



asgmwp.net

Elimatta

Winter 2014

Aboriginal Support Group – Manly Warringah Pittwater

ASG acknowledges the Guringai People, the traditional owners of the lands and the waters of this area

May 26 – July 13

Guringai FESTIVAL

2014:

Wellness and Wellbeing for all People

A Celebration of Aboriginal Culture and Heritage

See Pages 4 and 5 for more details



Connecting Culture. Art by Kerrie Kenton

Cubba Cubba and the First Australians

31st January 2015 will mark the 200th anniversary of a land grant, made by Governor Macquarie, to Bungaree and his tribe of about 100 people and 16 families to establish a farm on Middle Head.

The ambitious project to create *Cubba Cubba* as a centre of Indigenous culture and military history, in a location of outstanding natural values, is totally driven by volunteers at this stage. At the heart of the project is the need to protect an extremely significant collection of contemporary urban Indigenous art and to provide meaningful employment for Aboriginal people.

Cubba Cubba is the name that the Gamaragal people used for the dramatic sandstone cliffs that were named Middle Head by the British in 1788. The First Australians had probably been living around the edge of Sydney Harbour for more than 40,000 years before the first Europeans arrived.



Read more page 2

Commemorate SORRY DAY on May 25 with us at Narrabeen
See details on page 6

Be advised – this Newsletter contains images of Aboriginal people who have passed away

CUBBA CUBBA and the FIRST AUSTRALIANS

Cubba Cubba is the name that the Gamaragal people used for the dramatic sandstone cliffs that were named Middle Head by the British in 1788. The *First Australians* had probably been living around the edge of Sydney Harbour for more than 40,000 years before the first Europeans arrived.

Cubba Cubba was an important part of the backdrop when the *First Fleet* sailed through Sydney Heads into Sydney Harbour on 26 January 1788 to establish a penal colony in Sydney Cove. The *First Fleet* had left Portsmouth, England on 13th May 1787, under the command of Captain Arthur Phillip.

The fleet consisted of two Royal Navy vessels, three store ships and six convict transports, carrying more than 1,000 convicts, marines and seamen, and a vast quantity of stores. From England, the Fleet sailed southwest to Rio de Janeiro, then east to Cape Town and via the Great Southern Ocean to Botany Bay, arriving on 20th January 1788, taking between 250 and 252 days from the first to the last arrival.

It is interesting to speculate about the Koori people, standing on North Head, South Head or Middle Head, who would have witnessed those 11 ships sailing into Sydney Harbour. Gordon Syron created a series of paintings that interpret this landmark event. These paintings are now part of the Keeping Place collection.

On 31st January 1815 Governor Lachlan Macquarie made a land grant to a group of Aboriginals from the Broken Bay tribe, comprising about 100 people in 16 families, and led by Bungaree. The objective of this grant was to encourage Aboriginals to create a European style farm, and to catch fresh fish in the Harbour, because the production of enough fresh food was always at the top of the agenda of the colonies Governors.

This project became known as the Bungaree Farm. Governor Macquarie's land grant to Bungaree's people is recognised by historians as an event of great significance in the history of Aboriginal and Torres Strait Island people, because it was a far sighted, if also misguided action that probably wasn't matched until the latter half of c 2000.

Military History at Middle Head

The British immediately recognised Middle Head as strategic place for defending the early settlement of Sydney Cove against the empire hungry ambitions of Napoleon and the French Navy. The first fort at Middle Head was built in 1801, with a clear line of sight for bombarding any French vessels that dared to enter.

The majority of the fortifications that can still be seen at Middle Head today were built between 1870 and 1911, spurred on by the Crimean War against the Russians.

Middle Head played a significant role in WWI, as a depot for recruits who were soon on their way to Western France, or after they came home severely wounded and needed the treatment and rest provided by the military hospital and rehabilitation centre, which was recently restored by Sydney Harbour Federation Trust.

During WWII new artillery installations were added to become part of the outer defence ring of Sydney Harbour, in combination with the anti-submarine boom placed right across the Harbour from Middle Head to South Head.

So Middle Head has great significance in the modern military of Australia.

The Natural Assets of Middle Head

Much of Middle Head was placed under the stewardship of Sydney Harbour Federation Trust (SHFT), thanks to an Act of the Federal Parliament in 2001.

SHFT has done a great job of restoring and maintaining Georges Heights and Chowder Bay. They have found new uses for the buildings there, often commercial uses, which have won the admiration of the community. But their support of a commercial aged care centre in the former 10 Terminal army base buildings has united the community in anger against the nature of this redevelopment – dramatic changes to the heritage listed buildings from single storey to 2 storey, and closing off significant areas of open space from the general public.

