



Stan the vaccine man



Full story
Page 3

**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?



Farewell and good luck

It was with a great deal of sadness that Gurriny Yealamucka bid farewell to one of their nursing staff, Jai-Lee Firth.

It was onward and upward for Jai-Lee as she moved to a new position in a day surgery clinic in Cairns. Although she loved her job as a triage nurse here in Yarrabah, the daily travel from Cairns combined with the opportunity to broaden her knowledge and experience were too great to ignore.

Staff from Gurriny Yealamucka gathered to celebrate International Nurses Day and International Midwives day and also share cake and afternoon tea as they also bid farewell to a very respected colleague.

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!

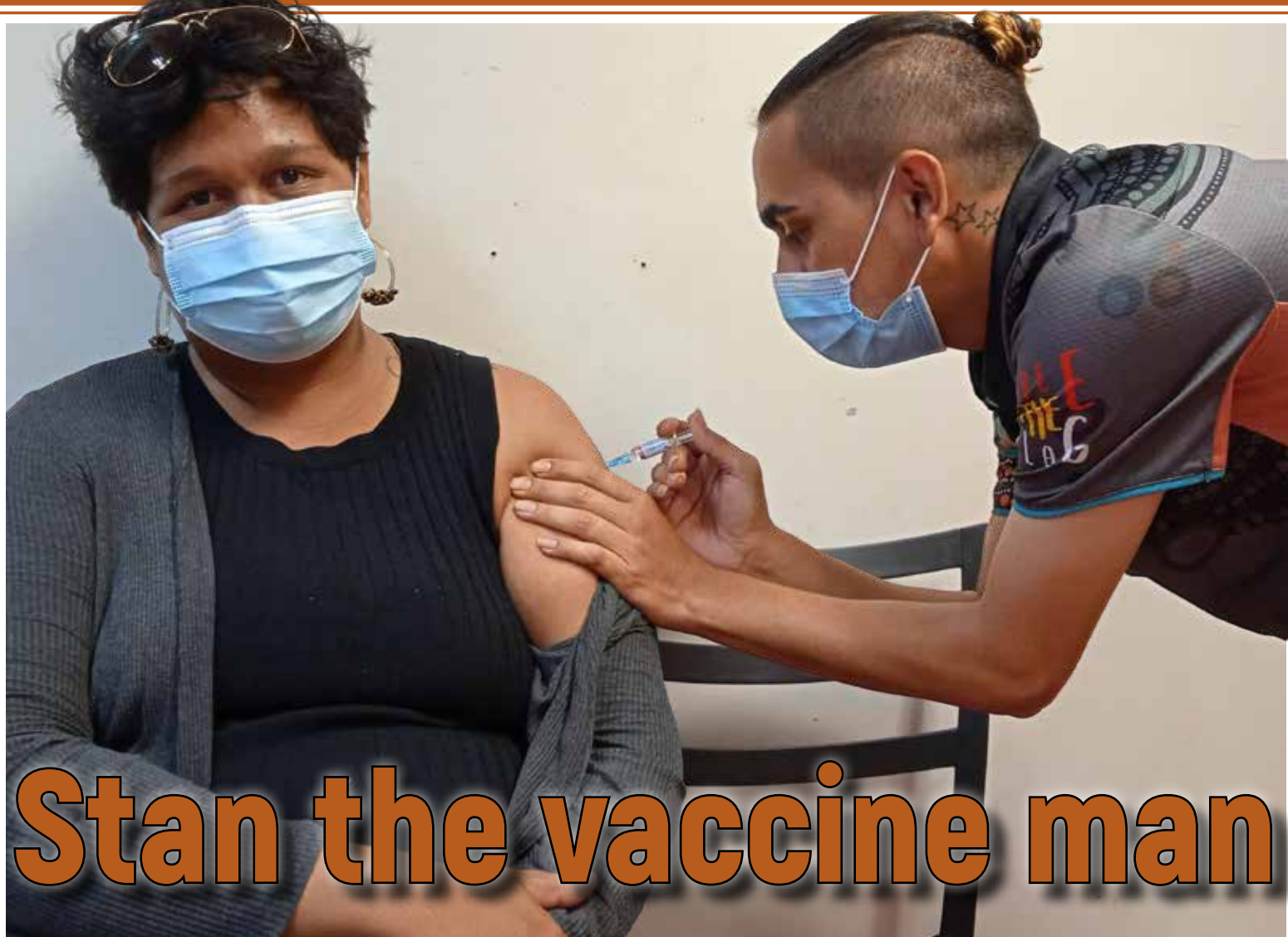
RH is a sickness caused by a common germ (Strep). This germ enters your body and causes sore throats and skin sores. It will cause a 'Fever' and feels like you have the flu.

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  

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



Stan the vaccine man

ORANGES are a great source of vitamin c and can protect you from the common cold. However earlier this month there was a small number of oranges here at Gurriny that were overflowing with extra protection.

A number of Gurriny's Health Workers underwent an extensive training course, upskilling to enable them to administer influenza and COVID vaccination.

The Health Workers honed their vaccination skills using a number of very willing oranges. The orange is ideal to practice vaccinations upon. They have a thick skin, providing a similar texture and feel to the administration of a needle upon a human.

Gurriny Yealamucka's Public Health Nurse, Renee Grosso who coordinated the course feels it is important to upskill our health workers. "providing culturally safe care is important at Gurriny Yealamucka. Having our Health Workers qualified as vaccinators is an important step in the development of our care program," she said.

In total 11 Health Workers attended the course conducted by

Queensland Health.

Stanley Yeatman from Gurriny's Child Health Team was an enthusiastic attendee. "I really wanted to do the course, it was a great opportunity.

"Having a few more people here who could vaccinate was the motivation.

"We had a mix of online studies, presentations from the trainer as well as practicing our vaccinations on some oranges.

"The influenza dose comes fully prepared, but the COVID vaccination training required us to learn to draw up the correct amount, mix with saline before administering the vaccination.

"So far I done 11 or 12 vaccinations and really loving the extra work."

