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Stay protected
from **COVID** and
Flu this winter



Keep our **mob** healthy this winter!
Get your **FREE** flu shot



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Gurriny Yarns is published monthly by Gurriny Yealamucka Health Services.

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Lights, Camera, Action!



PUBLIC health messaging takes an exciting leap forward in Yarrabah with the scripting, filming and editing of a new health promotion music video.

Created here in Community in collaboration with the Northern Queensland Primary Health Network, Gurriny Yealamucka Health Services, Yarrabah Primary School, Saltwater People and special guests, Mau Power, Normey Jay and Uncle David Mundraby featuring an uplifting message about healthy living and eating,

the new music video is due for public release in late-April.

The video features primary school student from Yarrabah who participated in sessions with Normey Jay and Uncle David to write the lyrics of the song along with choreographing the video. The goal was to produce a video clip, directly speaking to the youth of Yarrabah, promoting good health in a holistic and local identified manner.



Help for new dads and soon-to-be dads

BEING a dad, can be both frightening as well as exciting. Every new bub and toddler need a father, a strong and reliable role model, a mentor to guide them through their life.

Support is now available for all fathers with the launch of the SMS4DeadlyDads app. New or soon-to-be dads can register easily via their smart phone, once registered, dads will receive three text messages each week.

Some messages provide tips and encouragement. Others are health related to looking after your new bub, and also about being mindful of your own health and ways to support your partner.

With the focus, traditionally upon the expectant mother, there's not a lot out there that speaks directly to the dads. SMS4dads supports men in their role as fathers and increases awareness of their influence on baby's brain development.

The regular SMS messages helps fathers understand and connect with their baby and partner. It also checks in on their wellbeing and offers professional support if needed.

The service is entirely free and easy to join. You can visit the website or scan the QR code and register easily online.



JOIN UP

SMS4 DEADLYDADS



SIGN UP

SMS4DeadlyDads.com

IT'S FREE!



The text messages helped me navigate the big change in lifestyle as a new dad

Look after the health of you and your family

Book your 715 Health Check today

culturally safe

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HEALTH SERVICE ABORIGINAL CORPORATION

From Rations to Wages to Treaty

Joe Geia Band, One Night ONLY

RENOWNED Indigenous singer/songwriter is coming to Cairns for one night only.

Joe Geia is a critically acclaimed singer/songwriter, guitarist, didgeridoo player and influential figure in the development of contemporary Indigenous music. He writes music of bravery and beauty, telling of Aboriginal life in Australia, of the quest for justice and belonging, of history, family and love.

"I want to promote change and understanding, melodically and harmoniously," he says, "while still sharing the little-known aspects of Aboriginal history."

Joe Geia's contribution to the arts is highly significant and enduring. As the writer of renowned songs such as Yil Lull and Uncle Willie he remains an active recording and performing artist sharing his Aboriginal and Torres Strait Islander culture through music.

Geia came to prominence with legendary band No Fixed Address, and was a founding member of The Black Arm Band featuring in the documentary Murundak: Songs of Freedom airing on SBS in 2011 to much acclaim.

He has shared Indigenous culture with jazz luminaries such as Branford Marsalis, Australia's Bob Sedergreen (Art Attack). Played support for Ray Charles, BB King and Jimi Cliff. A personal highlight was performing (and welcoming) Nelson Mandela on his visit to Melbourne in 1990 at the Melbourne Entertainment Centre.

Many renowned musicians including Archie Roach, Paul Kelly, Shane Howard and Ross Hannaford have performed his songs. In particular, he is probably best known for his song Yil Lull. It has stood the test of time and travelled the world, in 2017 it was included on the NIMA Awards CD Then and Now. Even after more than 30 years it is always high on the playlists of Indigenous songs for festivals, radio and important dates.

It is regularly described as the Aboriginal anthem and many schools, choirs, and bands both here and overseas, are singing his songs.

He has been invited overseas on many occasions, sharing his knowledge, culture and music with a heartfelt commitment to making a difference and creating understanding through music. He continues to tour and write and share.

Geia is appearing at the Cairns Tanks, Saturday May 27, 2023

Tickets are available from Ticketlink.



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



Queensland
Government

Just what the Doctor ordered

IN a move that strengthens and reinforces Gurriny's commitment to providing culturally safe care, Gunggandji Elder and Traditional Owner, Doctor (Dr) Darryl Murgha has been appointed Cultural Heritage Specialist at Gurriny Yealamucka Health Services Aboriginal Corporation.

