

# TRACKS

SPECIAL INDIGENOUS ISSUE



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### QuiHN'S VISION

An affirming holistic response to the health and well being of illicit drug users in Queensland.

### QuiHN'S PURPOSE

Identify, articulate and respond to the health needs and well being of illicit drug users by challenging perceptions relating to illicit drug use, providing client services statewide, and by linking, partnering, and connecting with individuals, families, communities, business and government.

**Counselling services** provide a range of strategies for people wanting to reduce or cease their drug use, including psychosocial education, and process and recreational groups offering support for people contemplating, making, or sustaining changes to drug use.

**Training and education** are provided to clients, professionals and the wider community in regard to illicit drug use, through peer education, outreach, group education and staff training. Information and resources are provided through QuiHN's website, brochures, magazines and NSPs. QuiHN is the Queensland member organisation of the Australian Injecting & Illicit Drug User's League (AIVL).

QuiHN Brisbane 07 3620 8111

### WE WANT YOUR FEEDBACK!

We welcome feedback on this magazine, QuiHN's other publications, website and services. Your comments help us to improve our resources, information and services. Feedback can be provided in writing, by phone or email, using the details above. You can also lodge feedback using our website, or download

This publication does not necessarily reflect the views of Queensland Injectors Health Network (QuiHN). QuiHN chooses not to judge those who use illicit drugs, but welcomes contributions which reflect opinions and issues of those who have used, or are still currently using illicit drugs. It is not the intention of this publication, or QuiHN, to encourage people to use illicit drugs or engage in criminal activities, but to reduce harms caused by illicit drug use. The editorial panel reserves the right to edit material submitted, and will not be held responsible for the accuracy, or otherwise, of information in this publication. No responsibility will be taken by QuiHN for harm people encountered following actions taken upon reading the contents of this publication. This publication is not intended for general distribution — its target group is those

Front cover photo: This is an Aboriginal Australian who has granted permission for his image to be on the cover. He wishes to remain anonymous and states that he: "is not an illicit drug user" but understands the importance of harm minimisation and promotion of this magazine in the Indigenous community.

# WELCOME

Welcome to our very first Indigenous Tracks magazine. Queensland Injectors Health Network (QuiHN) sincerely acknowledges the Traditional Owners and Elders of past and present. QuiHN understands that this is the first Indigenous illicit drug users magazine of its type on this very sensitive topic (Illicit drug use), and hopes this magazine can be used:

- 1 to promote the issue and importance of illicit drug use and harm minimisation
- 2 as an educational resource for the broader community on Indigenous Australia
- 3 to provide key contacts and organisations with some key historical events important to Indigenous Australians.

The target audience for this magazine is the Indigenous illicit drug user, but we hope it can be used by many more people in the wider community to inform and use as a resource for better understanding Indigenous Australians history and the issue of Illicit drug use.

The issue of illicit drug use attracts a lot of stigma in society. Unfortunately, many people still stigmatise Indigenous Australians, so to receive this double load from society can be overwhelming. QuiHN hopes to dispel much of this stigma by highlighting the many achievements of these proud cultures, while also providing useful information to reduce the harms of illicit drug use.

Many famous Indigenous Australians are included in this magazine; their inclusion in this magazine in no way implies that these positive role models are drug users in any way, shape or form. The intention is to use positive role models and highlight these achievements to the community in general and create a snapshot of what is important to Indigenous Australians.

Julian Hunt BAppHSc, MPhil  
Indigenous Officer, QuiHN

## ARTWORK BY IK

IK is the artistic name of an Indigenous Australian who has kindly donated the use of his artwork for many articles in this issue because he's happy to see a new initiative that could make a difference for Indigenous Australians. IK says he has been away from the grog for 16 years



IK in a scene from  
Deadline

and taken on many roles besides art – he has worked as a human rights advocate, musician (recorded with The Cruel Sea and played with Renee Gayer), actor (including The Proposition, Deadline, The Dreaming), and performed traditional dance before the Queen and world leaders.

You can view and buy IK's artwork at <http://theAboriginealexperience.com.au>

Indij-n-Arts is a 100% owned and operated Aboriginal business which provides a home to Aboriginal & Islander art, craft, clothing, ceramics and jewellery.

I can hear the chorus of the corroboree calling me  
Yes I am the fruit of the Murabi tree see  
I often wonder what my name would have been  
Living in the Dreamtime with my ancient tribal kin

from B.L.A.C.K. by Wire MC

**Think of Indigenous music and most of us will think of Kev Carmody, Yothu Yindi or Christine Anu. But there's new breed of music emerging that's energetic, raw and coming to a street near you...**

Indigenous hip hop artists like Wire MC are using their music to vent their frustrations, affirm their culture, and encourage young Indigenous Australians to political action.

Wire MC hails from the Gumbayngirri people, and has been doing his 'Bowra-Mission-HipHop-1Drop-Bush-Reggae-Music' for nine years. He calls his brand of hip hop music the new corroboree for other young Indigenous Australians, and has taken his message from inner city pubs to outback shacks across the land.

"This is my lyrical healing. I can't go and get scarred any more and I can't become a traditional man. I'm a modern day blackfella, this is still dreamtime for me. Hip hop is the new clapsticks, hip hop is the new corroboree."\*

Wire MC likes to call his music abodigital because of the ambiguous meaning. "I'm Abo-digital because I'm a 21st century Aboriginal, I'm down with laptops and mobile phones and home entertainment. But digital also means your hands and your fingers. I'm still putting my fingers in the dirt; I'm still using my hands to create things." \*

Hip hop music uses a rhythmic style of speaking called rap over backing beats. It began in New York City in the 1970s, predominantly among African Americans and Latinos. The role of the MC was originally to introduce the DJ and the music, and to keep the audience excited. The MC would speak between songs, giving exhortations to dance, greetings to audience members, jokes and anecdotes. Eventually, this practice became more stylised, and came to be known as rapping. Hip hop has provided a platform for minority groups in the USA to act as a rallying point, and Indigenous Australians are creating their own unique brand of hip hop.

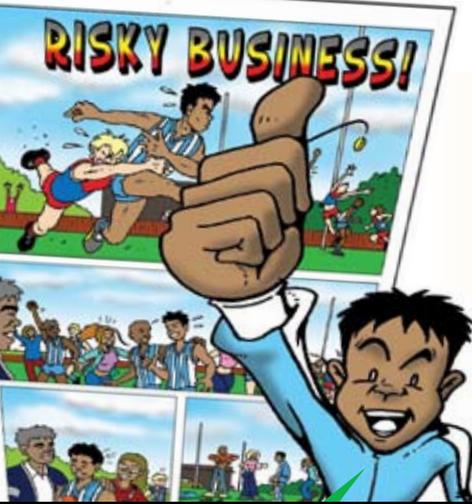
Wire MC was drawn to hip hop because of the combination of song and dance that reflected the traditions of his culture: "... the culture I come from, the Dreamtime, we always expressed our stories, our beliefs, our fears, our superstitions through song and dance. So being an Abo-digital in the 21st century, it was a natural evolution for me to move into hip-hop and continue the corroboree, but with the modern day aspect."

To find out more about Wire MC, visit his page at [myspace.com](http://myspace.com) and remember he's not alone. Other young Australians are keepin' it real too, including:

- brotha black ([www.brothablack.com](http://www.brothablack.com))
- sistaNative
- Radical Son (check his page on [myspace.com](http://myspace.com))
- Konect-a-Dot (check his page on [myspace.com](http://myspace.com))
- South West Syndicate.

\* reproduced from an interview by Tony Mitchell at [www.localnoise.net.au](http://www.localnoise.net.au) under the Creative Commons Licence.





QulHN would like to thank the organisations who hold copyright to the Risky Business comic:

- Aboriginal Drug and Alcohol Council (SA) Inc.
- Alcohol Education & Rehabilitation Foundation Ltd

These organisations have kindly given their permission for reproduction of their resource within Tracks.

Aboriginal Drug and Alcohol Council (SA) Inc. aims to reduce harm related to substance misuse in Aboriginal communities, in a way that promotes pride, dignity and achievement in Aboriginal society. Visit ADAC for more information or to order their resources for Indigenous Australians, at [www.adac.org.au](http://www.adac.org.au) or call 08 8362 0395.

Alcohol Education & Rehabilitation Foundation Ltd seeks to change the way we drink as a community, through evidence-based treatment, research, resources and prevention programs. You can visit their site for information or resource orders at [www.aerf.com.au](http://www.aerf.com.au) or call 02 6122 8600.

