



TIWI TIMES

Tiwi Islands Training and Employment Board

Tiwi Bombers win NTFL Grand Final

THE Tiwi Bombers turned TIO Stadium into a racetrack. Down and almost out midway through the third quarter when they trailed St Marys by 20 points, the Bombers went back to basics. Speedsters like Ross Tungatalum, Corey Kelly and Dion Munkara flicked the switch to overdrive and the game turned on its ear.

The Tiwis kicked 10 of the next 11 goals to move five goals clear and the contest was over. "We needed a spark and players like Tungatalum, Gerrard Cunningham and James Puautjimi found it for us," coach Leigh Crossman said after the game. "We had tried to get some numbers back but Saints gave us no space, so we needed some players to put their hands up. "I'm rapt to get a win in a tough three weeks of footy against some good sides"

The Bombers got maximum value from Dion Munkara around the packs and across half forward, while Shane Tipuamantamirri's move into the centre after half-time kick-started the resurgence. St Marys looked like recording a comfortable win when Dermott Tipungwuti goaled from a Darryl White pass midway through the third term to put his side 20 points up.

But when the Tiwis began to run the ball out of the middle through Tipuamantamirri's quick hands and create scoring chances, Saints began to struggle.

A seven-goal last quarter with Puautjimi and Tim Bongetti taking over sealed the result. White was again a colossus for Saints, but was reported, and Josh Heath and Dermott Tipungwuti worked hard.



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Quote of the Month

"Winners are gridders, and losers can please themselves".

Teddy Whitten

Cooking for the Family Program at Milikapiti



The students at Milikapiti have been busy this week with the arrival of the Walkabout Chef Steve Sunk and the Red Cross First Aid trainer Christine Power.

Steve and Christine delivered valuable training for the community people.

Steve's Cooking for the Family was well attended by men and women from the community. The workshop participants were parents or grandchildren, and young women and this there second block of training.

The Milikapiti TITEB cooking and baking pro-

grams have been teaching local people how to make healthy nutritious food for their families during the year as an add on to our Language Literacy and Numeracy Program (LLNP). In the LLNP course unemployed people learn to make food for their families using learning in Language Literacy and Numeracy and at the same time taking food home for the family. The Cooking for the Family program with Steve has developed some excellent cooking skills for the men and women. The students were really pleased to have the opportunity to learn from the highly recognised Walkabout Chef.

The programs are designed to train adults in making healthy nutritional food at home using an electric frying pan and a rice cooker. Many people do not have stoves or ovens and this is one area where the program is valuable as at least they have some power points! It helps people to learn how to use the equipment as well as make the food. The food feeds the family as everything is taken home and shared with the family. Parents, grandparents, young mothers as well as some early school leavers are all learning how to make and share food with their families. When they finish this 2 week course they will receive a Certificate I in Hospitality Studies and each of them will take home a frying pan and rice cooker and some of Steve's recipes!



First Aid at Milikapiti with Christine Power from the Red Cross

Christine Power from Red Cross has been training students from Milikapiti to complete a First Aid Certificate. On completion of the course participants should be able to safely respond to an emergency situation that may save someone's life. Participants had said that they wanted to know how to look after sick family and friends and what to do if someone becomes sick or injured while at work.



For the farm workers, it's especially important to have some first aid knowledge, as their work can be isolated and some distance from medical help. Treatment may need to begin to at the farm.

The participants are now confident at applying CPR, responding to heart attacks, snake bites, broken bones, poisoning and burns, such as electric shock.

They also have the knowledge to assist with fitting and seizures, bleeding emergencies, such as embedded objects and amputated limbs and more!



To gain your first aid certificate, call Red Cross on 8924 3943 to book in your next course. It could be the difference between life and death, especially in remote communities.



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Circulating throughout Melville
and Bathurst Islands which
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**Articles For The Tiwi
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