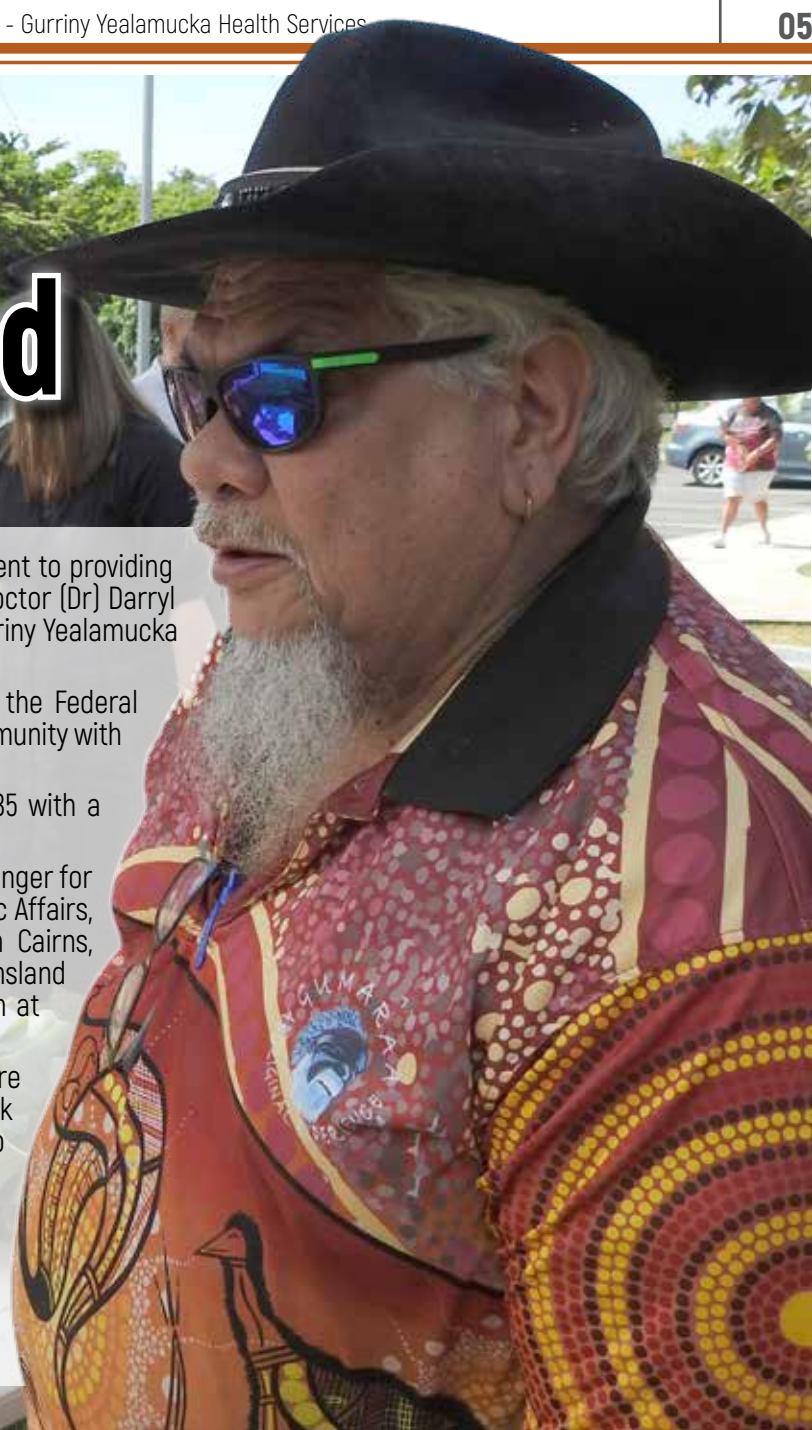
One of Dr Darryl's first tasks for Gurriny was to welcome the Federal Assistant Minister for Health, Honorable Emma McBride to Community with a Traditional Smoking Ceremony.

Dr Murgha graduated from University of Queensland in 1985 with a Bachelor of Arts in Archaeology and Anthropology.

Since graduating Dr Murgha has worked as an Archaeology Ranger for the Queensland- Department of Community Services and Ethnic Affairs, Artefacts Manager at the Warrama Living History Centre in Cairns, Ranger with Yarrabah Aboriginal Council and various Queensland Government agencies, and Manager of the Menmuni Museum at Yarrabah, among other roles.

In April 2021, Darryl Murgha and Bernie Singleton were recognised and awarded Honorary Doctorates from James Cook University in recognition of their outstanding contributions to the documentation of cultural heritage in far north Queensland, education in cultural heritage and the establishment of Indigenous enterprise.

Dr Darryl Murgha will conduct Cultural Heritage Induction workshops for all Gurriny employees as well as consulting with all programs regarding cultural matters and appropriateness.



FREE

community
laundry

Available Monday to Friday
9.30 - 1pm

Yarrabah Youth Hub
Workshop Road Yarrabah

A service to our Yarrabah Youth 10 - 24 years





IT makes deadly sense for the men of Yarrabah to band together and breathe new life into the Yarrabah Men's Shed.

Like many clubs and services around Australia, COVID impacted heavily upon the willingness, availability and passion for the Yarrabah Men's Shed, however a recent public meeting in the community has reignited the passion and drive to reopen the shed and start to cater for the growing number of men seeking cultural and social connection.

Brent Pearson, a Yarrabah local man has for a number of years campaigned strongly for the reopening of the Yarrabah Men's Shed.

"We need a space for our men, a space where they can gather, yarn, learn and share their skills and experiences."

The Yarrabah Shire Aboriginal Council had provided a building a number of years ago for the Men's Shed. The meeting held this week has galvanized the community to rekindle and reopen this

building.

"We want to run programs that inspire our men, allowing them to learn new skills, create new industries and most importantly support them culturally and emotionally."

A lack of unemployment and training opportunities are the unfortunate reality faced by many of the men in Community. The Yarrabah Men's Shed plan to create a space where their men can learn new skills, gaining valuable experience as well as acquiring much needed employment pre-requisite accreditations and qualifications.

"We will work closely with many of the programs already in community, Gindaja Men's Warrior Program and Gurriny's Men's Health and Wellbeing Program, broadening the reach of these programs and being more inclusive of our men," said Brent Pearson.