## AT THE FLICKS

### TEN CANOES (2006)

Narrated by David Gulpilil and starring Jamie Gulpilil, Ten Canoes was the first full-length feature made entirely in an Indigenous Australian language. The film is set in Arnhem Land, before western contact, and involves a young man who covets one of his older brother's wives – or rather, it tells the story of a warrior Dayindi, who hunts goose eggs while being told another story about another young man who, like Dayindi, coveted his elder brother's wife. Narrated in English by David Gulpilil; all protagonists speak in Indigenous dialects of the Yolŋu Matha language group, with subtitles.



### RABBIT-PROOF FENCE (2002)

Based on the book Follow the Rabbit-Proof Fence by Doris Pilkington Garimara, this is a true story concerning the author's mother and two other young mixed-race Aboriginal girls. The three girls ran away from the Moore River Native Settlement, north of Perth, in order to return to their Aboriginal families, after having been placed there in 1931. The film follows the girls as they walk for nine weeks along 2,400 km of the Australian rabbit-proof fence to return to their community at Jigalong, while being tracked by a white authority figure and a black tracker. The film formed a part of a major debate in contemporary Australia over the stolen generations. On its release, the film was shown around the world and won critical acclaim, being nominated for and winning many awards, including those voted on by audiences.



### THE CHANT OF JIMMY BLACKSMITH (1978)

This film was directed by Fred Schepisi and based on the Booker Prize-nominated novel of the same name by Thomas Keneally. The novel is based on the life of bushranger Jimmy Governor. The story is written through the eyes of an exploited Aborigine who explodes with rage. Though based on an actual incident, Keneally has said he would not now presume to write in the voice of an Aborigine, but would write the story as seen by a white character.



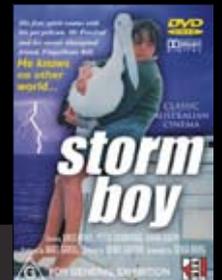
### THE TRACKER (2002)

This is an Australian drama film set in 1922 in outback Australia where a racist white colonial policeman used the tracking ability of an Indigenous Australian tracker (David Gulpilil) to find the murderer of a white woman. The tagline is: "All men choose the path they walk." The characters in the film are referred to by their characters rather than by names: The Tracker (David Gulpilil), The Fanatic (Gary Sweet), The Follower (Damon Gameau), The Veteran (Grant Page) and The Fugitive (Noel Wilton).



### STORM BOY (1976)

Directed by Henri Safran and starring David Gulpilil, this film is based on the children's book by Colin Thiele. Storm Boy and his father live a reclusive life among the dunes that face out into the Southern Ocean. After a pelican mother is shot, Storm Boy rescues three chicks and nurses them back to health. His father forces him to release the birds, but one returns. The story then concentrates on the conflict between Storm Boy's lifestyle and the externally imposed requirement for him to attend school.



### WALKABOUT (1971)

Walkabout is a British film loosely based on the novel by James Vance Marshall. Directed by Nicolas Roeg, it earned Roeg a nomination for the Palme d'Or award. 'Walkabout' is a term referring to the commonly-held belief that Australian Aborigines would "go walkabout" at the age of thirteen in the wilderness for six months as a rite of passage. In this practice they would trace the paths (the so-called songlines) that their people's ceremonial ancestors took, and imitate, in a fashion, their heroic deeds.



LUCKY



VICKI



D-BOY



MILLIE

# RISKY BUSINESS!



GOAL!!

PUNT!

Thought we were gone for sure, Lucky!

Couldn't go home if we lost. Reckon Dad woulda killed me.



Proud of ya, son. Here's a coupla bob to celebrate.

Don't be out late. School tomorrow.



Hey budda, comin' to Junior's party?

Yeah! Dad gave me some bucks too!



My brother will drive us!

Deadlee!





Later, that afternoon ...



Get ya arse up. Ya missed school, ya not missin' trainin'.

Stuff trainin'. Leave me alone!



Come on, son. I'll get ya a feed, eh?

Just go away.

Let 'im starve, lazy mongrel.

A few weeks later ...



Never seen cuzzo dancin' before.

He's big notin' cos he's stoned and pissed.



Hey D-Boy, you stoned yet?

Mmmm, yeah. Let's go outside, eh?



You got \$25 for a baggie, cuz?

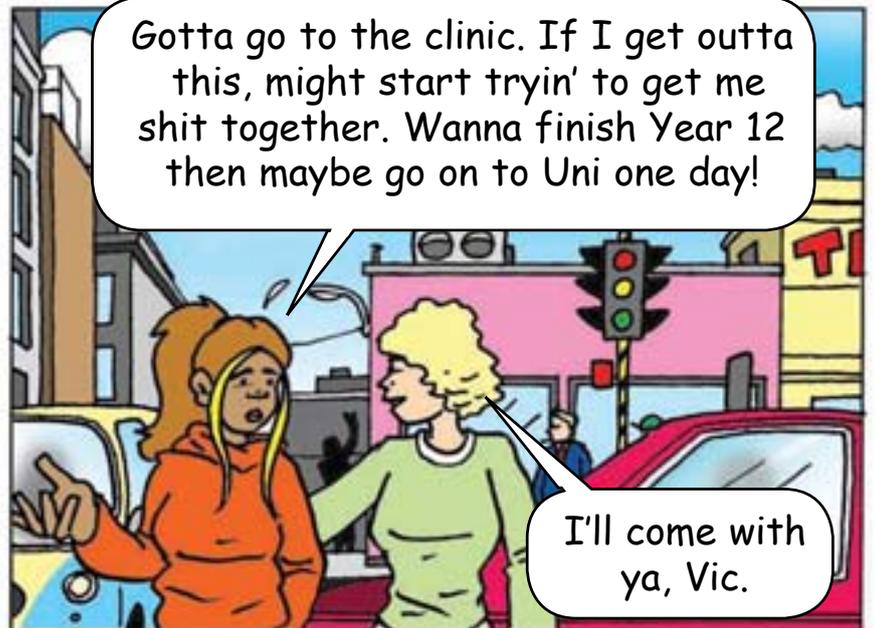
Jeeze mate, ya already owe me \$60.

Don't look at me, cuz.



Don't come to me for any more yarndi then!

Stick it up ya arse - plenty of that around.



Later ...

Ya home early.  
Run outta money for  
grog and drugs?



Jeeze Dad, we just copped it  
from the coach. Reckons he'll drop  
us if we don't straighten up.



Reckon I need to  
have a talk with you  
fellas. We'll go out to  
Grandad's camp.



Dad, I knew you  
were a good footy  
player, but I didn't  
know you were famous!



But it went to me head.  
Started groggin' on.

Bad hangovers.  
Someone gave me  
speed to get through  
the day. Got hooked.

You took  
**speed**, Dad?!!



Yeah. Missed  
training, games. Ya  
Mum left me. Got  
sacked n' come home.

But me Mum helped  
me and I got back  
to me culture.



My Mum don't give a  
stuff what I do! She  
buys me grog!

Come to us whenever ya  
want, boy. And you two  
should talk to someone  
about this drug stuff.  
What about the AMS?\*



\* If you're worried about your drug use contact your local Aboriginal Medical Service (AMS) or health centre to speak to a drug and alcohol worker.

Next day at the doctor's ...

You're not pregnant, but let's talk about contraception and using condoms to protect against STIs.\*

OK. Don't wanna go through this again.



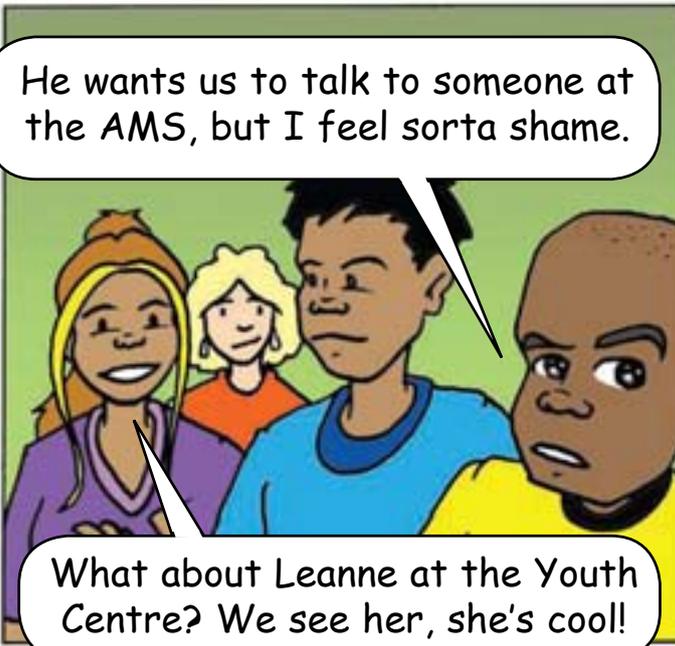
Not pregnant!