Cubba Cubba is a community wide project that embraces both Indigenous and Non-Indigenous groups who want to see the 10 Terminal site turned over to a *Keeping Place* for Indigenous art and cultural objects, co-located with a centre that celebrates the military history of Middle Head from 1801 right up to 2002 when the last military unit relocated away from Middle Head, except for the navy base and hyperbaric medicine hospital at HMAS Penguin, of course.

Cubba Cubba has huge potential for tourism for NSW, interstate and international visitors coming to Sydney. Studies show that overseas visitors want to experience genuine contact with Aboriginal art and culture, and that Australians will welcome the opportunity to learn about the military significance of this location.

Combine this with the outstanding experience of:

- travelling there by boat or ferry;
- landing at Cobblers Beach;
- experiencing the spectacular natural flora and fauna of *Cubba Cubba*;
- seeing fascinating military and Indigenous artefacts and installations – some outside some inside a gallery or exhibition space;
- lunch with the choice of dining in a world class restaurant or an economical cafe;
- then moving on by mini-bus to Chowder Bay and Taronga Zoo for a whole new experience;
- finally, returning by ferry at sunset to either a Circular Quay or Darling Harbour destination.

If you think *Cubba Cubba* needs to be fully accessible by all Australians, in line with the terms of the Sydney Harbour Federation Act 2001, as a valuable way to experience our Indigenous culture and military history then please sign up to support the vision for *Cubba Cubba*.

For more information:

www.cubbacubba.net.au



TRIBUTE TO OUR ABORIGINAL SOLDIERS

At their 2014 Anzac Day commemoration students from the Great Lakes College Forster campus will pay special tribute to local Aborigines who fought in defence of Australia over the last 100 years.

Dozens of Aboriginal men and women from the Great Lakes joined up to fight in WWI, WWII and the Vietnam War, but their sacrifice and valour has too often been ignored or forgotten in the past, Great Lakes College Aboriginal Liaison Officer Donna Hall said.

"In WWI and WWII, they had to renounce their Aboriginality to enlist," Ms Hall said. "Mostly they were treated as equal comrades on the battlefields, only to come back to Australia and find themselves facing severe discrimination once again."

A group of Aboriginal years 9 and 10 students from the college has been researching the war service records of some of the local Aboriginal servicemen.

The students will deliver their tribute at the college's annual Anzac Day commemoration, and will continue their research project for a more in-depth presentation during NAIDOC in July.

Year 10 student Tye Johnstone said Aboriginal servicemen from the Great Lakes were killed, wounded and imprisoned in all the major international conflicts of the 20th Century. Tye said it saddens him to think that the contribution made by Aboriginal servicemen and women is not better known and recognised.

As part of their research, the students yesterday visited the site of the Aboriginal War Memorial on Tobwabba Hill.

Ms Hall said members of local Aboriginal and wider community were welcome to attend the college Anzac Day ceremony, which begins at 9.30 am.

The Great Lakes College students are not the only ones researching the contribution of Aboriginal servicemen and women. In the lead up to the centenary of the beginning of the WWI next year, the National Centre for Indigenous Studies at the Australian National University in Canberra is compiling a history of Aboriginal and Torres Strait Islander people in the defence forces called *Serving Our Country*.



Important research: Tye Johnstone, Judah Fifita, Kieara White and Donna Hall and (front) Shaiye Leon at the Aboriginal War Memorial on Tobwabba Hill. Photo by Carl Muxlow.

A COUPLE OF NATIONAL LIVING TREASURES

Our group have been in the media recently. Jill Perkins, a Canberra resident of late but previously of Elanora Heights and a long-time member of ASGMWP, my friend and mentor had a starring role in the documentary '88' directed by Adrian Russell Wills – which will be screened on Sunday June 8 (see Page 4). Adrian has been a guest speaker with Jillian Moody at our meetings. '88' is about the bicentennial gathering in Sydney of Indigenous peoples from all over Australia. Unfortunately, the ABC is not marketing this excellent and valuable historical resource. I registered my annoyance with them and I encourage you, the reader, to do likewise.

Our other 'star' Andrew Partos, 84, received a NSW Seniors Week Local Achievement Award for his services for more than 40 years in promoting reconciliation. Well done, Andrew. In 1998, Andrew travelled with a group of us around Australia with the *Sea of Hands* from Sydney to Uluru, Darwin Broome, Perth, etc. As we travelled, we planted *Sea of Hands* and celebrated with local Aboriginal communities and spread the message of *Reconciliation* throughout the country.



