



Colourful company

Full story
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The #PinkBox Dignity Vending Machine dispenses

FREE
WOMEN'S PRODUCTS
for ladies in need.



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New Bubs
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Rescue**
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**Year of the
Women**
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Thank you Joni.

IT is with a heavy heart we wish farewell to the famous-flamingo-loving Joni Duncan from the Oral Health, Yarrabah Travel Team.

Our little pocket rocket Joni has been running around Yarrabah for the last 7 years and has been a Dental Assistant for over 45 years!

You might have seen Joni looking in your mouth, looking for your kids in the hallways, looking for the sweets in the tearoom and sometimes under the trees "getting some air".

Joni is one of the few Dental Assistants who took on many roles in Yarrabah. Patients always felt safe with Joni because of the love and trust she brought to her work - not to mention her great suction skills!

Outside of the clinic, you might have noticed her down at the school teaching your kids to brush their teeth or even up the range crashing a car with Dr. Ron!

There was never a dull moment when Joni was with her favourite mob.



We wish her many years of happiness, health, and cuddles with her new, and sure to be plenty more grandbabies. We thank Joni for all her hard work and dedication to the service; she simply is irreplaceable.

Thank you, Joni!

From your Oral Health Team.

Gurriny Yarns is published monthly by Gurriny Yealamucka Health Services.

The next edition is scheduled for Thursday July 28.

Editorial submissions contact comms@GYHSAC.org.au

For more information contact Gurriny Yealamucka Comms & Marketing 07 4226 4000

**Look after the health of you
and your family
Book your 715 Health
Check today**



WHAT is RHEUMATIC FEVER?

RHEUMATIC FEVER CAN DAMAGE YOUR HEART FOR THE REST OF YOUR LIFE!

RH is a sickness caused by a common germ (Strep). This germ enters your body and causes sore throats and skin sores. It will cause a 'Fever' and feels like you have the flu.

Its important to see your doctor or speak to your Health Care Worker if you or your children have a sore throat or persistent skin sores.

RHD Queensland **GURRINY YEALAMUCKA** HEALTH SERVICE ABORIGINAL CORPORATION
"culturally safe CARE"



CIAF success for Aunty Philomena

YARRABAH celebrated culture and excellence at the annual Cairns Indigenous Arts Fair awards earlier this month.

Philomena Yeatman, a local ceramist and resident artist at the Yarrabah Arts and Cultural Precinct took out the major award in the 3D Design, Sculpture and Installation category with her incredible ceramic creation Bicornual Basket 1. This amazing work fused the traditional craft of basket weaving with ceramics.

The award-winning artwork was inspired by a 110-year old bicornual basket, which Yarrabah safely treasures in the Menmyny Museum.

The ceramic basket features clay from Country (Yarrabah), pandanas and Lawyer Cane. The weave around the neck of the basket represents the transfer of cultural knowledge.

Philomena Yeatman is a proud Gunggandji woman, born in Cairns and raised in Yarrabah. For the past 30 years Philomena has worked within the arts industry in Yarrabah and now serves as Artist in Residence at the Yarrabah Arts & Cultural Precinct.

Through her art, Philomena has connected with, and keeps family traditions strong. Her love for the traditional craft of basket weaving grew from a strong connection with her maternal grandmother, who introduced her to this craft in the mid-90s.

The Yarrabah Arts and Cultural Precinct also hosted several displays and a retail store at CIAF.





Colourful company

YARRABAH'S families have been affected over the past year by COVID with the women of our community impacted to a greater extent. Figures released at the height of the outbreak revealed that females accounted for almost 59 per of all adult COVID cases in our community.

The pressures of overcrowding, COVID isolation, along with the flow on economic family pressures has taken its toll across our community.

Gurriny Yealamucka's Family Healing Services, launched last year the Yarrabah's Women's Group, who meet weekly in a space behind the Arts Precinct.

These weekly meeting provide a safe haven and support to the women of Yarrabah, allowing the women to meet, share cultural skills and relax in a supportive caring and safe environment.

A recent meeting included grand-daughters and daughters of the members, joining together to learn the art of tie-dyeing and creating some amazing t-shirt designs for the kids.

Keeping culture alive along and supporting the women of the community are a key focus's for this group. The group enjoys a relaxed social centred meeting, with shared experiences and an opportunity to learn from others and contribute collectively to build a strong and happy group.

The Yarrabah Women's Group meet each Tuesday between 11am and 1pm, more details are available from Gurriny's Family Healing Services Ph: 4056 0168, or just turn up on the day.



PUBLIC HOLIDAYS

Wed Jan 26	Cairns Region	Australia Day
Fri Apr 15	Cairns Region	Good Friday
Mon Apr 18	Cairns Region	Easter Monday
Mon Apr 25	Cairns region	ANZAC Day
Mon May 2	Cairns Region	Labour Day
Fri Jun 17	Shire of Yarrabah	Yarrabah Foundation Day
Fri Jul 8	Shire of Yarrabah	NAIDOC Day
Fri Jul 15	Cairns Region	Cairns Annual Show
Mon Oct 3	Cairns Region	Queen's Birthday
Wed Oct 26	Shire of Yarrabah	DOGIT Day
Mon Dec 26	Cairns Region	In lieu of Christmas Day
Tue Dec 27	Cairns Region	In lieu of Boxing Day

GET YOUR

FLU SHOT

culturally safe CARE

GURRINY YEALAMUCKA
HEALTH SERVICE ABORIGINAL CORPORATION

Capturing precious memories

GURRINY Yealamucka's NAIDOC Open Day was the time to celebrate all things family this year.

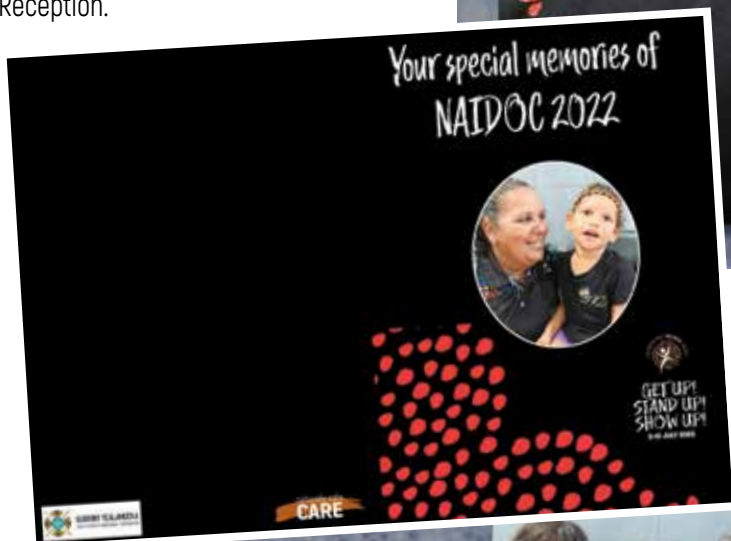
A portable photo studio was set up in the Workshop Road meeting room and members of the community were invited to drop in for a family portrait sitting.

More than 30 families kept the photographer, Kristy Schuler, Gurriny's Human Resources Officer busy, capturing more than 100 portraits of the willing community members.

In an era of smart phones, most families can capture their precious memories however very few captured photos are actually printed out and shared with family members.

The Gurriny NAIDOC Souvenir photo folders were designed to allow community members the opportunity to have printed family portraits on display at home and also shared with family and loved ones.

The presentation folders containing the family portraits are available for collection from the Bukki Road Clinic Reception.



New bubs in community

EARLIER this month, Community Elders along with staff from Gurriny held the first Welcome to Yarrabah ceremony for babies.

Gurriny Yealamucka Health Services Midwife, Tayla Smith described the smoking ceremony as, "the rebirth of culture, with three generations of women sharing their knowledge, experiences with new parents.

"For the very first time, new mothers were able to sit down with Elders and share information about past customs and practices related to birthing.

