into the eardrum, and suck all the fluid and thick gunk out of the middle ear, and instill some eardrops. With the fluid gone, that will help with their hearing, and the aeration with the middle ear. How can children protect themselves? That is a huge problem. It's got to do with overcrowding and conditions that need to be addressed on another level."

Birds in the NPA



Pheasant Coucal is a cuckoo. Although the Coucal can fly, it has little sense of traffic on the road, as it appears a little cuckoo when it heads into oncoming traffic.

The local bush turkeys appear to have a better sense of judgment when getting their adrenalin fix. Most of the time they race across in front of cars, with just inches to spare.



A Scrub Eagle is keeping a sharp lookout for lizards, grass hoppers and birds. The Sea Eagle looks similar, but has whiter colouration around the upper chest.

Visitors coming via Jardine Ferry receive the Injinoo Handbook, which lists 239 birds in the surrounding area.



Deadly Ears in town (continued)

"There are ways that can help to reduce the occurrence, and that are things like nose blowing, washing face and hands, and being active."

Image left: Two-year-old Labi, Ms Tara Cowley's daughter, recovering from an ear operation.

"We are doing 16 operations while we're here. If it is a ruptured eardrum, the operations take a bit longer

and we do maybe 7 per day. With the conditions the children have up here, what happens is the pressure builds up, the fluids build up and it ruptures the eardrum. That is when they get runny ears and a hole in their eardrum. That in turn affects their hearing. It continues to fill with pus and erodes other structures in the ear, and it becomes a chronic problem. If a child has a runny ear, they need to be seen by a Doctor as soon as possible, so they can begin treatments to prevent chronic problems."

"We only operate on children, while we're here. From two years old to 16. There are also other guidelines. Some children are high risk factors, so we would not operate on them in a remote location, like here. The children we select to operate on fall within our scope of practice."



just recently finished the community screening, and there were a lot of children picked up through the screening program that needed to be reviewed. There are still a lot of outstanding children that need to be reviewed."

Deadly Ears is funded by Queensland Health and partly by private donations.



Ms Josie Nona holding Labi Cowley

Ms Smith: "It is wonderful that parents are bringing in their children when they know we are here. We need more of that. We'll be back again in October. The health workers from here will send out the appointments to the patients, to let them know. Other parents who have a concern, or have a child that has a running ear and if they don't receive an appointment, they can just bring their child along and see us. We come here twice a year. It is usually around April and end of October, early November."

Deadly Ears will come up next 18-22 October, Clinic will be Monday afternoon 2pm to 4:30pm (this one usually by appointment only), Tuesday will be 8:30am to 4:30pm

Traineeship with Deadly Ears

Ms Yula Monkland is an indigenous trainee health worker from Brisbane, working with the Deadly Ears' team.

"People here are closer to their families than they are in Brisbane.



The people here need the help of the health workers to get them to the clinics. It's harder here. In Brisbane they are told a time, and they usually come (for an appointment)."

"My traineeship is in Ear Health, but when I find a different job, it will be as a health worker. I might want to stay in 'ears', if I find that is what I want to do, I'll be a specialized health worker. This is a 12 months contract, and I started 2^{1/2} months ago. I find it very interesting. I found that today with the surgeries. It's the first time I got to travel away with the team, and to see down the ear. It's all about the surgery. It's shaped around what we do here, and it's interesting to see the different stages of what the health workers do and what ENT does, to see the inside of what the surgical team does is a very eye opening experience."

"I know that in remote communities ear issues would happen more often than in Brisbane, because of life conditions and access to health in remote communities. I was lucky to be invited to this trip and hope there will be others."

NPA gets physical

Bamaga: A day packed with **football action** (27 March) at Yusia Ginou Oval, Bamaga. Junior football teams from Thursday Islands competed against NPA teams. At 2pm the game was on to pick the representative team to play at the Foley Shield.

Foley Shield is a North Queensland rugby league competition, named after Arch Foley (member of the 1918 Townsville representative team). He and Arthur Fadden formed the North Qld Rugby League in 1919. Cape York and Torres Strait joined the competition in 2009.

The Weipa side played against NPA team. Players of the five NPA communities combined to make up the NPA team. Thursday Island and the outer islands, they played amongst themselves to select a representative team for the islands, which played against the NPA team.

Mrs Jackie Kelly, Health Education Manager, Bamaga, had a group of five going for a **walkathon**, which proved to be very popular. NPASC had a **senior cross country marathon**, with students circling several times around the blocks.

Injinoo will start Zumba fitness on a Thursday, at 1pm. "We're doing **stress and relaxation exercises**," says Ms Diane Lewis, Healing Centre Coordinator, Injinoo. **Umagico** will also have Zumba fitness as soon as a venue is found. These events are organized by the Healing Centre. **Seisia** has Zumba every Wednesday night, 7pm to 9pm, at the Fishing Club.

New Mapoon has a '**Walk it off**' program, organized by Family Resource Centre.

All communities: May is Domestic Violence month. "During May, **walks** are planned from Injinoo to Umagico, from there to Bamaga, then to New Mapoon and on to Seisia. Anyone who wants to take part will be encouraged to walk," says Ms Lewis, "but there will be vehicles for people who can't walk but want to take part in this."