Gurriny Yealamucka's Men's Health and Wellbeing has

ALL dog attacks should be reported to Council!



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Men's Shed

conducted numerous community consultation programs in the past four years. Family, culture, health and jobs all featured strongly as priorities in community. Father Ies Baird, Gurriny's Family Wellbeing Coordinator is feeling very excited about the rejuvenated men's shed.

"I work with our community members who are in Lotus Glenn Correctional Centre, presenting our Family Wellbeing Empowerment Program. Having the Yarrabah Men's Shed operating will allow us to continue this lifechanging work with them, when they return to community.

"Our Family Wellbeing program is vital in Yarrabah as well as Lotus Glenn, with such a large number of our community affected by the stolen generation and multi-generational trauma, our program running in Lotus Glenn as well as the Men's Shed supports them and gives them the tools to cope and change their life outcomes.

"The Men's Shed, it's for the men, and by the men."



Fresh fruit and veggies each week

THE Gurriny Public Health Team continue to provide fresh fruit, vegetables and dairy to the community. Every Monday the team drive to Cairns to sort and pack the fresh produce items down at the OzHarvest shed.

The produce is then transported to community and delivered to Yarrabah Primary School, Kindergarten, Day Care and PCYC. The Gurriny SWEB Team also play an integral role in this program, delivering the prepared family packs them to families in community.

This program is a great example of how different teams and organisations can come together, collaborate and consistently deliver a great service for community every week.

The aim of this program is to increase the exposure and intake of community children have to a wide variety of fresh fruits and vegetables every week, by ensuring that the places in which they live, learn and play have plenty to offer them every day.

The program also aims to serve our families who need a helping hand at times, reliving some of the stress that may be experienced over food security. It is well known world-wide that being able to come together over the preparation and sharing of food can be a great way to instil connectedness, happiness and joy amongst groups of people.

The feedback from people within community who have been a part of this program, has been extremely positive.

Stop the spread of germs



Creating a safer community

IMPROVING the health of the Yarrabah community has always been a priority for Gurriny Yealamucka Health Services. One key priority in recent years has been improving the sexual health of community members, through education, screening and access to much needed resources within community.

Overcoming the social stigma that discourages community members from testing and practicing safe sex has been a challenge for the Sexual Health and Public Health team in Yarrabah. The focus has always been upon working closely with community, and providing a culturally safe level of messaging and care.

Gurriny Yealamucka Health Services chief executive Suzanne Andrews, is pleased with the increased focus on safe sex messaging as well as the screening projects conducted by her teams.

"Across our community we have tried to destigmatise testing as well as care of those with an infection.

"Battling cultural sensitivities has always been a challenge, but we have found in recent years that our approach has led to greater testing, identification and also reduced the hesitancy to practice safe sex," she said.

Increasing the access to condoms and lube was a priority in 2022. In partnership with Community Elders and Council, condom dispensers were installed throughout community, with a focus upon areas where community members gather after hours and weekends.

After the initial novelty of access to handfuls of condoms passed, the program has settled into a steady and regular uptake of the condoms.

"We are feeling positive that the condom dispensers are having a positive impact upon community. Although we do not have years of data, the early figures are telling us that access to condoms has started to have a positive impact upon many of our younger community."

During World Aids Day many of the community-based staff from Gurriny 'Rocked the Ribbon' supporting aids sufferers and openly campaigned for



acceptance and access for all to a high level of community and medical support.

"Taking a very public stand during World Aids Day was important for us. Our staff all participated and championed the message of inclusiveness, cultural safety and respect. Taking a very public stand is so important in our drive to take the stigma away and promote sexual health and wellbeing."

HANDS ON COUNTRY

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"Loved this tour!