Last month's Welcome to Yarrabah will hopefully be the first of many more to come. It marks an important step in restoring and preserving the sacred women's business of birthing.

It is important from a cultural perspective to link new born babies with Country, taking the important first steps of building a strong sense of cultural belonging.



National success for Simone

THE National Portrait Gallery in Canberra is currently displaying the 50 finalists and winners of the prestigious National Photographic Portrait Prize 2022.

Yarrabah artist and curator of the Yarrabah Arts and Cultural Precinct, Simone Arnol's entry '**Truth Be Told 1 2022**' is featuring prominently within the exhibition

The striking portrait captures the pain, experience and depth of culture that richly flows through First Nations People and in particular Yarrabah.

Simone describes the essence behind this portrait. "As dark histories are usually untold or diluted, these images portray a common theme of language revival in modern Indigenous communities.

"Language not only self identifies, it carries the ethical values of ancestors – the knowledge systems that make them one with the land, that are crucial to survival and that create the foundations for our youth.

Heavy regulations such as no. 41 of the Yarrabah Rules and Regulations booklet – which stated that 'It is rude to speak in a language which is not understood by all present' – were a major turning point in the decline of traditional language."

You can vote for Simone's entry as part of the People's Choice Award.

Scan the below QR code and submit your vote.



**"
dark
histories
are usually
untold or
diluted
"**





Assistance package announced for YOUPLA members

THE federal government announced this week an assistance package for members of the Aboriginal Community Benefit Fund (ACBF) also known as YOUPLA.

After months of lobbying and pressure from community organisations around Australia, in addition to direct representation to politicians and political parties by Gurriny Yealamucka, assistance was announced designed to cover members through to the end of November 2023, allowing time to consider fully the best way to aid the 20,000 financial members of the collapsed funeral funds.

The government has made a commitment to cover the funeral costs for financial members of YOUPLA. To be eligible for this assistance, policy holders must have had an active policy on April 1, 2020. The assistance will be available through to November 30, 2023.

This assistance plan comes a welcome news to the 800 policy holders here in Yarrabah, and restores in a small way hope that their petitions to the government has been heard and will be responded to fully.

In March this year, Gurriny Yealamucka chief executive, Suzanne Andrews met with the then opposition Assistant Treasurer, now the government's Assistant Treasurer where Mr Jones pledged to review and act should they win government at the May election.

Meetings were held with LNP member Warren Entsch as well as Kennedy MP Bob Katter prior to the election.

Yarrabah was targeted by the sales teams selling the funeral policies. Travelling door to door and signing multiple members from families.

Yarrabah community member and Gurriny Yealamucka transport officer, Fredrick Creed was one member along with his partner paying a total of 6 policies.

Fredrick spoke to depth last week with ABC television expressing his concern for the families affected by the collapse.

"If the government steps in and gives us something back, it will be a bit of a relief for a lot of us families around every community (the company's salespeople have) been to," he said.

"I blame the government because they should have kept an eye on them."

In media report earlier this month, Yarrabah Aboriginal Shire Council Mayor, Ross Andrews described the collapse of ACBF as a disgrace.

"This represents a massive betrayal of our community members.

We believe the ACBF engaged in systematic cultural manipulation for financial gain.

They targeted our community, working door to door, selling a funeral fund and the need for our community to join.

I am disheartened by the scale of their deception and exploitation of First Nations people, not just in Yarrabah, or Far North Queensland but also Australia-wide."



ACBF campaign goes national on ABC

THE campaign in support of the members of the ACBF and Youpla is stepping up in its intensity.

This month, two Yarrabah community members were interviewed on ABC Radio National as the pressure intensifies on the federal government to announce what steps they are prepared to take to protect those First Nations People caught up in the collapse of the ACBF Funds.

Allenby Ambrym and Jan Harris spent the afternoon being interviewed by Cairns based ABC journalist Brendan Mounter.

Aunty Jan, by nature is a very quiet and reserved person. Her story of how devastated she was when learning of the collapse of ACBF was a powerful story that echoed strongly in the news report. Sometimes the quietest voice can be the loudest.

The news report was published on the ABC website as well as running across all ABC news and a current affairs channels and programs.



Eligible people CAN NOW GET a 4th dose

Protect yourself, your family and your community.
Book in for your Booster and/or your 4th COVID
vaccination dose.



A combined community initiative

YARRABAH
EARLY CHILDHOOD COMMUNITY
NETWORK

**National Aboriginal &
Torres Strait Islander
Children's Day
celebrating
Under 8s**



*"My Dreaming,
My Future!"*

9:30am - 12pm

Thursday, 4 August

Daycare & Kindy Campuses

Morning Tea & BBQ Lunch

Yarrabah SS Gadigadi Dancers

Face Painting, Activities & More...



Yarrabah - Early Childhood Community Network Partners

Your easy guide to the development of your baby

TAYLA SMITH - REGISTERED MIDWIFE

DO you know your baby's development milestones and the different things they should be doing as they grow?

Here's a quick summary of development milestones your baby should be hitting at different ages. If you find your bub isn't doing these things, you should book in with child health for an assessment.

This information can also be found in your baby's Personal Health Record (red book) in the pink "health checks" section.

4-6 weeks old babies should:

- Turn their head and eyes towards light
- Startle when there are loud noises
- Watch your face when you are talking to them
- Track you with your eyes when you talk or move
- Be starting to smile

1-3-month-old babies should:

• Start to lift their head and chest when on their tummy; this is why we encourage supervised tummy time from birth

- Start to recognise familiar people
- Smile and giggle
- Get excited when eating or bathing

• Settle to familiar sounds and voices

3-6-month old babies should:

- Make eye contact with you and smile if you smile

- Get more excited/attracted to bright colours and moving things like toys
- Bring their hands together over their chest and look at their hands
- Start to reach and hold things
- Start to become aware of their body parts "what is me" and "what is not"
- Learn to roll from tummy to back and then back to tummy
- Sleep less in the day and a little more in the night
- Be learning to sit with support
- Turn their head to interesting sounds
- Look like they listen when you talk
- Wake up easily to sound

To support your baby's growth and development you can:

• Do tummy supervised tummy time on a mat on the ground everyday with baby from the first week after birth

- Talk to your baby lots and read to them

- Sing to your baby

• Look at your baby in their eyes when talking to them or playing with them

• Limit the use of dummies: this stops bubba from practicing making sounds and shapes with their mouth that are needed to develop speech

• Give bubba some time to respond when you are talking to them

• Let baby see and touch your face when you talk to them

• Demand feed your baby; when babies are fed when hungry, comforted when upset and loved up when they are awake, they develop bonding, attachment, security and trust which is important for bub's overall growth and development.





Scholarship fund to assist with those studying and training in health

THE PUGGY Hunter Memorial Scholarship Scheme (PHMSS) is designed to encourage and assist undergraduate students in health-related disciplines to complete their studies and join the health workforce. The scheme provides scholarships for Aboriginal and Torres Strait Islander people studying an entry level health course.

The Australian Government established the Scheme as a tribute to the late Dr Arnold 'Puggy' Hunter's outstanding contribution to First Nations Australians' health and his role and Chair of the National Aboriginal Community Controlled Health Organisation (NACCHO). A NACCHO News special tribute edition available here provides an insight to Puggy and his tireless efforts to improve Aboriginal health.

PHMSS will open for applications on Monday 29 August 2022 for studies undertaken in 2023, closing Monday 10 October 2022. Online applications will be available from this website once the scheme opens.

If you would like to be sent the link to the application once the scheme opens, please register for application updates, follow the attached link, https://acn.formstack.com/forms/phmss_mailing_list.



Congratulations to all staff celebrating their birthday in August. Hope you have a sensational day.

- 1** Agnes Neal
- 2** Ross Maloney
- 9** Renee Grosso
- 9** Jilara Murgha
- 15** Tammy Ludwick
- 16** Russell Barlow
- 18** Karen Hacker
- 22** Bessie Patterson
- 24** Rhys Lee Hong
- 28** Zippora Smith

During August, a number of our staff are celebrating work anniversaries.

