

# NPA NEWS



## **Pest and Weeds Under Scrutiny**

DAFF Biosecurity Plant  
Survey. Pg 13

## **Let's Jump in the Pool**

Lifesaving, First Aid  
and Learn to Swim  
Training. Pg 6

## **Fears for Jardine Turtle**

Search for rare species, native  
to Jardine River area. Pg 5

## **Getting home safe**

Know how much you are  
drinking. Pg 18

## **NPA NAIDOC Celebrations**

Celebrating our diversity. pg 9-10

# 50<sup>th</sup> ISSUE

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# Celebrating 50 Issues...

Nearly 4 years to the day since NPARC launched the first issue of NPARC Newsletter, we now publish our 50th Issue of NPA News. Growing from a 4 page publication that covered council and community news, 49 issues later, we now have a 20 page community and council newsletter, with distribution Australia wide. That's something to be proud of, NPA... people across Australia are hanging out to hear what's happening in our little corner of the world.

Over the past 4 years we've had some extraordinary events and news has come from our little tip of paradise, looking back through the years; last year the NPA was the first North QLD region to celebrate Seniors Week and Grandparents Day and new hunting permits were instated in our region. In 2011 Round 20 of the Intrust Super Cup was held at Bamaga Yusia Ginou Oval (Souths Logan Magpies vs Northern Pride) and work started on the now well known New Mapoon All Abilities Playground. In 2010 the TSI dance group Ariu Panipan travelled to China to perform at the World Arts Expo and Red Dust Country Radio (91.9 FM) was launched in the NPA, in 2009 a recording studio opened at Bamaga Campus and campground opened at Somerset.

Each year we have seen another group of youths graduate from school and pursue careers, we've seen new homes built, talents found in our Talent Quests, cars sunk in the notorious Mud Rally, local artists hold their first exhibition, NPA Rangers Commended for their work in land Management and use of iTracker. NPARC is looking forward to many more years sharing our stories in the NPA News!

Pictured (Left Column): Community photos from 2009- '11, courtesy of Media Officer Heinz Ross. Below: NPA News gets some Visual design help from the kids at Seisia IKC







(Left) Gordon Solomon and George Mamoose display Laura Dance Festival Trophy won by Injinoo dance Troupe in 2009 (Right) Injinoo Dancers open World Music Expo (Melbourne) in 2009.



NAIDOC March through Injinoo, 2009

## The Signs, they are a'changin....

An ongoing saga featured throughout the pages of NPA News Issues, the tale behind the current sign marking the Northernmost point of the Australian Continent is one of a community stretching Australia-wide.

When the sign at the tip disappeared in 2009, all that stood to mark the spot was a license plate and hand written cardboard sign.

In 2010, member for Cook Jason O'Brien donated a new sign (with funding support from Skytrans and Cape Yorker magazine) to NPARC and the new sign was erected, but within months, the sea breeze and rain had corroded the words.

Meanwhile, a group of friends in Sydney were planning their journey North, and on hearing of the disappearing sign, they set out to tip the state with a sign of their own.

The friends created their new sign by hand, not knowing of the recently erected sign, or it's need of replacement. On their arrival, NPARC gave permission for them to erect their new sign and remove the old. Their sign stands to this day.



Elder Mr Edmond Aniba (Seisia) makes an Island Drum, 2009



Shipboard Safety Training, 2010



(Above) Bitumen Seal on Runway, 2010

(Below) Airport Emergency Plan Testing, 2009



Images courtesy of Media Officer Heinz Ross (2009-11), featured in NPA News Issues 1-21.







## Welcome to the team...

We would like to welcome Joseph Elu back to the NPARC family. This month, Councillor Elu was sworn in as Elected Representative for Division 5, Seisia Community.

Cr Elu said he looks forward to working with Enterprises to help see speedy divestment to community ownership.

As CEO of Seisia Enterprises and Chairperson for the Torres Strait Regional Authority TSRA, Cr Elu brings a vast knowledge of government and regional to his new role.

Early this month, Cr Elu was welcomed to his position by NPA Mayor and Councillors, NPARC CEO and former Councillor for Seisia, Mr Ben Gebadi.



## Farewell

This month we also say a sad farewell to a valued member of our Finance Team, Moses Tabuai. Moses joined the NPARC team earlier this year to take on finance training, and he quickly became known for his ever present smile and dedication.

Always happy to help out, NPARC HR say it is a shame to see him leave, and welcome him back any time. Moses leaves us now due to family commitments, and we wish him the best in his future endeavors.

Unfortunately Moses had to leave before we could grab a happy snap, but his smiling face will be remembered in the office.



It's been a long wet season here in the NPA, so we will be welcoming back the return of the sunshine with this year's mini-show *Fun in the Sun!*

The mini-show will be running from Thursday 8th August—Friday 9th August, held at Umagico Community Hall.

Gates open Thursday 8th at 5:30pm, followed by novelty and traditional games, BBQ cook up and 2013 Talent Quest Heats.

Gates open on NPA Show Day (Fri 9th August) at 10am, with the day set to bring mini sporting events; basketball (3 a'side), volleyball (4 a'side) and touch (7 a'side), live entertainment, traditional dancing and the 2013 Talent Quest finals.

Gate entry is free for all ages. Buses will be running to all communities. For more information, contact NPARC Events on 4069 3388.





## Welcome to Country

A thick and sweet smelling curtain of smoke rose from the shouldering green leaves, the rusted container resting upon the red earth. Injinoo Elder Bethina McDonnell spoke in her native tongue, welcoming the visitors to their land in good spirit.

