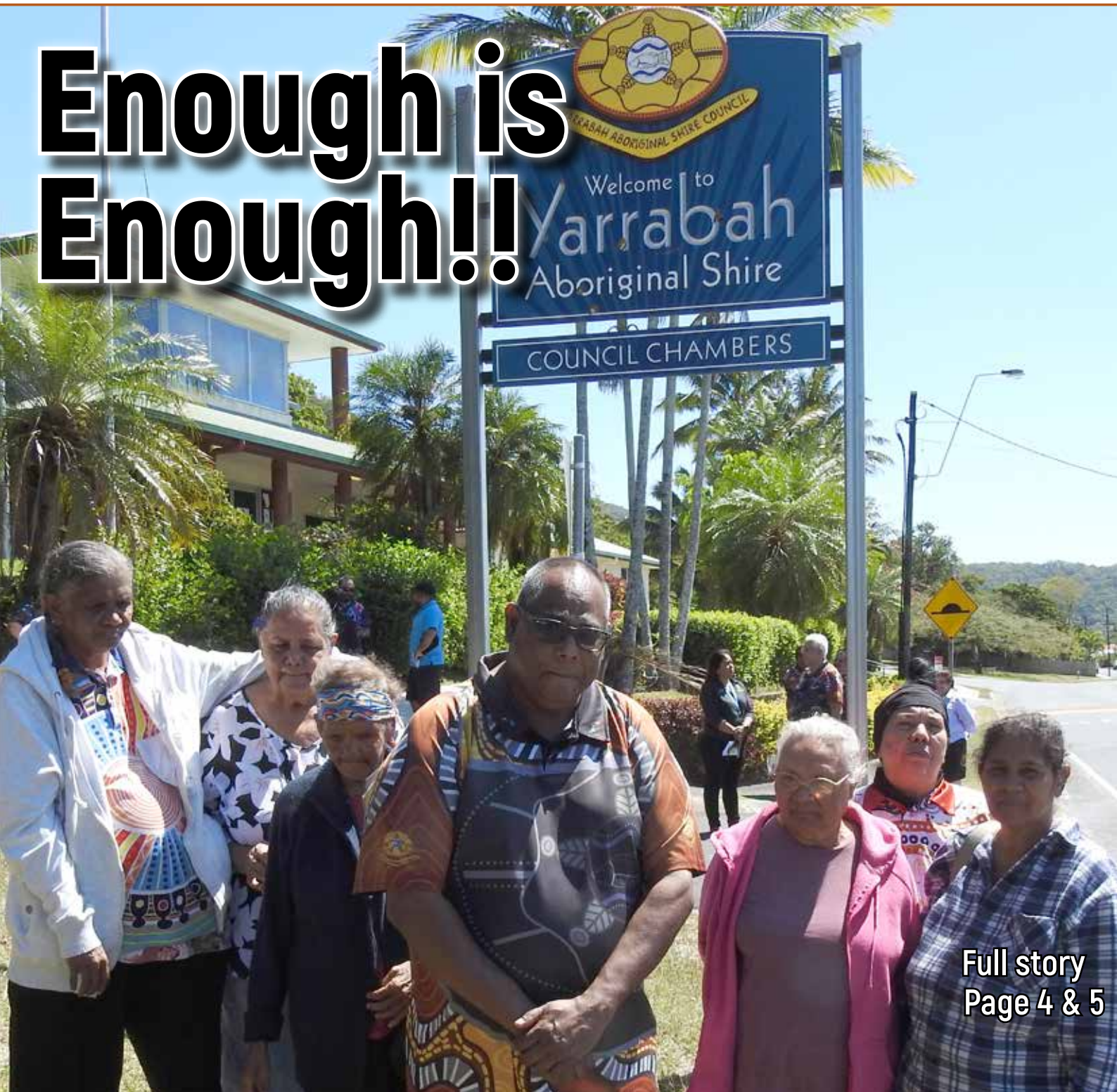




## Enough is Enough!!



Full story  
Page 4 & 5

The #PinkBox Dignity Vending Machine dispenses

**FREE**  
**WOMEN'S PRODUCTS**  
for ladies in need.



**Details on  
Page 32**



## INSIDE



**Bishop  
Malcolm  
P. 6&7**



**Deadly  
Smile  
P. 13**



**Total  
Dignity  
P. 16**



# Sign and Serve

THEY serve our community as unpaid JPs, and in general, being a support to all community witnessing and signing official documents on members behalf of the community.

Last month 7 Yarrabah community JPs were recognised for their contribution to Yarrabah.

For the past 25 years they have served, signing papers, certifying photographs and documents

Ross Andrews, Ian Patterson Snr, Josephine Murgha, Lucy Rogers, Colin Higgins Snr, Michael Connolly and Evelyn Noble were presented with their service certificates by the Registrar and Manager of JP Services.

**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'**



# A coordinated approach to caring

WITH more than five years' experience as a health worker within the Yarrabah community, Belita Kynuna of Gurriny Yealamucka Health Services Aboriginal Corporation has seen her fair share of changes and improvements in the health practices and outcomes in her community.

Perhaps the greatest and most recent change will deliver real and lasting results for her people by developing good relationships within the community and ensuring people engage with the health service to receive advice and treatment.

Ms Kynuna is one of a dozen or more nurses and Indigenous Health Care Workers working within the Community Care Coordination Team delivering the Integrated Team Care (ITC) Program in Yarrabah.

ITC is a Health Worker-led program linking community-based clients with clinicians (nurses and doctors). It is funded by Northern Queensland Primary Health Network (NQPHN).

The ITC program in Yarrabah has been particularly successful in building the relationship between the community and the health care provider, Gurriny Yealamucka.

"We have seen an increase in the willingness of many of our clients to seek assistance early from our Health Care Workers," Ms Kynuna said.

"The regular and culturally respectful contact we have is producing great results."

Earlier this month Ms Kynuna and her team, another Indigenous Health Care Worker (IHCW), and an Endorsed Enrolled Nurse (EEN) reached out to a young Yarrabah woman previously diagnosed with Rheumatic Heart Disease (RHD), but unfortunately had disengaged with the service in the past 12 months.

The regular contact over the past year, along with a focus upon culturally safe care, led the young woman to recommence her Bicillin injection course again.

Young Yarrabah community member Tshahna Sands-Sexton was diagnosed with RHD at the age of 16 and underwent surgery two years later. It was not the best news to hear as a young adult.

"It really shook me up. It was a very scary time, especially around the time of the surgery,"



*Gurriny Yealamucka health worker Belita Kynuna with patient Tshahna Sands-Sexton*

Ms Sands-Sexton said.

"The past few years have been difficult. I thought as an RHD sufferer the injections were going to have a bad effect on my body. It was my mind playing games with me.

"The Care Coordination Team (CCT) kept following me up, trying to get me back on track. I'm glad they did, I need the regular reminder and support. RHD is not easy to live with or manage, but these guys help me so much."

RHD is not hereditary. Aboriginal and Torres Strait Islander people are more at risk due to many of the common issues they confront every day. It is a disease of poverty and disadvantage.

Sub-standard housing combined with overcrowding, poor facilities like non-functioning showers, inadequate hot water and a lack of good clothes washing facilities, put Yarrabah community members at risk from RHD.

Yarrabah has one of the highest instances of

RHD in Australia with more than 200 registered living within the community.

The diagnoses and management of RHD and many of the more common ailments such as diabetes and kidney disease drive the CCT program delivery in Yarrabah.

Yarrabah is divided into three zones with a separate CCT responsible for managing the health care outreach for all residents within their geographical zone.

"This zoned approach allows us to build stronger and better relationships with our clients. We get to know them better, understand their health needs as well as understanding better many of the issues that do impact upon their health and their willingness to seek help," Ms Kynuna said.

"It's all about building trust, they have to trust us and trust that we will always be strong advocates for their health issues."





# Indigenous community unites against

YARRABAH Community leaders are fed up with the behaviour of a small number of community members and universally declare, "Enough is Enough".

