

"Bowel Cancer: Tackle It Before It Tackles You!"

Bowel Cancer Awareness Week ran from 7 - 13 June and aims to raise public awareness of bowel cancer prevention and early detection. Although bowel cancer is one of the most treatable cancers if detected early, it still claims the lives of 90 Australian men and women every week.

The National Bowel Cancer Screening Program is currently offering free screening to men and women turning 50, 55 or 65 between 2008 and 2010. Those currently not eligible for the Program are encouraged to speak to their doctor if they have a family history of bowel cancer or experience any symptoms of the disease.

Bowel cancer is one of the most preventable types of cancers. Up to 75% can be prevented by maintaining a healthy body weight (through regular physical activity and healthy eating), limiting alcohol consumption and not smoking.

For more information about bowel cancer or bowel cancer screening phone your local Queensland Bowel Cancer Screening Program team on 1300 766 927 or visit www.health.qld.gov.au/bowelcancer.

BOWEL CANCER AWARENESS WEEK
JUNE 7 - 13
TACKLE IT BEFORE IT TACKLES YOU!

If you're turning 50, 55 or 65 between 2008 and 2010 your invitation to participate in the National Bowel Cancer Screening Program will be sent to your current medicare-registered address, around your birthday.

Queensland Government
 Queensland Health

For more information call **1300 766 927** or visit www.health.qld.gov.au/bowelcancer



Mareeba High School

50th Anniversary

25-27th September

Meet & Greet
High School Hall
Friday 25th 7pm



Gala Dinner RSL
Sat 26th 7pm
Bookings Essential

Check School
Website for more

Fun Day at School
Sunday 27th

Y DANCE
The Hottest Disco in NQ

HI-Y DANCE (High School students)
Last Saturday Every Month
7pm - 10pm
Starts 27 June

Cost \$10

Parents/Guardians

Children must be dropped off and picked up from the entrance of the YMCA Smithfield.
Parents get 10% off dinner at Yorkeys Knob Boat Club & L'unico, when you mention Y-Dance on arrival.

This is a drug and alcohol free event.

motivationalquotes.com

Our ways of thinking make our happiness or unhappiness, our success or nonsuccess. We can, by effort, change our ways of thinking.

H. Emilie Cady

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ITS MOMENTS...



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Member for Barron River and
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Skytrans Northern Pride Holiday Camp

in the first week of the June/July school holidays.

The camp will run:

June 29 - 6 - 9 years

June 30 - July 2 - 10 - 16 years.



All enquiries about the camp or to nominate online go to

www.northernpride.com.au

1300 SMILES

As a Dental Therapist Tanya works solely with 4 to 17 year olds. Her duties include examinations, x-rays, restoration of baby and adult teeth, cleaning and fluoride applications, emergency treatment due to caries (decay) and trauma, oral health and diet instruction.

Ask us about using your Medicare Teen Dental Voucher!

BOOK AN APPOINTMENT WITH TANYA

1300 764537

Shop 16
Smithfield Shopping Centre
Cnr Kennedy & Cook Hwys

Cairns Central, Shop 3
Ground Floor,
Cnr Spence & McLeod Sts

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www.thepcguys.com.au

Queensland Country Credit Union

COMPETITION

We have six tickets per game to give away through a competition.

The competition we are running requires the entrant to answer a simple question and they go in the draw to win all six tickets to one of the remaining six Northern Pride rugby league home games at Barlow Park.

Students and other family members can enter the competition by completing the entry form, answering the easy question "What shopping centre is the Queensland Country Credit Union Cairns Branch located in?" and dropping the entry form into the Cairns Branch (located at Smithfield Shopping Centre) or mailing it to PO Box 972 Smithfield QLD 4878.

For advertising space in our monthly newsletter - contact Amy - 4055 6604 ext 11