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

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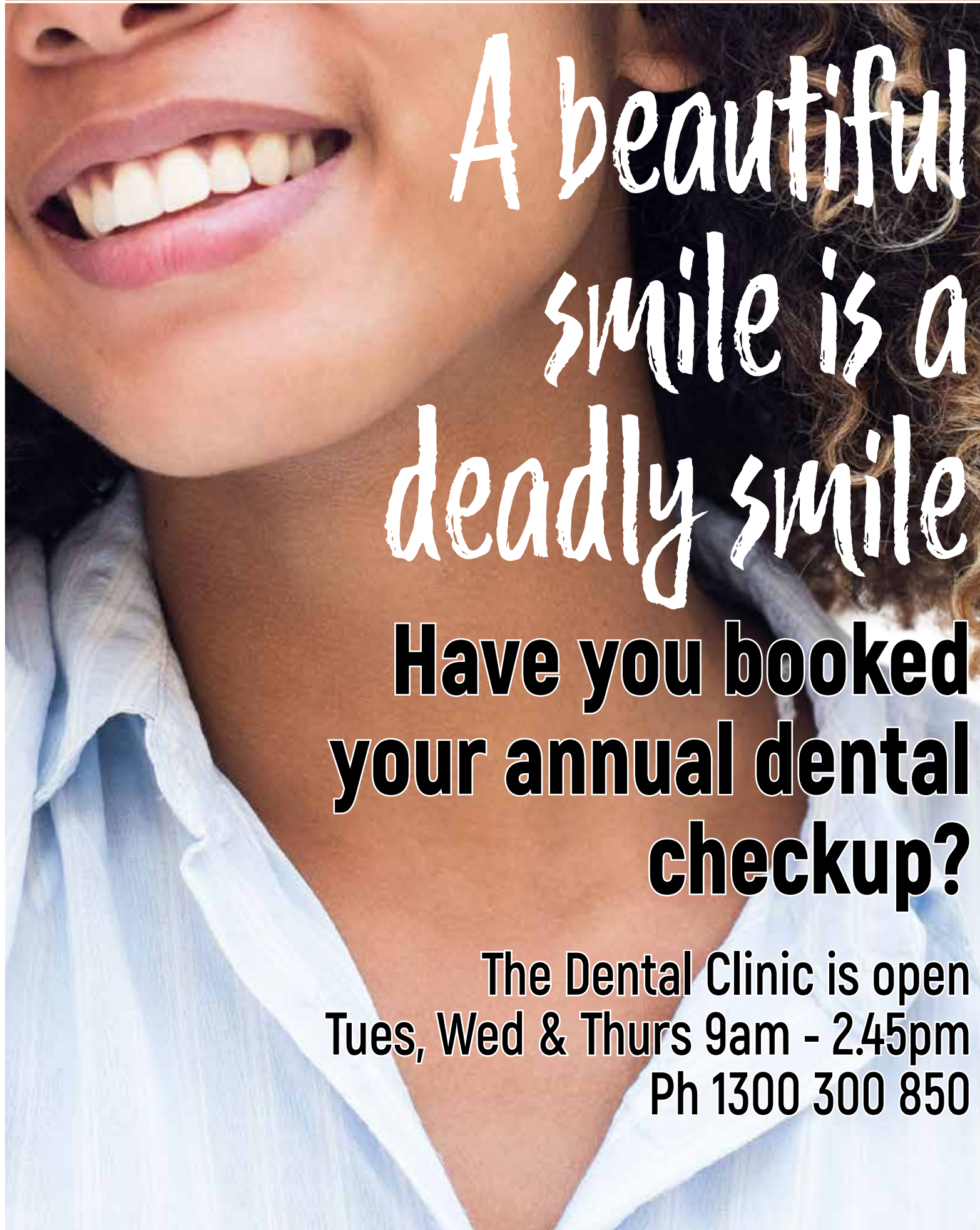
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Indigenous Consumer Assistance Network



20 years of loyal service

WANTING to work for, and with her Community and family has been the motivation for Kayleen Jackson over the past 20 years.

In early April, Gurriny Yealamucka's Family Healing Intake Officer, Kayleen Jackson celebrated 20 years with the Service.

"I was a single mum, looking after my children and my mother before I started with Gurriny as a Family Wellbeing Assistant, but felt I could do more," she said.

Kayleen was one of the founders of bringing forth the dream of a Community controlled health service in Yarrabah. This dream was of a holistic health service approach that fits with Yarrabah Communities world view; their identity around physical, mental, spiritual wellbeing.

Kayleen had the opportunity to attend one of the first Family Wellbeing Sessions facilitated by Komla Tsey. That was a turning point in her life. With the encouragement and mentoring from Senimelia Kingsburra, Gurriny's first Family Wellbeing Officer, Kayleen completed the Family Wellbeing course and has continued her journey of studying and has never looked back.

"Knowing I can help my Community and make a real difference, that's what gets me up each morning and motivates me to come to work."

"It has not been easy. We are really finding it tougher now

after COVID than before.

"The cost of living, the overcrowding in houses in Yarrabah, the lack of real employment is impacting on Community and thus making our jobs within the Social and Emotional Teams (SEWB) more challenging. "Luckily, I work with a great team within SEWB and we rally together supporting each other, helping each of us get through the tough times when we are hearing everyday about people's hardships."

There have been many highpoints in Kayleen's career spanning two decades. A highpoint was being invited to attend the National Apology Celebrations this year in Canberra. This event features strongly with Kaylene as she knew she had her ancestors beside her at this event. Kayleen had the opportunity to sit across the table with government Ministers, and advocate strongly for the social emotional and spiritual wellbeing of her Community.

"We have achieved so much in the past 20 years, but the job is not done until we have better health and wellbeing outcomes for our community as well as access to many of the essentials that the rest of Australia take for granted. Such as, affordable and appropriate housing, employment opportunities as well training and education for our kids. I'm pleased to have worked for my Community for the past 20 years and proud of the changes we have created."

Getting Yarrie kids



THE Aboriginal community of Yarrabah in Far North Queensland is a long way from the packed stadiums of the National Basketball Association in the US.

But First Nations sport scientist Emily Hall is comfortable putting a sneaker clad foot in both camps.

The PhD candidate in The University of Queensland's School of Human Movement and Nutrition Sciences is one of just two Australians awarded an inaugural High Performance x Equity Fellowship by NBA champion Patty Mills' Team Mills Foundation, the San Antonio Spurs and Liminal Collective.

The proud Wiradjuri woman is using the opportunity to enhance her postgraduate study in sport science and human movement, working with Aboriginal and Torres Strait Islander children and young peoples.

It's a logical step in the sport lover's journey.

Before full-time academia, Ms Hall coached taekwondo, children's soccer and worked as a strength and conditioning coach in men's and women's rugby league.

"I've always been active and enjoy staying fit," Ms Hall said.

"But I also love what sport can do for people – as individuals, being part of a team or for communities.

"Being physical is so important throughout your life, and it should start in the early years."

Ms Hall's PhD research centres around MobMoves, a program co-designed with Aboriginal and Torres Strait Islander communities to embrace lifelong exercise and healthy living.

