



Health Worker Heroes



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YARRABAH
Paradise by the sea



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Gurriny Yarns is published monthly by Gurriny Yealamucka Health Services.

Editorial submissions contact comms@GYHSAC.org.au
For more information contact Gurriny Yealamucka Comms & Marketing 07 4226 4000



Developing through play

SPENDING quality time with your bub is so easy with the launch of the Yarrabah Baby Playgroup. Each Tuesday, mums, dads and bubs can get together for a fun-filled baby play and explore session.

Commencing at 11am, in Gurriny Yealamucka's Workshop Road Clinic, the Baby Playgroup will provide an opportunity to bond with your bub whilst your precious baby explores, plays, discovers a whole new world around themselves.

The Baby Playgroup is presents by child play group specialists, Play Matters. Bubs need structured and appropriate play opportunities. Play truly matters in developing re-

silient children and families to ensure health and wellbeing for their whole life.

Play is how children learn and grow and is a key element of early childhood development. It will provide the foundation for lifelong learning and wellbeing.

The Baby Playgroup will also provide a great opportunity for parents to bond with and take a very active role in the development of their bub.

Sessions are free to attend, commencing each Tuesday at 11am, with morning tea and a cuppa provided for all who attend.

For more information contact Jess 0473 585 091.



Mmmm... Pancakes



SHROVE Tuesday, also known as Pancake Tuesday is the day before the commencement of Lent, the 40 days leading into the Christian celebration of Easter.

Shrove Tuesday is a day observed by many Christians and 'shrove' derives from the work shrive, meaning to absolve.

Pancakes are a symbol of the four key pillars of Christian life: flour for sustenance, eggs representing creation, milk for purity and salt for wholesomeness.

This Shrove Tuesday, February 21, all visitors to our Workshop Road and Bukki Road Clinics will be invited to join with us for a feast of fresh piping hot pancakes, topped with fresh fruit and syrup.

Pancakes will be served by our Youth Wellbeing Team and available between 9am and 11am.

**Look after the health of
you and your family**

**Book your
715 Health Check today**

culturally safe

CARE



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Upskilled and motivated

A woman is holding two young children, a boy and a girl, in front of a green background. The boy is on the left, wearing a blue shirt and has a pacifier. The girl is on the right, wearing a white shirt with a floral pattern. The background is a mix of green and blue with a circular pattern.

Register your bub

Our **kids** count

It's important to register your bub's birth.

Registering your bub's birth is **FREE**

qld.gov.au/births



HEALTH work is a very rewarding and many times challenging vocation. For Gurriny Yealamucka Health Workers, Maureen Cedric and Bessie Patterson health work is one of the most rewarding professions they could imagine.

In November 2022 both Maureen and Bessie completed additional training through Cairns TAFE, to upskill to a Certificate IV in Aboriginal and Torres Strait Primary Health Care Practice. The desire to upskill, and further their qualifications was the motivation to undertake more than a year of additional training and studies.

"The course was challenging, but working full time in the field, along with some great support from our teachers at TAFE made it manageable," said Maureen.

"I love my job, and I wanted the challenge of extra learning, so I enrolled. The course has given me more confidence as a health worker. I'm now considering enrolling for my diploma."

For Bessie, the chance to follow in her uncles' footsteps and work in health has always been her motivation. "My Uncles were health workers at Gurriny, I really felt the strong calling for me to follow them." Bessie qualified

with her Certificate 3 almost 5 years ago, working at Gurriny since qualifying.

"It was really helpful to have another community member on the Certificate IV course with me. Having Maureen with me helped to keep us motivated and focused.

"I would love to do my diploma or even study to become an enrolled nurse. Our Certificate IV will count towards our nursing qualification if we do it," Bessie said.

Indigenous Health Workers are essential to the model of care employed by Gurriny Yealamucka. Health workers are the true front line for the health service.

For Bessie and Maureen, the opportunity to work directly with their community, protecting and educating their community, ensuring that the care they receive is always culturally safe is perhaps the most rewarding part of their weekly work.