This month, Injinoo Elders, Apudthama lands Traditional Owners and Rangers performed a smoking ceremony to welcome visiting Environmental Scientists to the region.

The scientists were to travel to country with Apudthama Rangers, making base camp on Angkamuthi country just South of the Jardine River, to conduct in-field data collection.

Sandra Woosup, Injinoo IKC Coordinator and Traditional Owner (Angkamuthi Clan), said the smoking ceremony is an important tradition to officially welcome visitors to the region, so they will have safe travel through their land.

"For our people, we use smoking ceremonies for many reasons," Sandra said, "it can be used for healing on adults or children, for removing bad spirits or spirits of the deceased from a home, for welcomes or anything where we want to send away the bad and bring in the good."

Many Aboriginal and Indigenous cultures worldwide perform similar ceremonies, using smoke to cleanse and bring good favour.

"All Aboriginal Cultures share similar practices," Sandra explained, "but we each have our own details which are unique to us. When babies would be born in the bush many years ago, they would dig a hole to smoke the leaved in, and the elders would sit around the hole and pass the baby through the smoke. It would bring good health and strength to the child."

Sandra remembers performing her first smoking ceremony at a Ranger Conference held in Injinoo at the age of 19, being taught the tradition by her father, the late Snowy Woosup.

"I would always sit with my dad, and he would teach us," Sandra said, "if there is one thing I would say to the younger generations of today, it would be to spend time with our elders, listen to them and learn, you never know what secret they will tell you while you yarn with them. Our culture and language never left us, it's still there, just under the surface."

The smoking ceremony was performed by Injinoo Elders Aka Kiku (Bethina McDonnell), Mama Cid (Cecilia Ropeyarn), Uncle Shorty (Meun Lifu), Awa Roy McDonnell, Aunt Sandra Woosup and NPA Rangers.







## Concerns for the Jardine Painted Turtle

As dark storm clouds swelled and cold rain peppered their jackets, a collection of visiting environmental scientists are escorted by Apudthama Rangers, deep into areas of swampland adjacent to the Jardine River to check the traps set the night before. They were looking for a rare species of freshwater turtle, known to have inhabited areas of the Jardine, but with no sightings recorded in recent years, fears are growing for the future of the species.

In 2009, concerns were raised in a report, stating only eight individuals of the Jardine Painted Turtle had been verifiably collected in 35 years. Unfortunately, during the week long camp this month, there were still no sightings of the turtle. A team of Environmental Scientists visited the region to work alongside NPA Apudthama Rangers to set traps for the turtle, and monitor areas of the bush in hopes of sighting the turtle, in what they called *Operation Carpentaria*.

"The fact that we didn't trap any freshwater turtles at all could mean a number of things," said Environmental Scientist Brian Benham, "It is concerning there were no turtles found in the area, it could possibly indicate that numbers of all fresh water turtles have dropped in this area. It could be due to predation by feral pigs, which will eat the eggs and adult animals, as well as destroy the swamp areas, which is the turtle's habitat. However, it could simply mean that we are in the wrong area, using the wrong bait or there is something wrong with the traps, it just means we have to keep looking."

Feral pigs are known to prey upon sea turtle nests, digging up eggs and eating young as they hatch. They are also known to prey upon adult and young freshwater turtles. Besides eating the animal itself, feral pigs activity in swamp areas can destroy the ecosystem, as they eat roots and grubs, the swap water balance is disturbed and the plants are unable to regrow at the rate necessary to sustain the ecosystem. This can effect a number of other plants and animals living in the swamp areas as well.

The Operation Carpentaria scientists said they learned a lot from the Rangers and by talking to some locals before heading out to their camp, based at the mouth of the Jardine River. After describing the species to a few people, they were told there have been sightings of the turtle in the Jardine area, in the dark areas of the swamp. Building upon this knowledge and the results of the last trapping attempt in 2009, the team used using sardines as bait and setting the traps further into the swamps.

However, despite their attempts, they were still unsuccessful in locating the species. Apudthama Ranger Coordinator Warren Strevens said the Rangers will continue to try and locate the turtle, monitor the swamp habitat and try to reduce numbers of feral pigs in the area. During the week camp, the Operation Carpentaria team and NPA Rangers were able to record information on other species present in the area and prepare for their month long turtle monitoring camp.



Pictured Left: Jardine River Painted Turtle, Photo courtesy of K. Ohlenhut), ACTFR Report 2009.