Led by Yarrabah Aboriginal Shire Council Mayor, Ross Andrews, Yarrabah community leaders gathered today to lend their collective voice, appealing for community members to take a stand against the escalating youth crime issues here in Yarrabah and across far north Queensland.

"Enough is enough, the community is sick and tired of the behaviour of a small number of community members, along with an apparent lack of supervision and responsibility from some parents.

"We are not talking about hundreds of kids creating issues, it's less than a dozen who are running riot, and we need their parents as well as the youth justice system to take responsibility, and help to bring these kids under control, he said.

The recent figures for joyriding paint a grim picture. The number of joyriders has almost tripled in the past few years, creating a feeling of anger and despair within the Yarrabah community.

"It's got to stop before we have a repeat of the tragic circumstances of a few years ago in our region.

"The consequences for these young offenders do not discourage them. What we

need is the government, community, families and justice system to work together to fix this.

"There does not appear to be sufficient deterrents in place, so we have some of our youth running riot. Service providers and Queensland Police Services in the Yarrabah Community try their utmost best, but the disengagement is quite challenging."

Gurriny Yealamucka Health Services chief executive, Suzanne Andrews sees the car theft issue as part of wider issues in Yarrabah.

"The solution is not just a simple one of punishment for crimes committed. We need to address many of the social issues that





# youth crime - Enough is Enough!

contribute to this problem. We have to treat with YETI (Youth Empowered Towards and address the causes and not just the Independence) based in Cairns. symptoms.

"Over crowding along with unemployment and economic disadvantage all contribute to this problem. Ailsa Lively, chief executive office with Gindaja Treatment and Healing is seeing and experiencing the frustration of parents and the Yarrabah community on a daily basis.

"What we do need is greater accountability and responsibility along with a willingness from governments to address many of the social determinants that contribute to the rising crime rates here," she said. "We applied for funding for a second support officer but unfortunately it was knocked back.

Currently there is only one Youth Bail Support Officer working with youth offenders in Yarrabah. "The Youth Bail Support Officers are a vital cog in this issue. We need to work with the youth offenders, designing plans that address their issues and reducing the instances of them reoffending. The support

The program is run by Gindaja Treatment of government is critical here," Ms Lively and Healing in Yarrabah in association said.

Mayor Ross Andrews called upon the wider far north Queensland community not to judge Yarrabah by the actions of a handful of the community, but instead join with his community leaders and petition for changes to the Youth Justice Act as well as greater accountability from parents of the offending youth.

Mayor Andrews has been advocating for a few years now the introduction of the Families Responsibility Commission (FRC) to workshop its intent as an intervention and prevention program to complement service delivery and to restore personal responsibility and greater accountability back into the community. Currently, the FRC is under review by Government.





# A life well lived and well remembered

At the age of eight Arthur's dad died from an accident while hunting. John Maloney was reared by Arthur's parents, and like an older brother, spent a lot of time teaching Arthur to hunt alongside his stepfather Coby Tungingeri, of Lockhart River, who married Lily following the death of Arthur's father.

Over the years, Arthur became a proficient traditional hunter, who provided for his family and always shared the catch of fish and other wildlife with everyone.

Later in life, Arthur would teach these hunting skills to his own son, and grandson.

As a 12-year-old, Arthur dreamed of working jobs that took him on adventures, like the Mission's Trochus boat, or the outstations.

His first job was less appealing as an apprentice carrying loaded buckets from outhouses into the waiting carts to be buried.

Arthur went on to do various jobs, hauling logs and constructing a bridge and finally returning back to the sanitary carts.

Throughout this time Arthur continued to serve at St. Albans and he was already familiar with Church Army because of the ministry work at Yarrabah. Sister Muriel Stanley was a serving member and she encouraged Arthur to join Church Army.

It was after prayer and talking with his mother that he decided to travel to Sydney as an 18-year-old and attend Church Army College.

The journey by Catalina flying boat was an eye opener, seeing Townsville, Brisbane and Sydney by air, when his longest trip of his life prior was a road trip to Fishery Falls.

Little did Arthur know that during his lifetime, he would travel the world.

College life was much different to life back home, but Arthur's Christian beliefs and personal view of the world and his place in them stood him well to cope with the challenges ahead.

Even back in his early years at College, Arthur was very proud of his Aboriginal heritage, and he had a thirst for reconciliation.

Arthur simply accepted the people as they were both Indigenous and non-Indigenous, and he always believed that we should have the right to be proud of who we are.

There is a Bible verse that speaks about treating others as you would want to be treated and Arthur stood by this.

Each of us is acceptable to God, so Arthur lived by this and no matter who you were, he saw you all as loved by God.

Arthur saw himself simply as a man equal to everyone else. And all of his life he felt comfortable meeting people and making friends.

Arthur was embraced by the Amphlett family who were a church family living in Sydney.

Arthur loved the Amphlett's as much as they loved him, celebrating and mourning together many milestones over the years.

Church Army taught students that connecting in community was a very important part of the evangelist ministry, and Arthur was an expert.

No matter where he was in New South Wales or Victoria or another

## The official Eulogy as read by the Most Reverend Dr Philip Freier

We have pleasure in reproducing the Official Eulogy here with the permission of Bishop Malcolm's family.

ALISTAIR Arthur Malcolm was the youngest child of Lily and William John.

He was born on August 5, 1934. His mother Lily was from Kunjen Olkola tribe and his father William John was a Koko-bera man, both from Cape York.

Arthur's (his preferred name) parents were sent to Yarrabah separately, with his mother bringing his three older sisters, Grace, Connie and Godfa with her.

Lily met William John and was married in Yarrabah, where Arthur and his older brother Francis were born.

Later in life with the death of his mother Lily, Theresa Livingstone would take over the role as a mother to Arthur in his adult years,

Arthur's childhood was a mixture of time spent with his family and friends, and living life in the dormitory, attending classes, church and chores.





part of the world, you could be guaranteed that Arthur was happy to get involved.

He joined local sporting clubs and played tennis, football, cricket, billiards, darts and golf. He was very athletic, but the worst golf player ever, and never won a game against his wife Coleen.

He will join in any community events putting up fences in Lake Tyers to mulesing (cutting away sheep wool from around the backsides) to timber cutting and firefighting.

He continued his love of hunting and always found time to go fishing or catching yabbies and on the rare occasion, shooting rabbits.

Arthur loved to mix with everyone and was curious, and many of you have no doubt been asked about who you are, where you are from, followed by a story that would tell you that somehow you are connected to him.

During this period of time Arthur, aged 27 met Colleen aged 21 at Church Army College, he had graduated and Coleen was still training.

Their courtship was mostly long distance and almost didn't start due to Coleen's initial reservations, which were firmly dealt with by God.

A heartfelt apology letter and Arthur's overconfidence in his appeal quickly put them back on track.

It was still a period of four years living apart in various locations before they married in 1965 in Sydney.

As a married couple, they continue their ministry work with the church Army and Bush Brotherhood across Victoria and New South Wales while raising their children, Andrew and Ruth.

Yarrabah was always close to Arthur's heart, and he and Colleen spent their honeymoon there and returned on several occasions, bringing their children back to visit with family.

Coleen's first memories was how people greeted Arthur's returns with hugs and glistening eyes welcoming him home.

It was a welcome repeated several times during his life.

It was during their time in Brewarrina that a letter from Church Army came to Arthur informing him that a request was received from Yarrabah for him to return to St. Albans.

Arthur was excited at the chance to return home but decided to seek God's approval over a period of several months.

There were several signs at this time, including a vision that Coleen had of a man standing outside a house on a Yarrabah street, who Arthur immediately recognized as an active church member.

This was the final confirmation and with excitement the house was packed into the car and the children piled in the back and off they went.

On return to Yarrabah, Arthur's role in the Anglican Church began to change with his ordination as a priest in 1978 and eventually consecrated as an Anglican bishop on the 12th of August 1985. Nationally, the politics of Australia was shifting in the voice of Aboriginal and Torres Strait Islander people were emerging not just in the secular sector but also in the churches.