"The idea is to get Aboriginal and Torres Strait Islander children running, jumping and catching and learning about the other benefits of moving their bodies," Ms Hall said.

"There's evidence that regular physical activity improves sleep and strengthen their bones, and benefits are also psychological,

social and cognitive.

"Physical movement helps develop skills like self-discipline, motivation and regulating emotions."

The 12 week MobMoves program also involves the children's families, with the activities designed to promote interconnectedness.

MobMoves is inspired by a similar program run by Head of School Professor John Cairney in communities in Canada.

"The Canadian program worked really well, so the idea was to see how similar principles could be applied here when embedded with Aboriginal and Torres Strait Islander ways of knowing, being and doing," Ms Hall said.

We were invited into the Aboriginal community of Yarrabah, east of Cairns, to co-design the pilot program with Gurriny Yealamucka Health Service, the local community-controlled service.'

"This means the program is connected to culture and respects Aboriginal and Torres Strait Islander ways of knowing, being and doing," Ms Hall said.

"We might embed local language, play local games or deliver sessions on Country - the community are the facilitators and educators.

"This is definitely Yarrie's program."

Ms Hall was already a fan of Aboriginal and Torres Strait Islander NBA champion and Olympian Patty Mills, when her PhD supervisor Dr Keane Wheeler suggested she apply for a fellowship through the Mills foundation.

On offer was a sponsorship to a 12-month international pilot program for young professionals working in sport and human performance.

Ms Hall's application was successful and in 2022 she joined 10

moving with MobMoves

other Equity Fellows, including other First Nations scientists, for an intensive program at the home of Mills' former NBA team, the San Antonio Spurs in Texas.

"When the Spurs won the 2014 NBA championship Patty held up the Aboriginal and Torres Strait Islander flags during the celebrations," Ms Hall said.

"That was incredibly powerful.

"It's so good to see another First Nations person at the top of their game and using this success to promote high impact community led outcomes.

Mills now plays for the Brooklyn Nets, but his legacy at his former club remains.

"Spurs coach, Pops (Gregg Popovich), came and spoke to the fellowship group and I got to meet him afterwards for a yarn," Ms Hall said.

"We talked about Eddie Mabo and other inspirational leaders."

As well as meeting NBA players and coaching staff, Ms Hall's Texas trip also included an introduction to industry mentors, a workshop with leading sport scientists, a tour of a military hospital and a presentation by a choreographer to some of the biggest pop stars in the world.

"It was amazing to hear from all these people at the top of their game," Ms Hall said.

"But the fellowship also empowered my identity as a young First Nations person with lived experience in human movement

sciences.

"It also emphasised to me the importance of valuing a greater range of diverse voices in society."

Since returning home to Brisbane, Ms Hall has kept in contact with the other Equity Fellows and attended virtual continuous education sessions with industry mentors.

The group is due to return to the US this month to continue their program and reflect on their experiences.

Ms Hall will be fitting it in around trips north to Yarrabah.

"A high-performance program around the NBA doesn't seem very relatable but I've been able to apply ideas to how I approach my practice and research," she said.

"I am working to strengthen ideas that First Nations health shouldn't be a one-size-fits-all approach based around western understandings.

"MobMoves is a path to healthier living led by community.

"I'm very passionate about this work as its connected to my own health and wellbeing as a First Nations person.

"I just want to stay involved in sport - talking about it, teaching it and bringing the idea of equity and cultural considerations into more sports spaces," Ms Hall said.

Mob Moves was awarded a UQ Indigenous Research Engagement and Partnerships Fund grant in 2022.

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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.

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QUEENSLAND ABORIGINAL AND
TORRES STRAIT ISLANDER FOUNDATION



2023 Creative Arts Competition

Calling all Queensland Year 7 - 12 Aboriginal and
Torres Strait Islander

Artists Storytellers Performers Photographers
Videographers Poets Dancers Musicians

Would you like to showcase your talents to the wider Queensland community and share
your pride in our Aboriginal and Torres Strait Islander Cultures?

Create a deadly creative arts piece that relates to either:

Be a Voice for Generations.

RECONCILIATION WEEK
2023 THEME

OR

For Our Elders.