Lizzie Landers
ASG-MWP member



New Address for the AHO

Now located at 1 Pittwater Road, Manly, NSW 2095. (on the corner of Raglan Street and Pittwater Road, opposite the tennis courts at Manly Oval)

The Museum and Keeping Place is still located at 39/135 Sailors Bay Road, Northbridge, but is only open for special events.

www.aboriginalheritage.org

Email: info@aboriginalheritage.org

Telephone (02) 9936 8262



Guringai FESTIVAL 2014

Events in association with Aboriginal Support Group - Manly Warringah Pittwater

Mon May 26
7pm - 9.30pm

Narrabeen Tramshed Arts & Community Centre – Free – All welcome
An event held in association with the Friends of Narrabeen Lagoon Catchment. Proposal to erect signage to acknowledge Aboriginal archaeology and our shared history in the Pittwater shire – Presented by Neil Evers and Julie Janson
Presentation of recent local Aboriginal artwork. – *Clair Jackson*
Waratah Park and its relation to the Gai-mariagal Aboriginal-owned National Park. – with Jenny Harris



Sun June 1
starts 10am

The Remote Community of Numbulwar NT – Free event
A presentation by Ruth Brigden who has worked in the remote community of Numbulwar (near the mouth of the Roper River) in the Northern Territory for the last 6 years as a missionary for CMS. Ruth dedicated her life to helping the *Numbulwar* people – this is a great story not to be missed.
Avalon Baptist Peace Church 2 George Street Avalon



Sun June 8
starts 10am

Screening of the documentary '88' – Free event
Explores the response of Aboriginal people towards the 1988 Bicentenary celebrations. As, lawyer and activist Michael Mansell says “before we go around celebrating and having a birthday for white people, let’s consider the effect on the people who were invaded – and who suffered all the atrocities because of that invasion”.
This film will be followed by a Q & A with Director Adrian Wills
Avalon Baptist Peace Church 2 George Street Avalon



Sun June 15
10am - 2pm

Bushwalk in Narrabeen Lagoon Catchment
A 4 hour walk you will remember forever.
Starts at 27 Morgan Rd, Belrose. Bookings essential.
Call Conny Harris: 02 9451-3231 or 0432 643 295



Wed June 18
10am - 12noon

Screening of the Movie 'Mystery Road' – Free event
An Indigenous detective investigates the murder of a teenage girl in a small town in the Outback. Stars Aaron Pedersen, Hugo Weaving and Jack Thompson.
Written and Directed by Ivan Sen. Rated M
Collaroy Cinema, 1097 Pittwater Road, Collaroy
More details: 02 9999 3045



Sun June 22
10am - 2pm

Discovery Walk in Guringai Country
At the Basin Track, West Head led by Laurie Bimson.
For the Festival only \$25 per person, max 30 people.
(regular price \$80) Booking Essential: guringaitours.com.au



Wed June 25
10am - 2pm

Peninsula COMMUNITY of Schools Art Exhibition
Collection of artworks by students reflecting the Guringai Festival, Reconciliation and NAIDOC week.
Free Event: at Mona Vale Public School
Further details: Sharon.smithies@det.nsw.edu.au



Sat 28 and Sun 29
1pm - 4pm

Native Grass Weaving – with Karleen Green
Karleen teaches the basic skills in traditional grass weaving and shows you how native to make grasses into beautiful and useful objects.
\$30 Per Person: 3 hours with a max 15 people – so be quick
Mona Vale Memorial Hall, 1606 Pittwater Road, Mona Vale
Booking Essential: 02 9999 3045



Sun July 13
10am - 1pm

Oxford Falls Triangle Week – Free event – All welcome
A walk were you will see Aboriginal carvings – so don't forget your camera! Starting and ending at 27 Morgan Rd, Belrose.
Booking details: Conny Harris 02 9451 3231 or 0432 643 295



Mon July 14
7.30pm - 9.30pm

NAIDOC Information Night
Theme: *Serving Country: Centenary & Beyond.*
All welcome – this is a free night including light supper
Mona Vale Memorial Hall 1606 Pittwater Rd, Mona Vale
More information asgmwp.net



Festival Facts

- The Guringai Festival was originally founded in 2001.
- The aim of the Festival is to raise awareness of Aboriginal and Torres Strait Islander people living in the Northern Sydney region.
- The Festival usually begins on *Sorry Day*, 26 May, the Festival goes through to the end of NAIDOC Week, the second week in July each year.
- The Guringai Festival involves 11 Councils and numerous reconciliation and community groups. Events including workshops, art exhibitions, performances, films and talks.
- John Fraser, in 1892, came up with the name Kuringai to describe the people who inhabited a large stretch of the central coastline of New South Wales. Guri/Koori meaning 'man' and ngai meaning 'woman' or 'belonging to'. Bring the words together and get 'GuriNgai' or Guringai people of the coast. As the name Guringai had been used for such a long time, Linguistic shows Common Law principal applies.