Reconciliation, The Apology and Stolen Generation were being mentioned and the Anglican Church was self-reflecting and considering the roles in the past and how to best navigate the future.

Indigenous leadership within the churches was also growing internationally and in Australia, Indigenous people were asking for an

Aboriginal Bishop.

Arthur's Anglican missionary was to the Aboriginal people of Australia, and during this time, he would travel all over Australia and the world, preaching and speaking on behalf of his people.

There are many achievements during Arthur's lifetime and his contributions were recognized from being an elder in community, patron of the footy club, to his Officer of the Order of Australia Award in 2004.

Dear to his heart was the coming together of all, and in 1995 Arthur and Colleen co-wrote the **Prayer for Reconciliation** that is now published in the **Prayer Book for Australia**.

Arthur's ministry was a team effort with Coleen and they continued to deliver God's work through church activities and involvement in the community.

Outside of church Arthur continue to hunt and provide for family, he participated in local events and follow the footy.

Arthur loved the footy and especially loved to watch the Yarrabah boys play. They loved him too, and right up to the last month of his life he managed to wrangle an opportunity to watch a game.

Arthur didn't just enjoy the game. He used these relationships to connect with the boys, and when he could he would express God's love to each of them.

Arthur loved Yarrabah and the community loved Arthur. To this day many have stories of love, laughter and

tears.

He was often called first before the police to defuse arguments. He would go to the hospital anytime a day or night to pray and comfort others and he and Coleen would pray, counsel and advise all that knocked on the door of the rectory.

All the years of ministry his strength came from the Lord. He performed weddings for loved family and friends and also laid many to rest.

Arthur with his wife Coleen lived a full life raising their children and taking care of their niece Rosemarie and nephew Brian.

He was Son, husband, dad, Popeye, Popeye Bishop, brother, uncle, God Dadda, God brother and Bishop too many.

Arthur's grandchildren fondly remember him doing shake a leg when they were crying. Which made them angry, to picking them up from school and buying afternoon tea to showing them how to fish.

Arthur loved his family and during those last days, we each had time to talk and share. He was ready to go home and told us not to be sad.

Arthur always ended his sermons with a challenge and it's fitting today that each of us who are attending his funeral or watching via the live stream to reflect upon Arthur's favorite Bible verse, Isaiah Chapter Six, Verse Eight.

*"Then I heard the voice of the Lord saying,*

*"Whom shall I send?*

*"And who shall go for us?*

*"And I said,*

*"Here am I. Send me."*

Arthur will forever be remembered as a faithful servant of the Lord, who went where the Lord sent him. He is here today and would ask each of you to also say,

*"Here am I send me."*







# Community members' voices heard in Canberra

AGNES Neal is no different from hundreds of Yarrabah community members, who spent the past 20 – 30 years paying thousands of dollars to ensure she could give her loved ones a proper goodbye.

Earlier this month, her cries echoed throughout the halls of Parliament House in Canberra. For more than 30 years the Aboriginal Community Benefit Fund (ACBF) exploited Yarrabah residents along with almost 30,000 First Nations People throughout Australia.

ACBF sold funeral policy funds to almost 800 Yarrabah residents before going into liquidation earlier this year, leaving Yarrabah residents out of pocket and feeling exploited, deceived and uncertain of what would happen to the funds they had contributed.

In early August, Agnes Neal along with Brian Underwood travelled to Canberra as members of the #SaveSorryBusiness representation to Parliament.

Over a four-day period they attended more than 20 meetings and representation to Federal Members, Treasury officials and key influencers. Their story was simple, ACBF manipulated community members, selling door to door, and as a result, they have lost thousands of dollars. Members are not looking for a handout, they feel that governments over the past 30 years were aware of the

practices of ACBF and did not protect vulnerable community members from being culturally exploited.

The Federal Financial Services Minister, Stephen Jones has announced an assistance package for ACBF members as well as advising members that investigations were underway into the behaviour of the directors and the company.

The current assistance package will only cover members through to November 30 2023, leaving tens of thousands of policy holders in limbo.

For Yarrabah community members, the ideal outcome would be for the government to underwrite all policy holder's contributions and allow them to be transferred to a new government approved funds allowing for a culturally appropriate Sorry Business.

The current assistance package is tipped to assist approximately 500 of the almost 30,000 members Australia-wide. It is now important to keep the pressure on all government members and elected representatives to ensure a lasting and total assistance solution is reached to protect all ACBF members and also to protect First Nations People from future exploitation.





## Community voices speaking to the nation

DURING their recent representation to Canberra, both Agnes Neal and Brian Underwood represented the Yarrabah community with professionalism and allowed the collective voices to be heard by millions of Australians.

Like seasoned media professionals, both Brian and Agnes fronted the media, undertaking radio, television and newspaper interviews.

Although the weather was on some days bitterly cold, both Brian and Agnes could be seen on the first floor terrace of Parliament House, conducting radio interviews with ABC and the National Indigenous Radio Network.

Although emotions did get to Agnes during one television interview, the sight of a proud First Nations woman breaking down as she tried to explain the trauma and despair caused by the collapse of ACBF, were powerful images and resonated with the millions who saw the TV interview on channel 7.



## Eligible people **CAN NOW GET** a 4th dose

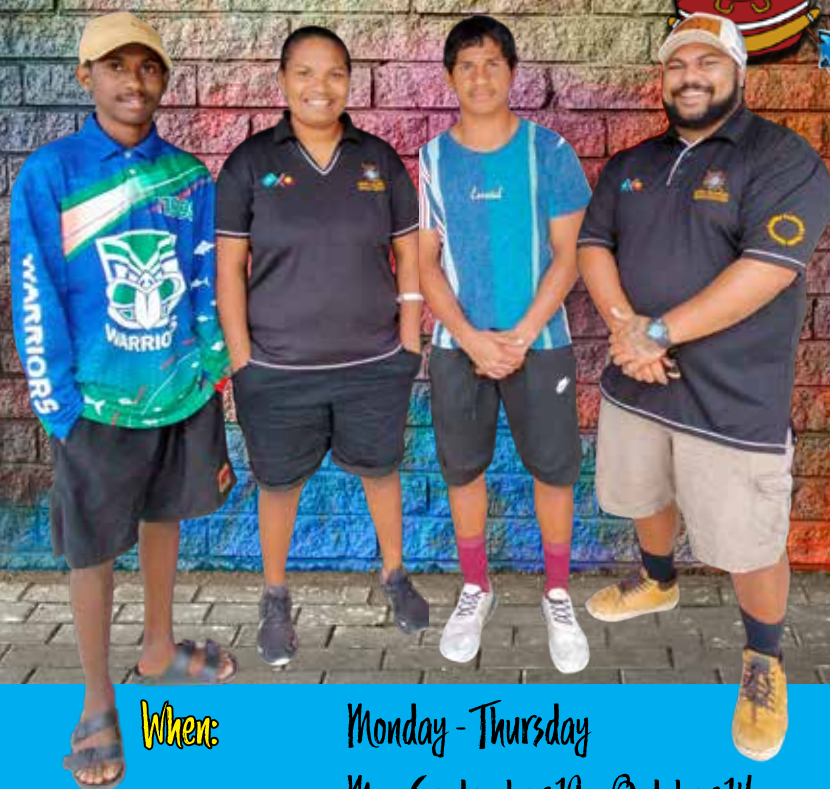
Protect yourself, your family and your community.  
Book in for your Booster and/or your 4th COVID  
vaccination dose.



# YARRIE YOUNG PERSON CHECK

**IT ONLY TAKES 30 MINUTES - BRING YOUR MATES ALONG!!**

Participants will receive a \$30 phone credit or IGA voucher upon completion of their health check the same day



**When:**

Monday - Thursday

Mon September 19 - October 14

10am - 5.30pm

**Where:**

Gurriny Yealamucka Health Service - Workshop Rd

**Contact:**

Ph 4226 4000

[www.gyhsac.org.au](http://www.gyhsac.org.au)



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**CARE**



# Simple steps to help you bond with your baby



TAYLA SMITH - REGISTERED MIDWIFE

BABIES need to feel loved, secure and bonded to their parents and family to be able to grow and develop well.