Attending the course were: Teresa Neal, Paula Burns, Katrina Connolly, Rodderick Duncan, Belita Kynuna, Stanley Yeatman, Clevanna Messer, Jannali Neal, Sheanah Ludwick, Bessie Patterson, and Andrew Garrett.

Eligible people CAN NOW GET a 4th dose

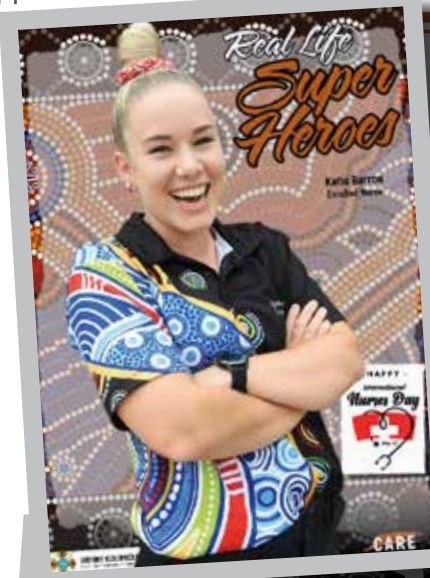
Protect yourself, your family and your community.
Book in for your Booster and/or your 4th COVID
vaccination dose.

Celebrating our nurses & midwives

IN May we celebrated our fantastic nurses and midwives. No health service could manage without the amazing contribution made from our nurses and midwives.

Gurriny Yealamucka is blessed to have almost 20 fantastically skilled and experienced clinicians.

The celebration on Thursday May 12 included cake, a fantastic afternoon tea and a presentation of a thank-you card signed from Father Les Baird, Dr Jason King and Anita Lee-Hong.



GET YOUR

**FLU
SHOT**



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

Dramatic increase in RHD funding needed

A DRAMATIC increase in funding will be needed to eradicate a disease which stems from poverty in Australia's Indigenous community, according to a leading paediatrician.

The federal government has committed to ending rheumatic heart disease (RHD) by 2030, but advocates are adamant the goal will not be met unless there's a major increase in investment and a radical shift in the way overcrowding is tackled in remote communities.

The disease starts with repeated strep A infections which damage the heart over time, leading to serious illness and death. While the disease is no longer an issue in mainstream Australia, it disproportionately impacts Indigenous people, particularly women, in places like the Kimberley, NT and outback Queensland and SA, where overcrowding and poverty are entrenched.

Experts warn the current trajectory of new diagnoses means more than 8,000 Indigenous people are expected to develop the disease in the next decade, leading to the deaths of about 600 people.

Commonwealth funding is largely targeted towards treatment, a task made difficult by cultural barriers and logistical challenges. Remote health workers and specialists who research the disease nationally say overcrowding and poverty among Indigenous Australians must be tackled meaningfully if the 2030 goal has any chance of being achieved.

Stepping out strongly



THANK you to Caitlin Harper Leech and Eva Burns for running the Foot Forward Workshop teaching the team how to do foot assessments and care for their feet.

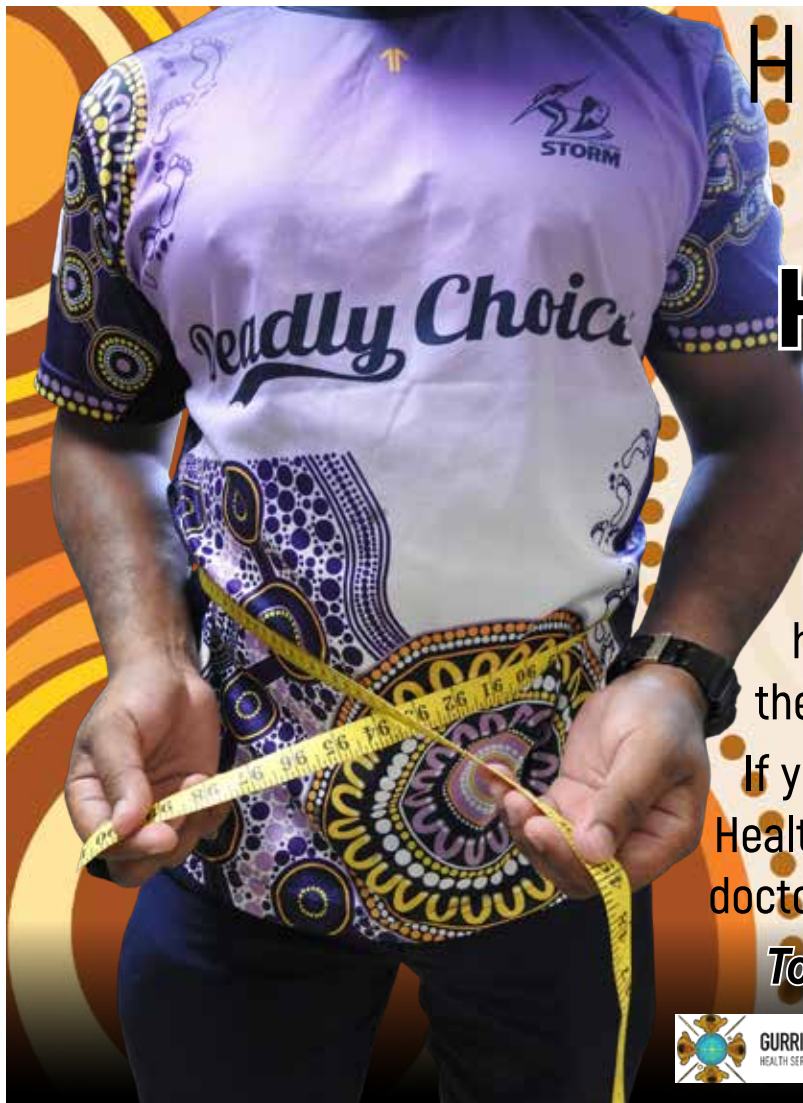
Wendy is on Study Leave between May 9 and 20 for her second block -Certificate 1V studies in Aboriginal and Torres Strait Islander Primary Health Care Practice at Batchelor.