For more information www.guringai.com.au



Recognition Festival 2014

March kicked off with our Annual General Meeting (AGM) and Recognition Festival in the beautiful surrounds of Booderee National Park. We had a great attendance at the AGM and voted in our Management Committee for 2014. A big thank you to all those who nominated and voted, and of course our in-coming committee members Carla McGrath, Kate Brennan, Alison Whitaker, Sylvia Arzey, Lachlan Macara, Dominic Wy Kanak and Auntie Joan Tranter.

Recognition Festival kicked off straight after the AGM and we were so pleased to see so many of our members getting involved. The sold-out event ran for two days, and despite some rain, was a tremendous success. Included in the festival was a performance by members of the Doonooch dancers, a basket-weaving workshop, a 'Respect, Recognition and Reconciliation' forum with guests Mick Gooda, Gerry Moore and Lachlan McDaniel.



Some of the Doonooch Dancers preparing for their performance at Recognition Festival – Photo courtesy Corrine Le Gall

There was also a *bush foods* and survival skills workshop, song writing with Song Division, *Recognise* and Frank Yamma, campfire yarns, musical performances by central desert women and Frank Yamma, yoga, and guided coastal walk with local Joe McLeod. Thanks again to the Wreck Bay community for welcoming us on to their country.



ASG SORRY DAY Rememberance Walk 3pm Sunday May 25

An opportunity for Aboriginal People and non-Aboriginal Australians to join together.



Join us at Berry Park Narrabeen where a *Welcome to Country* will be given and small talk, followed by a silent walk to the Scout Hall Bilarong Reserve, Wakehurst Parkway, a *journey of healing* to remember the *Stolen Generations*, the children and their families and the meaning and repercussions of this to all Australians today. Walkers will be greeted with a cup of tea or cold drink and refreshment upon arrival at the Scout Hall

The ASG *Sorry Day* will be commemorated with:

- 🕒 *Smoking Ceremony* and *Welcome to Country*
- 🕒 Small hand out to all children, wrist bands etc.
- 🕒 Boomerang painting, Craft and Jewellery making for the children – with a show at the end of the day with what they have made
- 🕒 A talk on the *Stolen Generations* by Robynne Quiggin, CEO of the Australian Indigenous Governance Institute
- 🕒 The McMinn Aboriginal Dancers and didgeridoo playing
- 🕒 Singing by a local Aboriginal girl. She is *deadly!*
- 🕒 The BBQ is going all the time and refreshment will be available throughout the day
- 🕒 The day concludes at about 5.30pm
- 🕒 A free event

DENTAL TRAINING PROGRAM STARTS HERE The InverellTimes April 17

More Aboriginal people will be trained to work as dentists in regional communities across NSW under an initiative launched on Tuesday at Armujan Aboriginal Health Service, by the Minister for Healthy Lifestyles Kevin Humphries and Member for Northern Tablelands Adam Marshall.

The local health service is hosting the pilot program that the government plans to roll out across the state.

Mr Marshall said the initiative was the result of a partnership between the state government, the Poche Centre for Indigenous Health and the Rotary Club of Sydney. “The NSW government has matched the funds raised by Rotary Sydney and will commit \$200,000 to the Indigenous Oral Health scholarships over the next two years,” Mr Marshall said.

“By ensuring more Aboriginal oral health professionals are working in Aboriginal communities across the state, the NSW government has demonstrated its commitment to closing the gap in health outcomes between Aboriginal and non-Aboriginal people.”

Mr Humphries said the Aboriginal Oral Health Scholarships would provide financial assistance to at least 24 Aboriginal people living in regional and rural areas of NSW to train in oral healthcare.

“The new scholarships will ensure a significant number of Aboriginal people will be trained to deliver oral health services in the communities in which they live, as well as provide employment opportunities for Aboriginal people in regional and remote communities,” he said.

“Not only will this initiative provide training for a large number of Aboriginal people to become qualified dental assistants, it will also provide the opportunity for them to pursue further studies in oral health therapy or dentistry.

“The most effective way to improve the oral health of Aboriginal people is by increasing the number of Aboriginal oral health clinicians working on the ground in Aboriginal communities.

“By doing that through these scholarships we will see start to see a genuine improvement in dental health outcomes in our Aboriginal communities.”



Let's get it started: (Back row) Armujan Aboriginal Health Service Dentist Dr Stephanie Chow, Dental Assistants Norma Binge, Rachel Williams, Anthea Torrens and dentists Rajalakshmi Alagirisamy and Richard Lee pictured with Minister for Mental Health and Healthy Lifestyles Kevin Humphries and Member for Northern Tablelands Adam Marshall.