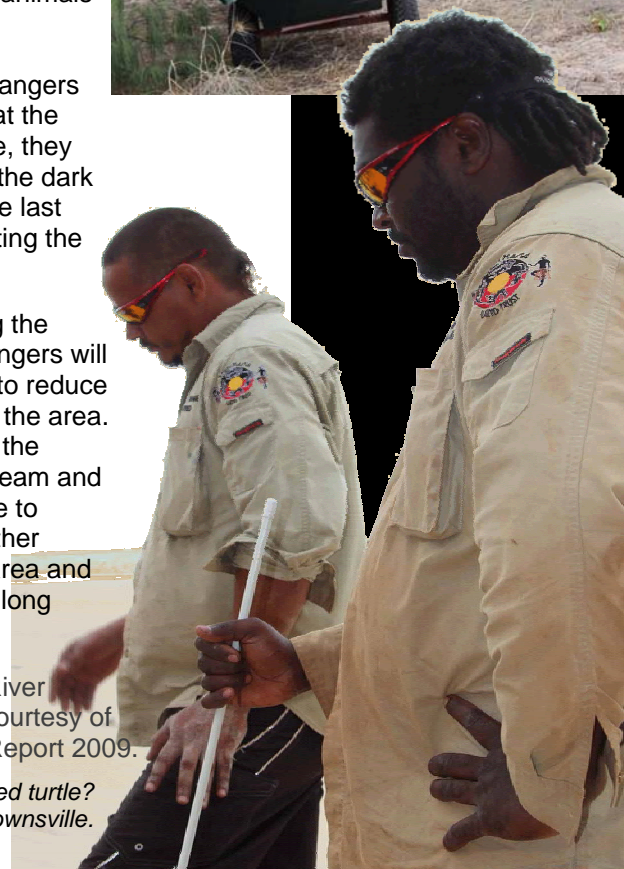






Image kindly provided by Oz Swim Aquatics

## Swim Instructors and Lifesaving

It just got a whole lot safer to dive into Bamaga Pool, with almost 20 NPA residents trained in swim instructing, competitive strokes and lifesaving this month.

With blue lips and frozen limbs, course participants braved the chilly water and bitter winds to learn basic lifesaving and resuscitation skills (completing Bronze Medallion in Life Saving), how to teach babies and toddlers to swim and how to teach competitive strokes.

In the NPA we have limited access to learn to swim classes, with short training sessions previously held by CY AFL's Kids Living Safer Lives program.

A small number of participants learned how to teach babies and toddlers to swim, with many more turning out for the competitive strokes course. Nearly 20 completed their Bronze Medallion, learning to safely recover a person from the water and basic resuscitation if necessary.

Swimming, diving and fishing is an important part of life in our communities, so teaching our kids to swim and tread water is a great way to keep them safe around water.

Water safety isn't just for the pool, but for the home (baths/ toilets) and the bush (ponds/ creeks) as well, so make sure your children know how to survive.

Thank you to Oz Swim instructors Eve Fraser and Viki Kendrick for presenting the training and courses, and to all participants who completed their training.



## First Aid and CPR Training

First Aid describes the very first medical assistance given to a casualty. This might range from a bee sting or grazed knees to bandaging a broken bone or administering CPR.

This month Oz Swim trainer Eve Fraser held courses in CPR and First aid, training nearly 50 NPA residents in how to administer first aid in a range of situations and perform CPR.

The courses focused on building first aid skills for use in remote areas, with minimal medical supplies. This may be used in the school yard if a child has an allergic reaction or breaks a bone in an accident, it may be used out camping until the patient can be taken to hospital, or any other time when first aid care is needed.

In some cases, first aid is all that is needed, however in most serious incidents, further medical care will be required.

One thing to consider is that diabetes is very common in our communities, and if not properly managed can be dangerous for sufferers. Make sure you and your children know what to do in the case of a hypo (low blood sugar) or hyper (high blood sugar).

Remember to always make sure that you and any bystanders are safe, before administering first aid, or you may end up with more people hurt!

First aid techniques are constantly being revised and updated depending of new research and medical knowledge, so it's important to update your First Aid training each year.

## Congratulations to Local Talent

"No matter where you are in the world, you will hear the beat of the drums through the Torres Strait, and they will call you home," said NPA Artist Vincent Babia.

His artwork *Island Drum* was recently entered into an exhibition at Gab Titui Cultural Centre and gallery on Thursday Island, where he was highly commended for his outstanding artwork.

The acrylic on canvas artwork utilises a contemporary style of painting with acrylic and water, reflecting the modern era of story telling and the link between Islander people and the Sea.





## Biosecurity Top Watch at the Front line

Providing the first line of detection and defence against exotic pests and diseases can mean getting down and dirty every once in a while; including monthly cattle bleeds carried out at Seisia Meat Works.

Once each month, fourteen cattle fight their way along a familiar walk to the squeeze crush, where they are restrained for a quick blood sample and then released again to the field.

Assisted by NPA Rangers, Biosecurity Officers Jimmy Bond and Eric Cottis take two small samples from each beast; sending one to Animal Health (Geelong) and the other to Berrimah Veterinary Laboratories (NT).

Here the samples are each tested for a range of diseases or abnormalities, giving us a head start on any diseases that may have been introduced to the region.

“We check for a wide range of livestock diseases, for example; Foot and Mouth, Japanese Encephalitis, Surra or Blue Tongue,” said Biosecurity Top Watch Officer Jimmy Bond, who is responsible for taking the samples from each beast.

“We engage the local rangers in a fee for service arrangement, where they help us once a month with the bleed and at the same time, light trapping for mosquitos and sand flies, because most of these diseases can be transferred by mosquitos.”

Engaging NPA Rangers services in the monthly bleeds and insect trapping not only helps get the job done, but also assists in Ranger Land Management.

“It helps keep [biosecurity] fresh in our minds,” said NPA Ranger Coordinator Warren Strevens, “we are always looking for visible signs plant or animal pests, including disease, but the blood checks can help to catch a disease before we can even see visible signs in the animal.”

Each twelve months, the cattle are changed over for a fresh group of fourteen, who will be bled monthly to continue Biosecurity Top Watch in the region. Seisia is just one of 5 sites across Northern Australia where cattle are bled for testing, with regular bleeds carried out in Yorke Downs, Darwin, Weipa and Broome as well.

Pictured: NPA Rangers Erra Bond, Trevor Lifu Jnr and stockman Ned Motlop assist Quarantine Officers Jimmy Bond and Eric Cottis with the monthly cattle bleed at Seisia Meat works.





## Fee Free ATM Service Trials

There are two ATM machines in our region where you can check your balance or make a withdrawal **free of charge**: New Mapoon General Store and Umagico supermarket.