Bessie and Maureen were also on Study Leave from May 16 to 27 on their - Certificate 1V studies in Aboriginal and Torres Strait Islander Primary Health Care Practice at TAFE in Cairns.

The Care Co-ordination Team attended the QAMS HbA1c workshop at the leisure Centre on Thursday 12th May.

Thursday May 19 we met with Pippa HMR and NACCHO members Peter and Fran from Canberra to discuss the appropriateness of new medication pamphlets and fact sheets.

Thank you to Pippa for the pastries from the Bakery.



How long is a piece of string? **HALF** your height

A simple test to see if you are carrying too much weight around your waist.

Using a piece of string, measure your height with the string. This string should then go around your waist TWICE.

If you cannot, you need to speak to a Health Care Worker or see your Gurriny doctor.

Too much waist leads to health issues



Special Screening in Yarrabah - Take Heart: Deadly Heart June 9 - Yarrabah Swimming Pool: FREE entry

RHD is a preventable disease of children. All children exposed to Strep infections through skin sores and sore throats need treatment to keep them safe from RHD. If this treatment is not provided in a timely manner, children can develop Rheumatic Heart Disease, which is a life-long chronic condition that can lead to stroke, heart failure and premature death.

RHD was once widespread across all of Australia, but today it is almost exclusively found in Aboriginal and Torres Strait Island communities. Some of these communities have the highest rates of RHD in the world.

RHD has the biggest negative impact on the life-expectancy gap between Indigenous and non-Indigenous Australians. While it is a disease that is completely preventable, health system failures, low health literacy, overcrowding and environmental factors are contributing to growing rates of RHD in Australia.

Deadly Heart (screening in Yarrabah June 9), tells the inspiring story

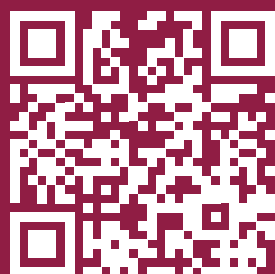
of the journey towards an RHD-free future. It is a powerful film for a general audience that celebrates Aboriginal culture and demonstrates how community-led programs can put RHD in the history books.

The film incorporates themes of truth-telling, Indigenous leadership, language, culture, identity, reconciliation, education, health and self-determination.

The core creative team features leading Aboriginal and Torres Strait Islander voices Dion Devow (ACT Australian of the Year 2018), Vicki Wade (Director RHD Australia) and Lorraine Kabbindi White (Aboriginal Artist and Filmmaker).

Take Heart: Deadly Heart was made by working closely with children, family, communities and health experts. Their stories demonstrate that by investing in community-led initiatives and prevention programs, RHD is a problem that can be solved.

Gurriny Tipping Competition



FREE to enter



Enter online, tip all 3 games before 5pm June 8, for your chance to win great prizes

Making a statement...



THE Yarrabah Leaders Forum (YLF) have had the privilege to participate in the Uluru Statement movement on April 10.

Yarrabah held the Voice to Parliament dialogue at the Yarrabah Community Hall with the YASC Mayor, Ross Andrews, fellow councilors and members of the Yarrabah community.

Before heading to the community hall to have brekky with 80 plus delegates we all sat around the "Tree of knowledge" outside Pop Alfie Neal place on Beach Rd.

Everyone was amazed to witness Pop Alfie's the "Bush Lawyer" describing history "in its form, back then" and was glad that First Nation people are still continuing the movement.

POOL + PARTY MOVIE Thurs June 9

◆ Deadly DJ (Lynette Bullio) ◆ Games
◆ Giveaways ◆ FREE Food ◆ Movie

4:30 - 8pm
FREE Entry

TAKE
HEART
DEADLY
HEART



GURRINY YEALAMUCKA
HEALTH SERVICE ABORIGINAL CORPORATION





Making Mother's Day special

GURRINY Yealamucka celebrated Mother's Day in fine fashion with a luncheon taking place at the Workshop Road Health Centre on Friday May 6.

30 to 40 women participated on the day, with fun and laughter, including dancing before settling in for a beautiful lunch and the presentation of a Mother's Day gift for all who attended.

State of Origin Tipping Comp

IT'S mate verses mate, state verses state, it's State of Origin time again.

With the Cowboys and Broncos firing again in 22, this year's State of Origin will be filled with the usual bite, biff and brilliant footy.