During March, NPARC Events Department had an open invitation to all, with free access to Hunter's Gym and Bamaga Pool, under the banner '**Life is better when you're active.**'

"There is **swimming** at Bamaga **Pool** on Monday nights and **Yoga** at the Injinoo Healing Centre on a Tuesday night," says Ms Lewis. "The yoga is limited to five participants at the moment, as a pilot program. We will also have access to a Dietician, Physio Therapist and the Doctors. They got the five straight away, which ended up five females, but since then males have indicated an interest in the program. Jackie was limited to five, but most likely there is going to be a new intake in April."

NPA Makeover Project, sponsored by Nai Beguta Agama Corporation hosted a **Gym session** at Hunter's Gym (Apr 1st), Bamaga, for anyone interested (all communities). Ms Joyce Soki is Project Facilitator.

Expecting a baby...

"If you are pregnant come and see us early," says Ms Faith Bassett, midwife at Bamaga Hospital. "The earlier people can come, the better. Even if you're not pregnant but thinking of having a baby, come in, to get some advice on issues that can affect your health and that of the unborn. For the health of the baby it is important to stop drinking and smoking, and there are dietary issues as well."

child's eye
a two-way mirror
reflecting some
absorbing all
all that goes in
comes out,
as sorrow
or as shine



May is Domestic Violence Month

Ross River Fever

Several cases of Ross River Fever were diagnosed in the NPA during April. One of our doctors has become a patient also.



Specialists coming to NPA:

Apr / May / Jun

Bamaga Hospital and Community PHCC

28 Apr	Chest Clinic, Thoracic Team, CBH, Bamaga Hospital
17-20 May	EYES, Dr Gary Brian, Thursday Island Hospital & OT
17 May	Dietician, Dr Marissa Arnot, Bamaga PHCC, 3 days
18 May	Endocrine Clinic, Dr Ashim Sinha, Bamaga PHCC
16 Jun	General Physician/Paediatric/OT, Dr Heazlewood, Dr Marshall & Team
28-30 Jun	Dermatology Clinic, Dr Rob Miller
21 Jun	Optometrist, Eyedentity, Injinoo PHCC
22 Jun	Optometrist, Eyedentity, Umagico PHCC
23 Jun	Optometrist, Eyedentity, Bamaga PHCC
24 Jun	Optometrist, Eyedentity, Bamaga PHCC
25 Jun	Optometrist, Eyedentity, Seisia PHCC

Shipboard Safety Training

"Elements of shipboard safety are a prerequisite for Coxswains training," says Mr David Macilwain, Marine Trainer for Tropical North Queensland, at Bamaga TAFE during training sessions. That hopefully will be scheduled June/July this year. We have Rangers, a couple of guys from Jardine Ferry, one participant from Peddells, and James is from across T.I. We do life-raft, flare training, fire fighting training, both, in theory and practice.

Coxswains training: To safely operate a vessel up to 12m in length for trading and 15m in length for fishing.



A day earlier the group had a practical training session at Bamaga Pool with the life raft. Identification and safe handling and operation of day and night emergency flares were also part of the training.



Firefighting training, being able to select the right extinguisher for the job and the proper handling, all form part of the sessions. EPIRBs, life rafts, life rings, life jackets, and many more issues relevant to safe boating were covered.

Did you know... In 1964 the last nomadic Aboriginal tribe in Australia living in complete isolation from modern society was found. Recently aired on ABC1 was the raw footage of the encounter between the Native Patrol Officers and a group of Martu women. Accompanying the women were children, who walked out from the nomadic existence. The story told of Yuwali, then a 17-year-old girl and now 62, who recalls the experience with the viewers of that moment on the 24th September 1964. (Article courtesy of Karlea Scott, Murri Mail)

NPA communities becoming **powersavvy**

BE SMART WITH POWER

Do you want to know which appliances use the most power in your house? Do you know what simple things you can do every day that can really cut your power usage, and save you money? Do you know how to clean your air conditioner filters so they work efficiently? These are some of the things Ergon Energy's powersavvy field officers Ms Wendy Phineasa and Ms Leoni Lippitt will be talking about as they do their rounds in the NPA.

powersavvy is a Queensland first project being run by Ergon Energy to show people how they can use less power and save on their power bills. It will also cut down on the amount of diesel that has to be burned in the Bamaga power station and therefore reduce greenhouse gas emissions.

Noticeable in their bright green shirts and broad-brimmed hats, Ms Phineasa and Ms Lippitt have started work in Seisia community first, but will visit all five communities in turn over the rest of the year. The team will be knocking on doors and inviting residents to make a time for a free home energy consultation, which takes about an hour and covers all areas of energy usage in the home from keeping cool to using appliances.

Ms Leoni Lippitt (left), and Ms Wendy Phineasa.

Project manager, Mr Grant Behrendorff,

"We show people how to set their air conditioners on the most energy-efficient setting as well as clean and maintain the filters so they get the best possible cooling performance. We are also providing practical help by installing water-efficient shower heads to help reduce water heating costs, and replacing old-style light bulbs with energy-efficient compact fluorescent bulbs."