The Australian Government and Australian Banking Association are working together to Provide ATM services free of charge to remote communities across Australia for a five year trial.

The trial comes as a result of the findings made in a report compiled by the ATM Taskforce, that showed that the behavior surrounding ATM use is different in remote area communities to urban areas.

It was found that in remote areas, ATMs were more commonly used for checking balances or withdrawing small amounts at a time. In some cases, users could run up to \$60 in fees just from checking their balances.

The Australian Banking Association and a collection of participating banks have implemented the five year trial from July 2012. You are eligible to use the ATM service free of charge if using one of the nominated machines and if you belong to a participating bank.

Participating Banks: ANZ, BOQ, BankSA, Bank of Melbourne, BankWest, Bendigo & Adelaide Bank, Citibank, Commonwealth Bank, HSBC, ING Direct, ME Bank, NAB, St George, Suncorp and Westpac.

In NPA, nominated ATM machines are located at New Mapoon General Store and Umagico Supermarket. The ATM should display a screen message identifying it as a free ATM.

If you feel you have been unfairly charged for an ATM service, you can contact iCan on 1300 369 878.

## Customs Assist in Local Searches

Our local QLD Police Service was this month assisted by Australian Customs Services in conducting searches for illicit material in the region.

Australian Customs Services Dog Handler Megan Robb travelled to the region, with her dog Wallace, to assist in searches with local Police.

"We conducted searches for drugs and alcohol on the arriving and departing ferries at Seisia Wharf, and again at the Airport," said Senior Sergeant Antoni Lesic. "During the week, we also conducted some searches of private residencies, based on gathered police intelligence."

For maximum impact, the timing of the operation was focused on a time of heavy traffic in and out of the region, being tourist season and the week after the Badu Footy Comp (July 8th).

NPA Airport Manager Ben Poulton said the searches conducted were fast and efficient, causing no disturbance to regular services.

"They searched all passengers on and off the flight along with all the off loaded luggage and freight," Mr Poulton said, "if there was anything suspicious they would have found it."

"We don't often get the chance to use the dogs up here," Senior Sergeant Lesic said, "it makes conducting searches more efficient, as we are able to locate concealed or residual substances."

The regionally conducted searches resulted in one person charged for possession of restricted alcohol and firearms.

Senior Sergeant Lesic said the results of the searches will also be used to generate local intelligence for Police, and may be used in further investigations.

Police intend to continue conducting searches within the region, depending on intelligence available.

"We hope to have an opportunity to work with Customs Dog handlers up here in the future, but we will continue to conduct our own searches within the region in the man time," Senior Sergeant Lesic said.

If you would like to report information of a crime you can either contact our local Police service, or alternatively call or log on to Crime Stoppers.

Crime Stoppers are now offering cash rewards for valuable information. [qld.crimestoppers.com](http://qld.crimestoppers.com) or 1800 333 000







### Where it all started....

The roots of NAIDOC celebrations date back as early as the 1920s, with a boycott of Australia Day. Indigenous groups refused to celebrate the nation on the anniversary of what they called the invasion of European settlers.

Their protests were widely unrecognized until 1938, when protestors marched through the streets of Sydney on Australia Day, giving voice to their formerly silent protests. They called the movement the Day Of Mourning.

For fifteen years following, the Day of Mourning was held each year on the Sunday before Australia Day, eventually earning the name 'Aborigines Day'.

After a few years, it was agreed that Aborigines Day should be more than a day of mourning, but a national day of celebration for Aboriginal Culture. From here, it was then decided there should be a week of celebrations, which would be organised by the National Aboriginal Celebration Organizing Committee (NADOC).

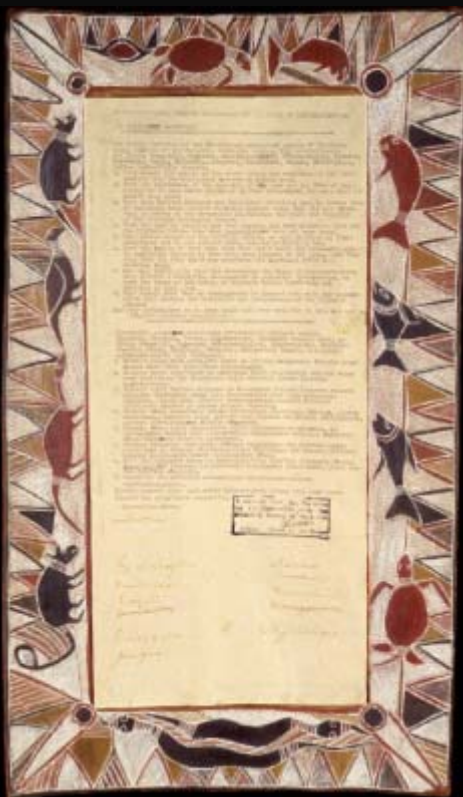
In 1991, with a growing awareness of the distinct cultural histories of Aboriginal and Torres Strait Islander peoples, NADOC was expanded to recognise Torres Strait Islander people and culture. With this, NAIDOC was created.

This year celebrations were held across the NPA, showcasing our diverse cultural mix and strength of the many Indigenous cultures that call NPA home.

Thank you to all organisers, dancers, community members and supporting organisations who helped celebrate at the Nai Beguta Agama Aboriginal Corporation New Mapoon Childcare, NPARC celebrations at Umagico Hall and NPA College celebrations at Injinoo Campus.

Our regional celebrations showed the strength and culture of our communities with true NPA Style.





### What are the Yirrkala Bark Petitions?

This year, NAIDOC celebrates the 50th anniversary of the presentation of the Yirrkala Bark Petitions to the Federal Parliament.