- 13yrs** Lucrecia Willett
- 2yrs** Donna Singleton
- 1yr** Jai-Lee Titasey
- 1yr** Wendy Stafford



When should I get tested for COVID-19?

You should go to a walk-in (PCR) testing clinic:

- if you have COVID-19 symptoms (coughing, sore throat, fatigue etc)
- if you are a close contact to someone who has tested positive for COVID-19.

If you have COVID-19 symptoms and you have access to a Rapid Antigen Test, you can test yourself at home and report any positive result online at www.qld.gov.au/rat-positive or by calling **13 HEALTH (13 43 25 84)**.



GURRINY YEALAMUCKA
HEALTH SERVICE ABORIGINAL CORPORATION

Need a Licence?

We got you covered!

2022 Dates

9-10 February

6-7 April

6-7 July

14-15 September

23-24 November

Sign up to our Learner Licence Program for:

- Understanding of Queensland's road rules (Day 1)
- Written road rules test (Day 2)

Cost:

- Transport and Main Roads written road rules test
\$23.75

- Queensland learner licence issued for 3 years
\$178.95

You need to bring with you an original birth certificate, debit card, healthcare card and Medicare card.
If you don't these, don't worry! Let us know and we can help you.



A fight over nothing changed everything

ALCOHOL can impair your decision-making processes and lead to confrontations and senseless violence.

All too often a split-second decision can result in people getting hurt or even killed when they just went out to have a good time.

Violence is not the answer to solving disagreements; and there can be serious long-term consequences for both the person throwing the punch and the person who is punched.

Here are some tips avoiding violence:

- Walk away from conflict – you have a choice,
- Avoid going out with friends who you know get aggressive,
- Avoid fights – or risk the physical, emotional and legal consequences,

- Don't use an angry or aggressive tone when speaking with people,
- Stay in well lit, public places with good security,
- Move to a different location or venue to get away from aggressive people,
- Let a bouncer know if someone is being aggressive,
- Scout the venue and leave if it seems too rowdy or risky,
- Avoid known trouble spots,
- Drink responsibly so that you maintain control over yourself,
- Remove mates from potential conflict situations before they develop, or
- Call it a night and head home.

<https://www.police.qld.gov.au/.../fight-over-nothing...>

How do I keep my family's skin healthy?

- ✓ Wash your hands, face and body with MooGoo Body Wash
- ✓ Wash children every day
- ✓ Eat good tucker every day

Grab your FREE bottle of MooGoo Body Wash from Gurriny. You can refill it every week for FREE. So don't throw your bottle away, bring it in and refill it for FREE as many times as you want.



We recently said farewell to our Finance Officer, Allira Fourmile who has taken on a new opportunity over the hill in Cairns. Good luck and best wishes in your new workplace, Allira- your Gurriny co-workers are already missing you!



Photo: Pictured left to right cutting the ribbon to the Black Seahorse Shop are Michael Healy, Gunggandji Elders June Noble and Dorita Wilson, Tony Baker.

Green Island Tourism Venture

A TRADITIONAL smoking ceremony and ceremonial dancers treated guests on Green Island - Wunyami, for the official launch of a brand new indigenous tourism product now available with Great Adventures. The Gunggandji and Yidinji Traditional Owners have commenced Wunyami Cultural Walking Tours, providing an authentic indigenous experience for visitors to Green Island.

The new venture was officially launched by Michael Healy MP, Member for Cairns and Assistant Minister for Tourism.

Quicksilver Group Managing Director Tony Baker said, "The Wunyami Cultural Walking Tour is 100 per cent indigenous owned and operated. It's a wonderful addition to the island experience bringing traditional stories to life and a whole new perspective to the cultural history".

Wunyami, which means "Place of Spirits" is Green Island's original name. The tour, designed for small groups, is very engaging and interactive, providing a fascinating insight for children and adults alike. Participants learn about traditional food and medicinal uses of the rainforest plants, participate in traditional fire lighting techniques and can learn about cultural importance of clay painting.

Elders Gudju Gudju Fourmile and Garth Murgha (Muka) say, "Our guides explain how the island is connected to an ancient journey of two ancestral story-time beings who fought and formed the island and who



Ferry transfer at Green Island Green Island. Picture: Tourism and Events Queensland.

still protect it today. This story is shared by the GuruGulu Gunggandji people (Yarrabah) and the Gimuy Yidinji people (Cairns). Our guides tell of the relationship of these warriors and the connectivity of this iconic island to the ancient seascape."

Guides have been given special permission from their elders to share the stories of the island and the Great Barrier Reef with all who come on this tour.

The new business venture also includes the Black Seahorse gift shop which has opened in Green Island Resort's day visitor area, selling a range of authentic indigenous artworks and merchandise. The shop draws its name from the Black Seahorse, a known lucky charm for the saltwater women of the Great Barrier Reef in memory of Alma Fourmile (nee Patterson Katchewan).

The Wunyami Cultural Walking Tour will be available daily and takes approximately 1 hour. Tours can be pre-booked with Great Adventures Reef and Green Island Cruises or from the Black Seahorse gift shop on the island.

"deliver the best possible and culturally safe care to our community"



Time to abandon NQ Pharmacy experiment



WE VALUE:

Here at Gurriny Yealamucka we commit to providing **Quality of Service** with a high standard of care.

We value strong **Leadership & Innovation**, along with a total **Commitment** to our service and our community.

We believe we should always be **Accountable**, dedicated to lifting the community, reflecting their needs and protecting their right to manage their health futures.

We work as a **Team in Partnership** with our community and all stakeholders, dedicated to delivering a great service, compassionate and culturally safe, at all times in a fair and equitable manner.



GURRINY YEALAMUCKA
HEALTH SERVICE ABORIGINAL CORPORATION



AMA President, Dr Omar Khorshid; AMA Queensland Councillor, Dr Lee Jones; RACGP representative, Dr Nicole Higgins; Cairns GP, Dr Aileen Traves spoke at a Press Conference, in Cairns recently (Wednesday 20 July 2022), about the North Queensland pharmacy prescribing experiment.

Dr Khorshid said "This trial is actually being run entirely in Queensland by the Queensland government. It is not supported by the previous federal government, it's not supported by the Pharmacy Board of Australia, and it's not supported by any reputable professional organisations, medical organisations, because it is dangerous.

Now, Queensland has chosen not to listen to those messages from learned colleges, from the AMA, from other concerned professional regulators, they've decided that they're going to do this."

"I visited the Gurriny Yealamucka Health Service in Yarrabah, just south of Cairns, where doctors, nurses, pharmacists, public health workers, Aboriginal health workers and Queensland Health employees work together to address the health needs of their community in a model that works.

"They deliver care in a culturally safe and appropriate manner in consultation with the community. A community pharmacist is embedded in the health centre.

"I was shocked to be told by these hardworking GPs and allied healthcare workers that not only is their community targeted as a site for the pharmacy prescribing trial, but that the Premier and Health Minister have not been to Yarrabah in this term of government, if at all.

"No-one has bothered to ask patients, doctors and allied healthcare workers in Yarrabah, or anywhere else in North Queensland, if they need or want the prescribing trial," he said.

Gurriny Yealamucka's Director of Medical Services, Dr Jason King believes the government's NQ Pharmacy experiment seriously compromises patient safety and is not needed in Yarrabah.

"We take a team based approach to healthcare in our community. Doctors, nurses, healthcare workers form community, along with visiting specialists, all combining together to deliver the best possible and culturally safe care to our community. Will 3 weeks of online training by a pharmacist replace that?"

What is in your lunch box?

THE Dental mob are coming back to the Yarrabah State School next month!

Did you know your kids' lunchbox can hide sneaky sugars which could be causing holes in their teeth? Many kids will get adult teeth from 6 years old, so we need to start healthy habits from a young age.