The field officers also help people develop an energy action plan for their household, which identifies new energy habits people have decided to adopt. Mr Behrendorff, "Residents who had so far had a consultation were surprised at some of the small, everyday things that could make a big difference to their power bills."

The home energy consultations are one part of the wider powersavvy program, which aims to reduce energy use in commercial business premises, government buildings and homes, and therefore reduce the need to burn diesel fuel to generate electricity, and produce greenhouse gases in those communities powered by diesel-fuelled power stations.

"We are also working with the businesses in the area to review their energy use and provide advice on what they can do to reduce their power bills, and some of them can make fairly substantial savings," said Mr Behrendorff. If it is successful powersavvy may be extended to more of the 33 mainland and island isolated communities where Ergon Energy provides power via diesel-fuelled power stations.

For further information contact: Communications Manager, Ms Gaylene Whenmouth, Ph. 4080 4979 or 0418 502 891.

(Article and image courtesy Ms Gaylene Whenmouth)



Bus Timetable for Injinoo and Umagico

AM	
7:55	Injinoo Seniors (Moses Close)
8:00	Injinoo Seniors (Mimi Close)
8:05	Injinoo Seniors (Tamwoy St bottom)
8:10	Injinoo Seniors (Tamwoy St top)
8:20	Drop Injinoo at Seniors Campus
8:25	Umagico Seniors
8:30	Drop Umagico at Seniors Campus
8:40	Umagico Juniors (to Injinoo)
8:45	Drop Umagico at Injinoo
8:50	Umagico Juniors (to Bamaga)
8:55	Drop Umagico at Bamaga
PM	
3:05	Umagico Juniors from Injinoo
3:10	Drop Juniors at Umagico
3:15	Umagico Juniors from Bamaga
3:20	Drop Juniors at Umagico
3:30	Umagico Seniors from Seniors Campus
3:35	Drop Seniors at Umagico
3:40	Injinoo Seniors from Seniors Campus
3:50	Drop Seniors at Injinoo

Road shut to Jardine Ferry

The road to Jardine Ferry is temporarily cut (March / April), being upgraded.



Mr Nick Kernow (Dep of Engineering): "We're getting concrete pipes from Brisbane, \$45 grand worth. Gravel is on the boat. As soon as it gets here, the boys will be out there. It'll be a couple of weeks."

Funding for this comes from 'Flood Damage.' Use the road to Cairns to get around (comes off the road to the airport). The road to Muttee Head is also undergoing works.



Ferry Services



Jardine River Ferry underwent a major service in mid April, requiring it to suspend services for a couple of days.

Turf Pallets donated

'Tropical Lawns' donated six pallets of turf to replace the ones which were inadvertently damaged during their journey. The turf is used at Umagico oval. Established in 1989, Tropical Lawns has branched into the sports-field and erosion control market some time ago. They are located 30 minutes south of Cairns. "SeaSwift will bring up those pallets for free," says Mr Nick Kernow, NPARC Engineering Services. The irrigation issue for Injinoo oval is still on the table.

Garbage buildup

Mr Nick Kernow: "The old garbage dump needs to be covered and the other dump needs a bund wall. A bund wall is a wall that goes around four sides. The clay floor is compacted, so that none of the liquids can get through that layer. The garbage is put into this cell and is regularly compacted with a layer of soil over the top of it. In the low corner of that cell is a pump that will spray the liquid back over the garbage, filtering through it, and helping it to rust or get rotten, to decompose. That is the way a cell is supposed to work. Each day a layer is spread over the top of it, with every 200 to 300mm a thin layer of soil. In the morning you can scrape off as much soil as you can and rebuild. The current cell is full."

THE ABORIGINAL AND TORRES STRAIT ISLANDER COMMEMORATIVE CEREMONY: A ceremony held after the ANZAC Day Dawn Service at the Aboriginal Memorial plaque on the side of Mount Ainslie, to remember those Indigenous Australians who have served in the Australian Forces since 1901. Hosted by members of the Aboriginal and Torres Strait Islander Veterans and Services Association Australia (ATSIVSAA), as an Indigenous Veterans Advocacy group, it is open to all members of the public. **When:** Sunday, 25 April 2010, 6:30am **Where:** Mount Ainslie, Canberra Nature Park. For more information, contact Gary Oakley on gary.oakley@awm.gov.au (Article courtesy of Karlea Scott, Murri Mail)

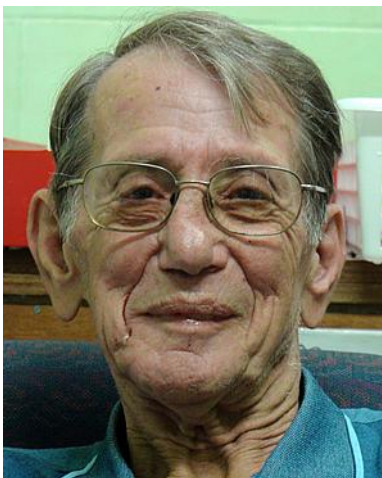
"I have Mum living next door now"

In the voice of an elder: **Mr Peter Austin, Umagico**

"I've been living up here in Umagico for the last 18 years. I've been taken in by Mum Wilson, Abby Wilson. She said to me, 'I like you to adopt me as your Mum.' I said, 'I love that.' She's younger than me. Abby wanted me as a son, so I became as a son to her. All the others in her family accepted me as part of the family. I like it up here, and I wouldn't live anywhere else. Before I came up here I was at Doomadgee, I went there to the government store. Before that I lived in Cairns. Here they call me granddad or uncle. Even people who are not family call me uncle. It seems I am respected as an elder, and I accept that."