In 1963, the Yolngu people of Eastern Arnhem Land presented petitions to the Federal Parliament, to protest against mining activity being carried out without Traditional Owner consent.

These petitions were significant not only in the fact they were fighting to have Indigenous and ties and traditional ownership recognised, but also because they were the first petitions to combine traditional bark painting and typed text on paper. The petitions combined English and Gumatj languages in typed text, bordered by traditional paintings on bark paper.

The fusion of English legal documents with Indigenous lore (through the messages represented in the bordering artwork) showed that there were two systems of governance at play within our nation, and the Yolngu people were acknowledging both equally in their petitions.

Though the initial appeals of the Yolngu people were unsuccessful, their case had brought to light the

inability of Australian Law at that time to recognise Indigenous ties to the land. They had proved that through their Traditional Lore, they had ties and rights to the land at stake, though under Australian Law, and they had none. This did not settle the issue of the mining, but it did show the need for a revision of Australian Law, to recognise traditional ownership and ties to country, leading to many more Land Right cases to follow.

In 1967 a referendum was held, which resulted in 90% of Australians voting in favour of Indigenous rights. Years later, in 1992, the High Court of Australia ruled in favour of Eddie Koiki Mabo to reject the doctrine stating Australia was 'terra nullius' at the time of European Settlement, and acknowledge the Traditional Owners of Murray island.

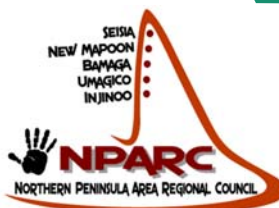
This year we head into an election, and hope to hear a date set for a referendum to acknowledge Indigenous Australian's as Traditional Owners in our constitution.



**Did you know the first Act to give power to Native Title Claims was the Northern Territory Aboriginal Land Rights Act 1976. This Act recognises Indigenous Australian's rights to land and sets up processes for them to win back traditional land through Land Councils and to manage resources. The Act is seen as the first attempt by an Australian government to legally recognise the Aboriginal system of land ownership and put into law the concept of 'inalienable freehold title'.**



**Australian Government**





# NPA College

## Education for everyone



It's been a busy month for NPA College, with NAIDOC Celebrations held at Injinoo, a visit from DAFF Plant Health Tam to Bamaga Campus, school Sports Carnival, car washes to fund raise for the year 9 Camp and much more.

This month NPA College was also shortlisted for the 2013 Premier's Awards, in the category for Excellence in Leadership. The Award recognises business and organisations across Australia who have shown excellence in the field of Leadership.

"Just to be nominated, and shortlisted is an achievement we should be proud of," said NPA College Principal Ken MacLean.

Another pat on the back to our local college, after the success of the recent QIECC meeting held this month in partnership with the NPA Education Committee.

"The delegates were very impressed with what they saw when they were here," Principal MacLean said, "and their feedback from their visits to classrooms was extremely positive. As the group reports directly to Minister Langbrook, the visit is very important as it provides another opportunity for him to understand what great work is happening at our College."





## Healthy Ears for Better Learning

Injinoo Campus are leading the way for in-class hearing modules in the NPA. Ear disease and hearing problems are common issue in our communities, and indigenous communities around the world. As indigenous children can be less susceptible to the pain of ear infections or ear disease, they are sometimes undiagnosed.

Ear disease and ear infections can damage the child's hearing, making it hard for them to understand or follow instructions.

"It can seem as if the child is misbehaving or being ruse," said Injinoo primary teacher Gaye Lovelock, "but they might just not be able to hear you."

This year, several classes at Injinoo Primary school completed a 5 week Healthy Hearing module, covering awareness on how to keep your ears healthy, how to recognise an unhealthy ear and improve classroom environment for better hearing.

"We trialed the module here at Injinoo, and it's been such a success that we are looking into implementing across the other campuses," said Injinoo Primary Teacher Daniel Hollis. "We've actually seen a higher number of students recognizing a problem with their hearing and following up by going to the doctor and getting it treated."

The module looked at general ear health and protection of hearing. The students created their own posters with messages for healthy hearing and learned about the workings of an ear.

"We've been looking at the anatomy [make up] of the ear, and how hearing works," said Mrs Lovelock, "using medical lingo in everyday classroom, and we've noticed the kids will pick it up really quickly and are able to use the lingo too! They have really enjoyed that type of learning."

NPA College have been working with Speech Pathologist Claire Salter from the Deadly Ears Program to help bring articulated teaching techniques into the classroom and help develop the Healthy Hearing Program implemented this year.



"Claire was really excited when she saw what the kids have been up to," said Injinoo primary Campus Principal Trish Blackman, "they hadn't seen this sort of program used so successfully in the school environment before."



NPA College classrooms also utilize an electronic sound field system which amplifies the teacher's voice, through a microphone necklace (inset above).

The sound field allows the teachers voice to be heard evenly from all areas of the room, no matter where they are standing, or which way they are facing. For children with hearing difficulties, this gives them the best chance of hearing within the classroom.