If you wish to find out more about working as an Indigenous Health Worker, speak to of Gurriny's many health workers and also contact Cairns TAFE, you may qualify for Fee Free TAFE.



FREE

community laundry

Available Monday to Friday
9.30 - 1pm
Yarrabah Youth Hub
Workshop Road Yarrabah



Fee Free TAFE, a great opportunity for Yarrabah

RECENT school leavers and Yarrabah locals looking to upskill or change careers are being encouraged to enrol in one of the 37,000 Fee-Free TAFE places available in 2023.

"If you've been thinking about studying something new, or upskilling, now is the time as Fee-Free TAFE and vocational education and training courses in Queensland are open for enrolments.

This represents a great opportunity for locals to upskill and create a positive future for them and their families.

Fee-Free TAFE training in 2023 will provide a wonderful stepping stone to an ideal career for recent school leavers, especially if they're currently undecided about what they'd like to do.

The most popular courses being studied include:

- Diploma of Early Childhood Education and Care
- Diploma of Community Services
- Diploma of Business
- Diploma of Nursing (*eligible to First Nations Australian, people with disability or people from cultural and linguistically diverse background)
- Certificate III in School Based Education Support
- Certificate III in Information Technology
- Certificate III in Early Childhood Education and Care
- Certificate III in Individual Support and Certificate III in Individual Support (Disability)

- Certificate IV in Cyber Security
- Certificate IV in Accounting and Bookkeeping
- Currently 84 per cent of TAFE Queensland graduates go into employment or further study.

On our frontline, there is a chronic need for more nurses supporting better health outcomes right around the state which is why the Diploma of Nursing is available to eligible students – First Nations Australians, people with disability and people from diverse backgrounds.

TAFE Queensland Chief Executive Officer Mary Campbell said Queenslanders eligible for Fee-Free TAFE funding will have the opportunity to enrol in one of over 80 skill sets, certificates and diploma level qualifications currently on offer at TAFE Queensland.

"Child care workers, welfare support workers, office managers and ICT technicians are all in high demand throughout Queensland, so it's encouraging that the majority of our current enrolments are in sectors with recognised skills shortages," Mrs Campbell said.

"The most popular Fee-Free TAFE qualifications people are currently enrolling in at TAFE Queensland include our Diploma of Business, Diploma of Early Childhood Education and Care and Diploma of Community Services."

Fee-Free TAFE in Queensland in 2023 is being delivered by TAFE Queensland and the Central Queensland University.

ALL dog attacks should be reported to Council!



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Time to put the bite on dog attacks

2023 has not been an easy time for Community.

Already this year we have seen two savage dog attack on community members. Both attacks required hospitalisation in Cairns and both attacks were totally preventable.

This week the Cairns Hinterland Hospital Health Services reported a total of 19 dog bite presentations to the Yarrabah ED so far this year. Last year there were a massive 53 people presented to ED with dog bites, that an average on one person each week.

For Mayor Ross Andrews that's totally unacceptable. "One bite was too many, and we must get serious about controlling our dogs."

Speaking to the Cairns Post this week, Mayor Andrews said whilst the majority of pet owners in Yarrabah were responsible, more needed to step up.

Gurriny Yealamucka Health Services Chief Executive, Suzanne Andrews was concerned about the number of dog bites being

treated in their clinics on a weekly basis.

Although residents traditionally presented to ED after a dog attack, the doctors and clinicians at Gurriny treated the victims in the days and week after the initial attack.

"We are concerned by the increased number of dog attacks and bites here in Yarrabah.

"The recent attacks highlight the need for greater management of our dogs here in Yarrabah.

"There are a large number of dogs that continue to roam free in community. Many of our patients express concern about walking in community due to the large number of dogs on the streets and footpaths, some of which are very aggressive.

"In a community where diabetes is an issue, the ability to regularly and safely exercise is essential in the treatment of diabetes. The free roaming of dogs has a direct impact, not only upon the social and emotional health but also physical health of our community', she said.

