

A breath of fresh air

NORTH Coast Aboriginal Corporation for Community Health will host a free family fun day called Ngaiya - Breathe Life at Kawana this Saturday to highlight the high smoking rates among the Sunshine Coast's indigenous communities as part of their Indigenous Smoking Cessation Pilot Program No Durri for this Murri campaign, and provide much needed education and support.

Some transport is available for indigenous people who want to travel down from Gympie.

With more than 4000 Aboriginal and Torres Strait Islanders living on the Sunshine Coast and Gympie area, smoking rates among Australia's indigenous population are around 50% - double the national rate.

In 2008 nearly half (47%) of indigenous Australians over the age of 15 smoked cigarettes daily. This means that indigenous people are almost three times more likely to smoke than other Australians.

NCACCH Operations Manager Kim Helmore said indigenous Australians made fewer quitting attempts and were less successful in quitting than other Australian smokers.

"Which is why we have not only a dedicated smoking cessation program to do everything we can for them, but also events such as this to raise general awareness in the community," Kim said.

He said indigenous Australians died at a younger age compared to non-indigenous Australians and a large percentage of these would be tobacco related.

Smoking facts

□ Generally smoking rates for Australia have declined over recent years from 34% in 1981 to 16.6% in 2007.

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□ After many years of no change in smoking prevalence rates we are beginning to see a slight drop in the number of Indigenous people who smoke. Between 2002 and 2008 smoking rates for Indigenous people aged 15 years and over have dropped from 51% to 47%.³

□ In 2008, Indigenous people who lived in remote areas were more likely to be current smokers (53%) than those living in major cities (42%).

Source: National Aboriginal and Torres Strait Islander Health Survey, 2004-05

On average in Australia Indigenous men only live to 67.2 years compared to 78.7 for non-indigenous men and Indigenous women live to the age of 72.9 years compared to 82.6 years for non-indigenous women.

"These are unacceptable statistics that we must work together as a community to change. This why the Australian Government's Department of Health & Ageing has funded NCACCH to develop and pilot an Indige-

nous Smoking Cessation program which if successful may be run out across the nation. We hope that the event will provide a fun day for both indigenous local people and the wider community alike to come together and enjoy free food, free health checks and information stalls whilst raising the awareness of our local culture and health issues."

Ngaiya - Breathe Life will also feature a diverse range of entertainment, workshops and stalls. Local Aboriginal and Torres Strait Islanders including the Black Swans; an Indigenous program for youth aged 12 to 25 that assists with nutrition, self-esteem, cultural awareness and sexual health; with breathe life into the event through story-telling, traditional games and touch football workshops. Kids and active types can enjoy basketball, hip hop and zumba dance sessions and drumming workshops.

Live music from popular multi-cultural group The Chocolate Strings, a Dub/Funk/Reggae band from Brisbane, who have shared stages with artists including Fat Freddy's Drop, Charli Tuna and Katchafire as well as being billed at Shine On Festival, Woodford Folk Festival and Kuranda Roots will also be enjoyed.

The event will take place on Saturday, March 12, from 11am until 5pm, Coopers Lookout Park, Pacific Blvd, Buddina (next to Kawana Surf Club). Contact NCAACH on 5443 3599 to book the bus and for more information about the event or see: <http://www.budurl.com/ngaiya>



DANCE SESSIONS: Traditional dancing displays will be among the highlights of the Ngaiya Breathe of Life.

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DIVERSITY: Ngaiya - Breathe Life will also feature a diverse range of entertainment, workshops and stalls.

COMMUNITY DIARY

email

community@gympietimes.com

TODAY

QCWA Craft Group
ST John Amulance Hall, Apollonian Vale, Gympie, 9am-2pm. BYO lunch. Cost \$1. Inquiries Edith 0427 044 775.

Gem Club workshops
EVERY Wednesday at Gympie Gem Club, 9am to 3pm. Learn a new hobby. No experience necessary. Make your own silver jewellery. Cut and polish stones. Faceting gem stones, silvercasting. Visitors and new members welcome. Cnr Bruce Highway and Monkland St. Inquiries. 5484 0080 or 5482 4680.