CULTURE IS KEY TO TACKLING SUICIDE EPIDEMIC SMH April 14

Indigenous elders should be put in charge of arresting an epidemic of youth suicide in Aboriginal communities, according to a report to be released on Tuesday. The report, based on interviews with more than 30 elders from communities in northern and central Australia, calls for suicide prevention funding to be directed to elders to help young people connect with their land and culture.

"Culture has become life-giving medicine for our people, closing the wounds of the past and standing us strong to face the future," Pat Dudgeon, who co-chairs the federal government's Aboriginal suicide prevention advisory group, wrote in an introduction to the report.

Young Aboriginal men are four times more likely to take their own lives than their non-indigenous counterparts, and young Aboriginal women are five times more likely to die by suicide than their non-indigenous peers.

Professor Dudgeon, National Mental Commissioner and Australia's first indigenous psychologist, said youth suicide across the top end had been almost non-existent before the 1980s, but had now reached "crisis proportions".

She said efforts to prevent indigenous suicide needed to recognise the cultural differences between non-indigenous and Aboriginal and Torres Strait Islander people. "There is no more urgent time to sit down and listen to our elders than now," she wrote. "After so many years of top-down policy making and funding programs that have not achieved the changes intended on the ground, they are crying out to be heard and to be involved in healing their communities and giving young indigenous people their inheritance of cultural knowledge, identity and strength."

In a foreword to the report, Aboriginal and Torres Strait Islander Social Justice Commissioner Mick Gooda said there was "a clear imbalance between efforts to provide a westernised education and access to traditional cultural knowledge".

"Learning how to live on country and having access to traditional knowledge and culture strengthens and reinforces a positive sense of identity. It provides young people a cultural foundation and helps protect them from feelings of hopelessness, isolation and being lost between two worlds," Mr Gooda wrote.

"If we lose our culture we are lost. Without it we are finished as a people," Andrew Dowadi, an elder from Maningrida in Arnhem Land, said in the report.

In his interview, Joe Brown, of Fitzroy Crossing in the Kimberley said: "If they lose language and connection to culture they become anybody inside and that's enough to put them over the edge."

Edward John Naylor, from Cape York said: "If we take them out on country and get their minds occupied, we can see where to go from there. From that experience, they can learn to respect their elders too."

Indigenous Affairs Minister Nigel Scullion said elders had told him engaging young people in education and work was critical to tackling the problem.

"Far too many Indigenous people, particularly young people, have taken their own life," Senator Scullion said.

"Whilst significant funding is tackling this problem, the most important thing we can do is to ensure young people are engaged."

The former federal Labor government last year committed \$17.8 million of new funding over four years to tackle suicide and self-harm among indigenous people.

Dan Harrison

**For help or information:
call Lifeline 13 11 14
or Suicide Call Back Service 1300 659 467
or Kids Helpline 1800 55 1800.**



BIALA REPORT April 29

This year is a very busy for Lara and the girls at Biala. We have 17 students in 2014 – two of which are almost ready to do their HSC – and several in year 11.

All the girls have returned from the Christmas break which is a great achievement for Lara and her staff – plus we have a couple of new enrolments.

They are a group of very nice girls who seem to be taking their education seriously.

At Biala all our students participate in School sports. This term we also have one student playing weekend netball and two others playing rugby league. I am hoping to get to see them play very soon.

It is Biala's turn to host the 2014 Aboriginal Hostels End of Year Graduation and Lara will be working hard to organise this event.

Carol Ritchie

THANKYOU!

To the more than 220 people who attended the Utopia film at Mona Vale on Monday March 10.
Your support is much appreciated!



**LIKE US
on Facebook!**

<https://www.facebook.com/pages/Aboriginal-Support-Group-Manly-Warringah-Pittwater/224483234362452>

CANCER DOESN'T DISCRIMINATE!

Cancer doesn't recognise ethnic backgrounds, your beliefs or who you are – *Cancer doesn't discriminate*.

Indigenous women face greater risk of breast cancer and they are far less likely to survive breast cancer than other Australians. In fact, the risk of death from Breast cancer is almost a third higher with Aboriginal people than non-Aboriginal Australians.

Indigenous females diagnosed with breast cancer in 2003–2007 had a 100% higher risk of dying by 2010 than non-Indigenous females – that's a 100% chance of dying from this disease!

Early detection is vital!

The increased risk of breast cancer for Indigenous females is partly explained by a lower participation of in breast cancer screening (36%) – compared with non-Indigenous females (54%).