Stop the spread of germs





Our Voice is heard by Senator

THE Voice to Parliament along with the appalling state of telecommunications in Yarrabah were topics on the agenda when ALP Senator for Queensland Nita Green visited Yarrabah last Week.

Senator Green met with representatives from Council, Wugu and Gurriny to report on the Voice to Parliament progress along with listening to concerns raised by our community representatives.

It is anticipated that the final wording along with the structure of the Voice to Parliament will be released from the working committee this week, allowing all Australians an opportunity to understand and discuss this important issue.

It is anticipated that the referendum will be held towards the end of the year, with October being the suggested month.

Before the referendum can be called, both Houses of Parliament

will need to pass the necessary legislation to trigger the referendum. To pass the legislation, the ALP government will require the support of the Green along with two other senate representatives. Senator Green was positive there would be sufficient support from all sides of politics to pass the legislation in the upper house, and therefore trigger the referendum.

Senator Green also reported that initial polling gauging public support for the Voice to Parliament was very positive with a majority of Australians in favour of the Voice and 80 per cent of young voters in favour.

You can collect your 'I support a Voice to Parliament' sticker from Council and also Gurriny's Bukki Road and Workshop Road Clinics.

HANDS ON COUNTRY

ECO TOUR

"Loved this tour!

The Team were excellent, lots of local knowledge and interesting eco information. Highly recommend"

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ANCIENT INDIGENOUS TOURS

Survival Day 2023



IN Yarrabah January 26 is a day to reflect upon, and celebrate the resilience of the world's longest surviving culture.

Ross Andrews, Yarrabah Aboriginal Shire Council mayor, sees Survival Day as a day to recognise the resilience and courage of Aboriginal and Torres Strait Islander people.

"Although Yarrabah was only founded 130 years ago, our people have survived for tens of thousands of years.

"In recent times we have lived through tragedies like, stolen generation, stolen wages, economic and financial exploitation, yet here we are today, a very proud and strong culture, standing tall on Survival Day, and celebrating as a community', he said.

Survival Day has been officially celebrated for almost 30 years in Yarrabah and serves as an important community gathering. More than 500 community members joined in a range of Survival Day activities, ranging from a community fishing competition, community Unity Walk, Traditional Dancing, sand castle building, coconut husking and live entertainment.

"It's fantastic to see so many community members turning out in force to celebrate this year. Last year due to COVID we had a very subdued celebration, but this year, its time to celebrate, reflect and enjoy our culture and heritage.

Survival Day is a day of celebration and also reconciliation, starting with a Unity Walk from Bishop Malcolm Park. Survival Day acknowledges that whilst Australia may have a dark history with regard to First Nations People, it is a day of celebration of our resilience as a people and culture, so today is a day to promote reconciliation and unity.

Today we call upon all Australians, many of them our non-Indigenous brothers and sisters to walk with us on this journey toward reconciliation, all walking together for a better future for our kids and all children in Australia.



Call ican on **1800 369 878** or check
out our website at **<http://ican.org.au>**

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Buying a **CAR**

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BOSS of your money

MANAGE
YOUR DEBTS

And much more!

ican



Indigenous Consumer Assistance Network



Developing nicely

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.



**Tuesday
Feb. 21**

Pancake Tuesday

You are invited to come along and enjoy a beautiful, fresh pancake with us on Shrove Tuesday.

Piping hot, topped with fresh fruit and syrup, designed to put a smile on your face and warmth in your belly.

Book an appointment for Tuesday February 21, to see either one of our GPs or our Family Wellbeing / Family Healing Teams and you can grab your pancake, smother it with fresh fruit and join us for Shrove Tuesday / Pancake Tuesday.

Pancakes are available at Bukki Rd and Workshop Rd clinics between 9am and 11am

Pancake Tuesday (Shrove Tuesday) is a day many Christians observe and marks the day before the commencement of Lent.

The significance behind pancakes - the ingredients used to make pancakes represent the four pillars of Christian faith:

Flour for sustenance,
eggs for creation,
milk for purity and
salt for wholesomeness.