Too deadly!

Next day, outside the mall ...

So, you mob go bush with ya dad?

Yeah, we gotta sort out the drinkin' and druggin' before we stuff everything up. You know anyone?



He wants us to talk to someone at the AMS, but I feel sorta shame.

What about Leanne at the Youth Centre? We see her, she's cool!

Over the next 12 months ...



YOUTH CENTRE



\*There are many different options to use for birth control. Your doctor or health clinic can tell you about them. Condoms are the only way to prevent STIs (sexually transmitted infections).



## CHASE YOUR DREAMS!

Partying hard all the time and messing with grog and drugs can stuff up other things in your life. If you have goals like playing footy, travelling, respecting your culture, buying a car or going to uni, try and keep your eye on the prize.

## Saying NO

If you don't want to drink or smoke you don't have to - you can say no. Mates say they want you to have a good time and want you to drink and smoke with them. It can be really hard to explain to them why you don't want to drink or smoke. It doesn't make you weird! Some people decide not to drink, smoke or take drugs at all, others decide on the day depending on how they feel. It's your choice. There are plenty of our brothers and sisters who don't use drugs!



## Keep Safe!

Having a big night? Have a feed before you go. When you're there, it's not a great idea to mix drugs. Everyone's different and reacts differently. Have your mates around you so there's someone you can trust to help you out if things get tricky - someone to talk to if you start feeling weird, or to get help or call an ambulance.

## Safe Sex

I was lucky this time, but many sister girls aren't - so if you're worried about being pregnant or want to find out more about contraception, talk to someone you can trust and go to a health service or Family Planning. Condoms can protect you from pregnancy and are the best way to avoid getting sexually transmitted infections (STIs). STIs can be sneaky and you often don't know if you've got them. Some STIs can damage your body so you can't have a baby later.



### These are contact numbers for alcohol and drug information in your State:

ACT  
Alcohol and Drug Information Service  
**02 6205 4545**

NSW  
Alcohol and Drug Information Service  
(ADIS)  
**02 9361 8000** (Sydney)  
or **1800 422 599** (toll free)

QLD  
Alcohol and Drug Information Service  
**07 3837 5989** (Brisbane)  
or **1800 177 833** (toll free)

SA  
Aboriginal Drug and Alcohol Council  
(ADAC)  
**08 8362 0395**

Alcohol and Drug Information Service  
(ADIS)  
**1300 131 340** (within SA)

VIC  
Directline  
**1800 888 236** (toll free)

WA  
Alcohol and Drug Information Service  
**08 9442 5000** (Perth)  
or **1800 198 024** (toll free)

NT  
Amity House  
**08 8981 8030** (Darwin)  
or **1800 629 683** (toll free)

TAS  
Alcohol and Drug Information Service  
**1800 811 994** (toll free)

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Researcher: Grant Saunders Project Manager: Jo Taylor

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Thanks to ADAC and all the young people, organisations and communities who took part in the development of this resource.

While we have checked everything in this publication, no person should rely on the contents without first making their own enquiries and obtaining advice from a qualified person. Streetwize Communications, its collaborators and its funders are not responsible for the result of any action taken as a consequence of anything contained in this publication or for any error in or omission from this publication.



# A TO Z

## OF ABORIGINAL & TORRES STRAIT ISLANDER CULTURE

Join me for a brief A to Z tour of Indigenous culture and achievements (for both Indigenous and non-Indigenous Australians), but a few things first.

Aboriginal & Torres Strait Islanders people have occupied this land for at least 40,000 years. The Colonisation process has presented Indigenous Australians with many very difficult times, but against many obstacles Indigenous people and their culture have not only survived but have made and continue to make significant contributions to Australia through areas such as sports, politics, business, music and art.

The national apology (13th February 2008) by Prime Minister Kevin Rudd was a great starting point for healing, and can be interpreted as a new beginning for all Australians to work together for a brighter future. Wherever you are as you read this, there is a great sense that all Australians can work together and share this great country, not only with a greater understanding of our past, but a greater future ahead for everyone!

Aboriginal and Torres Strait Islanders should be advised this magazine contains images and references to the deceased. Also, we use the term 'Indigenous' to refer to both mainland Aborigines and Torres Strait Islanders. Although Indigenous people have strong ties, we affirm these are both very distinct and different cultures.

Finally, Indigenous Australians were expected to die out or be assimilated into European culture, so many aspects of Indigenous history were poorly recorded. While we can't guarantee the accuracy of the information provided in this A to Z guide, it will give you some insight into some of the world's oldest cultures that are an integral part of this great sun burnt country. Enjoy!

All the information in this A to Z is adapted from articles at Wikipedia, and is subject to the GNU Free License Agreement. Many thanks to the historians and lay people who have contributed to these articles. Visit <http://en.wikipedia.org> to read Australian Aborigines, Torres

# ALCOHOL

Alcohol is an intoxicating substance made from fermented starches. Alcohol is a depressant drug. Depressant drugs affect your concentration and coordination, and slow your reaction time. It slows down the activity in the brain.

## SOME STATISTICS

- It is one of the most used drugs in Australia
- Alcohol is part of most social functions and is almost universally accepted
- It is legal, however it is the second biggest killer of the general population.

## STREET NAMES

Grog, charge, drink, tinnies, liquor, booze.

## EFFECTS

Effects of alcohol use vary from person to person. Excessive alcohol consumption may result in many personal and social problems, such as family, work and legal problems. For example, drinking when you're unhappy, drinking and driving, may lead to lose of your licence, heavy fines, imprisonment and even death.

## OTHER FACTORS THAT ALCOHOL IS RELATED TO

- Violence and abuse
- Depression
- Risky behaviour.

## EFFECTS OF HEAVY DRINKING & BINGE-DRINKING

Heavy drinking or binge-drinking can lead to possible liver and brain damage, high blood pressure, irregular pulse, enlarged heart, frequent infections, sexual impotence, damaged sperm, damage to fetus, muscle weakness/loss of tissue, skin damage, memory loss/confusion and emotional difficulties.

## TOLERANCE AND DEPENDENCE

People who are heavy drinkers build up a tolerance to alcohol, so they need to drink a lot more than normal for them to feel the same effects. This can soon be a problem for them because they can then become dependent on alcohol to get them through the day or week. People who drink a lot of alcohol may spend too much money on the drug – heavy drinkers can develop physical and psychological dependence.

## ALCOHOL WITH OTHER DRUGS

Alcohol used with other drugs can increase the overall effects, and can be potentially fatal. This includes prescribed drugs.

## ALCOHOL & SEX

People who have been drinking are also more likely to have unsafe sex, which can result in pregnancy or sexually transmitted infections including HIV.

## PREGNANCY & BREAST-FEEDING

There is a moderate to high risk of birth defects occurring due to heavy drinking during pregnancy. The risks of alcohol-related birth defects are higher the more alcohol is consumed. Binge-drinking at any time of pregnancy can cause fetal damage. It is best not to drink at all during pregnancy. Ask your Aboriginal health worker or doctor for more information.

## REDUCING HARM

The best way to reduce harm from alcohol is to not drink alcohol. If you choose to drink, you can reduce the harm in a

# Apology



On 13 February 2008, Prime Minister Kevin Rudd put a motion to the Parliament of Australia...

"I move that today we honour the Indigenous peoples of this land, the oldest continuing cultures in human history, that we reflect on their past mistreatment, that we reflect in particular on the mistreatment of those who were Stolen Generations — this blemished chapter in our nation's history. The time has now come for the nation to turn a new page in Australia's history by righting the wrongs of the past and so moving forward with confidence to the future.

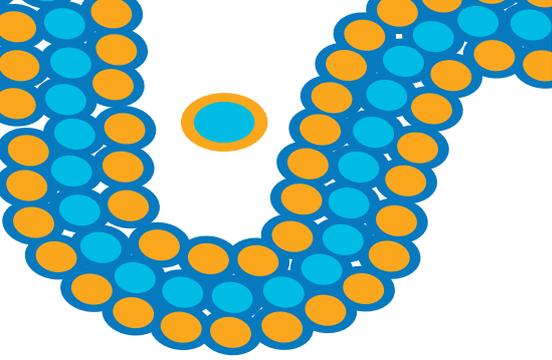
We apologise for the laws and policies of successive Parliaments and governments that have inflicted profound grief, suffering and loss on these our fellow Australians.