Some lunchbox ideas are:

- Crunchy carrots, apples or nuts: when we have to crunch our food, we produce more saliva which is like a big drink for our teeth
- Yummy cheese, yoghurts or milk: when we have dairy products, we intake calcium which is so good for our bones and teeth
- Always pack a water bottle filled with fresh water
- Try to leave lollies, chocolate, fruit juices and any fizzy drinks for special occasions at home

If you want have your kids' teeth checked, be sure to call 1300 300 850 to book a FREE dental appointment with Suzanne or Dr. Hannah.

We look forward to see you around the school or in the clinic soon,

From the Oral Health Team.



Mon 1	Tue 2 Liver Clinic @ Bukki Rd Dr Peter Boyd @ Bukki Rd	Wed 3 Paediatric @ Bukki Rd	Thurs 4	Fri 5 Physio @ Workshop Rd	Sat 6	Sun 7
Mon 8 Optometrist @ Workshop RD	Tue 9	Wed 10 Cardiology clinic @ Bukki Rd	Thurs 11	Fri 12	Sat 13	Sun 14
Mon 15	Tue 16 Liver Clinic @ Bukki Rd HAPEE (Audiology) @ Workshop Rd	Wed 17 Dietitian & Diabetes @ Workshop Rd	Thurs 18	Fri 19 HRFC @ Workshop Rd	Sat 20	Sun 21
Mon 22 Optometrist @ Workshop RD	Tue 23	Wed 24 Dietitian & Diabetes @ Workshop Rd	Thurs 25 Dermatology @ Bukki Rd	Fri 26 Podiatrist @ Bukki Rd	Sat 27	Sun 28
Mon 29	Tue 30 Liver Clinic @ Bukki Rd Dr Peter Boyd @ Bukki Rd	Wed 31 Memory Clinic @ Bukki Rd	AUGUST CLINICS			



Artwork info: bit.ly/First-Nations-artworks

Do you want to help grow First Nations arts in Queensland?

Arts Queensland
Peer Assessors

THE Queensland Government is looking for First Nations Queenslanders interested in arts to assess and make recommendations on funding applications for arts and cultural projects including performance, visual art, music, writing, dance and more.

As a Peer Assessor, you'll support the important role of First Nations Peoples in decision making in Indigenous arts, cultures, policy and investment.

Arts Queensland is changing its approach to peer assessment to grow First Nations representation on all assessment panels, and support panels to have a more strategic role in the determination of funding outcomes. These changes will support Queensland Government's delivery of Creative Together 2020-2030 initiative.

Peer Assessors assess applications and make recommendations for Arts Queensland funding and provide advice on programs and policy.

The new approach has been co-designed with the First Nations Arts and Cultures Panel to support meaningful engagement and 50% First Nations led representation on all Arts Queensland assessment panels. Importantly there will also be 100% First Nations representation for First Nations-specific funds.

We encourage you to consider this opportunity to contribute to the Queensland arts and cultural sector and provide your experience and your expertise to support enhanced outcomes for Queenslanders.

Nominate yourself or someone else

Expressions of Interest and nominations are welcome from individuals aged 18 years and above.

Please nominate by Friday, 12 August 2022.

We are seeking expressions of interest from individuals living in Queensland with expertise in Aboriginal and Torres Strait Islander arts and cultures, any art form, business, community networks, education, health, tourism and related areas.

<https://www.arts.qld.gov.au/>



Poached egg breckie

Preparation: 5 mins

Difficulty: Easy

Serves: 1

Cooking Time: 5 minutes

Ingredients:

1 egg poached
1 slice of wholegrain bread
1/4 avocado smashed
1/2 tomato diced
1tspn Sriracha chilli sauce
1/2 cup of wild rocket
Cracked black pepper to taste

Method:

Step 1: Grab a coffee cup, put 1 tspn water in the bottom. Crack your egg into the cup and put in the microwave on High for 16 seconds

Step 2: Put the bread in the toaster

Step 3: Hit the egg with another 13 seconds in the microwave

Step 4: Smash the avocado over your toast and put your diced tomato and rocket over the top

Step 5: Check the egg. Another 10 seconds in the microwave if you don't want it runny then place over the rocket

Step 6: Drizzle a bit of Sriracha sauce and season to taste with cracked black pepper



Keeping our children deadly and healthy

CHILDREN'S health checks are an important part of growing up strong, healthy and deadly.

The Child Health Team have been busy visiting Yarrabah Primary School to undertake health checks on site.

So far this year the team have seen children in prep and grades 5 and 6. The school have been very supportive and families have been happy to have the service easily accessible at school.

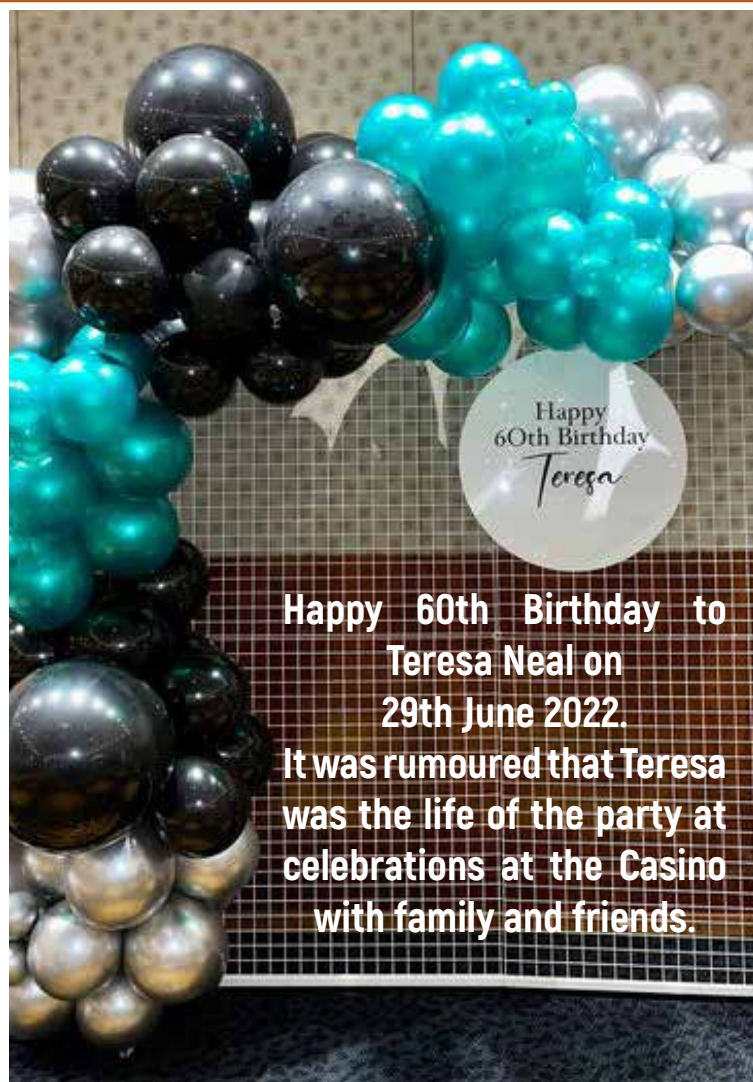
This term we are visiting to see children in grades 3 and 4.

Bringing the clinic to the school goes a long way to breaking down the barriers between our service and the community. It is a great opportunity to work collaboratively with the school to improve health outcomes for children in the community.

Children at school were seen by a health worker, nurse and GP with consent from parents.

The dental service was also able to join in on some days undertaking oral health checks at the school.

The Child Health Team are hopeful this relationship will continue to build with the school and wider community to be able to reach all children for their annual health check and support development and learning.



Seahawks' Draw July 2022 Rounds 12 - 16

Round 17 Sun Aug 7

Southern Suburbs v Seahawks

Round 18 Sun Aug 14

Seahawks v Mareeba

Round 19 Sun Aug 21

Seahawks v Kangaroos

Round 20 Sun Aug 28

Seahawks v Edmonton



Yarrabah Seahawks
proudly supports the
Uluru Statement from
the Heart



Is this the year for the women?