"People from Alau came from the mission of Lockhart River and Port Stewart. They had to leave Lockhart because they were forced to leave (by the government). Why? I don't know. I have no idea. They have no idea. Abby Wilson was one of them. She has no idea. She goes back (to Lockhart) now and again. I would say Umagico has 30% Aborigine and 70% Islanders living here. The people of Mapoon had been relocated because they burned old Mapoon down, and then they found out they were terribly wrong. Now slowly they go back again. They didn't mine the actual Mapoon site. It has a peculiar history; the government has a lot to answer for. The Lockhart people came here in 1965. Abby lived in Injinoo and then she came here, also Angela Navia came here from Injinoo."

"I came here to run the store, which was bought from IBIS. It was then at the previous place (image right). We did well there (Mr Austin became manager when the store was bought). Our turnover was \$1,054,000 in the first year. In the second year we generated enough money to build this (the current Umagico Supermarket, image below, left). We ran out of space in the old



one. For IBIS it was just a convenience store, for milk and bread, and we build it up. Umagico bought it from IBIS for \$55,000. I'm retired now but I still do some administration work at the supermarket. I'm 75 years old now, and I was retired, but they asked me

to come back. In 1963 I started working for Esso Standard Oil and I started working with computers, which was the old 360. I have been here ever since and I like it, as I said before. I enjoy the community."

"The difference between aboriginal life and white people's life is like chalk and cheese. Family pressures are much stronger here..., I don't know if it ever was... in my time, even in the white world, extended family pressure and caring. There is a tremendous caring in the family, and even in the community. If something goes wrong, the whole community comes in."

"With the old store, there are so many things; it was Sports & Recreation at one stage and who knows whatever else. At the moment it's just a shed, they may as well take it away. I don't know why they don't just demolish it."

About the future: "Unless they get economic development here there is no change, they will be welfare dependant, which is very bad for the youths. I can't see any different. The CEO tells me that they have an economic plan. I haven't seen it yet, but I would be very surprised if anything concrete came out of it, because it would take a lot of money, an awful lot of money. I don't know what they have investigated. I would say they'd had to investigate aqua culture, which is something that can be done very easily her. We had the Market Garden in here, but AQIS (Australian Quarantine and Inspection Service) wouldn't allow us to send it to the Torres Strait. We could only supply local, the NPA. So that fell by the wayside, because it wasn't sustainable. It was something to do, but not sustainable business."

"We had tourism, well, in the last couple of years it has slackened off a bit. You won't get tourism here in big numbers until we have an all weather road. I wish we had it for supplies. That is a bit of a problem, supplies. We only have one boat a week, at the moment."

"I have mum living next door now. I'm part of the whole community, the whole NPA knows me. My son (from down south) said, 'what is your address, dad?' I said, 'just put Peter Austin, NPA, 4876, that'll do,' and he said, 'You're kidding?' I said, 'No, it'll come straight through.' These are five communities, but I'm as well known in Seisia as I am here."

"I have 60 grandchildren. Not all live here, some live in Lockhart, but the ones that live here come to me, 'Granddad, can I have \$2 for an ice block?' So now I make ice blocks myself, it's cheaper, otherwise I have to keep all my change because the kids come. And they all bring two or three friends."

"My hope is that they get economic development that they give something to the kids to look forward to. Aqua culture, more tourism, better roads, in and out, so that people can come here whenever they have holidays, because in the Wet Season you can't get here. In the Wet the roads get cut at Coen, Archer River, Wenlock, even though they have a bridge, but the bridge isn't big enough. We have the ferry at the Jardine, so we don't have any problems there. Housing should be improved. There are still too many people per house, overcrowding. Health is an issue and so is diet. The kids eat much too much chocolate and sugar. The kids thrown themselves on the floor and they scream, and mum will buy it. Discipline is not very good."

Tourist Season about to start

Torres Strait Island Regional Council and NPA Regional Council will be attending NSW Caravan, Camping, and 4Wheel Drive Supershow, at Rosehill, Sydney, 17-25 April, stand 314, and the Caravan show in Brisbane. This joint effort is to attract tourism to the very far north. It is supported by local businesses. In excess of 70,000 visitors are expected to attend the shows. The Brisbane show will get underway in June. But why wait 'til June. The roads are most likely open early May.