This is not good from either side – as many people are diagnosed too late for effective surgery. Good reason to remove barriers for screening for *all* Australians.

What is breast cancer?

Breast cancer is a collection of cells in the breast tissue that grow faster than normal cells. Cancer cells can travel to other parts of the body and grow there too.

Breast cancer is not just a woman's disease – it is a fact that men are also at risk.

What is a screening mammogram?

A screening mammogram is an x-ray of the breast. It can find cancers as small as a grain of rice. It is important to check your breasts, even when you are healthy.

Awareness of what breast screening is and how it improves survival is a big part of the solution.

Some Indigenous women struggle to go for a mammogram because of family and work commitments but also because of previously experienced discrimination in the mainstream health system.

Aboriginal women tend to be younger than non-Indigenous Australians when diagnosed, and are likely to have the disease at a more advanced stage.

Apart from late detection Aboriginal women delay treatment for practical and psychological reasons. These include transport or accommodation issues as well as fear of being treated in an unfamiliar place away from family and friends and fear of discriminatory attitudes in the health care system.

There are also Strong cultural reasons. The wish of Aboriginal people from rural and remote areas to die at home connected to land and family.

There are about 700,000 Aboriginal people in Australia – 65% of us live in the inner cities and only about 20% live in the most remote part of Australia.

Breast cancer screening vans do visit these rural and remote towns – some hundreds of miles or even days apart. This shows the importance of building up local health and palliative care services and avoiding, where possible, the need for relocation for health care to the major metropolitan hospitals during end-of-life care.

Closing the Gap

The purpose of the Aboriginal Medical Services is to *close the gap* between the health of Indigenous and non-Indigenous people – and to bring equality of health services.

The reasons for the *gap* in Indigenous health are complex. Decades of discrimination, inaccessible health services, failure to address root causes such as substandard education, housing and infrastructure.

If we can only achieve two things – eliminate poverty and smoking. Whilst Indigenous people continue to live in poverty health outcomes – will not improve.

Another key to eliminating poverty and helping to *close the gap* in health between Indigenous and non-Indigenous Australians is improving mainstream education and maintaining safe communities; getting Indigenous kids to school so they can attain real jobs.

Do you know that the Indigenous population has a younger overall age structure than the non-Indigenous population?

In 2011, people aged under 15 constituted 36% of the Indigenous population. In the non-Indigenous population, this age group represents only 18%.

Although cancer awareness has improved, in 2004-2008 Indigenous Australians had a higher rate of new cancer cases diagnosed than non-Indigenous Australians (461 compared 434 per 100,000) using age-standardised data. The GAP is 27 per 100,000.

In 2007-2011, the age-standardised cancer mortality rate was higher for Indigenous Australians (252 compared 172 per 100,000). The GAP is 80 per 100,000.

In 2009, prostate cancer was the most commonly diagnosed cancer among men. But Aboriginal men were 45% more likely to die from prostate cancer.

Some Figures for All Australians:

The five most commonly diagnosed cancers in Australia In 2009 were: Lung cancer (10,193) Melanoma (11,545) Breast cancer (13,778), Bowel cancer (14,410), and Prostate cancer (19,438).

In 2010 the leading cause of death from cancer, was lung cancer (8,099), Bowel cancer (3,982), Prostate cancer (3,235), Breast cancer (2,864). Additionally, cancer accounted for 3 out of every 10 deaths registered in Australia!

It is estimated in 2020 about 150,000 Australians will be diagnose with Cancer, so finding cancer early offers one of the best chances to cure the disease.

Signs don't necessarily mean you have cancer, but it's important to have these signs checked out. Remember, *Cancer doesn't discriminate*'

The Cancer Council helpline is 13 11 20.



STUBBING OUT A BAD HABIT CHANGES A LIFE FOREVER



When South Nowra mother of three Leah Campbell was approached to be the face of the region's Quit for New Life campaign, little did she know it would lead to her being routinely recognised in local shopping centres.

Ms Campbell, who featured in the TV and radio campaigns, has just passed the significant milestone of having given up cigarettes for a year.

She is often stopped while shopping and asked if she is the woman on TV about the Quit for New Life campaign.

"It's great. It means people are seeing the ad and hopefully taking it in and getting its message," she said.

"Mind you, sometimes it can be difficult when you want to quickly dash into a shop to grab something in a hurry," she laughed.

Delivered by the Illawarra Shoalhaven Local Health District (ISLHD) to support pregnant women from Aboriginal backgrounds and their families to quit smoking, the program has 13 participants.

"The program has been instrumental in me giving up cigarettes," she said.

"The support is just fantastic."

Now 34, Ms Campbell had been smoking since she was 18 and had attempted on many occasions to break the habit.