WITH a very stop start season featuring countless byes and forfeits the Yarrie Women are sitting in 3rd place on the ladder with 3 wins and 2 losses.

With 5 games played over the past 10 weeks, the Yarrie girls are working hard to build match fitness and momentum.

Katie Barron, from the team is happy with the way the team is developing.

"We have a strong team, with a depth of talent. It's inspiring to see them play. Their football skills are better than many of the other players in the comp.

"This is commented upon by our opposition and credit is given to our girls."

With 4 roster games remaining, it is hoped the girls will continue to impress and win and gain a finals berth.

Perhaps this year, it will be the Yarrie Women who lift the premiership trophy and bring the football glory back to community.

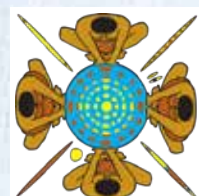




A beautiful
smile is a
deadly smile

**Have you booked
your annual dental
checkup?**

The Dental Clinic is open
Tues, Wed & Thurs 9am - 2.45pm
Ph 1300 300 850



GURRINY YEALAMUCKA
HEALTH SERVICE ABORIGINAL CORPORATION

culturally safe

CARE

Dealing with grazes and cuts

HOW TO CLEAN A GRAZE



WASH HANDS



WASH CUT



APPLY BANDAGE

HOW TO CLEAN A CUT



WASH HANDS



APPLY PRESSURE



WASH CUT



APPLY BANDAGE

The above infographics are courtesy of the St John's website.

<https://www.stjohnvic.com.au/news/open-wound-first-aid>

Keeping our skin healthy and our heart strong

TREATING any minor cut or abrasion (wound) correctly will help to avoid infections and also lead to a faster recovery and healthier skin.

The most common abrasion we suffer is a graze. Kids fall off their bikes or slip on the rocks, a graze happens easily and the treatment is just as simple.

Treatment.

1. Wash your hands to rid your hands of any bacteria, use MooGoo.
2. Wash the graze with warm water and use a gentle soap applied using a clean gauze.
3. Put a dressing on to cover the graze once it is clean, this can be either a band-aid or bandage depending on the severity of the graze.
4. If the graze is not healing within a week seek attention from your Gurriny GP or if after hours Yarrabah ED

Treating a cut is very similar to the treatment of a graze.

Treatment.

1. Wash your hands to rid your hands of any bacteria, use MooGoo.
2. Apply pressure to the cut
3. Wash the cut with warm water and a gentle soap using a gauze
4. Apply a bandage to the cut
5. If the cut continues to bleed, seek medical attention from your Gurriny GP or is after hours Yarrabah ED

If you need to find out more about keeping your skin healthy and your heart strong, speak to your health care worker or your Gurriny GP.

You can also find out more about the treatment of cuts and abrasion from the St John's website,

www.stjohnvic.com.au/news/open-wound-first-aid



Department of Transport and Main Roads

Come see the

Indigenous Drivers Licensing Unit

In Yarrabah

TUESDAY 12th <small>JULY 2022</small>	Yarrabah Training Rooms 8:30am – 4:00pm	Licence Testing (Written & Practical), Licensing Services
WEDNESDAY 13th <small>JULY 2022</small>	Yarrabah Training Rooms 8:30am – 4:00pm	Licence Testing (Written & Practical), Licensing Services

Practical Driving Tests

It is now a requirement that the Hazard Perception Test is completed before doing a driving test.

For more information, visit
<https://www.qld.gov.au/hazardperceptiontest>

Applicants must provide a vehicle for testing.
IDLU do not provide a vehicle.

No Cash – EFTPOS only
Bring all I.D – Originals only

For more information call 1800 130 886

Great News for ACBF Policy Holders

- If you have a family member who has passed away, who had an active policy with Youpla/ACBF, their funeral costs may be covered under a government program just announced.
- The government has announced it will pay claims if a loved one passes as long as they were still paying Youpla/ACBF up to April 1, 2020
- This support will be available until November 20, 2023
- This is only the first step. The fight continues to assist everyone who has been harmed by this company.





A passion for healing

**“
they are just
amazing
”**

A TOTAL commitment to improving the health and lifestyle for Indigenous families is a driving passion for Dr Jacqueline Mein OAM.

Gurriny Yealamucka Health Services is excited to add Dr Jacqueline to their impressive list of General Practitioners.

Dr Jacqueline comes with extensive experience working in the north within the Aboriginal Medical Services (AMS).

“I love working with Aboriginal and Torres Strait Islander people, they're just fun, they share their story with you, they are just amazing,” Dr Jacqueline said.

Gurriny Yealamucka Health Services has an excellent reputation within the AMS industry. A reputation built upon the strength and skill of their clinical team along with sound and supportive management. This reputation leads skillful and experienced physicians like Dr Jacqueline to work in Yarrabah as an essential part of a team dedicated to improving the quality of health and lifestyle for the 4000 residents of Yarrabah.

In 2018 Jacqueline was awarded an OAM for services to community medicine. Although the award was recognising her work, Dr Jacqueline credits the award to all the hard-working members of her team at the time.

Dr Jacqueline is available each Tuesday for consultation, she specialises in women's health.



Yarrabah designs hit the runway in Cairns

INTERNATIONALLY renowned fashion designer Cheryl Creed of Murrii Quu Couture brings her Fashique Runway back to Cairns in late August.

Ms Creed, whose collections have been exhibited on runways all over the world including Milan Fashion Week in 2020, has curated an incredible runway of local Cairns designers and organisations, celebrating the emergence of "slow fashion", a trend that rejects the principles of fast fashion and highlights a more sustainable approach to creating clothes.

"Slow fashion is all about sustainability in design. I want to help the planet, and help people understand that there are options out there for high-end fashion right here in Cairns, if you know where to look," says Ms Creed.

The runway will feature 14 exciting collections from Queensland "slow fashion" designers Delivering high-end, eco-friendly collections, that's repurposed, recycled, organic, hand-sewn and limited editions designs.

"Cairns is in for a real treat, and people will be very surprised to see what our region has to offer when it comes to fashion" says Ms Creed.

Yarrabah fashion designer, Raelea Connolly-Neal from Yindilli Design will be presenting her latest creations.

Fashique Runway will be hosted at the Cairns Shangri-La Hotel, Saturday August 27, tickets are available from www.trybooking.com/BYBWZ

Join for FREE and have your say

PROVIDING healthcare solutions to the community involves much more than access to health workers and doctors.

Gurriny Yealamucka Health Services is a true community-controlled health service, offering residents of Yarrabah the opportunity to join as a member and then have a say in the direction and future management of the health service.

Gurriny Yealamucka Health Services chief executive, Suzanne Andrews believes it is important for all resident to join and then have a say in the direction of Gurriny.

"Gurriny is owned by the community, if you want to have a say, then you need to become a member.

"We encourage residents in Yarrabah to become a member, allowing them to participate in our bi-annual members meeting as well as the annual general meeting."

"Throughout the year members can participate more in the directions and have an active voice in the management of the health service," Ms Andrews said.

Membership is free and open to those over the age of 18, who also identify as Aboriginal and or Torres Strait Islander and normally reside in Yarrabah.

As a Gurriny member you can attend, speak, vote and put forward resolutions at the AGM and any special general meeting. Members can also nominate to serve on the Gurriny Board, as well as vote for those they wish to see serve as board members.

If you would like to contribute and have a say in the current and future directions of your health service here in Yarrabah, take to step, download a membership application and join. It's free and if you cannot download an application you can collect an application form from Gurriny Reception in Bukki Road or the Workshop Road clinic.