"Thought of the Month"**How lucky I am**

A week away from his 50th wedding anniversary, a group of friends decided to take their friend, an old fellow, to an early 50th surprise party. They walked into this hotel with lots of people who were doing a fashion show. In the middle of the show a group of beautiful half dressed middle aged women paraded on the catwalk with their bikinis. The crowd shouted and clapped, while the friends started making comments about the ladies on the catwalk.

The leader of the pack asked their friend, the old fellow, "Which of those women on the catwalk would you exchange for your old worn out slave?"

Their friend with tears in his eyes said "The 7th one from the front, he said with a smile." His friends were astonished. They asked, "Why did you pick her?" Still smiling but with tears in his eyes he said, "From the front she is an angel, from the back she is a resemblance of my mother when she walks."

"But why the 7th one instead of any of the other 20 girls?" asked the leader, then this is what the (old fellow) friend said:

"The seventh one has all the specifications I want from a woman. She must be washable, but not made of plastic, have more than 200 moving parts, she must be able to embrace several kids at the same time, give a hug that can heal anything from a bruised knee, to a broken heart. She can cure herself when sick, and she can work 18 hours a day. She is soft but yet she is strong, she can endure and overcome all difficulties, while she can think and can reason and negotiate, but yet she has a tear in her eyes."

Leader of the pack asked, "What is the tear for?" "Her tears are ways of expressing grief, her doubts, her love, her loneliness, her suffering and her pride. She holds happiness, love, strength and opinions. She smiles when feeling like screaming, she sings when she feels like crying, she cries when she feels happy and laughs when she is afraid. She fights for what she believes in, she stands up against injustice, she doesn't take 'NO' for an answer, she gives herself, so her family can thrive, and her love is unconditional."

"She cries when her kids are victorious, she is happy when her friends do well, she is glad when she hears of a birth of a wedding. Her heart is broken when a next of kin or a friend dies, but she finds the strength to get on with life. She knows that a kiss and a hug can heal a broken heart."

Finally the old fellow said, "I find only one thing wrong with that women," then the group stopped all that they were doing and looked straight at his eyes. With tears running down his ageing face he said, "She forgets what she is worth, and I need to remind myself what a lucky man I am."

It was then that the group introduced the 7th women on the cat walk. She was the women the old fellow knew for 50 years. The old fellow realized what they have done and told his friends, "I picked her 50 years ago, and I have picked her again today and I will pick her in the next life. The old fellow asked them this question: "How many of you will do what I have done on your 50th anniversary?"

Anton Marinko

May is Domestic Violence Month

Rangers NOT happy

Some people may have mistaken the dirt track just past Bamaga cemetery as a public rubbish dump. One finds debris, sheet metal pieces, wooden pallets, a turtle shell, and fly infested putrid smelling flippers.



The area has become a risk to local wildlife and the environment. The flies can carry serious illness to the nearby community. Residents are asked to use the official garbage dump (located between Umagico and Injinoo) to dispose of such items.



Preamble to the Constitution of Queensland

A Bill was passed by Queensland Parliament to insert a preamble to the Constitution of Queensland, to acknowledge Aboriginal and Torres Strait Islander peoples and the achievements of people from diverse backgrounds.

The people of Queensland, free and equal citizens of Australia... honour the Aboriginal peoples and Torres Strait Islander peoples, the First Australians, whose lands, winds and waters we all now share; and pay tribute to their unique values, and their ancient and enduring cultures, which deepen and enrich the life of our community; and determine to protect our unique environment; and acknowledge the achievements of our forebears, coming from many backgrounds, who together faced and overcame adversity and injustice, and whose efforts bequeathed to us, and future generations, a realistic opportunity to strive for social harmony.

Date of Assent: 25 February 2010, Department of Communities, Queensland Government.

Motivational walk

An afternoon motivational walk is planned for Injinoo (end of April), from Injinoo Servo to Injinoo Lookout. NPA Makeover Project 2010 is organizing this event, to encourage any interested people to get active and live a healthy lifestyle at all times.

Ms Joyce Soki is the project facilitator. Thirty minutes a day walking can make a difference.

Sunshine in the Rain Season, floating candles, Seisia sunsets and... honeymoon

Seisia Holiday Park prepares for the arrival of the 'Honeymooners.' The bamboo gate is in place, the 'Welcome' sign swings in the breeze. Decorations wrap around the railings. The table is set, red bloom and floating candles.



The fire-extinguisher disguised in adorning colours. The bedroom decorated, the bed-head glowing in red lights, the bedside table framed in red candles, the

palm leaf cushions the glasses, chocolate delights lay in wait.

Mr and Mrs Taylor chose Seisia to celebrate this special time, their honeymoon. Daughter Phoebe (below, right) relaxes at the sandy Seisia Beach. Mrs Brenda and Mr Shaun Taylor, congratulations. (Images with Newlyweds, courtesy Ms Megan Taylor).



Mr Rupeni offers the 'welcome' drink.