There are a few simple ways that you can help with this. The first and most basic of all is to start reading, talking and singing to your baby from the time they are born.

Touch is so important and very reassuring for your baby. Skin-to-skin contact from birth, and as your baby grows is important for their development but also for their overall health.

Look at your baby when you are feeding them. Look deep in their eyes and make facial expressions, smiling, laughing, make it fun and engaging.

Get down on the floor and play with your baby. Channel the inner child in you, you will have fun, but so too will your baby.

Everyone loves to feel loved, so give loads of cuddles and kisses.

Talk to your baby in soft soothing tones. Soft calming voice,

gentle and peaceful, let them know you are there and they are your focus.

Put your phone away, spend quality time with your baby, make your baby more important than your phone.

Try not to set a feeding schedule, demand feed is better. Your baby will be hungry and naturally want to feed, a far better experience for you and bub.

Gently massage your baby, the constant touch will reassure them and create a greater bond between both of you.

Pick your baby up when they cry, don't let them cry it out. This is important to create a sense of trust in your baby. They are not abandoned, and you will not be spoiling them by responding to cry.

Be expressive in your voice, different tones, volume and even change the accent, it all creates interest in baby's mind.

Play music, create a playlist and sing along. Watch and wait, bub will soon bop along.



## Yarrabah Community Food Store

Bringing affordable food into community

Find us next to St Alban's Church

**Every Tuesday & Wednesday**  
10:30 am - 3:30 pm



**QIFVLS - Legal Clinic**  
**Wednesday September 28**

## When should I get tested for COVID-19?

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

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

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



**GURRINY YEALAMUCKA**  
HEALTH SERVICE ABORIGINAL CORPORATION

## HAPPY BIRTHDAY ANNIVERSARY

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

- 3** Dom Cedric & Samantha Lubke
- 4** Sarah Fairhall
- 8** Jo Cordwell & Clare Ambrym
- 17** Brian Underwood
- 24** David Nichols
- 28** Tanika Parker

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

- 7yrs** Lexy Carroll
- 5yrs** Maureen Cedric & Belita Kynuna
- 4yrs** Katie Wilkins & Helena Ambrym
- 3yrs** Katie Barron & Grace Drahm
- 2yrs** Roderick Griven, Deepak Ghimire, Skye Williams & Eileen Yeatman
- 1yr** Trish Harris & Vicki Wall



## 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:

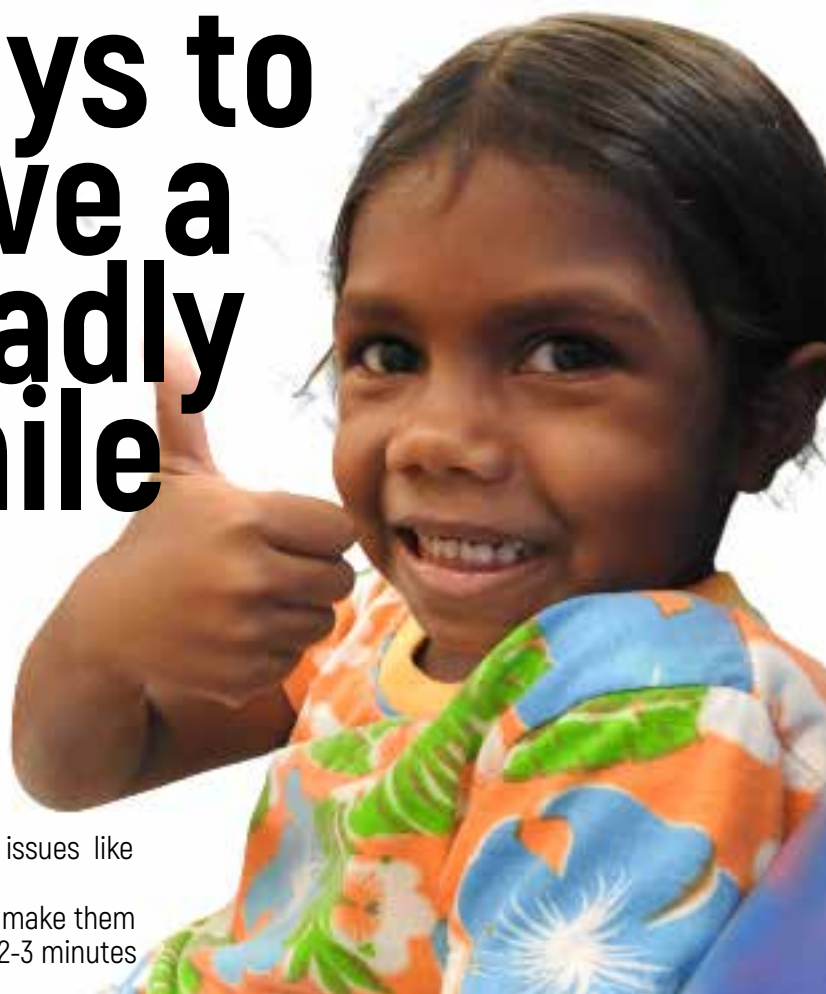
- Transport and Main Roads written road rules test  
\$23.75
- Queensland learner licence issued for 3 years  
\$178.95

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.





# 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 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.

## 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.



**GURRINY YEALAMUCKA**  
HEALTH SERVICE ABORIGINAL CORPORATION

culturally safe  
**CARE**



# FREE

## community laundry

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



**CARE**



**GURRINY YEALAMUCKA**  
HEALTH SERVICE ABORIGINAL CORPORATION





# HEALTHY HOUSING PROGRAM YARRABAH

## Program Information Flyer 'Healthy Home - Healthy Family'

### What is the Healthy Housing Program?

- Brand new pilot program to get Better Health, Healthier Homes and increased understanding of home maintenance and healthy living practices
- Improving Health hardware function eg: taps, hot water, kitchens and laundries
- Reducing risks to health in the home

### What are the Healthy Living Practices?

- Things you can do in the home to prevent diseases like Rheumatic Heart Disease (RHD) and skin infections including:
  - Practices to wash well, wash clothes and wash bedding
  - Removing wastewater and other waste to reduce hazards
  - Improved nutrition and storing and cooking food
  - Reducing impacts of animals, insects and vermin

### Who can be involved?

- Limited to 100 Houses in Yarrabah.
- Any families in a social housing property (tenancy) in Yarrabah.
- If you're not sure, come and ask our team or link into our QR Code.

### How can I get involved?

- Come to the community information session (August 30, 9am – 4pm at the RTC)
- Register your home by September 9
- All participating homes receive a Healthy Housing Kit

For more information follow the QR Code, the web link

<https://tinyurl.com/4653ety9>  
or call the Healthy Housing Program team  
Ph: 4226 5504





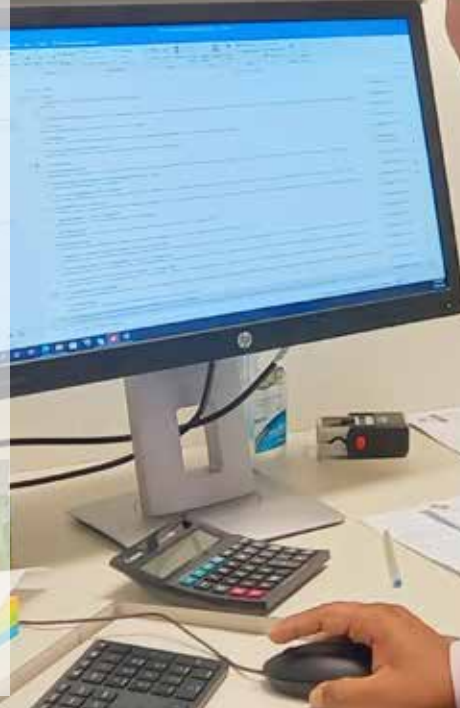
# The figures man

SINCE moving to Australia from Pakistan 16 years ago with his wife, Muhammad Ahmed has studied and worked in the accounting field in Queensland.