We apologise especially for the removal of Aboriginal and Torres Strait Islander children from their families, their communities and their country.

For the pain, suffering and hurt of these Stolen Generations, their descendants and for their families left behind, we say sorry.

To the mothers and the fathers, the brothers and the sisters, for the breaking up of families and communities, we say sorry. And for the indignity and degradation thus inflicted on a proud people and a proud culture, we say sorry.

We the Parliament of Australia respectfully request that this apology be received in the spirit in which it is offered as part of the healing of the nation."



## neville bonner

Neville Bonner was an elder of the Jagera people and the first Indigenous Australian to become a member of the Parliament of Australia.

He had almost no formal education and worked as a farm labourer before settling near Townsville. In 1960 he moved to Ipswich, where he joined the Board of Directors of the One People Australia League (OPAL), a moderate Indigenous rights organisation.

He joined the Liberal Party in 1967 and was elected in his own right in 1972, 1974, 1975 and 1980. He rebelled against the Liberal Party line on some issues. Partly as a result of this, and partly due to pressure from younger candidates, he was dropped from the Liberal Senate ticket at the 1983 election.

Bonner was almost unique in being an Indigenous activist and a political conservative: in fact he owed his political career to this fact. In the face of often savage personal criticism from radical left-wing Indigenous activists, he often denied being a "token" in the Liberal Party. His life was certainly one of achievement:

- 1979 – named Australian of the Year
- 1984 – awarded the title Officer of the Order of Australia
- 1992 to 1996 – member of the Griffith University Council
- 1993 – awarded honorary doctorate by Griffith University
- 1998 – elected to the Constitutional Convention
- 2004 – Queensland federal electorate of Bonner named in his honour.

number of ways:

- Drink low alcoholic drinks
- Eating before or while you drink
- Start with soft drink
- Pace yourself
- Drink standard drinks.

### ALCOHOL AND THE LAW

In Australia it is illegal to buy alcohol if you are under 18 years old, and it is illegal to get someone else to buy alcohol for you if you are under 18 years of age.

### DRINKING AND DRIVING

In Australia the legal limit for drinking and driving is 0.05. You might still be over the legal limit the next morning after a big night on the alcohol, so it is important to plan ahead if your going to drink the night before and drive home.

For males, you may be over the legal limit if you have two standard drinks in the first hour.

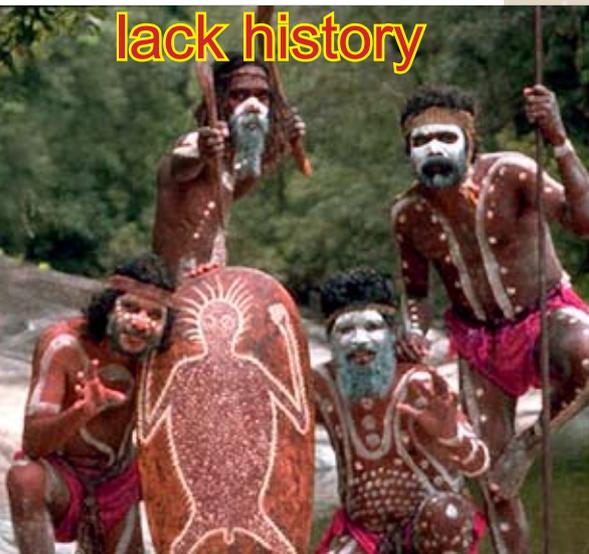
For females, the limit is one standard drink in the first hour. Even though there is a legal limit, your limit may still be less, especially if you're a lighter build.

### OTHER ASSOCIATED RISKS

If you have hepatitis C which causes inflammation of the liver, it is important to not drink any alcohol at all.

Reproduced from resources of Victorian Aboriginal Community Controlled Health Organisation (VACCHO) and reproduced with their permission. Visit [www.vaccho.org.au](http://www.vaccho.org.au) for more information and other great resources which can be ordered online.

## lack history



Black history began at least 40,000 years ago, via a land bridge from New Guinea or possibly East Timor. The land bridges closed due to rising sea levels around 12,000 years ago. There is a long history of contact with the people of New Guinea, the Torres Strait Islands and Cape York. The dingo indicates contact with South East Asia as it shares genes with the wild dogs of Thailand. There are also kangaroo ticks on these Thai dogs!

There were mass extinctions of larger animals during an Ice Age 20,000 years ago, due to desert and sand-dune conditions. Coastal Aborigines tell stories of former lands drowned beneath the sea after this Ice Age. This isolated the Tasmanians, and probably led to the extinction of Aboriginal cultures on the Bass Strait Islands and Kangaroo Island in South Australia. In the interior, the end of the Ice Age may have led to the recolonisation of the desert and semi-desert areas.

The most accepted estimate of people living in Australia was 500,000 when the first Europeans arrived – a number then decimated by disease, killings and alcohol.

But there's good news! Recent figures from the Australian Bureau of Statistics show there are now 500,000 Indigenous Australians and increasing. Far from dying out, Indigenous Australians are now back to 1788 population levels and getting stronger.

# chroming



Inhalants are solvents or other materials which produce a vapour that is inhaled or sniffed. Inhalant products include; glue, paint, cleaning products, petrol and gases.

Inhalants are depressants. Some inhalants produce effects similar to alcohol, that is, they slow things down, they make you feel like not wanting to do anything and can make you drowsy, sleepy and tired.

## STREET NAMES

Glue, gas, sniff, huff, chroming, poppers, and amyl.

## WHO USES INHALANTS

Some people use inhalants because the products used are cheap and easy to get. Most people who use inhalants are only experimenting with them, they might use them once or twice, and then never again.

Other people using inhalants are social users – they use inhalants occasionally depending on what is going on in their lives and eventually grow out of it.

Long-term users have developed a serious problem with inhalants, so that they can't get by without them.

## EFFECTS OF INHALANTS

Inhalants or solvents are absorbed directly through the lungs and reach the brain straight away; this slows the heart rate and breathing.

Inhaling fumes may cause:

- Disorientation
- Hallucinations
- Loss of control
- Headaches
- Nausea
- Suffocating.

Deep breathing of solvent fumes can cause death. Using inhalants is never SAFE.

## SIGNS OF INHALANT MISUSE

Someone you know might be abusing inhalants if you notice the following:

- Finding unusual amounts of glues, solvents or aerosol containers in their possession
- Chemical smells on their clothes
- Smell of solvents on breath
- Sores around nose and mouth, runny nose, wet cough.

## HARM MINIMISATION

Substances that are inhaled by solvent abusers are easily available and are cheap. Here are some ways to minimise harm:

- Reduce the access to solvents
- Talk to them
- Provide diversion
- Talk to a A&D worker at the local Aboriginal health service.

## INHALANTS AND PREGNANCY

Inhaling solvents is really dangerous during pregnancy for the mother and the baby.

- Inhaling solvents reduce the ability to carry oxygen to the baby's brain
- It may decrease the baby's body weight and size
- High doses can cause the death of the baby or even the mother
- Damage to reproductive cells, which means you may not be able to get pregnant.

## THE LAW

Check with the law in your State, as it can be an offence to supply solvents to people who are under 18 years of age, or if the supplier believes he/she intend to misuse the solvents.

Reproduced from resources of Victorian Aboriginal Community Controlled Health Organisation (VACCHO) and reproduced with their permission. Visit [www.vaccho.org.au](http://www.vaccho.org.au) for more information and other great resources which can be ordered online.

# C



A corroboree is a ceremonial meeting of Indigenous Australians. The word came from European settlers imitating the word caribberie. Indigenous Australians interact with the Dreamtime through dance, music and costume. Many of the ceremonies are sacred and so people from outside a community are not then permitted to participate or watch.

In the northwest of Australia, corroboree is a generic word to define theatrical practices as different from ceremony. Whether it be public or private, ceremony is for invited guests. There are other generic words to describe traditional public performances: juju and kobbakobba for example. In the Pilbara, corroborees are yanda or jalarra.

Corroboree and ceremony are strongly connected but different. In the 1930s Adolphus Elkin wrote of a public pan-Aboriginal dancing "tradition of individual gifts, skill, and ownership" as distinct from the customary practices of appropriate elders guiding initiation and other ritual practices. Corroborees are open performances in which everyone may participate, taking into consideration that the songs and dances are highly structured requiring a great deal of knowledge and skill to perform.

Corroboree is a generic word to explain different genres of performance which in the northwest of Australia include balga, wangga, lirrnga, junba, ilma and many more. Throughout Australia the word corroboree embraces songs, dances, rallies and meetings of various kinds. In the past a corroboree has been inclusive of sporting events and other forms of skill display.