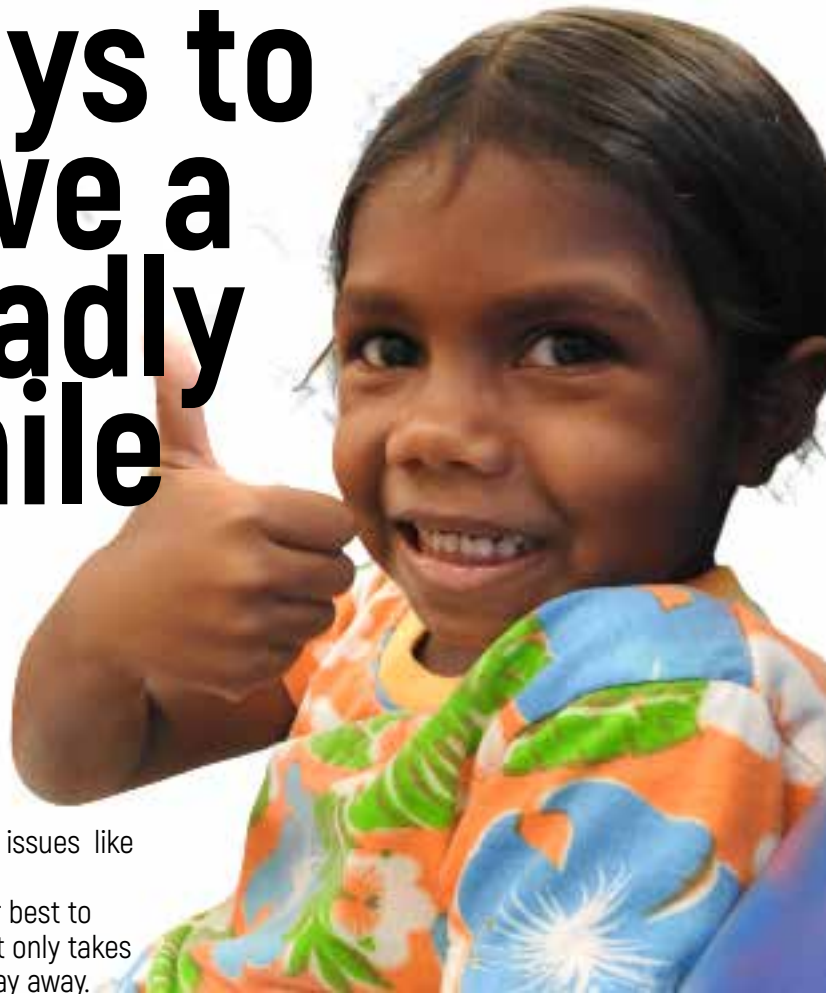
NAIDOC WEEK
2023 THEME

Please send a high resolution image (not the original artwork), recording, video (5 min max)
or email of your artistic piece and permission form to: enquiries@qatsif.org.au or
QATSIF 2/439 Lutwyche Road, Lutwyche QLD 4030.

COMPETITION CLOSING FRIDAY 9 JUNE.



3 ways to have a deadly smile



1. Brush the teeth you want to keep: brush your teeth and gums 2 times a day (morning and night) with a soft toothbrush and a pea size blob of toothpaste.
2. Keep the sweets as treats: choose unsweetened foods, like bread, cheese fruit and vegetables, nuts, eggs and think about what your Grandparents ate. Having too much of the sweet stuff can lead to tooth decay and other health issues like diabetes
3. Come on in and see the friendly dental team: we will do our best to make them clean. Guard your smile- it is worth the time – it only takes 2-3 minutes brushing twice a day, which can help keep decay away.

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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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 web-site.

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

Caution, stingers around

COMMUNITY members are advised to exercise caution when swimming at the beach, after four community members presented to Yarrabah ED suffering Irukandji or jelly fish stings over the Easter period.

Queensland Health reported that one of the four stung, was transported to Cairns Hospital.

Marine stings proved to be an issue over the Easter period with six stings reported from Palm Cove to Yarrabah.

If you are swimming and experience a jelly fish sting, you are advised to treat the sting with vinegar in the first instance and seek immediate medical attention from Yarrabah ED.

Dealing with dangerous dogs

DEALING with dangerous dogs and keeping community safe from roaming dogs is a priority for all levels of government in Queensland.

The newly convened animal management taskforce will review what steps need to be taken to protect community members.

The taskforce is considering a range of proposals including tougher penalties for owners of dangerous dogs as well as irresponsible dog owners face greater fines and in some cases jail time.

The proposed changes include a sliding scale of penalties depending on the severity of the attack, up to jail time for persons responsible for dogs that kill or cause grievous bodily harm to a person.

The taskforce is open to submissions and recommendations from local councils throughout Queensland.

The taskforce, made up of local government members from across Queensland, the Local Government Association of Queensland and senior Department of Agriculture and Fisheries officers, was established to undertake a targeted review of the *Animal Management (Cats & Dogs) Act 2008*.



Stingers in the water!

Exercise caution at all Yarrabah beaches

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A focus on our youth

Yarrabah youth met last week with NRL ex-player Johnathon Thurston.

NRL and Cowboys great, Johnathon Thurston met with Yarrabah youth last week as part of his JT Goodness program.

Thurston who has played an active part in encouraging and inspiring Yarrabah community members, was joined by his JT Academy team as they presented three days of intensive

workshops designed to inspire and mentor the youth of Yarrabah.

The program is designed to empower individuals with confidence, courage, self-belief and provide youngsters with the ability to identify and avoid falling into a downward crime spiral.

The program was held the JTBelieve building which was purpose built by the Academy to honour former Community Police Liaison and JT Academy officer, Aunty Fiona Patterson.

NO Washing Machine NO WORRIES

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

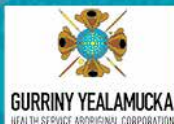
A service to our Yarrabah Youth 10 - 24 years



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!