Cairns and far north Queensland is now home for Muhammad, his wife and two children, spending weekends exploring, relaxing and enjoying the lifestyle that FNQ is renowned for.

Since completing his Master's Degree in Accounting from CQU (Central Queensland University, Melbourne Campus), Mahammad has worked within the disability service sector, hospitality and welfare associations.

Before joining the Gurriny team, Muhammad served as Finance Manager with a disability service provider based in the north.



## 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.

CARE



GURRINY YEALAMUCKA  
HEALTH SERVICE ABORIGINAL CORPORATION



## AWARENESS



Pictured: Oswald Fourmile and Team cleaning local Dump site.

Local Works Depot Team working at the local dump site sorting trash for recycling in Cairns.

**Please remember to sort your rubbish!**







EARLIER this month, Gurriny together with Share the Dignity launched their Dignity Vending Machine. Yarrabah increased its ability to help women in the community with the installation of their Dignity Vending Machine. The machine, installed by charity Share the Dignity, dispenses free #PinkBox Women's Packs, which contain six tampons and two pads, to women and girls who need them.

The event was attended by some of the Elders, community members and staff from Gurriny. The ladies enjoyed a morning tea that was very pink and the ability to get together for a yarn over a cuppa.

Gurriny received this important machine at the Workshop Road Clinic due to their work with many women and girls. When someone is doing it tough, the last thing on their mind should be dealing with women's business.

Share the Dignity Founder and Managing Director, Rochelle Courtenay, dreamed of finding a way for women and girls to have access to free women's products, without the anxiety and shame that many feel when having to ask someone else for help.

"We could not believe that people were having to choose between feeding their family or buying period products.

"School children should not have to miss school to avoid the embarrassment of not being able to afford pads and tampons," she said.

"The #Pinkbox allows Yarrabah women to access womens products without having to make a choice between feeding their families or catering to their own needs.

"Having the #Pinkbox will also enable us as a health facility to better engage with our women about "women's business, we are delighted to be partnering with Share the Dignity on this initiative," said Sue Andrews. Gurriny's chief executive.

Those wanting to support Share the Dignity in providing these Dignity Vending Machines can do so in many different ways. Organisations can Sponsor a Dignity Vending Machine or people can hold a Birthday Fundraiser, swapping gifts for donations to fund the Period Packs. For more information visit [www.sharethedignity.org.au](http://www.sharethedignity.org.au).

## SEPTEMBER CLINICS

				Fri 2	Sat 3	Sun 4
Mon 5 Optometrist @ Workshop Rd	Tue 6	Wed 7 Paediatric @ Bukki Rd Child Development @ Workshop Rd	Thurs 8	Fri 9 Australian Hearing @ Workshop Rd	Sat 10	Sun 11
Mon 12	Tue 13 Liver clinic @ Bukki Rd Dietitian & Diabetes @ Workshop Rd HAPEE @ Workshop Rd	Wed 14 High Risk Foot @ Workshop Rd	Thurs 15 Dr Sutcliffe- General Surgeon @ Bukki Rd	Fri 16	Sat 17	Sun 18
Mon 19	Tue 20	Wed 21 Paediatric @ Bukki Rd	Thurs 22	Fri 23 Podiatrist @ Workshop Rd	Sat 24	Sun 25
Mon 26	Tue 27 Dr Peter Boyd- Cardiology @ Bukki Rd Liver Clinic @ Bukki Rd	Wed 28	Thurs 29	Fri 30		





## 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



Picture: Fallen Yukal-Yukal (Pandana) Tree down at Bukki Road.

Due to local wet weather, Local in community are encouraged to be mindful when travelling on wet bitumen and on uneven surfaces in Yarrabah.

### Please Note:

The storms and heavy rain of the past few weeks have made the ground more saturated. This could make those trees in your yard or in Community more susceptible to toppling over.





# Gurriny board member recognised

FOR Cairns based lawyer and Gurriny Yealamucka Health Services board member Mikaela French, being announce as a finalist in the First Nations Solicitor of the Year category in the recent Queensland Law Society Excellence Awards was an honour.

Ms French is an independent director serving on the Gurriny Yealamucka Health Services Board providing valuable governance and legal advice to the organisation.

The First Nations Solicitor of the Year Awards category celebrates and recognises Aboriginal and Torres Strait Islander

practitioners for their leadership and contribution to justice outcomes for First Nations people in Queensland.

"I am very grateful and honoured to have been nominated as a finalist for this award and for the incredible support and encouragement of my family, friends, colleagues and community. My passion for perusing a legal career has been to advocate for better outcomes for First Nations People to provide access to justice, culturally appropriate advice and advocacy for our mob," said Ms French.

## YARRABAH COMMUNITY MUSEUM VISIT & CULTURAL FACTS

### Greetings Yarrabah!

On Thursday 11th August 2022, Carmille visited the Yarrabah Menemny Museum. During her visit, she was able to discover some unique facts about our culture, country and heritage. Simone Arnol has been working alongside Eden Browne to uplift the atmosphere and have made some fantastic changes. Simone hopes that the new improvements to the Museum will bring tourist and locals back to ensure Yarrabah artists, tradition and culture is recognised nationally. In the past two months alone, Simone has had over 300 visitors form outside. WOW!

While visiting, local school students were visiting the Museum with Teacher and Cultural Leader Nathan Schreiber and Teacher's Aid Candice Sexton. They were assisted by Teacher Nathan Schreiber and Teacher Aid Candice Sexton.



Picture Caption: Museum local Simone Arnol expressing her passion for culture through the displaying of our traditional hunting and gathering tools. "Dilly bags" in picture are classed to be over 100 years old.



Picture: Teach Aid Candice Sexton viewing new "Welcome" signage down at the local Museum.



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

### Hand washing like a PRO Wrestler!

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



**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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'culturally safe CARE'



# Yarrabah Women's Gathering

## *Women Going Beyond*

**You are kindly invited to attend the  
Yarrabah Women's Gathering  
Wednesday September 14, 2022  
8:30 am until 4:30pm**

