



May 2012

# TIWI TIMES

Tiwi Islands Training and Employment Board

## Red Cross NT Youth in Communities program

Operating since Jan 2010, the Red Cross NT Youth in Communities program has worked together with Aboriginal community based organisations and educational institutions to train and build local youth worker skills, while delivering a range of youth training and recreation activities.

Over the life of the program more than forty people in Darwin and across the five remote communities of Angurugu, Gunbalanya, Nauiyu, Wadeye and Wurrumiyanga have been employed.

Last Friday a Youth in Communities Graduation event was held at the Darwin Crown Plaza. Successful Youth Worker trainees received their well deserved Certificate III in Community Services, Youth Work, much to the delight of local community organisations and family members who were there to celebrate with Tiwi Island Trainees, Lisa Puanturla and Jonathon Munkara.

CONGRATULATIONS Lisa and Jonathon!



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## Tiwi's at a Collingwood game in Melbourne

Photo sent in by Senator Trish Crossin taken by her daughter in Melbourne a couple of weeks ago at a Collingwood match.



From left (front): Kenny Puruntatameri, Raymond Puautjimi, Steven Stassi, Austin Wonaemerri

From left (back): Shane Tipa, The king of Collingwoods cheer squad Joffa.



## Quote of the Month

*"If we wait for the moment when everything, absolutely everything is ready, we shall never begin."*

*Ivan Turgenev*



## The Baker comes to Milikapiti to support the LLN program



### The Baker comes to Milikapiti to support the LLN program

Milikapiti TITEB training centre were pleased to have the Baker lecturer Minoushka Hesketh teaching baking in the LLN Cooking and Baking program last month. The Baker has spent many hours working with the LLN women to improve their baking skills.



The Money Management worker Cymantha Puruntatameri and LLN lecturer Donessia Macdonald created a special home-made cheese for the occasion. The cheese was made from an old Farmhouse recipe and took two weeks. Cymantha and Donessia started with a bottle of milk that had gone sour, added cream that had solidified and spent two weeks turning

the bottle until the cheese started to thicken. The next step was to strain the fluids through muslin and hang over-night to dry out. The cheese turned out like a sweet Camembert type cheese and was used by the baking team to make a Lemon Cheesecake using fresh lemons from the local farm.

This was just one of the recipes inspired by the Baker being at Milikapiti.

The LLN women have been training in cooking and baking as a way of learning Language Literacy and Numeracy for one year. They are now becoming very competent cooks and bakers. The Tiwi women in the LLN program want to be able to use their skills by opening and running their own food outlet or café in the community.



## The Baker comes to Milikapiti to support the LLN program



Minoushka has value added to the women's skills and taught them a variety of recipes they can incorporate into their Café or food outlet shop when the time comes.



The support of people like Minoushka is highly valued by the Tiwi women because it helps them in their dream of using the skills learned through LLN to become a co-operative of self-supporting business women operating their own café in their own community.



With the guidance of people like Minoushka and teaching each other they have certainly developed the skills needed. The women hope to have a Business woman Gabriel Squires from Sydney visit in August to help them develop the business and financial knowledge needed to start such an enterprise in a remote Tiwi community. Gabriele has successfully developed two businesses from scratch and will be a great help to the women.



The LLNP women in Milikapiti are lucky to have such great support from Minoushka and other young people who devote time to teaching and training in difficult bush conditions.





## Fluoride for healthy teeth

Have you been wondering what all of the activity is up at the new borefield water tank site? The two green buildings out there are Nguui's new water treatment plants.

The first building is a new gas chlorination plant. This replaces the chlorine plant in town, and will be used to provide Nguui with clean water that is safe to drink. You won't notice any change to the taste or appearance of your water because Nguui has always had chlorine. However, now we have a newer system for dosing it into the water.

The second building is a fluoridation plant. The Department of Health and Power and Water Corporation are very pleased about the partnership that has enabled water fluoridation to be extended to communities such as Nguui. Water fluoridation was one of the commitments agreed to in the Local Implementation Plan for Nguui. Also, the National Health and Medical Research Council supports the use of fluoride in water supplies.

**Strong Teeth and Healthy Bodies**  
Water Fluoridation and Water Disinfection

✓ **When fluoride is added into the water it helps:**  
Make teeth strong • Prevent tooth decay • Keep teeth longer

✓ **When chlorine is added into the water it will:**  
Keep the water clean • Protect from illness-causing micro-organisms (bugs)

Adapted with permission from Queensland Health  
www.healthynt.gov.au

Fluoridation gives your teeth extra protection from decay (or rotting) and makes your teeth stronger. Every person, of any age, benefits from having fluoride in the water they drink.

Most other communities and cities in Australia have fluoride in their water: Darwin, Katherine and Alice Springs all do.

Healthy teeth need a healthy diet, regular tooth brushing and regular dental check-ups. Putting fluoride in the water gives extra protection against tooth decay.

For more information about water fluoridation, please visit the:

**Water Fluoridation page on the Oral Health Services web site**

[http://www.health.nt.gov.au/Oral\\_Health/Water\\_Fluoridation/index.aspx](http://www.health.nt.gov.au/Oral_Health/Water_Fluoridation/index.aspx)

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Circulating throughout Melville and Bathurst Islands which include the Communities of Pirlangimpi, Milikapiti, Wurrumiyanga & Ranku

## Articles For The Tiwi Times

If you have any articles which you would like to go into the May Tiwi Times please email them to us at [tiwitemes@titeb.com](mailto:tiwitemes@titeb.com)

We try our hardest to get your Tiwi Times out by the end of each month and it would be appreciated if you could have your articles for the next Times to us by:

**Tuesday 19th of June**