"I was smoking between half a pack to a pack a day and when I fell pregnant with my third child I decided I had to quit," she said.

Her son, Chris, is now five months old.

"My mum and aunts and uncles had all given up and they were way older than me, and that inspired me to do the same," she said.

"I started taking part in the *dead or Deadly* program through Waminda and that led to me giving up. It was hard to stop smoking at the start but it got easier as time went on."

Slowly the cravings passed, and the many tools she learnt through the program helped her combat the temptation of lighting up, especially in stressful situations.

"You can beat smoking, I'm living proof," she said.

Her success has even led to her partner Luke, who was also a smoker, quitting.

"I couldn't stand him being around me when I had quit and he was still smoking," she said.

"I'd ask him to go outside or somewhere else. Even now I can't stand the smell."

Apart from the obvious health benefits, which include having much more energy on the local netball courts, she also has extra money in her pocket.



The face of the region's Quit for New Life campaign, Leah Campbell celebrates her first anniversary from quitting smoking with Nowra co-ordinator Jess McNeill.

"My kids Alleyahll and Preston do love that we have more money to do things. I can take to the netball court, run around and not feel puffed. Food tastes better. I feel like a new person, my senses are more alive, it's unreal. There is no looking back."

ISLHD Quit for New Life Nowra co-ordinator Jess McNeill said the program was about providing support and encouragement for those taking up the quitting challenge.

"Smoking among Aboriginal people is on the decline," she said.

"The prevalence of smoking among pregnant Aboriginal women has dropped from 60 per cent to 50 per cent over the last decade."

As part of the program, the Aboriginal Maternal Infant and Child Health Service provides quit smoking advice and support through pre and post-natal care, which includes providing free nicotine replacement therapy for up to 12 weeks.

ISLHD's health promotion service also provides quit smoking support for those living with pregnant Aboriginal women.

"Family support is vital to the success of the program and it is important to include other family members, as we've found pregnant women are more likely to successfully quit smoking if they live in a smoke-free home," Ms McNeill said.

*Robert Crawford
South Coast Register*



HEALTHY OUTLOOK FOR AMS

The Dubbo Aboriginal Medical Service could revert back to community ownership in two years if its current success continues.

The Dubbo Aboriginal Medical Service could revert back to community ownership in two years if its current success continues, according to the chief executive of the company managing it.

Coonamble Aboriginal Health Service CEO and Bila Muuji Aboriginal Health Services deputy chair Tim Horan said demand for the Dubbo service has increased dramatically in recent months on the back of an advertising campaign.

DAMS started in October after the previous Aboriginal Health Service, Thubbo, closed early last year due to financial difficulty.

Mr Horan said people appeared to avoid DAMS for the first couple of months because it was labelled an interim service but DAMS have made it clear that the service is a long term option.

After starting as a three day service, it is now operating five days a week and is in the process of hiring a second general practitioner.

"It took to February for the service to pick up. We did a bit of advertising and that worked well.

"We have our general clinic but we are also starting to get into chronic disease and long term health promotion and awareness," Mr Horan said.

A question mark does remain over the service, which is operated by Bila Muji Aboriginal Health Services, because government funding expires on June 30.

Mr Horan said no planning has been made for the new financial year but he is confident it will be allocated and the service will continue to operate.



He said the plan has always been to hand DAMS back to the community once it is running smoothly and he believes two years is a realistic time frame.

A recent report by the National Aboriginal Community Controlled Health Organisation revealed having Aboriginal health services run by Aboriginal people is a boost for employment, education and the health of indigenous Australians and Mr Horan agrees with the findings.

Aboriginal health services employ more than 3200 Aboriginal people, boost education by providing genuine career paths and training, and provide higher than average Aboriginal incomes.

Mr Horan said of the approximately 20 employees at DAMS, all bar one is Aboriginal and they are paid above the award.

"It makes sense to have Aboriginal people looking after Aboriginal health, most of our staff have grown up in the regions they are working and they are proud to be Aboriginal," Mr Horan said.

*Mark Rayner – Daily Liberal
Photo courtesy Nic Walker*

Wagga RAAF base sign marks Aboriginal Origins

Air power begins here in Wiradjuri Country.

They're the very words that will now greet new recruits and visitors to Wagga's Royal Australian Air Force (RAAF) base, which was unveiled yesterday.

The words were chosen in collaboration with the Wagga Aboriginal Land Council and the Wiradjuri community.

Group Captain Lisa Jackson Pulver said the sign was an amazing acknowledgment of the land the base occupies. "Our intention is for it to happen at every single base," she said, adding that "the process involved talking with the Aboriginal community and allowing them to help define what was on the sign, from the statement, and the language it's in to any symbols or even if the community wants a sign at all."