# cathy freeman

“The time will come when I can be more instrumental in politics and Aboriginal affairs. But now, I think I’m playing a big part doing what I’m doing.”

At the Sydney Olympics in 2000 Cathy Freeman lit the Olympic flame. Ten days later, she lit up the nation as she flew to victory in the 400m race.

Cathy has a long record of winning, and also pride in her heritage. In 1994, she donned both the Aboriginal and Australian flags after her victory; it caused a media sensation. Many were surprised that the public reaction was generally favourable, with more than 5000 faxes of support, including one from Prime Minister Paul Keating.

Cathy has always favoured reconciliation, as typified when she lit the Olympic Cauldron. Afterwards, she said “Much is made about me being an Aboriginal. This fact should be celebrated, not abused. I love where I come from, but I am not at the Olympics to be political. I don’t think to myself that I’ve got to make this next move for the Aboriginal cause.”

Cathy grew up in Mackay, Queensland, and remembers winning primary school races but she could only watch as



the non-Aboriginal girls she had beaten received trophies.

Cathy’s record is a long list of constant achievements:

- 1991 awarded Young Australian of the Year
- 1994 Commonwealth Games – Gold in the 200m and 400m
- 1996 Olympics Games – silver medal and personal best in 400m
- 1997 World Athletic Championships – gold 400m.
- 1998 awarded Australian of the Year
- 1999 World Athletic Championships – Gold 400m
- 2000 Olympic Games 2000 – Gold medal 400m and the honour of lighting the Olympic flame.
- 2006 One of the final runners in the Queen’s Baton Relay, bringing the baton into the MCG at the Opening Ceremony of the 2006 Commonwealth Games in Melbourne, Victoria, Australia.

# nova peris kneebone

Nova Maree Peris-Kneebone was a representative in the Australian Women’s Hockey team at the 1996 Summer Olympics and won an Olympic gold medal.

She switched sports to athletics in 1997, and a year later became a double gold medalist in the 1998 Commonwealth Games (Kuala Lumpur), winning the 200m sprint with a time of 22.77 seconds and sharing in Australia’s 4x100 metre relay win.

She continued to represent Australia on the athletics track, running 200 metres at the 1999 World Athletics Championships and 400 metres at the Sydney Olympics in 2000. She made the Olympic semi-finals in her individual event and ran in the Australian 4x400 metre relay team, which finished fifth.

In 2000, a portrait of her was entered in the Archibald Prize, painted by Glenda Jones.



# reamtime



Australian Aboriginal rock painting of the “Rainbow

The Dreamtime is arguably the oldest spiritual belief system in the world. Indigenous Australians see all things beginning with The Dreaming, Al tjeringa or Dreamtime. This is a sacred ‘once upon a time’, a kind of time-out-of-time in which ancestral Spirit Beings formed The Creation.

Fred Alan Wolf opens chapter nine of *The Dreaming Universe* (1994) entitled “The Dreamtime” with a quote from *The Last Wave*, a film by Peter Weir:

“Aboriginals believe in two forms of time. Two parallel streams of activity. One is the daily objective activity . . . The other is an infinite spiritual cycle called the dreamtime, more real than reality itself. Whatever happens in the dreamtime establishes the values, symbols, and laws of Aboriginal society. Some people of unusual spiritual powers have contact with the dreamtime.”

The Rainbow Serpent (also known as the Rainbow Snake) is an important mythological being for many Indigenous Australians, although the creation myths associated with it are best known from northern Australia.

The Rainbow Serpent is seen as the inhabitant of permanent water holes and is in control of life’s most precious resource, water. He is the underlying Aboriginal mythology for the famous Outback “bunyip”.

# CHLAMYDIA

Artwork courtesy of IK

Chlamydia is a very common sexually transmissible infection, caused by a tiny bacterium which infects the genital area. Often people do not know they have the infection because there are no signs or symptoms. If symptoms do occur, they usually develop about five to 14 days after the bacteria has been introduced into the genital area via sex with someone who has chlamydia.

## POSSIBLE SYMPTOMS FOR WOMEN

- Crampy pain in the lower abdomen
- Menstrual changes (i.e. longer, heavier or more painful)
- Pain when passing urine
- Bleeding or spotting between periods or after having sex
- Pain during or after sex
- A change in vaginal discharge (colour and smell).

## POSSIBLE SYMPTOMS FOR MEN

- A discharge from the penis
- Pain when passing urine
- Swollen and sore testes if the infection goes up the urethra (the testes are where sperm are produced and are in the scrotum).

In men and women, chlamydia can be spread through oral sex, causing infection of the throat. Chlamydia can also be spread through anal sex, causing infection of the rectum (back passage). Sometimes this can cause pain in the rectum and discharge from the anus. Mostly, it does not cause any symptoms.

## TREATMENT

If you have had unprotected sex (that is, sex without a condom) you could have chlamydia. You can go to your local doctor, family planning clinic or sexual health clinic. The doctor or nurse can test for chlamydia by taking a urine sample or swab.

If you think you have been at risk of getting chlamydia, it's best to have a sexual health check to be sure.

If you find out that you do have chlamydia, anyone you have had sex with in the past few months will need to also be tested. Your name is not mentioned to ensure it is a confidential process.

Chlamydia can be effectively treated, often with just a single dose of antibiotics. In some cases however a longer course of treatment may be needed.

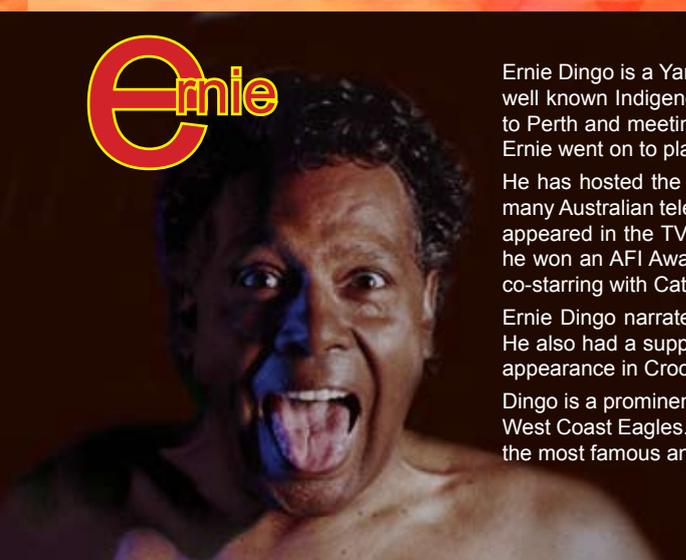
## PREVENTING CHLAMYDIA

The best way to avoid getting chlamydia is to practise safe sex: that is to use a condom when you have vaginal or anal sex and to use dental dams or condoms during oral sex.

For more information on chlamydia, you can talk to:

- your local doctor
- your local sexual health clinic
- your local family planning clinic.

This information has been adapted from Queensland Health. Visit their website at: <http://www.health.qld.gov.au/sexhealth>

The logo for Ernie, featuring a stylized 'E' with 'Ernie' written inside it in a yellow font with a red outline.A photograph of Ernie Dingo, an Indigenous Australian man, with his mouth wide open in a joyful expression.

Ernie Dingo is a Yamatji man from the Maheleny region of Western Australia. Today he is arguably the most well known Indigenous Australian through his career in film and television. He came to acting after moving to Perth and meeting Richard Walley, also a Yamatji man, with whom he played basketball in a local team. Ernie went on to play state league first division for the East Perth Eagles.

He has hosted the popular holiday destination program *The Great Outdoors* since 1993, and appeared in many Australian television series such as *The Flying Doctors*, *Heartbreak High* and *Rafferty's Rules*. He also appeared in the TV mini-series, *The Cowra Breakout* (1984), *A Waltz Through The Hills* (1987), (for which he won an AFI Award for Best Actor in a Television Drama) and *Kings In Grass Castles* (1997), as well as co-starring with Cate Blanchett in the Australian television drama series *Heartland*.

Ernie Dingo narrated the Indigenous segment of the 2000 Olympic Games opening ceremony in Sydney. He also had a supporting role in the 1991 Wim Wenders film *Until the End of the World*, following a cameo appearance in *Crocodile Dundee II* (1988).

Dingo is a prominent supporter of Australian rules football, and in particular the Australian Football League's West Coast Eagles. He was on the selection committee for the Indigenous Team of the Century. He is one of the most famous and respected Indigenous Australians.

# GONORRHOEA

Artwork courtesy of IK

Gonorrhoea is a sexually transmissible infection. A bacterium is spread by sexual contact, and causes an infection in the genital area. You can get it through vaginal, anal or oral sex.