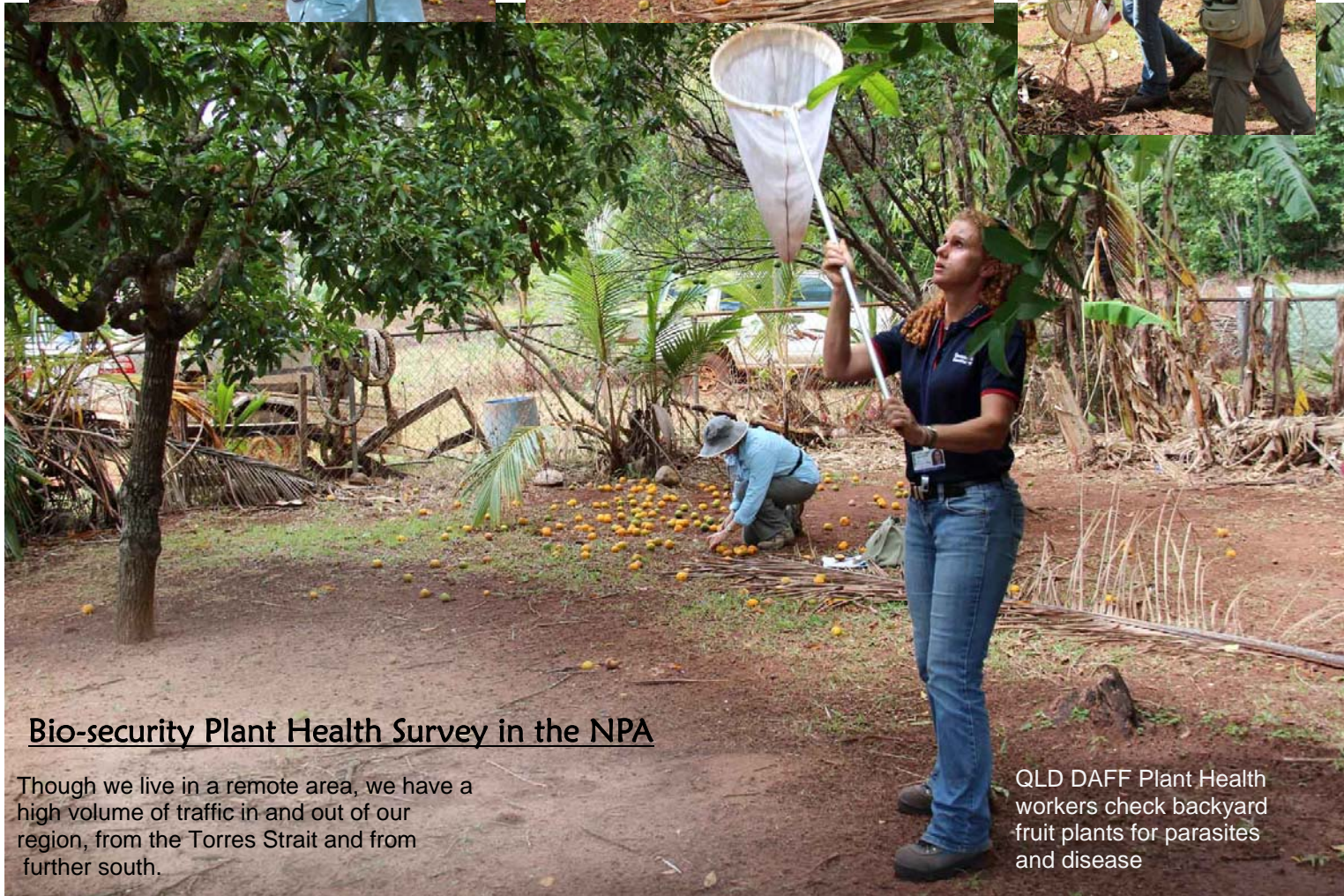
"It's great for the students, and for the teachers as well, because we can be heard, but do not have to raise our voice," Mrs Lovelock explained "There is also a mute button, so we can speak one on one with a student if necessary. For explicit teaching, where we are continually repeating instructions and learning tools, this is a lifesaver."

"In our school, in any given day, there might be half of the class who are having trouble hearing," Principal Blackman explained. "Ear health can change from day to day, so it is important that our classrooms are set up to give our students the best chance at hearing, and learning."

You can get your children's or your ears checked at Bamaga Hospital, it won't take very long at all and it isn't painful.







## Bio-security Plant Health Survey in the NPA

Though we live in a remote area, we have a high volume of traffic in and out of our region, from the Torres Strait and from further south.

QLD DAFF Plant Health workers check backyard fruit plants for parasites and disease

For Bio-security, this means that our plants may be exposed to pests and diseases from these areas.

This month, four Bio-security Officers from QLD Department of Fisheries and Forestry (DAFF) visited the area to conduct a plant health survey.

The team started surveying along the Peninsula Development Road on their way up, and continued to survey plants in our communities.

"We are looking for backyards with lots of fruit trees when we conduct our surveys," said Senior DAFF Plant Health Scientist Ceri Pearce, "we are particularly concerned about the possibility of finding Black Sigatoka, which is a disease that affects the leaves of banana plants."

The team were surveying to detect the presence of known pests as well as check for signs of new pests or diseases.

The Red Banded Mango Caterpillar is a pest known to have been present in the area for over four years, you may have seen it in mango fruit from the region.

The caterpillar burrows into the mango and eats the seed. If you've ever opened a mango to find what looks like black mud inside, you've probably stumbled across the home of a Red Banded Mango Caterpillar.

The pest could devastate commercial mango crops further south if it spread, which is why DAFF Bio-security Officers ask that no mangos are transported from the NPA.

Sometimes you cannot see the pests or disease that may be present in plants, animals or produce so it's important to get materials passed by DAFF Officers before transporting.







NPARC Caprtenters Edmond Ober and Wilfred Bowie make new concrete curbing for Seisia Wharf renovations



Seisia Boatramp



Seisia Wharf



## Operations Department Facilities Maintenance

NPARC Operations have been busy this month, maintaining a number of public services, including maintenance of Injinoo— Jardine and Pajinka roads, the Seisia public boat ramp, Seisia Wharf and Jardine Ferry service.