Involving each community is about demonstrating respect the RAAF has for each Aboriginal community, she said. "It's a project we're very committed to, Wagga is the first. The second one will be unveiled at RAAF Base Williamtown on Tuesday 15th."

Group Captain Pulver said the reason why Wagga was chosen to be first is because it's where each new airman starts their career.



WALC members Clorine Lyons, Dorothy Whyman, indigenous youth leader Leonard Lyons and Aboriginal Land Council chief Lorraine Lyons. Picture courtesy Kieren L Tilly



Thank you in advance for renewing your ASG membership.

Your continued membership and financial support will allow us to keep providing support to communities in need and support Aboriginal and Torres Strait Islander people in their broader struggle for justice.

In 2013 your ASG membership fees helped Aboriginal Schools and young Aboriginal people such as: Toomelah Public School, Bush to Beach at Narrabeen, Biala Hostel, Ian Thorpe Foundation, The Australian Literacy & Numeracy Foundation (ALNF)

Together we can make a difference!

Please pay your membership and optional Donation as shown below



Membership Fees due 1st July 2014

New members please Complete and Return with your payment

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**ASG-MWP would like to thank Dee Why RSL, Pittwater RSL, Forestville RSL
Pittwater Council and Warringah Council for their continued support in 2014**



RSL CLUB



PITTWATER COUNCIL



Warringah Council

Monday May 12
7.30pm start

ASG-MWP Information Night – Free event – All welcome.
Guest speakers Judith Bennett and Jenny Harris will outline the future for Gai-mariagal Aboriginal-owned National Park.
Mona Vale Memorial Hall, 1606 Pittwater Rd, Mona Vale.

Sunday May 25
starts 3pm

SORRY DAY Remembrance Walk
Set this Day aside for a *journey of healing* to remember the *Stolen Generation*, their children and their families. Details page 6



May 26 - July 13

GURINGAI FESTIVAL
Some of the events are highlighted on page 4 and 5



Monday May 26

Reconciliation Week
<http://www.reconciliation.org.au>

Tuesday June 3

MABO DAY – the 22nd Anniversary Celebration
<http://mabonativetitle.com/thecase.shtml>



Sunday June 22

Art Walk @ Middle Head
Starting at North Head and progressing around the edge of North Harbour and Middle Harbour and finishing at *Cubba Cubba* (Middle Head) Mosman. One of Sydney's best day walks and supporting the establishment of Keeping Place on Middle Head
www.cubbacubba.net.au communications@cubbacubba.net.au



Fri June 27 - Sun 29
10am - 6pm daily

Northside Aboriginal Art Exhibition
Our exhibition on the Northern Beaches. Official opening Friday 6pm–8pm come along – enjoy – and buy!
Mona Vale Memorial Hall, 1606 Pittwater Road, Mona Vale
Further details: Call Clair Jackson on 9913 9922 or 0438 020 709 or email ljackson@vtown.com.au



Sun July 6 - 13

NAIDOC Week – *Serving Country: Centenary and Beyond*
Honouring all Aboriginal and Torres Strait Islander men and women who have fought in defence of country. Take some time out to pay your respects. *Lest We Forget*



Monday July 14
7.30pm start

ASG-MWP Information Night – Free event – All welcome.
Mona Vale Memorial Hall, 1606 Pittwater Rd, Mona Vale.

Monday Aug 11
7.30pm start

ASG-MWP Business Meeting – All ASG-MWP members welcome.
Mona Vale Memorial Hall, 1606 Pittwater Rd, Mona Vale.

Monday Sep 8
7.30pm start

ASG-MWP Information Night – Free event – All welcome.
The Life of Bungaree – 200th anniversary of a land grant
Guest speaker Keith Vincent Smith.
Mona Vale Memorial Hall, 1606 Pittwater Road Mona Vale.

An Invitation to join us

**Aboriginal Support Group
Manly Warringah Pittwater**

Founded 1979

Membership is \$25 per year

(02) 9913 7940 (02) 9982 1685

P.O. Box 129 NARRABEEN NSW 2101

www.asgmwp.net

Elimatta is the newsletter of the Aboriginal Support Group Manly Warringah Pittwater.

Articles are welcome with the understanding that editorial changes may be made and that contributors agree that the material will be archived by the National Library of Australia.

Contributors to **Elimatta** are from many different cultures and backgrounds. Views expressed are not necessarily those of the Editors or members of the ASG.

Please email articles where possible to the.elimatta@gmail.com

If you use any of the material it would be appreciated if the extract is set in context and the source acknowledged.



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