Wolvi Hall Zumba
CLASSES Wednesdays at the hall from 6.30pm to 7.30pm. Ladies, children and even gents are welcome to come along to this funky exercise dance craze. Cost \$12. Qualified instructors come out from Gympie each week. Enquiries Louise 0418 141 242.

50s and over
MEETS for fun and friendship on Wednesdays at the Senior Citizens Centre from 11am to 3pm. Cards, indoor bowls, Scrabble and much more. Enquiries Olive 5482 3146.

AP&SL
MEETS 12.30pm at Senior Citizens Centre for general meeting and raffles. Afternoon tea to follow. Inquiries 5482 3041.

U3A Wednesday: 9am-midday, Advanced French, contact Helen Rawlins 5483 3505; 9am-11am, Book Club, second Wednesday, contact Jill Jones 5482 4518; 12.50pm-2.30pm, Italian, contact Maureen Botterill 5483 7059.

Alcoholics Anonymous
WEDNESDAYS Room 2, Gympie Community Place, Lawrence St, 1pm. Contact 54849247. And 7pm, Community Church, 87 Pine St/cnr Myall St. contact 0419 788 064.

TOMORROW

Gympie National Seniors
MEETING, 6pm for 6.30pm start, Orchid Room, Gympie RSL. Guest speaker Sven Gronbaek will speak about his country Denmark. Inquiries Col Wessling 5482 1672 or Shirley Lund 5484 3129.

U3A Thursday: Spanish 9am-11am, contact Maureen Botterill 5483 7059; Book Ends, second Thursday; 9am-11am, contact Jill Jones-54824518; My Kind of Poetry, last Thursday, 10am-midday, contact Joyce Lilley 5482 1796; Cards 1pm-3pm, contact Marion Aves 5482 6896; Music for Pleasure, first Thursday, 2pm-4pm, contact Margaret Wilson-5482 1606.

Alcoholics Anonymous
THURSDAYS room 2, Gympie Community Place, Lawrence St, 8pm. Contact 5481 1479. And Tin Can Bay Library (next to RSL in Tin Can Bay Rd) 6pm. Contacts 5488 0326 or 5486 2073.

FRIDAY

Old time dance
ALBERT Bowls Club 7.30pm. Music by the Country Swingers. All welcome. \$10 includes raffle, lucky door, supper. Inquiries 5482 1095 or 5482 2521.

Swap deadline
SUNDAY, March 20, in Maleny showgrounds. Grounds open to vendors at 2pm on Saturday, March 19. Camping Saturday night only is \$5 per person. Outdoor site costs \$5 and no booking required. Indoor sites ar \$15 and bookings are essential. Indoor sites must be booked and prepaid by March 11. Bookings to Bob 0434 822 418.

Unrequited love story pulls at heartstrings

THE Heart of Gold International Film Festival is set to screen the internationally acclaimed film Minnie Loves Junior - set on an Australian beach, is about unrequited love between two Aboriginal children.

Lead characters Minnie and Junior, played by Wyntah Shaw and Latrell Stuart respectively, have been described by the Berlin Film Festival jury as "the most adorable characters we've seen on our screens in years".

A tender and beautiful film that touches the heart, Australian filmmakers Andy and Matthew Mullins had the Heart of Gold festival in mind when they created this movie, which perfectly fits with the spirit of this festival.

"We are proud to be part of Heart of Gold. It was at the very top of our wish-list, actually dream-list. I bet Heart of Gold is exactly what eve-



ryone needs to bring a little sunshine into the state," director Andy Mullins said.

Andy and Matthew are scheduled to attend this year's festival. Minnie Loves Junior was given a Special Mention at the 2011 Berlin International Film Festival. Screening: Shorts 14 - Saturday, March 19, 4pm; Family Shorts 3 - Sunday, March 20, 11.30am, Gympie Civic Centre.

Tickets available from www.heartofgold.com.au or phone 5483 7000.

The festival program is an extensive collection of short films, select features and is partnered with a series of workshops, seminars and master classes.



A WINNER: Minnie Loves Junior is bound to one of the most popular shorts at this year's Heart of Gold International Film Festival.

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