New Yarrabah housing policy

IN late January Council adopted a new Housing Policy.

The Housing Policy is committed to ensuring that social housing that Council is the custodian for is managed effectively and in line with the Indigenous Housing Program Assistance Agreement and Rent Policies and Residential Tenancies and Rooming Act 2008.

The new Housing Policy addresses areas of tenancy management, rent management and the allocation of social houses when houses become available.

The new policy also applies eligibility criteria for residents on the waiting list for social housing and a revised allocation process of matching tenants through the information they have provided, which is assessed and prioritised through a panel assessment process.

In Yarrabah applicants must meet all eligibility criteria, including:

1. Evidence of independent income – Social housing will not be provided to applicants who cannot demonstrate income. This is

to ensure that applicants are able to meet rent repayments once they become tenants.

2. Current and valid proof of identity
3. Not owned or be in the process of purchasing property
4. Applicants with current or ex-tenancy debts will only be eligible once they have entered into and sustained an unbroken Arrears Payment Plan for a minimum of three months.

All residents who have applied for social housing are encouraged to update their details at the Housing Office if their circumstances have changed, to be considered for upcoming housing when it becomes available.

The new Housing Policy will be effective from January 25, 2023, for more information about Council's new policy please refer to Council's website www.yarrabah.qld.gov.au

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.



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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



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Day of Action: 13 March 2023

How can you support the Save Sorry Business Campaign?

If you have lost money from ACBF/Youpla or you are supporting someone who has;

1. **Take a photo** (of yourself or the person you are supporting) and include a sign or building that identifies the **location** where the photo is being taken.
2. **Check** any other person besides you in the photo consents to have their photo and location shared. Members of the Save Sorry Business coalition will be using these photos as part of the Save Sorry Business campaign.
3. **Understand** this information may be used in social media (Facebook and Twitter for example), and may be provided to media organisations or members of parliament and their staff. These photos are primarily going to be used for our Day of Action on 13 March 2023, 1 year after Collapse of ACBF/Youpla.
4. **Scan the QR code** and attach the photo and complete the details no later than the **6th March 2023**.



If you have questions, call Mob Strong Debt Help Free call 1800 808 488 and ask for The Save Sorry Business Coordinator

One year on NO lasting solution



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.



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IN August last year, two Yarrabah community members, (Agnes Neal and Brian Underwood) travelled to Canberra carrying the personal stories of more than 800 Yarrabah policy holders in the Aboriginal Community Benefit Fund, (YOUPLA).

A week of meetings with Treasury officials, Federal Ministers and back benchers produced a minor win for all policy holders but not long-term permanent solution.

Community members who were financial members of YOUPLA at the time of it's collapse, are guaranteed funeral coverage should the pass before November 2023.

This is not enough and offers very little comfort to the vast majority of policy holders in Yarrabah and across Australia.

There is a National Day of Action planned for March 13, to mark the one-year anniversary of the collapse of the funeral fund. This day of action is designed to once again draw the focus of the government to the plight of the thousands of policy holders across Australia.

Community members are encouraged to take a selfie, holding the "Save Sorry Business" poster printed here in this month's edition, and upload it to a Save Sorry Business site, run by iCan.

Your participation will help to draw the focus and attention of the government to this disgusting state of affairs and will increase the pressure on government to hand down a fair and permanent solution for almost 30,000 policy holders in Australia.

If you are having difficulty uploading you can also email your pic direct to iCan at, jillian.williams@ican.org.au.

The Australian Securities & Investment Commission (ASIC) who are the financial regulators in Australia are also planning a visit to remote communities to hear the stories from those impacted by the collapse of YOUPLA. It is anticipated this visit may include Yarrabah. We will keep you posted on this development.

#SAVE SORRY
BUSINESSES





Lights camera action!

ONE of Australia's leading casting agencies, Nathan Lloyd Casting has shouted out seeking Indigenous males aged 15 to 17 years of age for an upcoming drama series.