**Location: Yarrabah Community Hall  
Guest Speakers are all local women**

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

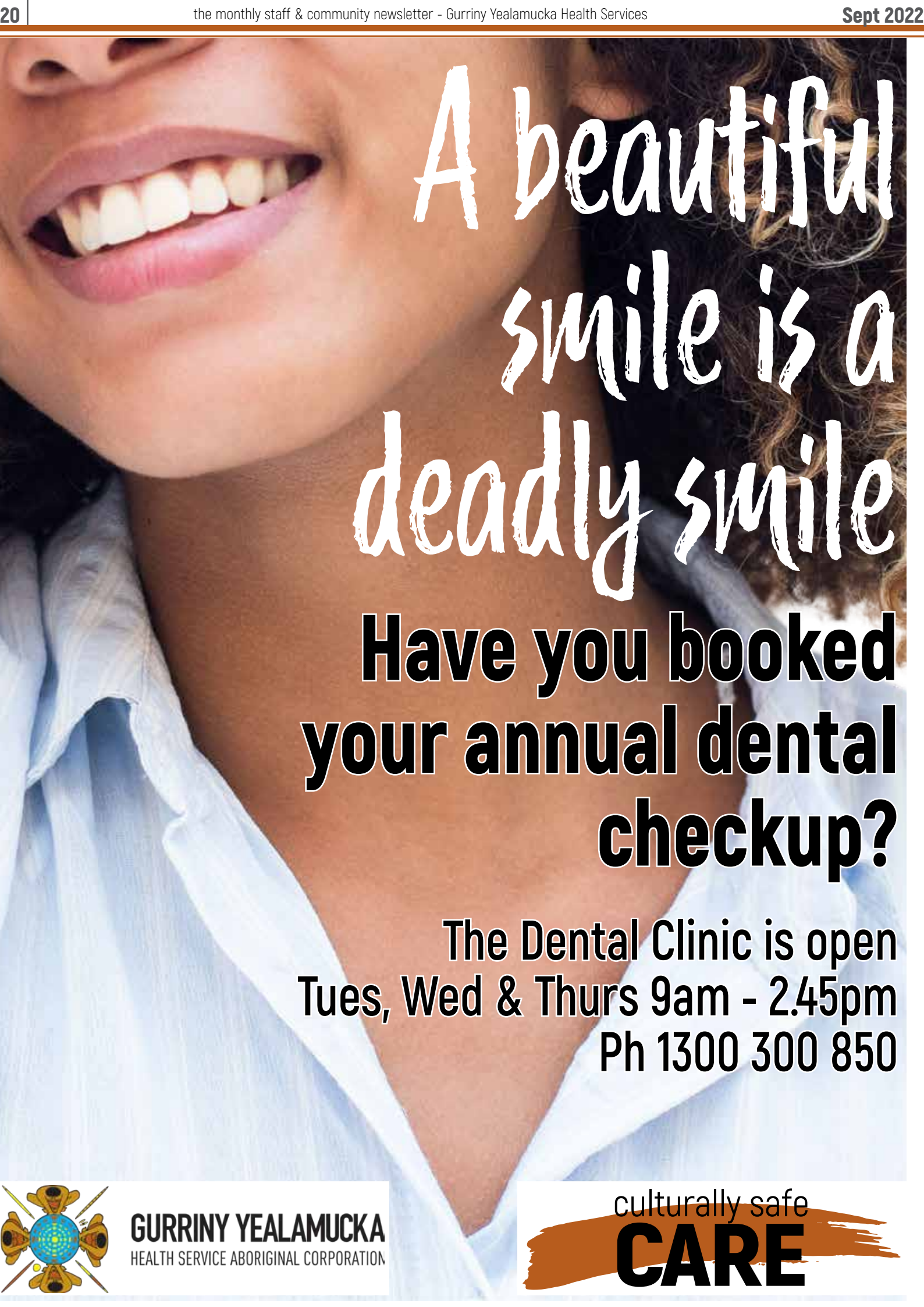


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A beautiful  
smile is a  
deadly smile

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

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



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# On the hunt

THE Gurriny Yealamucka Social & Emotional Wellbeing Teams in August joined forces and headed for Cairns.

Our teams enjoyed a team day event fostering friendships and highlighting the competitive but positive ways we all work together within the overarching teams of SEWB and the Youth Hub team.

The team building activity was a photo scavenger hunt that required each individual team to work together to come up with a short video or photo shoot.

The scavenger hunt highlighted the importance of having

fun as a team whilst creating innovative ways to show off all of our individual personalities that came together as one. We found that good communication with each team member gets the best photos or videos to win the overall event.

The outcome of the day showed there is a high number of staff within each team that could go into movie production and professional photography.

Staff feedback was really positive demonstrating that having fun improves our overall mental health and wellbeing and supports our shared identity as Gurriny Yealamucka staff.



# Great News for ACBF Policy Holders

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





# S/Stember

A celebration of sisterhood  
in Yarrabah

September 1-30



You are kindly invited to celebrate sisterhood in  
Yarrabah during *S/Stember* 2022

motivate uplifting  
dance Leadership  
Yarning Sisterhood  
Uplift Music  
Enrich zumba fun friendship Health Checks  
girls pamper food  
fellowship S/Stember safe  
Memorable Empowerment Energise heal  
Help awaken Vision  
positive exercise change  
Health Relax women's sport

mental health

For more information please contact  
Grace Drahm at Gurriny 0438 618 459



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# Join for FREE and have your say

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

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

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

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

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

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

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

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

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



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



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## YARRABAH LOCALS OUT IN COMMUNITY OUT ON COUNTRY



Picture Caption: Gunggandji PBC Ranger Supervisor Jammito Harris working with team to complete Old Cemetery beautification.

**Gunggandji Aboriginal PBC Corporation RTNBC - 'Old Cemetery Beautification Project'** **Role: Ranger Supervisor.**

Jammito Harris, is a local of Yarrabah and has a passion for his country. He is currently the Supervisor for the Gunggandji Rangers and enjoys his role. Jammito has the skills and knowledge around Land conservation and Land Management. His cultural background helps him to remain connected to country.

## Community Appreciation!





#MenziesT2D

# Let's start talking about type 2 diabetes

With Menzies School of Health Research



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

## How can you be involved?

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

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

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

[damian.kukulies@menzies.edu.au](mailto:damian.kukulies@menzies.edu.au)



[serena.thompson@menzies.edu.au](mailto:serena.thompson@menzies.edu.au)



Text or call 0472 639 845 OR visit us [www.diabeteslifecourse.org.au/youth-diabetes](http://www.diabeteslifecourse.org.au/youth-diabetes)





Ditch the workout and join the party!

Come and experience the workout that has taken the world by storm! Zumba®!

Let's face it, working out is important and very beneficial to a healthy you.

Zumba® classes cater for all levels and abilities so come and join the FUN and dance your way to a fit, lean and sculpted you.

You don't need to know how to dance – everyone is welcome and will fall in love with Zumba®



Wednesday September 7, 12.30 - 1pm

Wednesday September 14, 12.30 - 1pm

Wednesday September 21, 12.30 - 1pm

**Classes are to be held in the covered area behing St Albans Church**

For more details contact Jo Cordwell, 0450 077 388



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

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

## Why do Queensland students need to Get Ready?

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

among the most vulnerable.

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

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

## How to enter

Follow the prompts online to find out more and complete your activity to enter. [www.getready.qld.gov.au](http://www.getready.qld.gov.au)

# WANT JT TO VISIT YOUR SCHOOL?

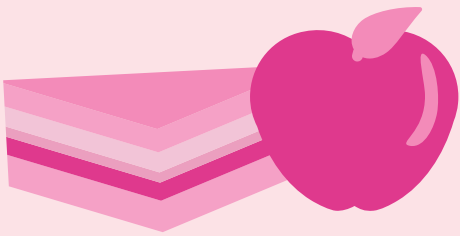
**Complete a classroom  
activity to enter by  
7 October 2022.**

Visit [getready.qld.gov.au/schools](http://getready.qld.gov.au/schools)  
for full competition guidelines.





# WOULD YOU RATHER?



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



**USE YOUR  
CHANGE TO  
BUY PERIOD  
PRODUCTS**

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

There is a community based machine, based at  
Workshop Rd



# Free training extended

EVEN more young Queenslanders will be able to take advantage of Free TAFE and Free apprenticeships for under 25s.

This initiative, which has already helped 56,000 Queenslanders get the skills and training employers value, was due to end in September but will be extended until 2023.

Queenslanders aged under 25 could continue to enrol in 26 Free TAFE programs and 139 Free apprenticeships programs up to 30 June 2023 and pay no course fees.

The top free TAFE courses are:

- Certificate III in Early Childhood Education and Care
- Certificate III in Individual Support
- Certificate III in Education Support
- Certificate III in Health Services Assistance
- Certificate III in Community Services

The top free apprenticeship courses are:

- Certificate III in Electrotechnology Electrician
- Certificate III in Carpentry
- Certificate III in Light Vehicle Mechanical Technology
- Certificate III in Engineering - Fabrication Trade
- Certificate III in Hairdressing

For more information about Free TAFE and Free apprenticeships for under 25s, visit [www.qld.gov.au/skillspower](http://www.qld.gov.au/skillspower)



# GET YOUR

**FLU  
SHOT**



*Your health matters*



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

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



# From the sand to the snow



GURRINY'S Care Coordination Nurse Team Leader, Jennifer Nisbet headed home to New Zealand last month to spend much appreciated time with family.

Flying out from Cairns, directly over Yarrabah allowed Jen to snap a few pics of where she calls her 'work-home' to show family and friends in New Zealand.

It really is a contrast from the sand and green of Yarrabah to the snow of NZ.

"I spent time in New Zealand in Wellington and KatiKati with my family and celebrated the life of my father.

"Certainly, a lot cooler than here in Yarrabah.

"Lots of rain but beautiful clear days after minus 2 degree frosts.