Gonorrhoea can get into the urethra (the tube that runs from your bladder), anus, throat, cervix (neck of the womb) or uterus. People can also get an infection in their eye.

## SYMPTOMS OF GONORRHOEA

Some people have the infection but have no signs or symptoms. If symptoms do occur, they usually develop a few days to a week after having sex with someone who has gonorrhoea.

Some of the symptoms of gonorrhoea include:

- crampy pain in the lower abdomen just above the pubic bone
- a change in vaginal secretions (there may be more secretion or it may change in colour and/or smell)
- a yellow discharge from the penis
- pain and burning sensation when passing urine
- bleeding from the vagina between periods and after having sex
- pain during or after sex.

Testes may become swollen and sore if the urethra is infected.

## HOW YOU GET GONORRHOEA FROM SOMEONE ELSE

Gonorrhoea can be spread through oral sex, causing infection of the throat. People with gonorrhoea in their throat may have no symptoms, or just have a vaguely sore throat, but can pass on the infection to their partner if they have unprotected sex.

Gonorrhoea can be spread through anal sex, causing infection of the rectum (back passage). Sometimes this can cause pain in the rectum and discharge or mucus from the anus, or it may not cause any symptoms at all.

## TREATMENT FOR GONORRHOEA

Testing for gonorrhoea can be by:

- a swab from the anus, cervix in women, or penis in men
- a urine sample and sending it to the laboratory for testing
- a swab taken from the throat for people who have had unprotected oral sex.

If, when you have your check up, you find out that you do have gonorrhoea anyone you have had sex within the past few months will also need to be tested. Your name is not mentioned to ensure it is a confidential process.

Gonorrhoea can be effectively treated with a range of antibiotics. These include tablets or injections in single or multiple doses, depending on whether the person is allergic to certain antibiotics.

## PREVENTING GONORRHOEA

Practise safe sex – use a condom when you have vaginal or anal sex, and dental dams for oral sex.

The best way to avoid getting a gonorrhoeal infection is to always use condoms with casual partners or partners who have not had a sexual health check when you have vaginal or anal sex.

Gonorrhoea can infect the throat. It is therefore important to use protection when having oral sex. If you are giving a man oral sex (his penis in your mouth), then he will need to wear a condom. It does not matter whether you are male or female, if you put your mouth in contact with your partner's anus or vulva while having sex, you will need to use a dental dam.

For more information on gonorrhoea, you can talk to:

- your local doctor
- your local sexual health clinic
- your local family planning clinic.

This information has been adapted from Queensland Health. Visit their website at: <http://www.health.qld.gov.au/sexhealth>

## Football

Did you know that AFL probably had its origins in a game played by Indigenous Australians?

Tom Wills is widely credited with devising Australian Rules in Melbourne in 1858. A letter by Wills was published in the Life in Victoria & Sporting Chronicle on 10 July 1858, calling for a "foot-ball club" with a "code of laws" to keep cricketers fit during winter.

It is often said that Wills was partly inspired by the ball games of the local Aboriginal people in western Victoria at the time. Called marn grook, accounts of this game date back to 1841. It was a popular recreational activity that used a ball made out of possum hide, and featured jumping to catch the ball for the equivalent of a free kick, resembling the high marking in Australian football.

The original recorded size of the playing field varies with records, but most records state that the playing field was about 1.6 km long. There were no goal posts, but teams played until there was a single winner, sometimes the side with the player who had the most possessions or the side that kicked the ball the most and the furthest.

Indigenous Australians make up roughly 10% of all AFL players, and have a proud record of outstanding players throughout the game's history.



# heroin



Heroin is one of a group of drugs known as opiates, made from the opium poppy. It usually comes as a fine white powder but can also be brown to nearly black.

## STREET NAMES

Hammer, gear, smack, horse, junk, harry, 'chasing the dragon'.

## EFFECTS

Initially taking heroin can make you feel good, but after a while people have to take it to stop the pain. A given amount might have a slight effect on one person, but a great effect on another person. A person may experience the following effects after taking heroin:

- Drowsiness
- Nausea
- Vomiting
- Slowed breathing
- Drop in blood pressure.

Illicit drugs like heroin often lead to complicated health problems. Some of these problems are more likely to occur if the drug is injected, for example, skin, heart and lung infections. Diseases like hepatitis and HIV may be transmitted if people share needles, syringes or other injecting equipment.

Heroin is highly addictive and regular users are likely to become dependent on it, even after a few days. Some long-term effects include:

- Constipation
- Disrupted menstrual cycles
- Loss of sex drive in men
- Gangrene
- Sores, ulcers and damaged tissues if injected.

Heroin is often mixed with other drugs. Impurities can be very dangerous and

lethal. They can cause collapsed veins, tetanus, abscesses and damage to the heart, lungs, liver and brain.

## OVERDOSE

If someone has overdosed it's very important that they get help as quickly as possible. Ring (000) or an ambulance.

Quick responses can save lives.

The following symptoms may indicate that a person has overdosed and needs help. If you or someone you know have been taking heroin and notice these effects, go to a doctor, the emergency department of the nearest hospital or call an ambulance (000).

- Fever and sweating
- No breathing
- Blue extremities
- No response
- Snoring or gurgling noises.

A person who is dependent on heroin will get severe flu-like symptoms.

Do a first aid course so you know how to do CPR (mouth-to-mouth) if someone overdoses and stops breathing.

## HARM MINIMISATION

Don't share needles, syringes and other injecting equipment.

Don't buy from dealers you don't know, and never mix other drugs with heroin – this will increase the risk of overdose.

## HEROIN AND PREGNANCY

Regular use of heroin during pregnancy can harm the baby. Due to the lifestyle factors associated with heroin dependency, pregnant women do not

## Garrett, peter

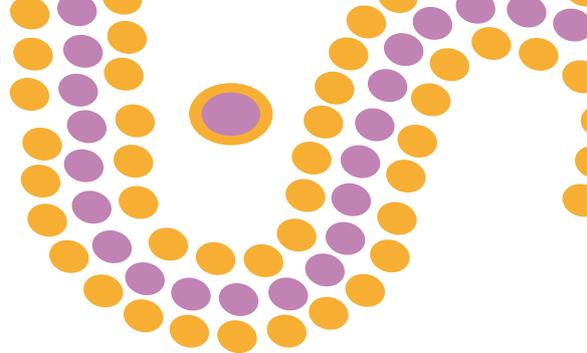
"The time has come to say fair's fair, to pay the rent, to pay our share  
The time has come, a fact's a fact, it belongs to them, let's give it back"

Garrett is perhaps best known for belting out the lyrics of Beds are Burning, a plea for the land rights of Indigenous Australians from the famous Diesel and Dust album. The rhythm of this song is said to be inspired by the noise of their vehicles' wheels on the corrugated dirt roads.

In 2000, this song was performed at the closing ceremony of the Olympic Games in Sydney. The whole band wore tracksuits emblazoned with the word SORRY to highlight the Howard Government's policy of refusing to apologise for human rights inequities of the past.

A passionate advocate of human rights and environmental issues, Garrett hit a high note on Indigenous land rights after the Black Fella White Fella tour of remote Indigenous communities with the Warumpi Band in 1985.





usually have adequate nutrition, rest and antenatal care.

Health risks associated with heroin use that may effect the development of the unborn baby.

- Hepatitis B & C
- Malnutrition
- Anaemia
- Sexually Transmitted Infections.

#### HEROIN AND THE LAW

Heroin is an illegal drug. It's against the law to possess or use it.