Potential cast members can be located anywhere across Australia, and will be required between April and June of this year.

No experience is required for these paid roles.

Parents and guardians are requested to email the Nathan Lloyd Casting office: office@nathanlloyd.com.au with the following information:

- Name of applicant
- Age
- Location (where you live)
- Parent/Guardian phone number
- Acting experience – if any
- 2 recent photos of the applicant

Nathan Lloyd Casting has a long and very successful history in Australian film and television, with casting credits including Underbelly, Wentworth, Offspring and Safe Home.

You can find out more about Nathan Lloyd Casting, www.nathanlloyd.com.au



Owning a dog comes with responsibility

Residents are reminded of their responsibilities if they own a dog.

Under the Yarrabah Local Laws, as well as social housing tenancy agreements, residents are reminded:

Dogs are not permitted in public places, (roads, footpaths and parks) unless under the control of someone.

There is a strict limit of a maximum of two dogs per household.

Securing your dog in your yard is the responsibility of the owner of the dog.

Council Officers will be seizing any dogs that bite anyone and also impounding any dogs found wandering outside yards or are strays.

Residents are advised to report all incidents involving dogs, by either phoning Council on 4056 9120 or via email complaints@yarrabah.qld.gov.au

NO Washing Machine NO WORRIES

Use our **FREE** Community Laundry
Available Monday to Friday 9.30 - 1pm
Yarrabah Youth Hub





7 steps to take if you are bitten by a dog

DOG attacks are not only frightening, they pose a severe risk of infection and even worse. If you are bitten by a dog, no matter how minor the bite here's seven simple steps you need to take.

1. Wash the wound. Use a mild soap – even MooGoo, and run warm tap water over it for five to ten minutes. This will assist to ease the trauma and also flush the wound as best you can.
2. Slow the bleeding with a clean cloth and apply direct pressure to the wound.
3. Apply an over the counter antiseptic cream if you have one.
4. Cover the wound in a sterile bandage.
5. Keep the wound bandaged and seek immediate medical attention either at the Yarrabah ED or come to the Gurriny Clinics.
6. After you have been seen by a doctor or nurse, change the bandage regularly. Your doctor or nurse will give you clear instructions on how to care for your wound.
7. Be always on the lookout for signs of infection, including redness, swelling, increased pain or fever along with localized heat around the wound.

It is important to seek medical attention for any dog bite. A bite will need to be properly cleaned, treated with antibiotics and in some cases, you may need a tetanus shot.

GOOD HAND HYGIENE IS IMPORTANT TO STOP THE SPREAD OF GERMS AND VIRUSES

Hand washing like a PRO

Bust up some germs with these six moves and in 20 seconds you'll have some super clean hands.

Wrestler!



Tarzan Grip
Back of fingers to opposing palms with fingers interlaced



Beg for Mercy
Focus on the thumbs. Both hands.



Smell the Cheese
Fingernails and fingertips rubbed into your palms



Greedy Promoter
The classic, just rub palm to palm.



Coming up Behind
Between the fingers on the back on your hands



Answered Prayers
Between the fingers palm to palm



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We're Hiring

Could you be our next Coles Team Member? Come join us to provide great customer experiences and work with enthusiasm, energy and pace in your local Coles store.

We're one of Australia's most iconic and trusted businesses – and we're on the lookout for awesome team members to join the team at your local Coles supermarket.

With opportunities across Coles, including store team members, cleaning, trolley collection, personal shoppers and drivers. You could be packing delicious treats in the bakery, scanning our customer's shop on Service, serving up slices in the Deli or restocking our shelves to make sure they're filled with everything our customers need.

Good things you need

- A commitment to providing great customer experiences by working with enthusiasm, energy and pace.
- To know your stuff, as you'll be a go-to person for customer queries.
- To be active – you'll be on your feet for long periods of time and may require some moderate to heavy lifting and reaching.
- The availability to work flexible hours across our store trading days (including early mornings, evenings and weekends).

Why Coles?