Urgent work has been undertaken on the Northern leg of the Peninsula Development Road (Injinoo—Jardine crossing) with re-sheeting of approximately 6km of the 30km already completed.

“This will improve the durability of the road’s running surface,” said NPARC Operations Executive Manager James Ware.

Work on the Northern Peninsula Development Road was undertaken by a team consisting of the NPARC road gang, NPA Earthmoving Yuisa, Robs Earthmoving, Ichirru earthmoving and Remote Area Civil Earthmoving (RACE), who worked quickly together to achieve timely and efficient results.

The team have also recently commenced work on an upgrade to the Pajinka Road. Work will begin over the next few weeks, with a resurfacing of the road to improve running surface.

Last month upgrade and maintenance work began on the Seisia Public Boat Ramp, with preliminary leveling of the underlying surface and straitening of the ramp.

This month, leveling and repositioning of the mat were completed and RACE also installed bollards to minimise future maintenance requirements along the edges of the boat ramp, and improve sustainability of the public facility.

New concrete curbing has been made to replace damaged curbing and railings are being replaced at Seisia Wharf.

“NPARC Boilermaker and Carpentry workshop teams have combined to reinstate all the handrails on the Jetty,” said NPARC Operations Executive Manager James Ware of the work completed late July, “and will be doing the same removing damaged curbs and replacing them with new ones over the next couple of weeks.”

Maintenance and upgrades have continued on the Jardine Ferry, with Ferry staff, Light Vehicle, Small engines and Boilermaker workshop and NPARC road gangs combining efforts to tighten the main cable, and undertake servicing on all of the running gear.







NPA Touch Comp, July 2013

## Coming up in Sports

August 2013 is set to be another great month in local sports, with Volley Ball competitions kicking off, Basketball Summer Season starting and NPA Touch competition continuing.

### Touch Football Winter Competition:

8th July - 9th October Mondays & Wednesday night's 6:30PM - 8:30PM

### NPA Volleyball Competition:

2nd August - 15th November Friday night's 6:30PM - 9PM

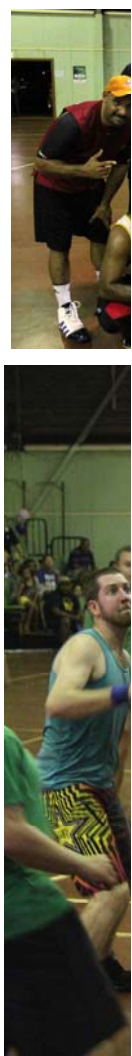
For more information on Touch Footy or Volleyball, contact CY PCYC on 4069 3657.

This month we saw some deadly sports stars in the continuing rounds of Touch Footy comp, and saw the NPA Hoops season draw to a close. Congratulations to all teams who made it to the Hoops Grand Final this month, and to all players competing in sports through the season.

NPA BA's Kaz Sagigi said last year, his hopes for the NPA Hoops competitions was to see the benefits of sports in our communities; team work, healthy lifestyle and community spirit. It's safe to say that these benefits have reached our communities, from players and refs to supporters.

Thank you to NPA BA,, CY PCYC, NPARC Community Services and all players, supporters and spectators.

**Winter Grand Final Scores: Alley Oops vs GONSKI: 36-24  
Hornets vs West End Gurlz: 15- 13**



***NPA Basketball Grand Finals***





"NPA Hoops runs on the dedication of players and volunteers", says Chairperson Kaz Sagigi, congratulating players Aaron Tamwoy and Sonya on their great sportsmanship and teamwork throughout the season.

Meet NPA Hoops players Aaron Tamwoy and Sonya Panuel, telling us why they play the game. Aaron started playing basketball in his early schooling years in Brisbane, going on to play at regional and state level by the time he reached grade 12.

Aaron has been active in the NPA Hoops Competitions since their beginnings last year; not only as a player, but also a ref and coach. "It's definitely building into something else, compared to how it started," Aaron said, of the ever popular competition. "Now whenever you pass the community courts, you see youths there practicing, and most of the community turns out to support the games."

"I'd encourage anyone to join in if they want to play," Aaron said, "the nest season is starting soon, so it's a good time to join."

The *Alley Oops* player recently competed in the season grand final, seeing his team take home first place in the competition.

Sonya also started playing basketball for a bit of fun while at school, but now that she is older, she said she continues to play for her health.

"It's a really enjoyable sport," she said, "it's a great game to keep fit and have fun at the same time."

"It's great to see such a huge interest in the sport now, with the NPA Hoops Competitions, and hopefully soon we can extend to include younger age groups too," Sonya said. "My eldest two are really keen to play too, now that they've seen us playing and getting behind the sport."

Previously a member of the *New Mapoon Cool Cats*, Sonya this season joins the *Top End Cruisers*. She encourages anyone interested to come down and sign on to play or support the games.

"I'd like to thank the organisers and volunteers for making this happen, and also the referees and other teams," Sonya said.







## NPA Menshed Welcomes New Coordinator

It was a natural transition into coordinator of NPA Menshed for Clifford Wasiu this month.

"I've always been the kind of person that men feel comfortable talking to, they can bring their problems to me and know I will help them out," Clifford said.

"It can be hard for men to talk about problems they might be having, they feel that men aren't allowed to talk about these things, but I want to see our men standing up to help themselves through their problems. That's what I'm here for," he said.

A builder by trade, Clifford has also been heavily involved in cultural practices, as a dance

choreographer and mentor, gardener and making cultural items.