"Best part was seeing the snow on Mt Ruapehu in the centre of the North Island."

It's good to have Jen back in the north, working with the Care Coordination Team, we did miss her cheerful smile each day.



## FIVE THINGS

to do to FIGHT THE FLU

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

GURRINY YEALAMUCKA HEALTH SERVICE

Queensland Government

## GET A 715 HEALTH CHECK AND SCORE A DEADLY CHOICES NRL SHIRT!





Picture Caption: Stormy view of Gundjarra Beach looking back towards Wungu Beach and Fitzroy Island.

Picture credit: YASC Communications Officer (Carmille Pearson)

As we are entering the month of September we encourage parents, guardians and caregivers to keep a watchful eye during the School Holidays.

School Holidays Start Date: **16th September 2022** School Holidays Finish Date: **3rd October 2022**

Weather permitting, best school holidays camping, fishing and boating spots

GUNDJARRA BEACH    WUNGU BEACH    BUDDABADDOO MOUTH    BIG POINT (JETTY)

Croc sightings please report to local PBC Rangers. Any other environment issues please contact YASC for further support and advice.

Environmental Safety Officer: 07 40560 734 or call main office on 07 40569 120 and you will be directed through to the area of responsibility you require.

Stephen Canendo (Uncle Bully)



## YARRABAH COMMUNITY APPRECIATION POST



### Yarrabah Aboriginal Shire Council

#### Appreciation Post for Our late Arch-Bishop Arthur Malcolm's Funeral in Yarrabah.

Due to the recent passing of Arthur Malcolm Bishop the community has been in awe about how neat and tidy Sawmill Road was for Bishop's Funeral on Wednesday 24th August 2022.

On behalf of the community and local services we want to say "THANK YOU" to YASC Works Team for getting on board to facilitate on that day. Thank you for demonstrating cultural appropriateness and leadership.

Big Shout Out to  
Department Heads

- Preston Andrews
- Samuel Bann
- Colin Andrews



"Nyundu Gurriny" - R U OK?

Yarnin' with a cuppa

Thursday Sept 8 @ YarriCino Cafe

Join us from 10.30am – 12pm at YarriCino Café, Noble Drive

to come together for a yarn with a cuppa and cupcakes.

We can all go through hard times when we feel no good about our lives  
or ourselves.

That's why it's important to always be looking out for each other –

**Stronger Together**

**STRONGER  
TOGETHER**

**RUOK?**



**GURRINY YEALAMUCKA  
HEALTH SERVICE ABORIGINAL CORPORATION**







**NRL**  
**SENIOR CLUB**  
**COACHING**  
**COURSE**

4th November - 6th November  
9:00 am - 6:00 pm

Cowboys  
High Performance  
Centre

0448 812 005

aanderson@nrl.com.au

www.playrugbyleague.com.au

**Eligibility Criteria**

Applicants are required to have held a Community Coach 13 + Coach accreditation for a minimum of 12 months.

Must be coaching at a minimum of U15 or higher.

Must complete a LeagueSafe course.

Have no Code of Conduct breaches in the last 12 months.

**REGISTER NOW >**

## 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



**Want to win a  
State of Origin jersey**

**Guess how many  
condoms are in the  
jar?**

**Ask your Aboriginal Health  
Worker, Nurse or Doctor  
about how you can enter  
this competition and WIN!**

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# Training and inspiring youth

ONE very important aspect of the Gunggandji Land and Sea Rangers work is their Junior Ranger Program.

This program engages with youth, building their social, cultural and working skills as well as improving community facilities and beautification of our community through the work of our Junior Rangers.

Throughout July and August, the Gunggandji Rangers engaged four Yarrabah Secondary School students to work within their Junior Ranger Program.

Every Wednesday, the four students joined with the Rangers and participated in many activities including: site maintenance, patrols, bird surveys and numerous Cultural activities.

It is hoped the program can expand in coming months after a request was received for school-based trainees from Gordonvale High School.



29 AUGUST 2022

Picture Caption: Water bursting from Water Pump on Bukki Road near the Pine Trees.

Picture credit: YASC Communications Officer (Carmille Pearson)

## FOR YOUR SITUATIONAL AWARENESS

The Water and Sewerage Team are out in community collecting Water samples.

Community members **MUST** not attempt to turn the water pumps off. Please leave Water Pumps "as is" and report to the nearest YASC Staff member.

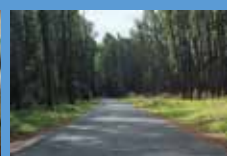


### WARNING:

**DO NOT TURN OFF UNLESS DIRECTED TO BY WATER AND SEWAGE REPRESENTATIVE.**

Workplace Health and Safety issues, please report to

**WHO Officer—Leslie Bassani** on 07 40560 725. Or call main office on 07 40569 120 and you will be directed through to the appropriate area of responsibility.



Please be cautious there is water on the road near Pine Creek.



# FREE community laundry

Available Monday & Wednesday

9.30 - 12.30pm

Yarrabah Youth Hub

Workshop Road Yarrabah



CARE





The #PinkBox Dignity Vending Machine dispenses

# FREE

## WOMEN'S PRODUCTS

for ladies in need.



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



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

LIFELINE AUSTRALIA 13 11 14

1800RESPECT 1800 737 732

BEYOND BLUE 1300 224 636

KIDS HELPLINE 1800 551 800

ASK IZZY askizzy.org.au



## Now install at Workshop Road Clinic

Find more information and follow the *movement* at [sharethedignity.org.au](https://sharethedignity.org.au)







# Employees recognised by Gurriny

THERE are many people who work tirelessly to ensure Gurriny can provide the very best care for the Yarrabah community.

Last week, Gurriny's Chief Executive, Sue Andrews recognised eight very loyal and dedicated employees who collectively reflected the values of Gurriny and served the organisation and Yarrabah with distinction during July.

The recipients of the Gurriny Yealamucka Health Services Employees of the Month were:

**Paula Burns:** Nominated for her professionalism and her passion for the healthcare of community

**Clifton Burns:** Clifton showed exceptional bravery and dedication to his community when he stepped in and assisted during a vehicle fire on the Yarrabah Range

**David Nichols:** David demonstrates quality of service, leadership and accountability in everything he does

**Dominique Cedric:** A positive approach to her work along with supportive and mentoring of her team – A Beautiful Lady with a Good Soul

**Katie Barron:** A proactive and very enthusiastic team member dedicated to providing quality of service at all times

**Peter McCullagh:** Peter is hard working and committed to making a difference for our mob

**Michelle Thorne-Stones:** Michelle is a highly valued member of the child health team. During July she committed to address the RHD recalls for children in Community

**Russell Barlow:** Exception work ethics, committed to keeping our workplace clean, tidy and something to be proud of.

Employees were presented with a certificate along with a voucher of their choice.

Pictured above are two of the employees, Clifton Burns and Russell Barlow, after being presented with their certificates.



# Women's Health Checks



**SiStember** is the month the make sure your health and wellbeing is number 1.

Book in for a comprehensive & confidential Health Check with Dr Sarah.

Transport is available and we will also supply lunch on the day

We will also have some great giveaways for all ladies who come along.

- ◆ Physical Health Check    ◆ Social & Emotional Wellbeing Check
- ◆ Financial Security and Support Sessions
- ◆ Connecting Family & Community Sessions
- ◆ **Special Presentation:** “Your health & wellbeing can be impacted by legal issues” QIFVLS - Gwynn.