NEW STYLISH
FASHIQUE
FASHION MAGAZINE FOR WOMAN
**RAELEA WANGULLAY
CONNOLLY-NEAL**
FASHIQUE RUNWAY
IS THRILLED FOR
THE RETURN
OF YINDILLI DESIGNS
RAELEA PROMISES TO
WOW GUESTS AND
FASHION LOVERS
WITH AN EXCITING
NEW COLLECTION
WE CANT WAIT
TO SEE HER
NEW 2022 COLLECTION WHEN IT HITS THE RUNWAY
RAELEA IS FROM YARRABAH ABORIGINAL COMMUNITY

#MenziesT2D

Let's start talking about type 2 diabetes

With Menzies School of Health Research



We are looking for young people with type 2 diabetes and their families to help design ways to better support young people

How can you be involved?

If you are an Aboriginal or Torres Strait Islander person aged 10 - 25 with type 2 diabetes, or a family member who supports them

- Come have a yarn with our friendly researchers over a cuppa.
- If you feel comfortable, share your story.

If you are interested in being involved, or would like to know more, please contact:

damian.kukulies@menzies.edu.au



serena.thompson@menzies.edu.au



Text or call 0472 639 845 OR visit us www.diabeteslifecourse.org.au/youth-diabetes



Our Values Ambassadors

THIS week we launched a staff focused Value Poster Project. The Values Poster Project features a number of Gurriny employees along with a copy of the service and corporate values of Gurriny Yealamucka Health Services.

The Values Poster Project is important to us for a number of reasons.

As a health care provider in community we commit to quality service, with strong leadership and a dedication to our community. At all times we will be seen to be accountable, and also reflecting the needs of our community as we manage their health needs.

We pride ourselves in our team work, at all time working in partnership with our community as well as our stakeholders.

These are our core values, this is what we aspire to and dedicate ourselves as an organisation to deliver.

We all know that the greatest strength of any

organisation is always their staff. Here at Gurriny it is true to say, our staff are our greatest asset, our staff embody what we aspire and commit to and the Values Poster Project is a reminder to ourselves and our community as to who we are and what we dedicate ourselves to.

These posters will be prominently displayed throughout our buildings, in public spaces as well as work spaces. Each poster contains a staff member, this staff member was chosen because they already, naturally reflect many of the values we as an organisation commit to.

The employees chosen who reflect our Values are: Rhys Lee Hong, Jannali Neal, Tamar Patterson, Darren Miller, Daryl Sexton, Bessie Patterson, Stanley Yeatman, Donna Singleton, Tanika Parker, Wendy Stafford, Trish Harris, Suzanne Andrews and Kevin Neal.



Your school can win a visit from rugby league legend Johnathan Thurston

LEARNING about severe weather and disasters doesn't have to be frightening. The Get Ready Schools competition helps children learn about common disasters in Queensland and how to prepare for them in a creative and fun way. Choose from a range of activities to suit every class level and interest including worksheets, an online game, design challenge and a disaster-themed snakes and ladders board game. Best of all, our activities align to the Australian Curriculum.

Why do Queensland students need to Get Ready?

Extreme weather is a part of life in Queensland. In fact, Queensland has more natural disasters than any other state in Australia (we've been through more than 80 severe events in the past decade including cyclones, bushfires, floods, storms and storm tides) and children are

among the most vulnerable.

We can't change the weather but we can be prepared. Research shows people who are prepared for extreme weather events can better care for themselves, their families and properties during a disaster which means they are able to recover faster. It's vital children are part of the conversation about preparing for disasters and play a role in helping their household get ready.

The Get Ready Queensland Schools Competition activities are a great way to start the conversation with your kids about what weather they might face this disaster season and how they can help.

How to enter

Follow the prompts online to find out more and complete your activity to enter. www.getready.qld.gov.au

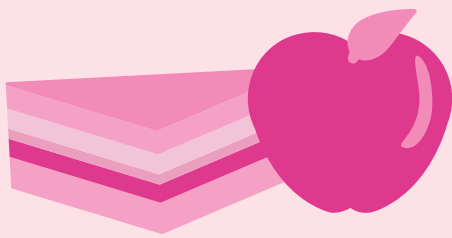
WANT JT TO VISIT YOUR SCHOOL?

**Complete a classroom
activity to enter by
7 October 2022.**

Visit getready.qld.gov.au/schools
for full competition guidelines.



WOULD YOU RATHER?



**GIVE YOUR
KIDS EXTRA
CHANGE TO
BUY LUNCH**



**USE YOUR
CHANGE TO
BUY PERIOD
PRODUCTS**

Menstruating isn't a choice, but those experiencing period poverty often have to choose between period products and other essential items just to get by.

There is a community based machine, based at
Workshop Rd

Off to Brisvegas

YARRABAH Leaders Forum farewelled their Senior Executive Officer, Ruth Fagan.

After 17 years in community, Ruth decided it was time to move on, and relocate to Brisbane to join her husband Cleveland.

Yarrabah owes Ruth a huge thank you and congratulations for her dedication to community and her passion to see our community grow and develop.

Thank you Ruth and good luck.



GET YOUR

FLU
SHOT



Your health matters



Remember
to keep in touch
with your doctor
or health worker
for all your
health needs

Have you had your annual
Health Check?
Speak to your doctor or health worker
and book in today!

Welcome to the team



Renartha Bounghi

Trainee Youth Worker

Favorite Team: North QLD Cowboys

Best Past time: Spending time with my children

Where will you be in 5 years: Helping

my community's youth and our future leaders at YSS

What excited you about coming to work? Gaining more experience and knowledge, working with youth and meeting the requirement to fulfil my role as a youth worker, and most of all, creating a safe environment for our youth.



Karren Doolan

Wellbeing and Engagement Officer

Favorite Team: Brisbane Broncos

Where will you be in 5 years: Here in Yarrabah, working within the community

Top of your socials: Spotify - I love my music

What excited you about coming to work? Working within this beautiful community that welcomes you with open arms, meeting new people and learning more..



Daniel Mairn

Trainee Youth Worker

Favorite Team: Brisbane Broncos

Favorite Movie: Avengers End Game

Where will you be in 5 years: In the youth work industry. I love working with kids, seeing them progress and

succeed.

Top of your socials: Facebook and YouTube

What excited you about coming to work? Exciting environment to work in, with good people and miles everywhere you look.



Caynin Yeatman

Trainee Youth Worker

Favorite Team: North QLD Cowboys

Favorite Movie: Pirates of the Caribbean

Where will you be in 5 years:

Hopefully working at the same

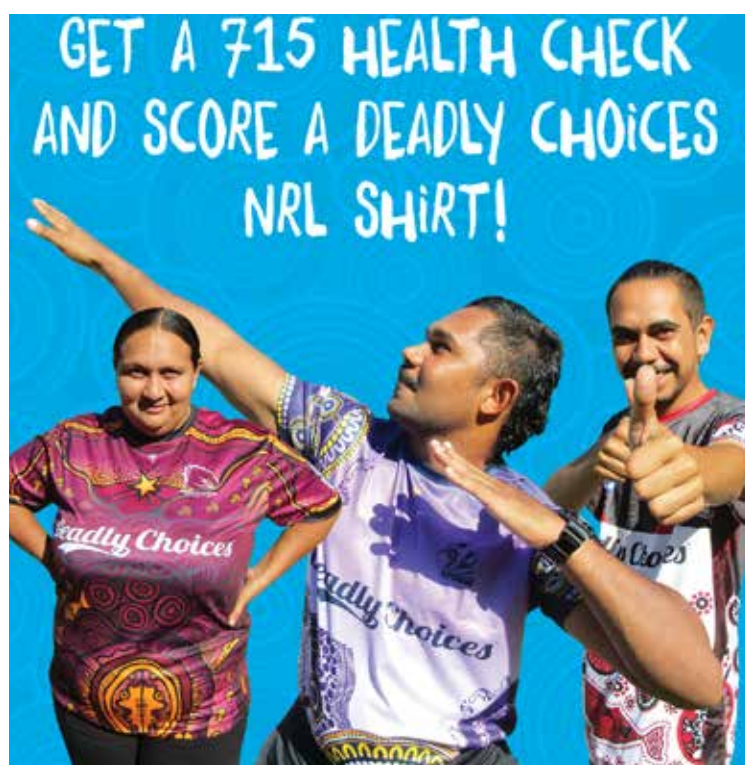
organisation helping and giving back to the community

Top of your socials: YouTube State of Origin Highlights

We have many more new staff members who joined us this month, look for more profiles next month

FIVE THINGS to do to FIGHT THE FLU

- 1 GET VACCINATED
- 2 WASH your HANDS
- 3 COVER your COUGHS and SNEEZES
- 4 STAY HOME if you're sick
- 5 If you're concerned, visit your GP or call 13 HEALTH (13 43 25 84)



NAIDOC Day @ Gurriny





Praise for fast actions of Gurriny driver

ONCE again, the access to Yarrabah over the range was interrupted due to a motor vehicle incident earlier this week.