Too easy fried rice

Preparation:	15 mins
Difficulty:	Easy
Serves:	4
Cooking Time:	15 minutes

Ingredients:

4 cups cooked long grain rice (it is better if the rice is chilled from the fridge)
4 tsp vegetable oil
3 eggs, lightly whisked
6 bacon rashers, finely sliced
1 carrot, finely chopped in to small dices
4 shallots, finely sliced
1 cup frozen peas
1 cup frozen sweet corn kernels
Soy sauce to taste (I like lots)

Method:

Step 1: Heat half the oil in non-stick wok or large frying pan over medium heat. Add eggs. Swirl over base to form an omelette. Cook for 2 minutes or until set. Set aside to cool slightly

Step 2: Add bacon to the work, cook until light golden. Set aside to cool slightly

Step 3: Add the remaining oil, and then add rice. Cook the cold rice by stirring constantly for 2 minutes or until the rice starts to 'toast'. Add eggs, bacon, carrots, peas and corn. Cook, stirring, 3-4 minutes until all warmed through. Stir through soy sauce to taste and finally shallots

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 of your hands



Answered Prayers

Between the fingers palm to palm



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Visiting ministry for Yarrabah

PETER and Katie are founders of "Breakfree Australia" and have been ministering fulltime in Australia, Nepal and The Philippines for the past 8 years. Peter and Katie together authored "Healing Wounded Hearts". Together in 2022 for 8 months, they served as the Senior Pastors of C3 Church Tamworth in a relief role. In 2022 Peter also hosted J Gen Bible School, an online 12 month Bible College for Pastors and emerging leaders in Australia, Nepal and Pakistan.

Katie, is a Gamilaroi First Nations woman, and a member of the Australian Prophetic Council. She has authored "Ancient Keys to a New Sound Arising from the Land".

Peter, has authored "Divine Union", "Living from Heaven to Earth", "The Human Spirit", "Blueprint for Revival" and "Essential Foundations for Christian Maturity Volume 1"

One of the primary focuses of their ministry has been delivering "Healing Wounded Heart Seminars" throughout Australia, Nepal and the Philippines". Through the seminar many thousands of people have been delivered from the effects of emotional wounds, trauma, addictions, depression, shame, fear and generational trauma.

Due to Katie's First Nation background, they carry a particular concern to see First Nation communities in Australia delivered and set free of emotional pain and

the issues associated with it.

We welcome the opportunity to minister at Yarrabah. It is a community we have prayed over many times, and spent some time in.

Both Katie and Peter are in Yarrabah between May 15 and 20.

An advertisement for a health check. On the left is a photograph of a young Indigenous woman with her hair in a bun, wearing a blue patterned dress, with her arms crossed. The background is black. The text "Young Persons Health & Wellbeing Check" is written in a stylized orange font with white icicle-like drips hanging from the letters. Below this, in large white font, is the question "Have you booked your Annual Health Check?". At the bottom left is the Gurriny Yealamucka Health Service Aboriginal Corporation logo. At the bottom right is the "culturally safe CARE" logo.

Young Persons Health & Wellbeing Check

Have you booked your Annual Health Check?

GURRINY YEALAMUCKA
HEALTH SERVICE ABORIGINAL CORPORATION

culturally safe
CARE

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)

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



GURRINY YEALAMUCKA
HEALTH SERVICE ABORIGINAL CORPORATION



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HEALTH SERVICES
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Art Centre project

WHEN the opportunity arose for Gurriny to team with the Yarrabah Arts and Cultural Precinct it was a very easy decision. The Gurriny team responsible for the Yarrabah Women's Gathering 2023, wanted something special this year for all participants, and aligning with their commitment to building the Yarrabah community, they asked for ideas from Simone Arnol and her team.

Aunty Philomena Yeatman had previously created an art piece titled Yealamucka. The concept grew and took a life of its own. Cotton

shawls were ordered in and the printing began.

Every lady attending this year's Women's Gathering will receive a beautiful hand printed Philomena Yeatman designed shawl when they complete and return their Participant Survey after this year's gathering.

Additional supply of the shawls have been printed for Gurriny to use as corporate gifts for visiting delegation to Yarrabah, leaving a lasting and beautiful memory of Yarrabah and our women's artists.



Mon 1 LABOUR DAY	Tue 2 Hapee Clinic	Wed 3 Paediatric Clinic Optometrist Physio	Thurs 4	Fri 5	Sat 6	Sun 7
Mon 8	Tue 9	Wed 10 Physio	Thurs 11	Fri 12 Podiatrist	Sat 13	Sun 14
Mon 15	Tue 16	Wed 17 Paediatric Dr Ben Reeves- Cardiology Optometrist Dietitian/Diabetes	Thurs 18	Fri 19	Sat 20	Sun 21
Mon 22	Tue 23 Dr Steven Sutcliffe- Cardiology Dr Peter Boyd Liver	Wed 24 High Risk Foot Physio	Thurs 25	Fri 26 Australian Hearing	Sat 27	Sun 28
Mon 29	Tue 30	Wed 31 Memory clinic Dietitian/Diabetes Optometrist Physio	MAY CLINICS			

Yarrabah Women's Gathering

Wednesday May 10, 2023



Gracelyn Smallwood



Cheryl Buchanan



Ailsa Lively



Bino Toby

**You are kindly invited to attend the
Yarrabah Women's Gathering
Wednesday May 10, 2023
8:30 am until 4:30pm**

Location: Yarrabah Community Hall
**Guest Speakers include: Bino Toby, Cheryl Buchanan,
Graceland Smallwood and Ailsa Lively**

**STRICTLY A TICKETED EVENT
TICKETS ARE LIMITED**

**Tickets available from Gurriny Reception
Workshop Rd & Bukki Rd**



GURRINY YEALAMUCKA
HEALTH SERVICE ABORIGINAL CORPORATION

For more information please
contact
Donna Singleton or Tamar Patterson
at Gurriny 07 4226 4100

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Puzzle Page

Sudoku (Easy)

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

Sudoku (Medium)