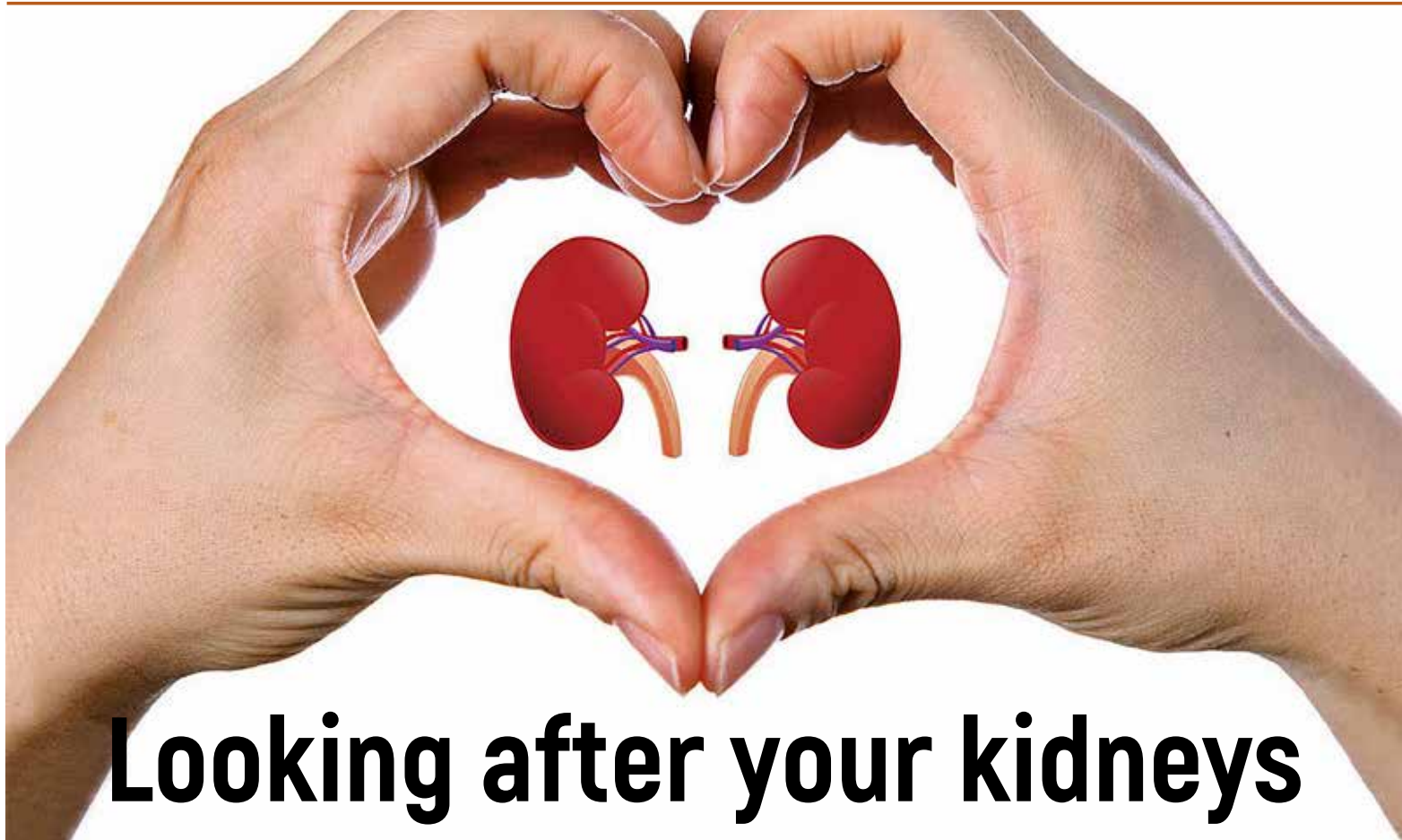
Staff members are invited to join the fever and enter the Gurriny Yealamucka State of Origin Footy Tipping Competition.

With two great prizes up for grabs for the champion and runner's up, you will want to get online and enter your tips.

The only stipulation is that you need to enter your tips (all 3 games) prior to 4:30pm on Wednesday June 8.

Show your colours, display your passion and remember to be loud and proud in your support of your favorite team.





Looking after your kidneys

Kidney diseases are silent killers, which can largely affect your quality of life.

There are several ways to reduce the risk of developing kidney disease.

Keep fit, Be active

This can help to maintain an ideal body weight, reduce your blood pressure and the risk of Chronic Kidney Disease.

Eat a healthy diet

This can help to maintain an ideal body weight, reduce your blood pressure, prevent diabetes, heart disease and other conditions associated with Chronic Kidney Disease.

Reduce your salt intake. The recommended sodium intake is 5-6 grams of salt per day. This includes the salt already in your foods.

Check and control your blood sugar

About half of people who have diabetes do not know they have diabetes. Therefore, you need to check your blood sugar level as part of your general body check-up. About half of people who have diabetes develop kidney damage; but this can be prevented/ limited if the diabetes is well controlled. Check your kidney function regularly with blood and urine tests.

Check and control your blood pressure

We need to check your blood pressure as part of your general body check up. High blood pressure can damage your kidneys. This is especially likely when associated with other factors like diabetes, high cholesterol and Cardio-Vascular Diseases. The risk can be reduced with good control of blood pressure.

Take appropriate fluid intake

The right level of fluid intake for any individual depends on many factors including exercise, climate, health conditions, pregnancy. Approximately 2 litres per day for a healthy person.

Don't smoke

Smoking slows the flow of blood to the kidneys. When less blood reaches the kidneys, it can decrease their ability to function normally. Smoking also increases the risk of kidney cancer by about 50 per cent.

Get your kidney function checked if you have one or more of the 'high risk' factors

- ▶ you have diabetes
- ▶ you have hypertension
- ▶ you are obese
- ▶ you have a family history of kidney disease

CHECK IN FOR A CHECK UP

Before winter hits, make sure your flu and COVID-19 vaccinations are up-to-date. Make the choice and check in with your local Community Controlled Health Service today.

makethechoice.com.au gyhsac.org.au

GURRINY YEALAMUCKA HEALTH SERVICES COOPERATIVE
QAIHC

Yarrie features on Cairns billboard

GURRINY Yealamucka and Yarrabah will be featured on the digital billboard located at Cazalys on Mulgrave Road.

QAIHC in partnership with Gurriny have secured placement on the billboard for a week in late June, to promote flu and COVID vaccinations.

Check in for a Check UP is the latest campaign involving community members as well as Gurriny Yealamucka staff that will feature on social media as well as the bright lights of Cairns.

Be sure to look out for the billboard when you are next in Cairns.



Mum's the word in Maternal Health

2022 started off very busy for maternal health with more than half of Yarrabah's pregnant women contracting COVID during the outbreak earlier this year.

In addition to that, 29 Yarrabah babies have been born already this year!

Thankfully we welcomed new midwife Te Amohia to the team who has been a great asset, engaging with women and families in clinic and community.

Maternal health hopes to hold a Welcome Baby to Community event next month for all of the Yarrabah babies that have been born this year.

This will allow families to come together to celebrate

the new additions to their mob, and allow midwives to catch up with women and families we say goodbye to at 6 weeks post birth.

Having this event will allow midwives to re-engage with women and families to participate in a health survey regarding their experiences birthing in Cairns and provide important feedback for the birthing on country model of care we are working towards.

In the world of women's health – Tayla, Leisha and Doctor Tim are currently working together to provide CST to Yarrabah women and re-engage clients for their women's health checks.

In the best of care



A RECENT addition to the clinical staff at Gurriny Yealamucka is Tanika Deemal-Parker. A proud Gu Guu Yimithirr Bama from Hopevale, Tanika joined our team in early May.

Tanika is a James Cook University graduate, and has spent the past 8 years working in Indigenous communities doing locum work.