Sports Strapping

Department of Communities, Sport and Recreation Services are conducting a Sports Strapping Workshop, presented by Sports Medicine Australia. The Workshop is held at New Mapoon Community Hall (end of April). Course participants will learn basic techniques of taping a thumb, finger and ankle for the prevention of sports injuries. The program is aimed at all sporting participants. An Elastoplast StrapSmart Certificate will be issued to participants. The workshop is free, light refreshments provided. More info on how to become active: www.sportrec.qld.gov.au

Competitions

NPA Family and Community Services are having a 'Best Smile' competition for 0 month to 3 year old children.

10 May: Injinoo Healing Centre;

11 May: Umagico RTC Centre;

12 May: Seisia Beach Front, near Council;

13 May: New Mapoon Council building;

14 May: Bamaga Resort;

Times: 10am to noon, 3pm to 5pm.

Gab Titui Indigenous Art Award 2010

Various disciplines, entries close 15 June, see notice boards.

NPARC Chief Executive Officer
Mr Stuart Duncan

Andiamo IV



The 'Andiamo IV' is a 13m catamaran, anchored off Seisia Beach since before Christmas 2009. The skipper, owner and builder is 74 year young Mr John Macey, a retired engineer, with a great sense of humour. The cat is a Crowther Design #226, designed by the late Lock Crowther, Sydney. Crowther Multihull has since become Incat Crowther, the largest marine design company in the Southern Hemisphere. Being an engineer, Mr Macey always finds ways of improving the vessel. There is one engine aboard that drives two hydraulic motors, one located in each of the hulls, to drive the propeller. Mr Macey, now

living what he missed out on in his twenties, has travelled from Melbourne to the Philippines (5000+ miles), cruised around Philippine waters to sail down to Seisia (1500+ miles).

During a storm in 2009, the boat became stuck on a Turtle Island Reef due to a slipping anchor. It caused severe damage to both of the propeller shafts, the rudders and centreboard.

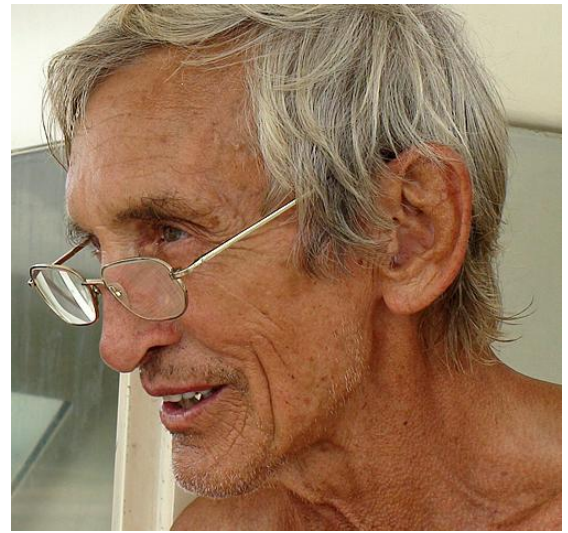
With the help of another sailor the vessel was dragged off the reef at high tide. The boat made it to Seisia. The following weeks, one could hear hammering from the beached vessel. One of the rudders is repaired, as is one of the prop shafts. Mr Macey feels the vessel is sufficiently seaworthy to sail to Cairns, where it will be hauled out of the water to make permanent repairs.



Mr Macey is currently (March) looking for a crew, offering a free trip to Cairns. What of the future? "I'm going to study Nuclear Physics, Micro Biology, and Astronomy. In there I think is what life is all about," says John Macey. But first he will reunite with his wife in Melbourne.

Andiamo IV (Italian for 'we go') is the registered name for the vessel. Mr Macey

was going to name her 'Secret Mens Business,' but that name had already been taken.



Mr Macey is looking for one or two people (over 18, male or female), easy going but responsible, no hang-ups but absolutely no drugs. "Sailing experience would be great, but not necessary. I will teach all you need to know during the voyage south. Financially I don't pay you as crew and you don't pay me to sail my boat. We share the cost of food and I pay all boat expenses. Buy your own cigs, alcohol, soft drinks and personal needs," says Mr Macey. He set sail early April.



Left: Testing the jib before departing for the long tack south.

Ministerial Roundtable

continued

The ministerial round table at Bamaga will be attended by: Minister for Local Government and Aboriginal and Torres Strait Islander Partnerships, Hon Desley Boyle, MP; Minister for Child Safety and Minister for Sport, Hon Phil Reeves, MP; Member for Cook, Mr Jason O'Brien, MP; Director-General, Department of Communities, Ms Linda Apelt; Deputy Director-General, Department of Communities, Mr Ron Weatherall; Several additional Department of Communities Representative, TBA; Director Indigenous Policy, Department of Infrastructure and Planning, Mr Max Barrie; Deputy Director-General, Sport and Recreation Services, Department of Communities, Mr Robert Moore; Queensland State Manager, Department of Families, Housing, Community Services and Indigenous Affairs, Mr Kevin Keith;