Join a big team, get big benefits. You can look forward to great discounts across all our supermarkets and brands, and even a chance to taste-test new products. You're also stepping into a culture that truly values what you do and celebrates your success. But that's just the tip of the iceberg. Explore all this and more at our Coles Careers website – www.colescareers.com.au

For everyone who shares our passion.

We encourage applications from people of all ages, nationalities, abilities and cultures – including Aboriginal and Torres Strait Islander peoples, the LGBTQ+ community and people living with disability.

Explore our opportunities and apply here
www.colescareers.com.au

Email: IndigenousAffairs@coles.com.au

We'd love to hear from you!



Value the Australian way

coles

Recent Croc sightings



THERE have been a number of recent sightings of crocodiles in the Yarrabah, along with an attack upon livestock in a Yarrabah creek.

It is too easy to forget the Crocwise message on these hot days and balmy nights.

Always remain vigilant and on the lookout for crocs when you are near water. Please stay at least 5 metres from the water's edge and do not swim in waterways (beach and creeks).

Just because you cannot see a crocodile, it does not mean there is not one close by.

Crocodiles have the ability to stay under water for more than one hour, and remain concealed from sight, even in knee deep water.

No natural waterway in crocodile country is 100 per cent risk-free, and you should remain Crocwise at all times, when in and around water in Yarrabah and far north Queensland.

If you do see a crocodile, report it to the Department of Environment and Science by calling 1300 130 372 and press option 1.

YARRABAH
Paradise by the sea



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Download the Croc App



RESIDENTS of Yarrabah are encouraged to report any crocodile they see or have concerns about, even if it is deceased.

The information gathered when you report a crocodile sighting will help rangers from the Department of Environment and Science track the movements and behaviour of crocodiles in far north Queensland.

Reporting is easy, you can download a free app from the Apple App Store or from Google Play for android phones. Its easy to install and so simple to use.

Remember crocodiles are highly mobile and the longer you take to report a sighting, the less likely it is that the crocodile will be located by our rangers.

We need to keep our children and families safe. We all love swimming and playing in our creeks and ocean. If you see a croc, report it.



PUBLIC HOLIDAYS

Wed Jan 26	Cairns Region	Survival Day
Fri Apr 7	Cairns Region	Good Friday
Mon Apr 9	Cairns Region	Easter Monday
Tue Apr 25	Cairns region	ANZAC Day
Mon May 1	Cairns Region	Labour Day
Sat Jun 17	Shire of Yarrabah	Yarrabah Foundation Day
Fri Jul 7	Shire of Yarrabah	NAIDOC Day
Fri Jul 21	Cairns Region	Cairns Annual Show
Mon Oct 2	Cairns Region	Monarch's Official Birthday
Mon Oct 30	Shire of Yarrabah	DOGIT Day
Mon Dec 25	Cairns Region	Christmas Day
Tue Dec 26	Cairns Region	Boxing Day



Need transport to a medical appointment?

4226 4100



2008 National Apology



IN 2008 Prime Minister Kevin Rudd stood before Parliament and the world and delivered historic apology to the Stolen Generation of Indigenous Australians.

This heartfelt address was a watershed in the quest for a fairer and more inclusive Australia.

This year marks the 15th anniversary of this historic day.

Two community members, Kaylene Jackson and Anita Lee Hong attended the breakfast in Canberra marking the celebration.





2008 National Apology

*That today we honour the Indigenous peoples of this land, the oldest continuing cultures in human history.
We reflect on their past mistreatment.*

We reflect in particular on the mistreatment of those who were Stolen Generations - this blemished chapter in our national history.

The time has now come for the nation to turn a new page in Australia's history by righting the wrongs of the past and so moving forward with confidence to the future.

We apologise for the laws and policies of successive Parliaments and governments that have inflicted profound grief, suffering and loss on these our fellow Australians.

We apologise especially for the removal of Aboriginal and Torres Strait Islander children from their families, their communities and their country.

For the pain, suffering and hurt of these Stolen Generations, their descendants and for their families left behind, we say sorry.