**Wednesday September 21**

**Wednesday September 28**

Book your appointment: 4226 4100



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# Support, Uplifting & Celebrating

**A day for the women of Yarrabah to meet,  
reflect and rejoice in prayer and praise**

**Monday September 5**

**10.30am - 1pm St. Albans Church - Yarrabah**

***S/Stember will be officially be launched on  
the day***



***This is a day for all the women of  
Yarrabah.***

**A day of joy, laughter, sharing,  
dancing, singing and great food.**



**GURRINY YEALAMUCKA**  
HEALTH SERVICE ABORIGINAL CORPORATION



St. Albans Anglican Church  
YARRABAH

culturally safe

**CARE**



# BUY ♦ SWAP ♦ SELL

## YARRABAH MARKETPLACE



### GIVEAWAY: 5 Photo Frames

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

Brand new, still in original packaging

PHONE: 4226 4148



### FOR SALE: Size 11 Oliver Safety Shoes

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

PHONE: 0478 413 627



### GIVEAWAY: Ratan Lamp

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

PHONE: 4226 4148

### FOR SALE: 6X4 Solid Trailer

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

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

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

Be the first to inspect this trailer.

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



with slide in car towball.

PHONE: 0458 627 595

## WILKINS FAMILY SERVICES

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



Contact:  
0484 514 529  
wilkinsfamilyservices@outlook.com



Do you have something to sell, swap or  
giveaway?

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

email your ad to

comms@gyhsac.org.au

## YARRABAH MARKETPLACE





# Puzzle Page

## Sudoku (Easy)

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

## Sudoku (Medium)

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

## Sudoku (Hard)

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

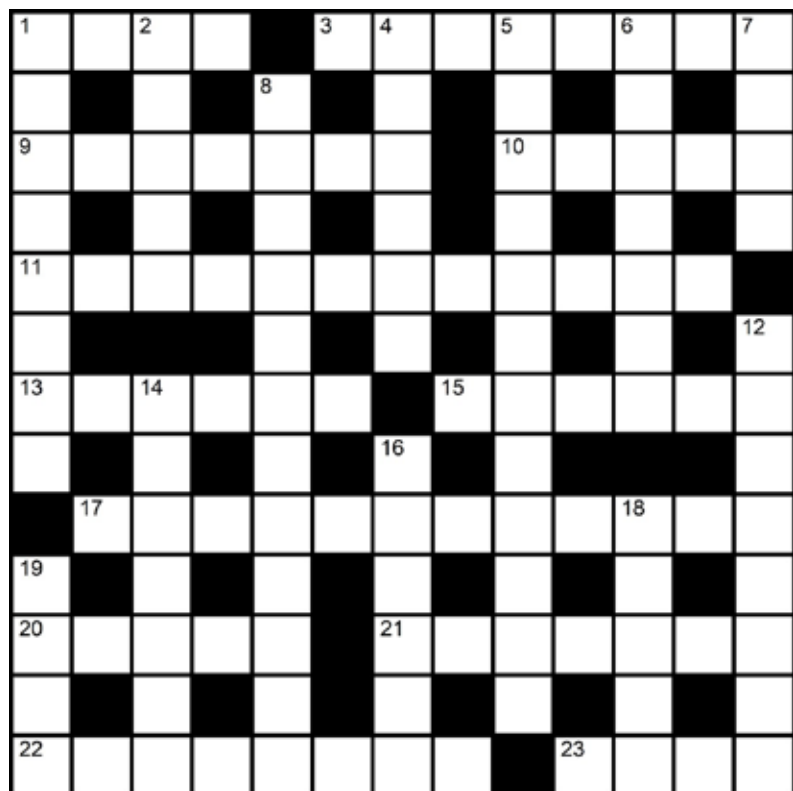
## Word Search

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

Angels  
Bells  
Birth  
Camel  
Card  
Carol  
Child  
Comet  
Crib  
Eggnog  
Elves  
Family  
Festival  
Fir  
Flock  
Gift  
Gold  
Gravy  
Ham  
Holly  
Holly  
Inn  
Ivy  
Jolly  
Joy

Lord  
Magi  
Mary  
Miracle  
Myrrh  
Noel  
Pie  
Pine  
Port  
Punch  
Ribbon  
Rudolph  
Sacred  
Sales  
Sauce  
Scrooge  
Sing  
Sled  
Spirit  
Star  
Tinsel  
Toast  
Toys  
Xmas  
Yule

**Classic Dad Joke**  
I just found out I'm  
colourblind. The news came  
out of the purple!



## Solutions

1	S	T	A	R		3	T	W	O	S	I	D	E		7
	T		C		6	D		I		U		E		A	
9	U	N	C	L	E	A	R		10	R	O	A	S	T	
	F		R		C		I		V		D		A		
11	F	R	A	N	K	I	N	C	E	N	S	E			
	I				T		G		I		E		12	W	
13	N	O	14	U	G	H	T		15	A	L	K	A	L	I
	G		N		E		16		P		L			D	
		17	T	E	C	H	N	O	B	A	B	B	L	E	
19	C		A		A					T		N		R	E
20	A	U	R	A	L		21	A	L	C	H	E	M	Y	
	V		T		L		T		E		V		E		
22	A	D	H	E	S	I	O	N				23	L	E	A

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

### Across

- 1 a natural luminous body visible in the sky especially at night (4)
- 3 having two aspects (3-5)
- 9 not easy to see, hear, or understand (7)
- 10 to cook food by exposure to heat in an oven or over a fire (5)
- 11 an aromatic gum resin obtained from an African tree and burnt as incense (12)
- 13 nothing, a word sometimes used for the digit zero (6)
- 15 a compound which will turn litmus blue, typically, a caustic or corrosive substance (6)
- 17 incomprehensible technical jargon (12)
- 20 relating to the ear or the sense of hearing (5)
- 21 the medieval forerunner of chemistry, concerned with the transmutation of matter (7)
- 22 the sticking together of particles of different substances (8)
- 23 be a route or means of access to a particular place or in a particular direction (4)

### Down

- 1 a mixture used to stuff poultry or meat before cooking (8)
- 2 a fritter made with black-eyed peas or a similar pulse, or, especially in Trinidad, mashed fish. (5)
- 4 a system of wires providing electric circuits for a device or building (6)
- 5 close observation, especially of a suspected spy or criminal (12)
- 6 landlocked salt lake between Israel and Jordan in south-western Asia (4,3)
- 7 facts and statistics collected together for reference or analysis (4)
- 8 traditional Christmas Carol, from 1862 (4,3,5)
- 12 having one's eyes wide open as a result of surprise, fear, etc (4-4)
- 14 find (something) in the ground by digging (7)
- 16 a starchy plant tuber which is one of the most important food crops, cooked and eaten as a vegetable (6)
- 18 a written or printed mark (?) indicating a short or unstressed vowel (5)
- 19 a Spanish sparkling wine made in the same way as champagne (4)



# What's On in September

**SiStember**

A celebration of sisterhood  
in Yarrabah

1-31 SEPTEMBER 1-30 2022

Thurs 1

1-31 SiStember

Fri 2



Sat 3



Sun 4

Women of Sport  
&  
Father's Day

Mon 5

St Albans Church  
Celebrations

Tue 6

Women's Group

Wed 7

Zumba &  
Indigenous  
Literacy Day

Thurs 8

Mindfulness @ the  
Beach &  
RU OK Day

Fri 9

International Fetal  
Alcohol Spectrum  
Disorder Awareness  
Day (FASDAY)

Sat 10



Sun 11



Mon 12

Fundraising @ the  
Elders Hub

Tue 13

Women's Group &  
Suicide Prevention  
Day

Wed 14

Zumba  
& Women's  
Gathering

Thurs 15

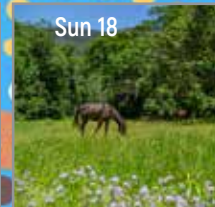
Mindfulness @ the  
Beach

Fri 16

Sat 17



Sun 18



Mon 19

Women in  
Leadership

Tue 20

Women's Group

Wed 21

Zumba & Women's  
Health Checks

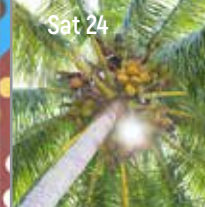
Thurs 22

Mindfulness @ the  
Beach

Fri 23

Women of  
Yarrabah

Sat 24



Sun 25



Mon 26



Tue 27

Women's Group

Wed 28

Zumba & Women's  
Health Checks

Thurs 29

Mindfulness @ the  
Beach

Fri 30



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](mailto: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?**