Senior Executive Manager, Indigenous Coordination Centre, Mr Michael Fordham; Chief Executive Officer, Queensland Police Citizen's Youth Welfare Association, Mr Rob Fiedler; TSIRC and Torres Shire are also invited, and Mayor, Pormpuraaw Aboriginal Shire Council, Cr Richard Tarpencha; Mayor, Woorabinda Aboriginal Shire Council, Cr Roderick Tobane; Mayor, Wujal Wujal Aboriginal Shire Council, Cr Desmond Tayley; Mayor, Yarrabah Aboriginal Shire Council, Cr Percy Neal; Mayor, Aurukun Shire Council, Cr Neville Pootchemunka; Mayor, Cherbourg Aboriginal Shire Council, Cr Sammy Murray; Mayor, Doomadgee Aboriginal Shire Council, Cr Fredrick O'Keefe; Mayor, Hope Vale Aboriginal Shire Council, Cr Greg McLean; Mayor, Kowanyama Aboriginal Shire Council, Cr Thomas Hudson; Mayor, Lockhart River Aboriginal Shire Council, Cr Rodney Accoom; Mayor, Mapoon Aboriginal Shire Council, Cr Peter Guivarra; Mayor, Mornington Shire Council, Cr Cecil Goodman; Mayor, Napranum Aboriginal Shire Council, Cr Roy Chevathen; Mayor, Palm Island Aboriginal Shire Council, Cr Alfred Lacey, including the CEOs for each of the Shire Councils.

Kasa por yarn (just having a chat)

unfolding drama on air ... 4MW ... 11am or 9pm

Bamaga Family Resource Centre launches **Kas por yarn**, a radio drama in local language initiated by Torres and NPA Youth and Relationships Network groups (YARN). The twelve episode drama is being aired over the next 12 weeks on 4MW to Torres Islands and NPA areas.



Ms Heather Robertson (left), Cairns Public Health Unit, Queensland Health: "Queensland Health has been working with the Bamaga Family Resource Centre to do a local radio play, about local characters with local storylines, and particularly about boys and girls in relationships. Today we are launching it, and tomorrow it goes on 4MW, at 11am and 9pm, every day for the next 12 weeks. It is a 12 episode radio play. Every week will be a new episode. The play talks about relationships. One of the storylines is of a 14-year-old girl, and there is a boy a bit older than her at school that is trying to hook up with her, sending her text messages, asking her to parties, trying her to get to drink alcohol. It's the sort of

things a lot of young girls face, that peer pressure to grow up. By looking at how she deals with the pressures, and talks to her sisters and talks to her best friends about it, we hope that people will talk to their friends about the same sort of pressures that they deal with. There are other storylines about older characters as well."

Mr Simon Luckhurst is the writer of this play: "The story is centred around 14-year-old Elise (played by Ms Rhian Phineasa, top right), and her relationship with her best friend Lindy, and the boy that likes her, Jason. But it is also set very strongly within her family. So we meet her brother, her elder sister, and her sister's fiancé, and her father. What stories come out of them being a family, and what sort of secrets they have as well. As the twelve episodes grow, we start learning more and more things about these people. We had auditions here in last November before we recorded the play. A lot of talented people emerged. It was a very hard decision to choose."

Mr Aaron Fa'aoso (plays the character of Billy), "It is quite funny how I came on board. I actually tendered for the job. Simon Luckhurst, because of his experience in the field of radio playwriting, was successful in getting the job. They put me on as a key creative as well, and also as a script

consultant, and one of the voices. This production I feel has been absolutely great in terms of the way Health has now moved, in this kind of genre and form. It's a bit out of a box to your normal health promotion projects. This is the first time they actually tried to do this. I guess it's more of a 'guinea pig' format, but I think it's going to be quite successful. Why? Because it was the input from the local community that will make this successful, because of the language and the content, and also the consultation that took part in putting this production together. Also the issues that came out in the drama series come from the research in the community. The issues that my people are going through in the ages between 15 and 35. My character's name is 'Billy.' I am the eldest son (in the play) that is returning back to the island. I've been away for a little bit. I've come back for my mother's tombstone. (It is a local custom to keep a tombstone covered until the 'unveiling of the tombstone' ceremony is performed). I've got something that I want to reveal to the family. There are kind of two reasons why I'm coming back, one is my mother's tombstone, two, to tell my family something really important. I have been away and not been in contact with my family. My father and family are a bit upset, why I hadn't been in contact. There are reasons behind it, which is yet to



be revealed."

Tune in to find out, 4MW 11am or 9pm. The drama was recorded at Thursday Island Primary School.

The group: Rhian Phineasa (Elise), Talei Elu (Lindy), Mary Mills (Gretel), Maudesta Bowie (Cindy), Aaron Fa'aoso (Billy), Jimmy Bani (Harry), Charles Passi (Peter, the dad), Danny Bani (Jayson), Aaron Tamwoy (narration), Patrick Mau (composer), Heather Robertson (producer), Nigel Pegrum (sound engineer), Simon Luckhurst (Author). More info on: www.kasaporyarn.com

An animated film is currently in production in Cairns, aimed to spread the safe sex message to Queensland's Aboriginal and Torres Strait Islander communities. Mr Aaron Fa'aoso is the voice of animated superhero 'Condoman' in this production.





as conjoined twins,
one leaning,
as if to guard
its sibling's south
to give it space,
to nurse its growth
clearing the way to light

The force of Life

towards the east
both greet the day
in illustrious show of splendour,
a sight of strength,
of reaching loft,
both equal, blend as one

few see twin's pain,
which from the west,
scorched cores,
mere shells at best,
each maimed, despite,
time grants no rest,
whilst force of life is feeding



and thus, all living's quest a must
unfold the gifts it's given,
bring honour to what's there to craft
shine glorious its deed

This tree is located between
Bamaga and New Mapoon.