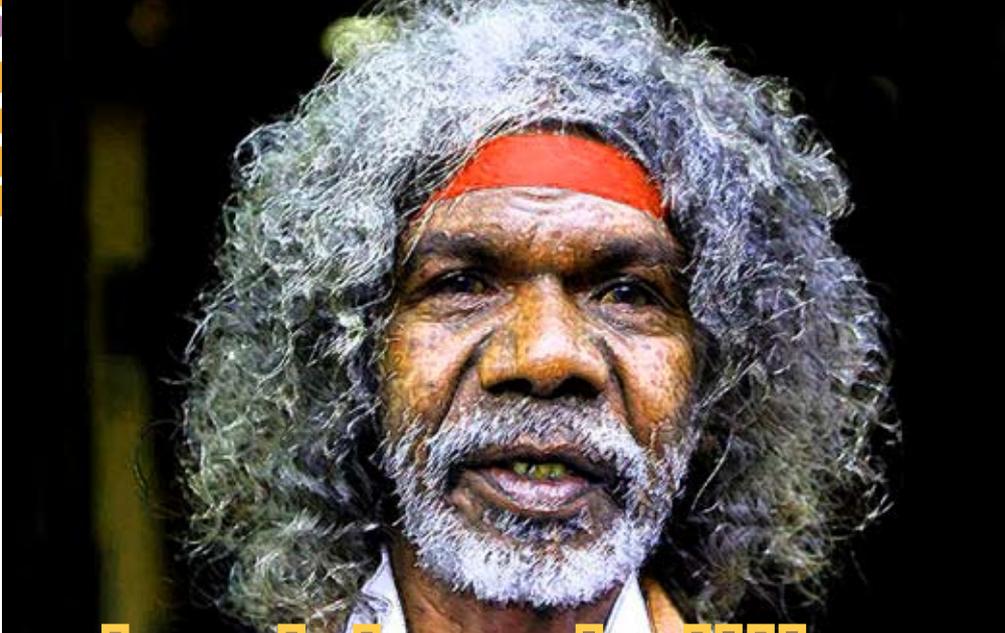
If the police catch you in possession of a bag/gram you can be prosecuted, even if you are not actually using it yourself.

If you're prosecuted and found guilty, you get a criminal record and criminal records stay with you for the rest of your life.

#### THINGS TO REMEMBER

- Don't use alone.
- Heroin use may result in overdose.
- Street heroin is usually a mixture of pure heroin and other substances.
- When the purity is unknown and the amount taken is of a high dose, it is easy to overdose and even die.

Reproduced from resources of Victorian Aboriginal Community Controlled Health Organisation (VACCHO) and reproduced with their permission. Visit [www.vaccho.org.au](http://www.vaccho.org.au) for more information and other great resources which can be ordered online.



## David Gulpilil

“We are all one blood. No matter where we are from, we are all one blood, the same.”

David Gulpilil is a Yolngu man, traditional dancer, writer, and one of Australia's most famous Indigenous actors. David spent his childhood in the bush with a traditional upbringing. His skin group totemic animal is the eagle and his homeland is Marwuyu. After appearing in his first film, he added English to several tribal languages in which he was already fluent. His films include:

- Walkabout (1971)
- Mad Dog Morgan (1976)
- Storm boy (1976), Fingerbone
- Crocodile Dundee (1986)
- Rabbit-proof fence (2002)
- The tracker (2002)
- The proposition (2005)
- Ten canoes (2006).

He has won the prestigious Darwin Australia Day Eisteddfod dance competition four times. David Gulpilil is also an acclaimed storyteller. He has written the text for two volumes of children's stories based on Yolngu beliefs. These books also feature photographs and drawings by Australian artists and convey Gulpilil's reverence for the landscape, people and traditional culture of his homeland.

David Gulpilil has rededicated himself to the service of his own Indigenous community, with particular focus on the problems of Aboriginal youth. He continues to provide much-needed mentoring, and lending his support to social and political causes such as the pursuit of tribal land claims. Today Gulpilil lives and works in Ramingining as a respected tribal elder.

## hit man?



Many of us will have heard about Indigenous Australians dying after having the bone pointed at them. Often incorrectly seen as kind of hit man, the Kadaicha Man is a wandering judge who punishes those who have violated tribal taboos. He wears emu feathers on his feet to leave no tracks, and points or jerks a bone or stick at his victim and chants a song.

The Kadaicha Man stands in a special position and exercises extreme care while performing the ritual. It was believed that, if he should make a mistake, he and not the intended victim may die.

The bone is made of human, kangaroo or emu bone, and sometimes even wood. The shape of the killing-bone varies from tribe to tribe. Many Indigenous Australians believe firmly in the magic power of the ritual. The intended victim may even die. Anthropologists theorise that such deaths are caused by stress, fear, or the power of suggestion.

From 1969 to 1980, a psychiatrist studied Aboriginal men in Arnhem Land. Sorcery syndrome (gross fear of death) was common. Symptoms were agitation, sleeplessness, visions and protruding eyeballs. Fear was precipitated by trauma, for example, death or serious illness of a close relative, or a dispute over wives. A few victims died. The victim was outcast and deprived of water; thus dehydration rather than fright may have caused death.

Emu feather shoes of a Kadaicha man which leave no trace

# GENITAL HERPES

Artwork courtesy of IK

The herpes simplex virus causes genital herpes. There are many types of herpes viruses. Both herpes simplex type 1 and herpes simplex type 2 can infect the genital area.

Herpes simplex type 1 commonly causes 'cold sores', and tends to occur in the upper half of the body, mainly around the lips and mouth. It can also infect the genital area.

Herpes simplex type 2 is more commonly the cause of genital herpes. Both viruses are passed from one person to another by close body contact.

The virus often lies dormant until it reactivates and causes blisters. Things that might trigger this include menstruation, emotional upset and sexual activity. Sunburn can trigger off a cold sore on the face or lips. It is important to get enough sleep, have a healthy diet and to keep your stress levels at a manageable level.

## HELPFUL HINTS ON GENITAL HERPES

Both viruses are passed from one person to another by close body contact. This means that:

- a cold sore on a lip could spread to the genital area of a sexual partner (on or around the sex organs) as a result of oral sex
- genital herpes may be passed on to the mouth of a sexual partner through oral sex, causing oral 'cold sores' – although this is not very common
- genital herpes can be spread through the rubbing of genital skin that occurs during sexual activity.

The risk of herpes spreading from person to person is high just before, during and for the week following an outbreak of herpes, but it can also be spread when no signs are obvious.

## PRACTICAL ADVICE

There are three possible outcomes if you come into contact with someone who has the herpes virus:

- Most of the time, there will be no signs or symptoms, and you may pass on the virus to your sexual partner without knowing

- You may get symptoms such as feeling unwell, possible flu-like symptoms, and blisters that turn into ulcers over a three week period
- Some people won't experience a primary episode but will notice a smaller outbreak of blisters and irritation in the genital area.

## SYMPTOMS OF GENITAL HERPES

An outbreak of herpes usually occurs in several stages over seven to ten days. Usual stages are:

- a mild tingling or itching, which lasts 12 to 24 hours
- small blisters with swelling and redness around the blisters which may be irritating, painful and sore to touch
- the blisters break and form shallow ulcers after a couple of days
- the glands in the groin may become swollen and tender
- the ulcers heal, leaving a patch of red or peeling skin for a few days.

It isn't possible to predict how often people will have outbreaks. Some people may only ever have one outbreak, and others no more than two or three. Only a minority have frequent recurrences. As time passes, the frequency of outbreaks generally decreases.

The amount of time between each outbreak of the herpes virus will be different for each person. In general, after the initial outbreak of blisters, each recurrence is less severe and heals more rapidly. Usually a longer period of time passes before the next outbreak.

For more information on genital herpes, you can talk to:

- your local doctor
- your local sexual health clinic
- your local family planning clinic.

This information has been adapted from Queensland Health. Visit their website at: <http://www.health.qld.gov.au/sexhealth>

## Invasion?

Was the European settlement of Australia an invasion or a peaceful immigration?

Australia was officially claimed for Britain under the law of terra nullius, or 'empty land' (in 1988 the courts finally recognised this was wrong and unjust). Within weeks, diseases like chickenpox, smallpox, influenza and measles wreaked havoc, and Indigenous Australians were driven off land wanted for farming or grazing. Settlers also brought venereal disease, as well as alcohol, opium and tobacco; substance abuse has remained a chronic problem. A wave of massacres and resistance was common on the frontiers of European settlement. As a result, the Aboriginal population dropped by an estimated 90% between 1788 and 1900. The worst case involved the Indigenous people of Tasmania, where only a handful survived by the 1870s.

In 1838, 28 indigenous people were killed at the Myall Creek massacre. The Kalkadoon of Queensland resisted the settlers, so there was a massacre of over 200 people on their land in 1884. Poisoning of food and water has been recorded on several different occasions. Historians believe between 10,000 to 20,000 Aboriginal deaths occurred from white violence, and that up to 3,000 white people were killed by Indigenous Australians in the frontier violence.



# GENITAL WARTS

Artwork courtesy of IK

Genital Warts are fleshy growths or bumps seen mostly in areas around the genitals and anus. They are caused by the human papilloma virus (HPV).

## SYMPTOMS OF HPV

HPV infection is very common. Sometimes it causes visible warts, but often our immune system keeps the virus under control so you might not realise you have an HPV infection. Some warts may be difficult to see as they are inside the vagina, cervix, or anal canal. Certain types of the HPV can be detected on pap smears. Occasionally these types can lead to cancer of the cervix if they are not treated. It's always a good idea to get regular pap smears.