To the mothers and the fathers, the brothers and the sisters, for the breaking up of families and communities, we say sorry.

And for the indignity and degradation thus inflicted on a proud people and a proud culture, we say sorry.

We the Parliament of Australia respectfully request that this apology be received in the spirit in which it is offered as part of the healing of the nation.

For the future we take heart; resolving that this new page in the history of our great continent can now be written.

We today take this first step by acknowledging the past and laying claim to a future that embraces all Australians.

A future where this Parliament resolves that the injustices of the past must never, never happen again.

A future where we harness the determination of all Australians, Indigenous and non-Indigenous, to close the gap that lies between us in life expectancy, educational achievement and economic opportunity.

A future where we embrace the possibility of new solutions to enduring problems where old approaches have failed.

A future based on mutual respect, mutual resolve and mutual responsibility.

A future where all Australians, whatever their origins, are truly equal partners, with equal opportunities and with an equal stake in shaping the next chapter in the history of this great country, Australia.

The Hon Kevin Rudd MP
Prime Minister
February 13, 2008



Puzzle Page

Sudoku (Easy)

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

Sudoku (Medium)

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

Sudoku (Hard)

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

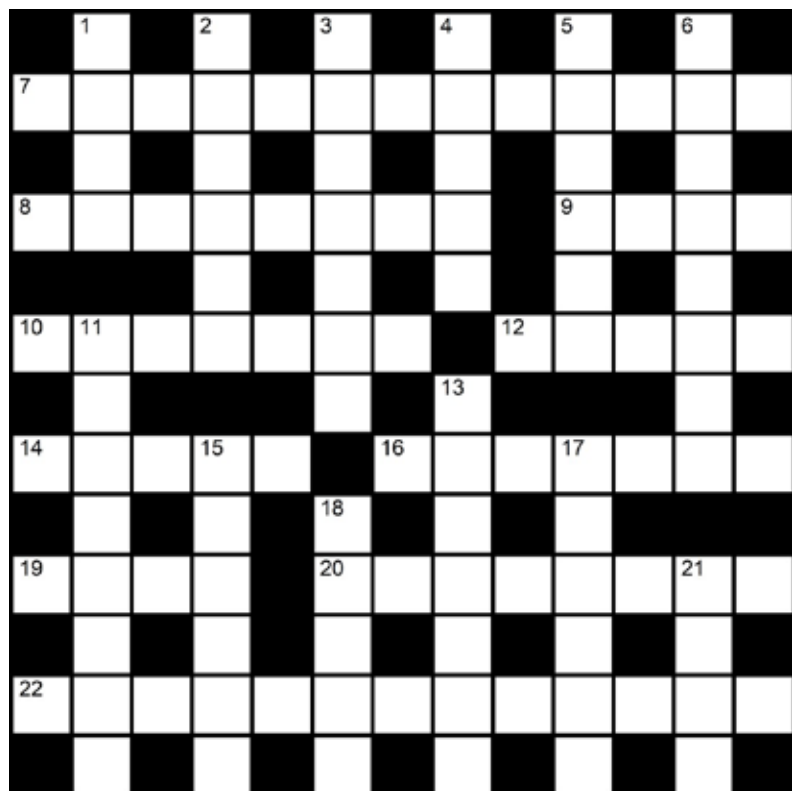
Word Search

N	I	N	J	A	K	C	A	C	K	L	E	S	X	N
I	T	R	I	C	K	I	D	R	I	K	V	P	W	Y
G	U	Q	U	E	E	N	N	O	M	D	I	O	B	L
H	T	H	T	R	E	A	T	G	O	C	L	O	A	K
T	U	S	A	H	M	J	F	O	N	C	W	K	T	P
C	A	N	D	Y	O	T	L	R	O	G	R	E	P	O
M	A	K	E	U	P	B	A	E	A	A	R	I	B	L
T	O	G	A	A	E	E	G	P	D	I	R	I	X	T
Y	O	E	S	S	F	O	G	O	R	G	D	C	M	E
B	G	E	P	C	R	O	W	N	B	A	O	K	Y	R
L	H	R	M	F	R	I	G	H	T	L	N	R	E	G
A	O	I	K	D	E	A	D	E	M	I	K	Y	E	
C	U	E	S	B	I	C	A	P	L	A	L	N	H	I
K	L	A	T	O	M	R	A	M	F	W	I	G	A	S
N	M	V	Z	O	P	C	S	T	O	N	E	L	T	T