Tanika joins the Gurriny Yealamucka team as a triage nurse.

Prior to joining our team, Tanika served as Deputy CEO of NAT-SIHWP (National Aboriginal and TSI Health Worker Association).

You could not find a more passionate and energized advocate for improving the standard of healthcare in our community. Tanika is dedicated to working with community here and playing her part is helping to 'Close the Gap'.

"I really want to lift the profile of First Nation People's health issues, providing them with a strong voice, compassionate and culturally safe care."

Although her family roots lie in Hopevale, Tanika grew up in Yarrabah as a kid and attended Yarrabah Primary for a number of years.

A JOURNEY TO AN RHD FREE FUTURE

FREE Screening
Thurs June 9, Yarrabah Swimming Pool

TAKE HEART
DEADLY HEART

Presented by SNOW FOUNDATION Gold Sponsors Bupa Foundation cages Medtronic ORANGES & BARDINES Silver Sponsors Pfizer aspen foundation MooGoo NT Creative Moushine Created by

Did you know the Dentist is back in Yarrabah?

YOU might recognise the team at Yarrabah, but we also have a few new faces. For the kids, Suzanne & Joni can help on Tuesday & Wednesday. For the adults, we have Dr. Hannah, Dr. Justin & Sonja who come on Wednesday and Thursday.

We are all here to help you with any sore teeth, broken teeth or maybe you even need new teeth. We should all have our teeth checked EVERY YEAR!

Sometimes our teeth fall apart because of too much sugar. Sugar is in so many of our foods and fizzy drinks and unfortunately, it makes our teeth weak and creates holes.

To stop these holes, you need to stop the sugar and brush your teeth every day!

Book a FREE appointment for kids and adults anytime by calling: 1300 300 850.

We can't wait to see you all soon,
The Yarrabah Dental Team.



Join Our TEAM



Gurriny Yealamucka Health Services are seeking suitable applications for the following positions.

- ◆ Clinic Support Manager
- ◆ Director People and Culture

Applications close in June, you can apply via our website or directly using www.seek.com.au

Full details including position description can be found at: www.gyhsac.org.au/join-us



Scan the QR Code to visit our jobs page



FREE community laundry

Available Monday & Wednesday
9.30 - 12.30pm
Yarrabah Youth Hub
Workshop Road Yarrabah



CARE



Welcome to the team



Samantha Lubke

Samantha joins our clinical team as an Endorsed Enrolled Nurse

Tanika Deemal-Parker

Tanika joins the clinical team as a Triage Nurse.



CONGRATULATIONS Tracy Burns & Zippora Smith.

Commencing last month as casual receptionists, they have been appointed as full time employees this week. Well done!

HAPPY BIRTHDAY ANNIVERSARY

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

8 Sherene Mundraby
17 Skye French
29 Teresa Neal



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

8 years Paul Munn
8 years Clifton Burns
8 years Jannali Neal
4 years Nara Crotty
1 year Tayla Smith
1 year Jen Nisbet

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Phone: (07) 4056 9120
Fax: (07) 4056 9167
Email: council@yarrabah.qld.gov.au

Friday, 20 May 2022

PUBLIC NOTICE

Subject: Range Rd – Road Works
Date: Tuesday 24th of May – 14th of June 2022
Time: 8:00AM – 4:00PM
Location: Range Road

Yarrabah Aboriginal Shire Council wish to advise that roadworks will occur on Range Road on Tuesday 24th of May 2022 – 14th of June 2022.

Works include pavement repairs, Drainage Works and line marking to improve public safety whilst traveling to and from community.

Additionally, Road Pavement improvements will be undertaken on Back Beach Road and Nursery Road (Balamba Road).

We ask you to take caution and travel to conditions while driving through the road works to ensure the safety of our council workers.

We appreciate your patience during this time.

Preston Andrews
DIRECTOR of Works & Infrastructure
Yarrabah Aboriginal Shire Council
Ph.: (07) 4056 0747 |
E: pandrews@yarrabah.qld.gov.au
M: 0407716168



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 reflection on National Sorry Day - Dr Jason King

TODAY I would like to share with staff and family here at Gurriny my reflections on Sorry Day. I feel especially thankful to be working in Yarrabah and in an organisation like Gurriny for the connection it sustains in me with my family back home and for the new family I have been invited into here.

Today is National Sorry Day. Thursday May 26.

Today I remember my Nan Edith Madeleine Moore (nee: Worrall), taken from her family by a constable on the instructions of A.O.Neville so-called "Protector" of Aborigines in 1919. The bonds of her family were strong and they tried many times to break her free from the life that had been forced upon here. The life in Mogumber Mission where she would be placed inside a 3-foot-high brick and corrugated iron solitary confinement for "misbehaviour". Stale bread her only meals.

Her family would travel there to see her only to be told to go away. Her own desire to connect with her culture and family stopped by lies and deception, once again by A.O.Neville.

Her father, Leopold Augustus Websdale, an Aboriginal man and WWI veteran tried to break her free from the horrible servitude she faced with a powerful pastoralist family where abuse of all kinds were her constant and only companion. Opportunities to obtain employment and a life away from this slavery was kept from her, once again by A.O.Neville, instrument of racist, genocidal eugenic government policies.

She survived all this and went on to raise 8 children and saw them, her grandchildren and great grandchildren go on to succeed in a world denied of her. In spite of these objections, obstacles and



obfuscations she instilled in us the drive to become educated. The mission promised an education but never kept that promise, instead they trained people to become servants and perpetuated a war of ideology and genocide built on lies and racism.

We survive and thrive now in her memory, never forgetting what was promised, succeeding not because of what they gave her in the mission, but in spite of it.

We have so much more to do having come this far.



Yarrabah remembers

THE Bringing Them Home Program is in recognition of the impact of past trauma, dispossession, separation of families, ongoing social disadvantage, racism and other historical, social and cultural issues that impact on the social and emotional wellbeing of Aboriginal and Torres Strait Islander individuals, families and communities.

It is intended to assist in the process of healing for people affected by past removal policies and who have particular issues and unique needs.

