May Newsletter

FEATURE EVENT

GAME 1 WATCH PARTY

State of Origin Game 1 kicks off Wednesday 27 May at 8:05pm **AEST** — Come down early, grab some dinner from our special Origin night menu, and settle in at the Tin Can Bar for a great night under the stars. The game will be streamed on the projector and screen outside— don't miss it!

27 MAY
Game One



Women's State of Origin has kicked off!

The series kicked off April 30 with the NSW Blues defeating the QLD Maroons 11–6 at McDonald Jones Stadium, Newcastle. Jesse Southwell broke a 6-6 deadlock with a field goal with only eight minutes remaining, followed by a last-minute try from Jess Sergis to seal the win.

The series continues over the coming weeks, come along to the dining hall and barrack for your favourite side!

ANZAC DAY RECAP

ANZAC DAY

This ANZAC Day, we took a moment on site to honour and remember all those who have served and continue to serve. A toolbox was held at 6:00 AM, where we were fortunate to welcome ex-servicemen Chris Ryan, Warren King, Angie Choyce, Alex Gardiner and James O'Brien as MC, who spoke to the crew and shared their experiences and the significance of the day. A highlight of the morning was the powerful Haka performed by our New Zealand friends.
Thank you to ISS, who provided ANZAC biscuits, fresh scones, and a BBQ for everyone on site to enjoy.
Lest We Forget.



UPCOMING EVENTS

- **MAY 4-10** — HEART WEEK
- **MAY 27** — STATE OF ORIGIN
- **MAY** — POOL COMPETITIONS — EVERY MONDAY NIGHT

STATE OF ORIGIN WOMEN AND MEN'S SCHEDULE

Women's State of Origin 2026 Schedule

Game 2: Suncorp Stadium, Brisbane — Thursday, May 14.

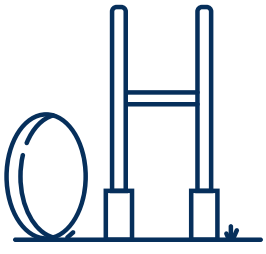
Game 3: CBus Super Stadium, Gold Coast — Thursday, May 28.

Men's State of Origin 2026 Schedule

Game 1: Wednesday, 27 May – Accor Stadium, Sydney

Game 2: Wednesday, 17 June – MCG, Melbourne

Game 3: Wednesday, 8 July – Suncorp Stadium, Brisbane



SITE OPERATIONS

CONTRACTOR TRANSITION NOTICE

With the ISS camp contract concluding, Genex is finalising negotiations with the ESS Compass Group to commence operating the camp and managing our CASA requirements at the airport.
ESS bring a wealth of operating camps in remote locations, and we are working with them over the coming weeks on a smooth transition for our camp residents and the ISS team.
We are keeping the Camp Committee up to date with these changes, so please reach out to your representatives for further information. We look forward to sharing more news over the coming weeks and months.

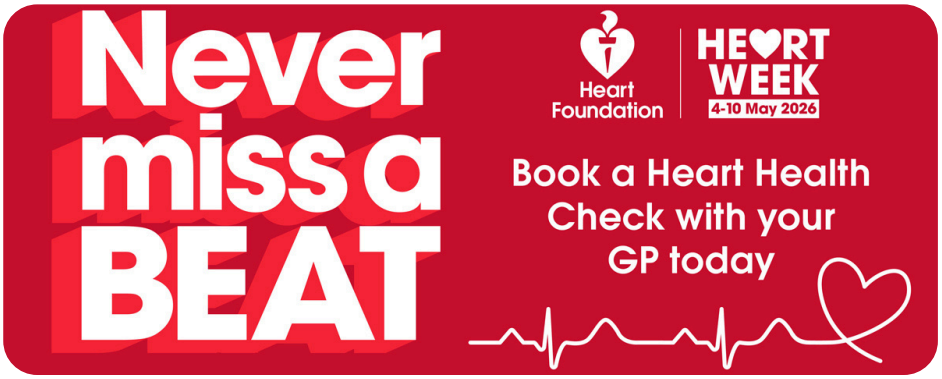
HEALTH & WELL-BEING

HEART WEEK

Heart disease remains the leading cause of death in Australia. Many heart attacks and strokes are preventable by optimising healthy habits, such as keeping active, eating a heart healthy diet, maintaining a healthy weight and being smoke free.

Heart Health Week **(4–10 May)** is an important reminder for our FIFO workforce to prioritise cardiovascular health. Working away comes with unique challenges, including long shifts, fatigue, and disrupted routines. Incorporating the following daily habits will positively impact your long-term health.

- Keep active by making use of the new camp gym facilities. Aim for at least **150 minutes** of exercise each week.
- Choose **balanced meals** in the dining room, focusing on lean proteins, wholegrains and vegetables.
- Prioritising **quality sleep**, managing stress where possible.
- Keep up to date with health checks such as blood pressure and cholesterol.



CAMP UPGRADES

MATTRESS UPGRADES

Rest assured that all 450 mattresses have been replaced as a part of our ongoing camp improvements. Quality sleep plays a vital role in overall health and wellbeing, supporting physical recovery, mood, and concentration. By upgrading our mattresses, we're helping create a more comfortable environment so everyone can rest well and be ready for each day on site.

NOTICES

GYM UPGRADE

Check out the gym improvements at camp, including brand new cable equipment, free weights, cardio equipment and routine fitness equipment for group classes.

MATTRESS REPLACEMENTS

450 Mattresses were recently replaced as apart of our camp improvements.

WIFI UPGRADES

In March, upgrades to the Wi-Fi were completed, increasing the internet speed.

HEART WEEK FACTS

Over **1.2 million** Australians are affected by heart disease, with many risks being preventable via a **20-minute** GP Heart Health Check.

The Heart Foundation recommends at least **150 minutes** of moderate exercise per week.

KEY CONTACTS FOR SITE EMERGENCY

VILLAGE OPERATOR
0419 331 372

VILLAGE SECURITY
0422 015 655

NURSE
0456 733 451

GENERAL EMERGENCY
000