Afraid
 Bat
 Black
 Blood
 Bogeyman
 Boo
 Cackle
 Candy
 Cape
 Cat
 Cloak
 Clown
 Corpse
 Crown
 Dark
 Dead
 Eerie
 Elf
 Evil
 Fairy
 Fear
 Fog
 Fright
 Ghoul
 Gory
 Grim
 Hat
 Hobgoblin
 Imp
 Kimono
 King
 Make-up
 Mask
 Mist
 Night
 Ninja
 Ogre
 Owl
 Poltergeist
 Prank
 Queen
 RIP
 Scream
 Spook
 Stone
 Toga
 Treat
 Trick
 Tutu
 Web
 Wig

Classic Dad Joke

I sold our vacuum cleaner;
it was just gathering dust.



Solutions

	1	U		2	E		3	S		4	T		5	S		6	E	
7	S	P	I	N	E	C	H	I	L	L	I	N	G					
		T		I		E		A			E		O					
8	C	O	N	G	E	N	E	R					9	D	A	R	K	
				M		E		A			G		M					
10	B	I	Z	A	R	R	E			12	D	E	M	O	N			
		C					Y			13	L				U			
14	B	E	A	S	T				16	P	I	G	G	I	S	H		
		L		H				18	S		B		R					
19	T	O	G	A				20	H	O	R	R	I	B	L	E		
		L		D						A		S		Y				
22	B	L	O	O	D	C	U	R	D	L	I	N	G					
		Y		W		K		Y		Y		X						

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

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

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

Across

7. (of a story or film) inspiring terror and excitement (5-8)
8. a thing or person of the same kind or category as another (8)
9. suggestive of or arising from evil; sinister (4)
10. very strange or unusual (7)
12. an evil spirit or devil, especially one thought to possess a person or act as a tormentor in hell (5)
14. an animal, especially a large or dangerous four-footed one (5)
16. resembling a pig, especially in being unpleasant (7)
19. a loose flowing outer garment worn by the citizens of ancient Rome (4)
20. causing or likely to cause horror; shocking (8)
22. causing or expressing terror or horror (13)

Down

1. indicating a maximum amount (2,2)
2. a person or thing that is mysterious or difficult to understand (6)
3. the painted background used to represent natural features or other surroundings on a theatre stage or film set (7)
4. a jewelled ornamental band worn on the front of a woman's hair (5)
5. criticize or insult in a mocking way (6)
6. very large in size, quantity, or extent (8)
11. British word for a piece of flavoured ice or ice cream on a stick (3,5)
13. a building or room containing collections of books, periodicals, and sometimes films and recorded music (7)
15. a dark area or shape produced by a body coming between rays of light and a surface (6)
17. causing horror or disgust (6)
18. a sudden upsetting or surprising event or experience (5)
21. a wild cat with yellowish-brown fur (4)

What's On in February & March

Mon 20	Tue 21 Pancake Tuesday (Shrove Tuesday)	Wed 22	Thurs 23	Fri 24	Sat 25	Sun 26
Mon 27	Tue 28 National Condom Day	Wed 1 Our Kids Count Community Registration Day	Thurs 2	Fri 3 World Hearing Day	Sat 4	Sun 5
Mon 6	Tue 7	Wed 8 International Women's Day	Thurs 9	Fri 10	Sat 11	Sun 12
Mon 13	Tue 14	Wed 15	Thurs 16	Fri 17 National Closing the Gap Day	Sat 18	Sun 19
Mon 20	Tue 21	Wed 22	Thurs 23	Fri 24	Sat 25	Sun 26

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?