This week, National Sorry Day was a day to remember the suffering and grief experienced due to the forced removal of Aboriginal and Torres Strait Islander children from their families and communities from the earliest days of European occupation of Australia.

Each year, Sorry Day is held on this date, (May 26) to acknowledge and recognise members of the Stolen Generations, their families and communities.

The Apology was 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 commemorate this day to share knowledge of the removals of Aboriginal and Torres Strait Island children and assist them to reconnect with their families, community and country and to facilitate healing.

Community Care workshop



THE Care Coordination Team participated in a workshop recently presented by Pippa and the NACCHO team.

It was about how they are going to update brochures around medicines and safety etc that get given out in the home and community and that they are easily understood and appropriate.



QIFVLS - Legal Clinic
Wednesday June 8



Yarrie Walking Mob

WORKING at Gurriny is much more than just a job. Gurriny is a family of workers committed to improving the health outcomes for their community, as well as improving their own health and emotional wellbeing.

At the end of each day, a small but very dedicated group of Gurriny workers gather at Bukki Road, and spend 30 - 45 minutes walking, laughing, yarning, and spending time getting to know each other.

The Gurriny Walking Mob is an initiative of Renee Grosso, and

appears to have really hit the mark, gathering a loyal group of walkers, not just staff members from community, but also a strong group of Cairns residents who spend the afternoon walking before heading home from work.

They are committed to setting a good example for community as well as improving their own health.

Join in with the regular walks, all staff and community members are welcome to participate.

JUNE CLINICS

		Wed 1 Liver Clinic @ Bukki Rd Physio @ Workshop Rd	Thurs 2	Fri 3 Podiatrist (Foot) @ Bukki Rd	Sat 4	Sun 5
Mon 6	Tue 7	Wed 8 QIFVLS Clinic @ Workshop Rd	Thurs 9	Fri 10	Sat 11	Sun 12
Mon 13 Eye Clinic @ Workshop Rd	Tue 14	Wed 15 Dietitian & Diabetes @ Workshop Rd Dr Pandey (Renal) & Paediatric @ Bukki Rd	Thurs 16	Fri 17 Public Holiday (Yarrabah Foundation Day)	Sat 18	Sun 19
Mon 20 Eye Clinic & Australian Hearing @ Workshop Rd	Tue 21 Dr Boyd @ Bukki Rd Australian Hearing @ Workshop St	Wed 22 High Risk Foot @ Workshop Rd	Thurs 23	Fri 24	Sat 25	Sun 26
Mon 27 Eye Clinic @ Workshop Rd	Tue 28	Wed 29 Dermatology (Skin) @ Bukki Rd	Thurs 30			

Thank you



Hi Maddy and Stanley,

I just wanted to acknowledge all of the hard work from yourselves and your team to bring together a successful outreach clinic for us yesterday.

We really appreciate your dedication to these incredibly vulnerable patients. It makes our job so much easier to have such a wonderful team supporting us.

Please pass on our sincere thanks to all of the child health team.

Kind Regards,

Ben and Erin

Rheumatic Heart Disease CNC

Paediatrics



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

CARE

Mobile laundry to visit Yarrabah in June

SOMETIME having access to a washing machine can be difficult. Yours might be broken or you just don't have one in the house.

Keeping clothes and bedding clean is important in your battle to control scabies, plus you always feel better when you are in clean clothes.

Orange Sky, a community based mobile laundry service is set to visit Yarrabah in June.

Residents can access the service on Friday June 3 & 10 between 9.30am and 12.30pm. The mobile laundry will be located at 1 Gribble Street in Yarrabah. Full details are available on the orange Sky website. <https://locations.orangesky.org.au/>

Farewells

Last month we said farewell to Jo Duncum, Susanne Dale, Jai-Lee Titasey, Moirin Smith, Vickie Tamwoy and Brurella Neal. Please join us in wishing these team members all the best on their next endeavours and we thank you for coming to work with us here in Yarrabah at Gurriny.





WOW'ing them in Cairns

THIS month a selection of women from Yarrabah were invited to attend this year's WOW Festival at the Bulmba-Ja Arts Centre.

WOW stands for 'Women of the World', a celebration of womens' and girls' achievements, voices and diversity, through bold, entertaining and conversation-provoking events.

The WOW Festival brings real issues to the forefront, such as on-going gender injustice and the important role our First Nations women and girls voices have in this fight.

Over the weekend event our Yarrabah women were offered opportunity to be inspired in various forms, enjoy each other's company, reflect and resonate energizing ideas for our future with one another.

Overall a fabulous event, enjoyed by all.

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



GURRINY YEALAMUCKA
HEALTH SERVICE ABORIGINAL CORPORATION
'culturally safe CARE'



Seahawks' Draw June 2022 Rounds 9 - 11

Round 9 Sun June 5

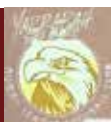
Cairns Brothers v Seahawks

Round 10 Sun June 12

Innisfail Brothers v Seahawks

Round 11 Sat & Sun June 25 & 26

BYE



Yarrabah Seahawks
proudly supports the
Uluru Statement from
the Heart



When you Like, Share & Comment,
you help your friends understand
and hear important health &
social information from Gurriny



Scan the QR Code to go
to our Facebook Page



GURRINY YEALAMUCKA
HEALTH SERVICE ABORIGINAL CORPORATION



International stardom awaits

YARRABAH model, Charvarnie Walsh is destined to great things, having recently signed with international modelling agency IMG Model.

One of Charvarnie's first assignments was 3 shows in the recent Afterpay Australian Fashion Week in Sydney.

Charvarnie's mum, Melanie Walsh was a senior manager here at Gurriny Yealamucka for a number of years and Charvarnie not only grew up here in Yarrrie, but also here at Gurriny with us from baby.

Picture: IMG Models

Katter's pledge to the Yarrabah community

The election results are in and now the serious business starts, in Yarrabah we need an active voice in Canberra fighting for local issues that impact our community.

GURRINY Yealamucka Health Service Aboriginal Corporation congratulate the Honourable Bob Katter on once again being elected to represent the residents of Yarrabah, and also the electorate of Kennedy.