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

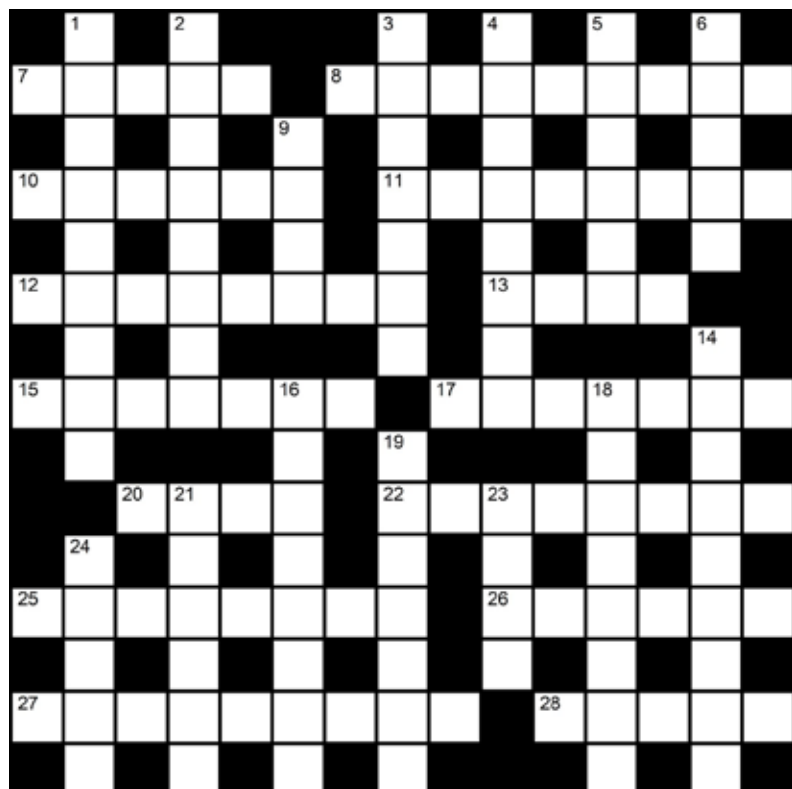
Sudoku (Hard)

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

Word Search

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

Adriatic
Aral Sea
Baffin Bay
Baikal
Balkash
Baltic
Bass Sea
Bering Sea
Coral Sea
Flores Sea
Hudson Bay
Irish Sea
Kara Sea
Lake Chad
Lake Michigan
Loch Ness
North Sea
Pacific
Panama
Canal
Red Sea
Skagerrak
Timor Sea
White Sea
Yellow Sea
Wig



Classic Dad Joke

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

Solutions

	1	S		2	A			3	L		4	F		5	R		6	C
7	D	E	R	B	Y			8	S	E	C	A	T	E	U	R	S	
	C			L			9	O		A		N		P		A		
10	S	T	R	U	C	K			11	F	A	L	S	E	T	T	O	
	I		T							L		I		A		E		
12	C	O	G	I	T	A	T	E			13	G	U	L	F			
	N		O									H				14	B	
15	M	A	D	N	E	S	16	S		17	E	T	H	I	C	A	L	
	L								18	S				N		S		
		20	E	T	C	H			22	T	O	W	N	S	M	E	N	
		24	H		E	R					E			I		M		
25	R	E	C	O	R	D	E	R			26	P	E	G	L	E	G	
	M		C															
27	P	A	T	H	O	L	O	G	Y		28	R	I	V	A	L		
	N		E															

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

Across

7. a game between local sports teams (5)
8. a pair of pruning clippers for use with one hand (9)
10. closed or affected in some other way by a labor strike (6)
11. a voice or sound that is unusually high (8)
12. think deeply about something; meditate or reflect (8)
13. a deep inlet of the sea almost surrounded by land, with a narrow mouth (4)
15. the state of having a serious mental illness (7)
17. relating to moral principles or the branch of knowledge dealing with these (7)
20. to mark a surface with a carved text or design (4)
22. a male resident of a particular town or city (8)
25. an apparatus for recording sound, pictures, or data (8)
26. an artificial leg, especially a wooden one (6)
27. the science of the causes and effects of diseases (9)

Down

1. relating to a section or subdivision of a larger whole (9)
2. a ceremonial act of washing parts of the body or sacred containers (8)
3. a printed sheet of paper containing information or advertising and usually distributed free (7)
4. a small semicircular or rectangular window over a door or another window (8)
5. the action of revoking or annulling a law or act of parliament (6)
6. a slatted wooden case used for transporting goods (5)
9. a plant of the mallow family with long ridged seed pods (4)
14. a common metal that is not considered precious, such as copper, tin, or zinc (4,5)
16. one's day-to-day plans or timetable (8)
18. a sign or token of something (8)
19. the retention of retrievable data on a computer or other electronic system (7)
21. a small tablet or lozenge, made of medicinal substance worked into a paste and dried (6)
23. having shed tears, usually for sadness (4)
24. a well-built, muscular man (2-3)

What's On in May

Mon 1 Labour Day	Tue 2	Wed 3	Thurs 4	Fri 5	Sat 6	Sun 7
Mon 8	Tue 9	Wed 10 Women's Gathering	Thurs 11	Fri 12	Sat 13	Sun 14
Mon 15	Tue 16	Wed 17	Thurs 18	Fri 19	Sat 20	Sun 21
Mon 22	Tue 23	Wed 24	Thurs 25	Fri 26	Sat 27	Sun 28
Mon 29	Tue 30	Wed 31	Thurs 1	Fri 2	Sat 3	Sun 4

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?