"Clifford has been working with me to help mentor the Berlibal dance troupe for years," said Jesse Sagaukaz, former NPA Menshed Coordinator.

"I'm really confident that Clifford will be able to take the reins and continue to provide a service to the area through Menshed," he said.

Clifford said he has already spoken to many mens groups in the region, discussing what they feel is needed to support men in the NPA and what projects they would like to see through Menshed.



## Healthy Lifestyles Means No Boundaries!

Live well, stay well, play well and you can achieve anything you set your mind to.

This month members of the Gold Coast Suns AFL Team paid a visit to NPA College Campuses to promote healthy lifestyles through the No Boundaries Program.

The players and staff met with students at Injinoo (pictured) and Bamaga Campuses, learning what tips our kids have for staying healthy, and sharing some of their own as well!

NPA Students told the players you have to drink lots of water, eat fruit and veggies and do exercise everyday to stay healthy.

They shared their favourite kinds of exercise and no surprise, footy was way up there, alongside swimming, bike riding and many more.

With a healthy lifestyle you can keep your mind, body and spirit well, the players said, so remember: *Live Well, Play Well, Stay Well!*

\*Images kindly supplied by Roger Bartlett





## No such thing as a 'Good Drink Driver'

Have you ever got behind the wheel after drinking? Your friends ask you if you are '*alright to drive*' and you reassure them you've '*only had a few*' or it's ok, you are a '*good drink driver*'.

What could go wrong after all?

- A) Yes, you might make it home... but more likely
- B) You might loose control of your car swerving a horse on the road and crash.
- C) You might hit someone else- maybe some one's child- and kill yourself or them.

So, you make it to the car, slide into the seat and turn the key. You double check behind you, taking extra care of each movement you make, knowing full well that your responses and actions aren't up to speed after drinking.

Some times you make it, and after the first time it's easier to convince yourself for the next time, and the time after- but drink or drug driving is *never* a good idea.

When you've had a few, you aren't thinking of the injury you will cause to yourself and others by driving under the influence. You are more likely to misjudge your speed, corners or position on the road. You might hit someone on a bike, someone walking or in another car.

Think of that the next time you think of driving home after a few. It only takes a few drinks to impair your sight, reaction time and judgement.

When you feel yourself 'spark', you are actually feeling the alcohol having an effect on your body and brain. Alcohol is a kind of depressant, like ganja. You become more relaxed, you don't think things through and you don't take notice of your surroundings or self. Not really the frame of mind you want for someone cruising around the community in a metal box on wheels.

"Alcohol is a depressant drug, which means it slows down the functioning of the central nervous system, including brain activity," said NPA ATODS worker Jade De Bruyn. "It can impair your vision, reduce reaction time, concentration and make you feel more confident, which could lead to life threatening risk taking."

Drink Driving research conducted in Australia shows that blowing over 0.05 (the legal limit) typically doubled the chance of being in a crash with a casualty or death.

Your best bet to get home safely is to not drink at all if you are going to drive, or have someone who is a designated driver, who won't drink and can drive you all home. Otherwise, ask to stay at a friend's house, or at the house of the party, until you are able to drive the next day. Be sure to keep count of your drinks as well, as you might still be over the limit when you wake up in the morning! The only way to get rid of the alcohol in your body is to let your liver and kidneys filter the blood clean.

Having a sleep, a coffee, something to eat or a cold shower might make you *feel* a little more fresh, but you are probably still over the limit if you've had a few.

"Our bodies need time to remove the alcohol from our blood stream," Jade explains, "So if you've had a big night out on the booze and think that 5 hours of sleep and some coffee is going to be enough so that you can drive to work - think again."

To stay within the legal driving limit, ATODS recommends for women: no more than one standard drink every hour and for men: no more than two standard drinks in the first hour and no more than one standard drink every hour after. Remember, alcohol affects everyone differently, so this is a guide only. (A standard drink contains 10gms of alcohol - see table below)



If you'd like more information or to talk to someone about you own alcohol use, please contact the Alcohol Tobacco and other Drug Service (ATODS) on 4090 4270.





# What's on in the NPA ?

## For the Calendar:

Friday 2nd August—Yamba Road Show 10am at Bamaga Hall  
Thursday 8-Saturday 10th August—NPA Mini- Show  
Friday 16 August—CIAF Presents UMI Arts Big Talk One Fire Concert

### NPA Judo Club

**Monday and Wednesdays**

**Under 10s 3:30-4:30**

**Over 10 years 6-7:30pm**  
at Bamaga Community Hall.

Every second Saturday

Open Mat from 11:00am-1:00pm

All students are to wear shoes to class and have nails kept clean and short. For more information, contact Xavier at Judo class.

### Touch Footy

**Monday and Wednesday Evenings**

**7-9:30pm at Yusia Bamaga Oval**

Contact CY PCYC for more information

### Volleyball

Season kicks off Friday 2nd August  
6:30pm at Reginald Sebasio Hall, Bamaga  
Contact CY PCYC for more information

### NPA Hoops

**Tuesday and Thursday evenings from 6pm**

**At Reginald Sebasio hall, Bamaga**

Contact NPA BA for more information

### Circuit

**Monday and Wednesday evenings from 5:30pm**  
at Bamaga Yusia Ginou Oval

### Kickboxing

**Tuesdays and Thursdays at Bamaga OSCH**

**Women's class at 5:30pm— Men's at 6:30pm**

### Water Aerobics

**Monday & Wednesday 5:30pm at Bamaga Pool**

For information on Water Aerobics, Circuit or

Kick boxing, contact NPAFACS on 4069 3555



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