Monday, 12th April, 2010,
one of the twins fell
across the road.



Preventing Suicide

The Dr Edward Koch Foundation in partnership with CAPE PCYC (NPA) is conducting Life Suicide Awareness & Prevention Skills Workshops in the NPA over the next two years. Their aim is to train locals in recognising the early signs of suicidal thoughts.

Ms Bird, "The Koch Foundation was set up 14 years ago for the health and wellbeing of north Queenslanders. We do a lot of public health work, but the main focus is suicide prevention, because up here in North Queensland



and in Far North Queensland in particular, we have a high incidence of suicide. The Life Workshop was developed after cyclone Larry and cyclone Monica, and we saw the need to develop a workshop that told people about the warning signs, what to look for. Clues to detect those warning signs, and how to deal with it once you realise that a person is at risk of suicide. That can be a very basic intervention, or it can simply be a knowing what resources are available, where to get those resources, who to turn to and to ring. We had the most fabulous community flowchart, and one has been designed specifically for the NPA area. In it are three columns, and that are phone numbers that are specific to the NPA area. For the next two years we'll be coming to Bamaga. We are also all counsellors and are available for counsel support."

Image, from left: Ms Marilyn Anderson, trainer with the Life Workshops, Ms Dulcie Bird, executive officer of the Dr Edward Koch foundation, Ms Swaran Austin, intern psychologist.

Ms Anderson: "Suicide is a permanent solution to a temporary problem, but while people are in that so called 'temporary problem', it's all consuming and they can't see anything else. That is where friends, family, community members become very very valuable,



to keep that person safe. Because they might hear things that the person would say, little throw away lines, like, 'I don't want to be here anymore,' or noticing that they are giving away their valuables, or not eating very well, or staying in their room a lot and not coming out to join the family for dinner, or not going out with their friends. So that's where the more people trained in looking at those, or appreciating those invitations to talk, the better. So that is where we're coming from. The workshops help prepare people to recognise those signs."

Ms Austin, "So many people tell us after a suicide, 'If only I had seen that this was the reason why such 'n such had them.' You

know, it's all very well in hindsight. It would be nice if we could recognise those signs, because 80% of people do give out warning signs." More on: <http://www.suicidepreventionfnq.org.au/> and <http://www.kochfoundation.org.au>

Next free Life Workshop: Wed 19 May, at the Seisia Council Chambers, 1 - 4pm, and on Wed 23 June, at Bamaga, Venue TBA. All interested people, call Dr Edward Koch Foundation on **4031 0145**, ask for Marilyn Anderson.

Funding by Department of Health and Aging (Australian Federal Government), which funded CAPE PCYC, CAPE Indigenous Business Unit.

Suicide Help Lines:

In an emergency, say this:

I am, from, I have a person who is at high risk of suicide." Then ring from the following numbers:

Ambulance: 000

Police Emergency: 000

Bamaga Hospital: 4069 3156

Bamaga Hospital

(Emergency only): 4069 3166

Mobile phones with no coverage: 112

Bamaga Health Care Clinic: 4069 3200

Soewell Program Bamaga: 4069 3200

Acute Care Team (ACT),

Weekdays 8am - 10pm:

Cairns: 4050 3100

Weekends/Public Holidays 10am-6pm

Cairns: 4050 6333

Outside of the above times, phone

Cairns Base Hospital on 4050 6333

and ask for Psych Registrar on call.

Child and Youth Mental Health (under 18), Weekdays:

8:30a - 4:30pm, other times as per

ACT, Cairns: 4081 7888

Thursday Island: 4069 0400

Bamaga Fam Res Centre: 4069 3555

24 hour referral services:

Dads in distress: 1300 853 437

Domestic Violence/

Crisis Helpline: 1800 811 811

Family Drug Support: 1300 368 186

Hope Line: 1300 467 354

Kids Helpline: 1800 551 800

Lifeline Australia: 131 114

Salvo Care Line: 1300 363 622

Veterans Counselling: 1800 011 046

Women's Shelter Asscn: 4069 3020

Child & Youth Mental Health,

Thursday Island: 4069 0400

Crisis Help: 0400 697 645

Elder Abuse Helpline: 1300 651 192

Healthy Lifestyle: 4083 0170

Life Suicide Bereavement Helpline

(9:30am - 4:30pm): 0439 722 266

Men's Telephone

Counselling Service: 1800 600 636

NPA Healing Centre: 4069 3811

Parent Line: 1300 301 300

Queensland Association for

Healthy Communities: 1800 177 434

YETI: 4051 4927

Youth Link: 4031 6179

Dr Edward Koch Foundation and the

FNQ Suicide Prevention Taskforce

Enquiries: 07 4031 0145