Gurriny Yealamucka Health Services drivers are very familiar with the risks posed by the daily commute over the range.

This was evident to the wider community when a NDIS vehicle carrying two patients caught fire towards the top of the range, placing the three occupants at extreme risk.

Gurriny Transport Officer, Clifton Burns was following the vehicle when he noticed the vehicle was alight.

Signaling the drive ahead to pull over, Clifton used the fire extinguisher in his Gurriny vehicle to douse the flames, enabling both passengers, including one in a wheelchair to escape the flames.

If not for the prompt actions of Clifton Burns, the incident could have had serious consequences for the passengers and driver of the NDIS vehicle.

Fire crews then attended the scene and the fire was extinguished before it had a chance to spread into the nearby bush.

Each day more than 30 essential and non-essential Gurriny workers take the trip over the range. The condition of the range road along with no provision for overtaking lanes presents a considerable barrier to easy and safe access to and from Yarrabah.

The range road is the only access to Cairns from Yarrabah. Each week Gurriny transports patients to specialist appointments in Cairns. The road is an essential access point to Cairns for health, work, retail and social events. It is important that it be upgraded for the safety of all commuters as well as the wider community who rely upon access on a weekly basis.

Improving the range road is one important step in improving the social and emotional wellbeing of our community.



If you show up, do NOT show off!



IF YOU show up, do NOT show off was a simple message from President of the Seahawks Junior Rugby league, Gillian Bann.

In the face of recent reports circulating in the Cairns media along with social media, we had the opportunity to sit down with the stalwart of rugby league here in Yarrabah.

Both Gillian and Sam Bann are the backbone of rugby league here in Yarrabah and unfortunately with Sam suffering from COVID it was left to Gillian to outline the passion and the processes being taken to make the game a family-friendly inclusive environment.

"We back the referees 100 per cent, before each game we tell them, it has to be a zero-tolerance policy at our homes games," Ms Bann explained.

"We want a family-friendly gameday. There's no alcohol at our Yarrabah games, and I support this fully. The Alcohol Management Plan for Yarrabah makes it a more enjoyable gameday.

"People are coming for our burgers rather than a beer, and that's the way we would like it to be."

According to reports it's only a few really passionate fans who may get a little too vocal, however the ground security and game day officials take steps to remove those unruly few from games, ensuring the balance of the crowd can enjoy the game for what it really should be.

"In the end, it's only a game. We have to remember just how important it is for Yarrabah to have a team in A-Grade.

"Our senior side offers hope to all our juniors. We have over 100 juniors, boys and girls all having fun, playing the game they love and all dreaming of one day playing for the seniors."

Rugby League is a game that ignites the passion of supporters, Australia-wide, and Yarrabah is no different to anywhere in the country. The gameday officials take the Code of Conduct seriously.

The QRL released earlier this year, audio recordings of ex-Cowboys and now Pride Coach Ty Williams reminding gameday attendees of the QRL Code of Conduct. These recordings play constantly on gameday with the club planning to make localized copies featuring their players and even high school students.

"Football in Yarrabah is a community event. Having members of our community reminding our supporters of the behaviour we expect of them will go a long way.

Yarrabah Seahawks is a club driven by volunteers all with a passion for their community, their youth and the game of rugby league.

"Please, if you come to one of our games, or go over the hill to an away game, take your manners with you, if you show up, do not show off," Ms Bann stated.

The club is committed to the game here in FNQ and dedicated to keeping it safe for all and a very family-friendly environment for everyone involved.

The #PinkBox Dignity Vending Machine dispenses

FREE

WOMEN'S PRODUCTS

for ladies in need.



Each *Period*PACK contains
6 regular tampons & 2 ultra-thin pads (reg)



IF YOU NEED HELP, REACH OUT,
SPEAK OUT, ASK FOR HELP.

LIFELINE AUSTRALIA 13 11 14

1800RESPECT 1800 737 732

BEYOND BLUE 1300 224 636

KIDS HELPLINE 1800 551 800

ASK IZZY askizzy.org.au



Coming Soon - Gurriny Yealamucka Health Services Workshop Rd Clinic

Find more information and follow the *movement* at sharethedignity.org.au



A stronger team for community

THE Care Co-ordination Team has now joined forces with other Gurriny staff members and is now known as **The Adult Health Team**.

To improve the quality and speed of our service we have divided Yarrabah into three zones and we now have separate teams servicing each zone.

These three teams are made up of Health Workers supported by a nurse and a Doctor, so we can give holistic care - Health checks, Cycle of Care, Medication safety and support for appointments to all adults with Chronic Diseases and engage with other community members.

We are all following up on our recent training to update our skills in spirometry's, foot assessments, phlebotomy, HBA1cs and vaccinations.

BLUE ZONE	ORANGE ZONE	GREEN ZONE
PH: 0467 780 090	Ph: 0467 376 571	0477 290 996
Mission South	Reeves Creek, D-Town, Oombunghi	Mission North, Bessie Point
Workshop Road	Connolly Close	Smith Street
Gribble Street	Hyde Street	Loban Lane
Beach Road	Stone Wig Street	Sawmill Road
Bukki Road	Major Close	Smith Street
	Walker Street	Stanley Street
	Dabah Street/Close	Range Road
	Schrieber Street	Bessie Point
	Back Beach Road	
	Garrana Street	
	Wanguulay Street	
	Ambyrm Street	
	Millie Street	
	Nursery Road	

BUY ♦ SWAP ♦ SELL

YARRABAH MARKETPLACE



GIVEAWAY: 5 Photo

Frames

5 Anko Photo frames, ideal from photos 8 x 10 inch prints.

Brand new, still in original packaging

PHONE: 4226 4148



FOR SALE: Size 11 Oliver Safety Shoes

Hardly used, as new, size 11 men's steel capped safety shoes.
\$25.00

PHONE: 0478 413 627



GIVEAWAY: Ratan Lamp

Beautiful ratan lamp, will need a lamp shade, but is still in good working order and will suit most decors.

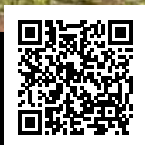
PHONE: 4226 4148

WILKINS FAMILY SERVICES

- Small or Large Jobs
- Land Clearing & Cleanups
- Landfill & Demolition Removal
- Land Development & Acreage Management
- Brush Cutter Slasher
- Stick Rake, Dozer Blade



Contact:
0484 514 529
wilkinsfamilyservices@outlook.com



FOR SALE: 6X4 Solid Trailer

Used to be a camper trailer. This very solid and great condition trailer comes with water tank under, as well as sink and side tap.

Can be easily converted back into a camping trailer or used as an every-day trailer.

Can be sold with rego and road worthy. The trailer has great rubber and a spare tyre with excellent rubber.

Be the first to inspect this trailer. Look for offers over \$1400, as this trailer is very solid with no rust in the floor, and is very dependable. Electrics are fully operationable.



Comes with slide in car towball.

PHONE: 0458 627 595

Do you have something to sell, swap of
giveaway?