In a recent visit to Yarrabah, Mr Katter met with Gurriny Yealamucka's Chief Executive Suzanne Andrews, and Director of Clinical Services Dr Jason King.

The key issues discussed were the ongoing third world telecommunications service and link from Yarrabah to the outside world and the chronic overcrowding in Yarrabah housing.

In a response to questions posed from Gurriny Yealamucka, Mr Katter pledged the following with regard to the telecommunications issues.

"Telecommunications is constantly one of the top three issues raised when I travel around the Kennedy Electorate.

"The fact Yarrabah has intermittent internet when it is so close to a major city in Cairns, is a national shame.

"Our health centre cannot even access patient records, and we need the internet for education and business.

"We must have fibre optic cable within the community itself, and there must be fibre optic connection to Cairns."

Currently the telecommunications link between Cairns and Yarrabah is delivered via pencil beam from Cairns, bouncing off of Green Island and fed into community via copper wire and mobile connectivity. The service includes landline telephone, mobile telephone coverage (via Telstra and Optus networks) and satellite phones (emergency use etc.).

The coverage is mainly within the town area and blackspots exist in the outer areas (due to shadow cast by the mountainous terrain).

Mr Katter is correct in his statement that there must be fibre optic connection between Yarrabah and Cairns. Dr Jason King believes we cannot wait years for this service to be activated, the situation is critical and needs to be rectified within the next 12 months.

"What price do we place upon patient safety and care? The current third world telecommunications situation in Yarrabah severely compromises the delivery of patient services. In one week alone, prior to the Federal Election, our Health Service suffered 5 Code Browns, due to a failing telecommunications system that compromised our service.

"This cannot go on. We are 11 kilometres from Cairns but light years away from them when it comes to telecommunications," he said.

"The solution is not just adding mobile phone base stations to the grid in Yarrabah. It's the link between Cairns and Yarrabah that is the issue.

"21st century telecommunications infrastructure will allow Yarrabah to participate in the digital economy, effectively changing the dynamics of our local economy."

Housing has long been an issue in Yarrabah. With approximately 400 houses in the community and 4000 residents, overcrowding is an ongoing issue. Many of the houses with have up to 20 occupants.

During the meeting between My Katter and Gurriny, housing was discussed along with the impact upon the social and emotion health of community members.

Copies were supplied to Mr Katter's office of several reports and projects outlining the issues and possible solutions.

Solutions have been proposed during the course of the last two parliaments. Suzanne Andrews believes we cannot continue to wait another six years for a solution.

"In 2018 during a mumps outbreak, overcrowding was cited as a significant factor in the outbreak. Two years later, COVID reinforces the immense impact that overcrowding can have upon a community.

"More than 90 per cent of Yarrabah households registered positive COVID cases during the recent outbreak. We are destined to be at the mercy of the next outbreak, unless we take urgent action and remedy this situation immediately.

"Increased federal funding is needed. It is not an issue of freehold. We need housing now, to protect the health and wellbeing of our community.

"RHD, COVID, Influenza, high suicide rates within our community along with poor NAPLAN scores are all impacted upon by overcrowding and a less than appropriate housing standard.

The Gap can and never be closed, until this is addressed.

We look forward to discussing these issues further with our federal member," Ms Andrews said.

The third issue urgently requiring attention from the Federal Member for Kennedy is the collapse of the Aboriginal Community Benefit Fund.

In November 2021 the first of four funds administered by YUPLA on behalf of the Aboriginal Community Benefit Funds was placed in liquidation. In March this year the balance of the funds was placed in liquidation.

With approximately 30,000 First Nations members Australia wide facing losing the funds they had paid into the funeral funds; the time is well overdue to action.

Sue Andrews believes the previous government's priorities were out of step with the needs of the community. In a letter from the former Minister for Superannuation, Senator Jane Hume to Mr Katter in response to communication for the member, the Senator outlined that government's 'first priority was holding the people responsible accountable.'

"The first priority of the government should be the protection of those impacted by this collapse. The thousands of policy holders Australia wide, who were deceived and culturally manipulated by the owners of this fund.

"I would like to see Bob champion this matter on behalf of all Indigenous Australians.

"The first priority is to safeguard their contributions, allowing Indigenous members the dignity of a funeral to the standard they planned and not a paupers funeral as suggested by the previous government."





Puzzle Page

Sudoku (Easy)

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

Sudoku (Medium)

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

Sudoku (Hard)

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

Word Search

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T	O	P	B	O	O	T	S	S	A	S	H	E	A	I
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E	P	A	K	N	A	E	F	Z	W	E	D	G	I	E
B	S	C	I	C	A	S	I	G	L	O	V	E	B	O
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Armor
Belt
Beret
Bib
Bootee
Bra
Clog
Coat
Cowl
Cravat
Derby
Dolman
Drawers
Earmuff
Fez
Glove
Hat
Hood
Kilt
Mantle
Mini
Mitt
Mufti
Opera cloak

Pinafore
Poncho
Robe
Rubbers
Ruff
Sash
Scarf
Shoe
Shorts
Shroud
Slip
Sock
Sporran
Stole
Tam
Tiara
Toga
Togs
Top boot
Ulster
Uplift
Veil
Vizor
Wedgie

Classic Dad Joke

What's Forrest Gump's
computer password?

1forrest1

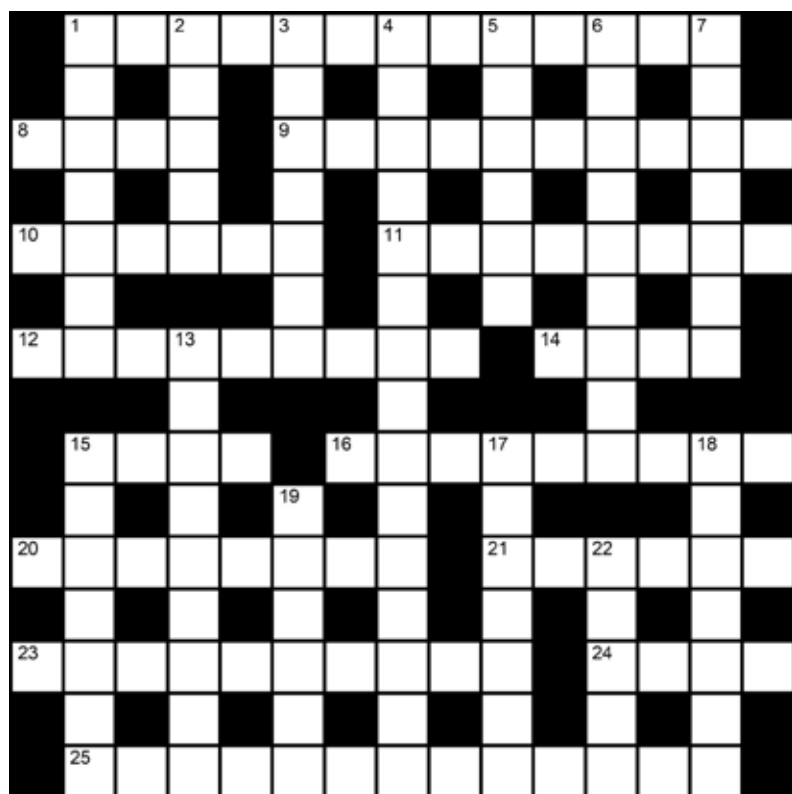
Solutions

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



Across

- 1 a person who writes letters on a regular basis (13)
- 8 a prolonged and bitter quarrel or dispute (4)
- 9 a bean variety with scarlet flowers and very long flat edible pods (6,4)
- 10 a gold-coloured alloy of copper, zinc, and tin used in decoration and making ornaments (6)
- 11 a terrorist or other criminal who acts alone rather than as part of a larger organisation (4,4)
- 12 said when vigorously expressing disbelief (4,3,2)
- 14 a tract of open uncultivated upland, typically covered with heather (British) (4)
- 15 look with difficulty or concentration at someone or something (4)
- 16 an expert who studies the relationship between a society's resources and its production or output (9)
- 20 a semiaquatic egg-laying mammal which frequents lakes and streams (8)
- 21 an action or strategy carefully planned to achieve a specific end (6)
- 23 in or into a position where one is not joined or supported by anyone else (3,2,1,4)
- 24 a silly or foolish person (4)
- 25 a designated way out of a building or vehicle, to be used for escape (9,4)

Down

- 1 informal expression of good wishes on parting; goodbye (7)
- 2 an exhibition or contest in which cowboys show their skill (5)
- 3 a pair of soft fabric coverings, worn over the ears to protect them from cold or noise (7)
- 4 a group of people gathered to discuss a topic in front of an audience (5,10)
- 5 contraction for 'need not' (6)
- 6 adequate space to move or work in. (5,4)
- 7 an unpowered vehicle towed by another (7)
- 13 a conductor through which electricity enters or leaves an object, substance, or region (9)
- 15 to contaminate water or air with harmful or poisonous substances (7)
- 17 in a way that is striking or remarkable (7)
- 18 lose control of a car, especially in a skid (4,3)
- 19 move or jump suddenly or rapidly upwards or forwards (6)
- 22 the sepals of a flower, typically protecting a flower in bud (5)

Whats On in June

Wed 1

June is Bowel
Cancer Awareness
Month

Thurs 2



Fri 3

MABO Day

Sat 4



Sun 5

World
Environment Day

Mon 6



Tue 7



Wed 8

World Oceans Day
State of Origin 1

Thurs 9

Great Yarrabah
Pool Party - RHD

Fri 10



Sat 11



Sun 12



Mon 13

International
Men's Health
Week 13 -19

Tue 14

International Bath
Day
World Blood Donor
Day

Wed 15

World Elder Abuse
Awareness Day
Red Apple Day

Thurs 16



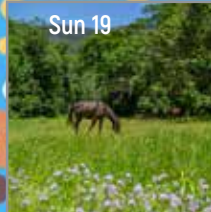
Fri 17

Yarrabah
Foundation Day

Sat 18



Sun 19



Mon 20



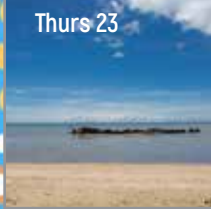
Tue 21

MND Global Day

Wed 22



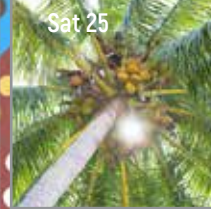
Thurs 23



Fri 24



Sat 25



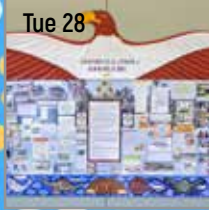
Sun 26

State of Origin 2

Mon 27



Tue 28



Wed 29



Thurs 30



Rapid skin infection test for First Nations kids

A RAPID test to detect antibiotic-resistant skin infections in Aboriginal children could be a step closer, thanks to support from the WA Government's Future Health Research and Innovation Fund (FHRIF).

Telethon Kids Institute and The University of WA researcher, Dr Tim Barnett, has been awarded a FHRIF Translation Fellowship to lead a research project to tackle the burden of skin disease in Aboriginal children.

It will aim to develop a rapid point-of-care diagnostic test for antibiotic-resistant Strep A and Staph aureus bacteria, which would fast track accurate treatment.

Dr Barnett said untreated skin infections from both Strep A and Staph aureus bacteria cause significant health

problems for young Aboriginal people.

"Half of all Aboriginal children suffer from the burden of skin infection, which can lead to severe illness including blood infections and autoimmune diseases like Rheumatic Heart Disease," he said.

"To combat this, we need to be able to identify resistant infections early for alternative antibiotics to be prescribed."

84% of Aboriginal children are diagnosed with skin sores caused by Strep A and Staph aureus before their first birthday. Dr Barnett said antimicrobial resistance from regular antibiotic use was common in remote Aboriginal communities but can be well-managed if there is a fast diagnosis.



Dr Tim Barnett, Telethon Kids Institute and The University of Western Australia researcher. Image source: The University of WA website. Story courtesy NACCHO Health