Or want to buy something in particular,
you can advertise here for FREE

email your ad to

comms@gyhsac.org.au

YARRABAH MARKETPLACE

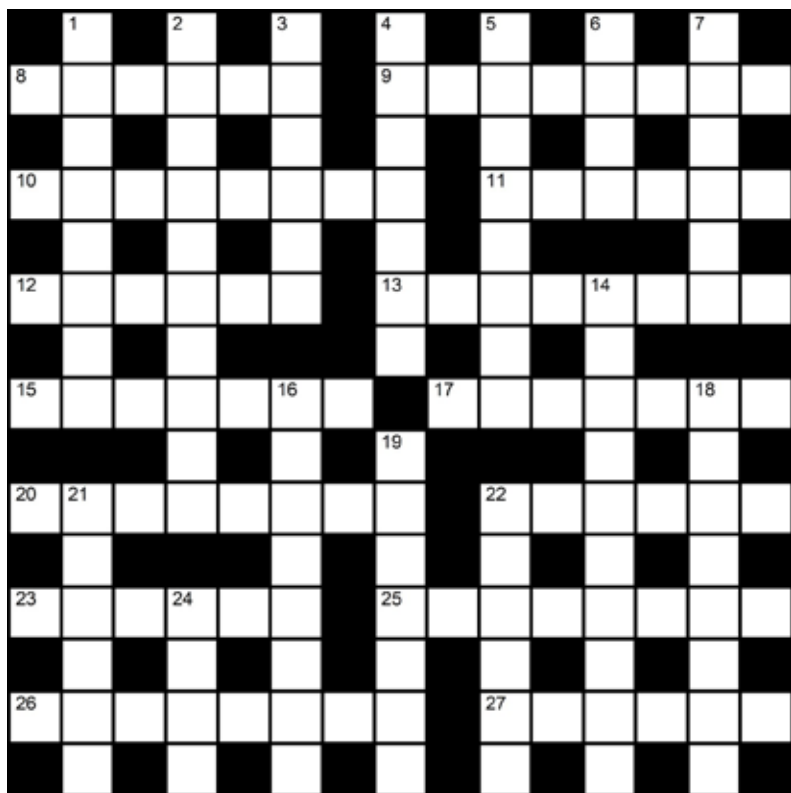


Sudoku (Hard)

		5			4			
	3		6				7	
	6							
	5			8	1		2	7
				2	7		3	
	1					9		
	7		4			1		
8	9	3						
1			8				6	

Akee	Lime
Apple	Litchee
Arnot	Mango
Betel	Mast
Biffin	Merry
Blackberry	Naartje
Cherry	Nut
Cox	Ogen
Crab	Olive
Date	Papaw
Dog-wood	Peach
Drupe	Pear
Durian	Pecan
Eleot	Pippin
Fig	Pome
Gage	Prune
Gean	Rasp
Genipap	Rennet
Grape	Samara
Grout	Skeg
Haw	Sloe
Hep	Tamarind
Hip	Ugh
Kaki	Uva
Lemon	

How many telemarketers does it take to change a lightbulb? One and he has to do it while you are eating dinner.



6	7	3	8	2	4	1	9	5
2	4	1	5	6	9	3	8	7
5	8	9	1	7	3	4	6	2
7	3	8	4	5	2	9	1	6
1	9	5	7	3	6	8	2	
4	2	6	9	1	8	7	5	3
9	5	4	6	8	7	2	3	1
8	1	2	3	4	5	6	7	9
3	6	7	2	9	1	5	4	8










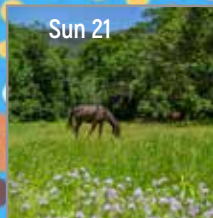



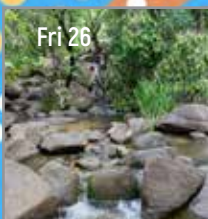
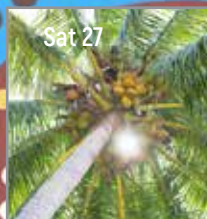

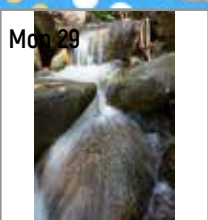

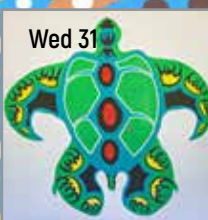
7	5	3	2	6	1	4	8	9
4	2	1	9	8	7	3	6	5
9	8	6	4	5	3	1	7	2
6	4	5	8	1	9	7	2	3
2	1	7	3	4	6	9	5	8
8	3	9	5	7	2	6	1	4
5	6	8	1	9	4	2	3	7
1	9	2	7	3	5	8	4	6
3	7	4	6	2	8	5	9	1

7	6	5	3	8	1	2	9	4
9	8	3	2	6	4	5	1	7
4	1	2	5	9	7	8	3	6
8	4	1	9	3	2	6	7	5
2	7	9	1	5	6	4	8	3
5	3	6	7	4	8	9	2	1
1	9	4	8	7	5	3	6	2
3	5	7	6	2	9	1	4	8
6	2	8	4	1	3	7	5	

- 8 a command or key on a computer which erases text (6)
- 9 excessively flattering or ingratiating (8)
- 10 a ball of minced or chopped meat (8)
- 11 speak to or treat with disrespect or scornful abuse (6)
- 12 difficult or annoying; hard to endure (6)
- 13 serving as a protector, guardian, or patron (8)
- 15 to move goods or people illegally into or out of a country (7)
- 17 British informal word for delicious (7)
- 20 to gaze at or observe the stars (8)
- 22 the best performance or most remarkable event of its kind (6)
- 23 something one accepts as true or real; a firmly held opinion (6)
- 25 a cessation of work by employees in protest at the terms set by their employers (8)
- 26 cruciferous vegetable with leafy stalks and clusters (8)
- 27 the ultimate purpose, object, or conclusion (3-3)

- 1 a message or communication sent by telegraph (8)
- 2 an attacking player on the left side of a team on the field in soccer, rugby, and field hockey (4-6)
- 3 to cause to become less powerful or threatening, render harmless (6)
- 4 general excellence of standard or level (7)
- 5 an analogous great circle on a terrestrial globe (8)
- 6 a display of unnecessary or excessive excitement, activity, or interest (4)
- 7 the chief manservant of a house (6)
- 14 the area on which a rocket stands for launching (plural) (6,4)
- 16 surpass or overtake another to move into a leading or dominant position (8)
- 18 a plant of the daisy family with yellow, orange, or copper-brown flowers (8)
- 19 close fitting rubber garment worn in cold water (3,4)
- 21 an idea used to account for a situation or justify a course of action (6)
- 22 a person involved in a disorderly public outbreak (6)
- 24 a restless or strong desire to do something (4)

What's On in August

Mon 1 1-31 MS Readathon	Tue 2 1-7 Dental Health Week	Wed 3 	Thurs 4 4 National ATSI children's day	Fri 5 5 Jeans for Genes Day	Sat 6 	Sun 7 
Mon 9 8-14 National Stroke Week	Tue 10 	Wed 11 	Thurs 12 12 Red Nose Day	Fri 13 	Sat 13 	Sun 14 
Mon 15 15-21 National Wound Awareness Week	Tue 16 	Wed 17 17 Launch of the Yarrabah Dignity Box	Thurs 18 	Fri 19 19-23 Healthy Bones Action Week	Sat 20 	Sun 21 
Mon 22 	Tue 23 	Wed 24 	Thurs 25 25 Daffodil Day	Fri 26 	Sat 27 	Sun 28 
Mon 29 	Tue 30 	Wed 31 				

Are you hosting a community event and wish to have it included on our What's on Page?

Email details through to comms@GYHSAC.org.au

TAKE HEART
The quest to rid the world of Rheumatic Heart Disease

A sore throat could be a sign of **COVID-19** or a **Strep A** infection, which if left untreated could lead to Acute Rheumatic Fever (ARF) or Rheumatic Heart Disease (RHD)

SORE THROAT?