## HOW HPV IS SPREAD

HPV is spread through direct skin-to-skin contact with a person infected with HPV, most commonly through sexual contact. It can occur even when there are no visible warts. HPV may also be passed from mother to baby during labour and birth. The virus can live in the skin for many years.

Warts that occur elsewhere on the body are caused by different types of HPV. Contact with these warts does not seem to cause genital warts.

## TREATMENT FOR HPV

See your doctor or sexual health clinic for a check up if you think you might have HPV. In most cases, the presence of warts can be confirmed by checking the genital area. HPV infection may be present without any signs. There is currently no blood test or swab test available to detect HPV infection.

There is no "cure" for HPV infection, although in many people warts and HPV infection go away on their own without any treatment. Various treatments are available that may be useful if warts are unsightly or causing discomfort. Changes in the cells of the cervix caused by HPV infection can also be treated.

## PREVENTION OF HPV

Some types of HPV infection can be prevented by new vaccines which have been registered for use in Australia. One of the vaccines licensed for use in girls and young women aged 9 to 26 years of age and boys aged 9 to 15 years of age, can also prevent HPV infection that causes genital warts.

The National HPV Vaccination Program provides free vaccination for young women aged between 12 to 26 years to protect against HPV.

The use of condoms and or dental dams for all sexual contact can also reduce the transmission of HPV.

## HPV AND CERVICAL CANCER

All women who have ever had sexual contact should commence having Pap smears between the ages of 18 - 20, or within two years after first sexual contact, whichever is later. This includes female-to-male and female-to-female contact.

Thereafter Pap smears are routinely done every two years, or more frequently if any abnormalities are detected. The new vaccines aim to protect women against infection with two types of HPV that are associated with 70% of cases of cervical cancer. This means that the vaccine will not prevent all types of HPV that cause cervical cancer, nor can it "cure" an HPV infection if it has previously been acquired. A regular Pap smear every two years is the most effective way of detecting cervical cell abnormalities, which may develop into cancer if left untreated.

For information on genital warts, HPV and vaccines, see your:

- your local doctor
- your local sexual health clinic
- your local family planning clinic.

This information has been adapted from Queensland Health. Visit their website at <http://www.health.qld.gov.au/sexhealth>

## Justice



Unfortunately justice systems are usually the way to deal with indigenous people when their culture is swamped by a colonial power. Even today, Indigenous Australians are far more likely to be imprisoned than the average population.

According to a recent study by the NSW Bureau of Crime Statistics and Research (BOCSAR), drug and alcohol abuse is the leading cause of so many Aborigines in prison. The research showed that Indigenous Australians were far more likely to have been prosecuted or imprisoned for an offence if they abused drugs or alcohol, failed to complete year 12 or were unemployed.

Illicit drug use was the strongest predictor of both criminal prosecution and imprisonment.

High-risk alcohol consumption was the second most important predictor of criminal prosecution and the third most important predictor of imprisonment.

Things are slowly improving. In some States, various matters can be dealt with by tribal law, while there can be indigenous involvement in providing advice and support. But we are still long way off the justice system truly delivering "justice" for all Indigenous Australians.

In 2005, an Indigenous Australian was 11 times more likely to be in prison than a non-Indigenous Australian, and in 2003, 20% of prisoners in Australia were Indigenous.

# THINK BEFORE YOU INK



By Nicky Newley

Recently I visited Brisbane Youth Detention Centre, while sitting around waiting for a visit it was great to see lots of resources about hepatitis and National Awareness Week information. I think this is so important for our young offending generation to be aware of hepatitis c and the transmission of this virus.

A discussion took place with me and a young Murri offender about bodgie tattoos. I asked about his tattoos, which were obviously a back yard job. Him and his mates made a little tattoo gun out of a remote control car, using the motor in it to make there own little gun. These fellas are so keen on having their own tattoos at such a young age because they are sure they look deadly.

The concern here is this one gun is shared between four to eight boys. I cringed, "THINK BEFORE YOU INK". This young offender had no idea that sharing this tattoo gun would pose a major risk of transmission of hepatitis c if contaminated with infected blood. This suggests the need for improving knowledge and awareness within the juvenile justice setting.

Indigenous people are four times more likely to be exposed to the hepatitis C virus than non-indigenous Australians. The National Hepatitis C Strategy 2005-2008 identified three main priority populations for which action is urgently needed:

- Aboriginal and Torres Strait Islander people who engage in risk behaviour
- People in custodial settings
- People who inject drugs.

With this knowledge at a young age I believe that these young indigenous offenders will be more aware of viral hepatitis by the time they may reach adult corrections.

Imprisonment has been shown to be an independent risk factor for hepatitis C, with hepatitis C prevalence among all prisoners averaging 40% rising as high as 70% for female inmates.

Our community as a whole is at risk of viral hepatitis. When this is combined with strong community stigma and shame about injecting drug use, there is often denial that the problem exists, and thus there are additional hurdles to overcome.

Us Murris think that it's alright to share our things. One thing I have learnt is that we can't share everything, unless you're willing to be sick like your brother, sister, aunty or uncle. You have to remember, no matter how close you are to family YOU ARE NUMBER ONE.

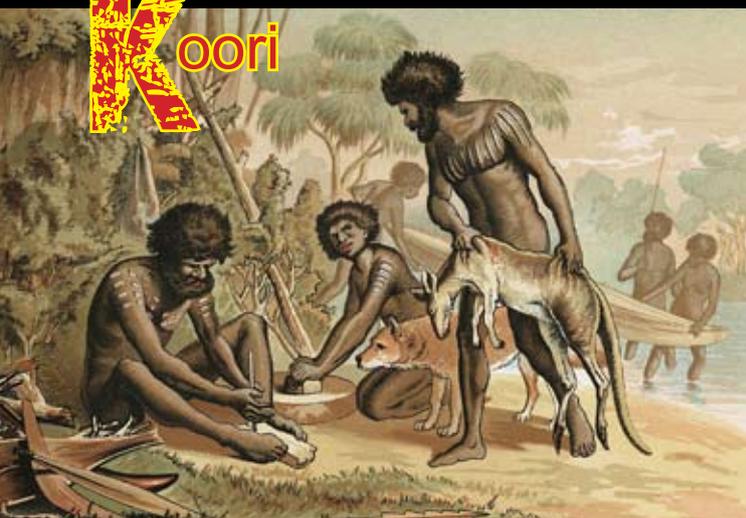
Nicky Newley is the Indigenous Project Officer at Hepatitis Council of Queensland

Nicky Newley is the Indigenous Project Officer for Hepatitis Council of Queensland, a confidential, not-for-profit, non-government, community organisation, with free counselling, education and training, support groups, free resources and more. Call them on 1800 648 491, visit the website at [www.hepqld.asn.au](http://www.hepqld.asn.au) or contact the



**DON'T SHARE TATOO EQUIPMENT OR INJECTING GEAR  
YOU CAN GET HIV/AIDS, HEPATITIS C AND OTHER INFECTIONS. HAVING  
THE SAME BLOOD AS CLOSE RELATIVES WON'T PROTECT YOU**

## Koori



Koori is a word which many Indigenous Australians in New South Wales and Victoria use to identify themselves. Many Indigenous Australians dislike the terms Aborigine and Aboriginal because these terms have been forced on them. They prefer to use words from their own languages. In some languages of south-east Australia, the words: coorie, kory, kuri, kooli, koole mean 'person' or 'people'. In the 1960s, the form koori came to be used by Indigenous Australians of these areas to mean Aboriginal people or Aboriginal person.

In Queensland, the most common term is Murri, for the indigenous Australians that traditionally occupied most of modern-day Queensland. The Murri are a collection of tribes and extended family groups throughout the region (such as the Yugarabul, the Jagara peoples from Coorparoo, and the Kwiambal peoples from further south).

Aboriginal communities from other regions of Australia include Anangu, Noongar and Nunga. There are, of course, many different tribes, communities and societies with unique cultures. Although there are over 250 spoken languages, fewer than 200 of the languages of these groups remain in use — all but 20 are considered to be endangered.

# HEPATITIS C

## IN ABORIGINAL AND TORRES STRAIT ISLANDER COMMUNITIES

Artwork courtesy of IK

Hepatitis C is a blood-borne virus that causes inflammation of the liver. There is no vaccine for this potentially deadly virus and hepatitis C is estimated to affect over 180 million people worldwide.

In Australia 271,000 people have been exposed to the virus, including a disproportionately large percentage of Aboriginal and Torres Strait Islander people, who are four times more likely to be exposed to the hepatitis C virus than non-Indigenous Australians.

Given two thirds of hepatitis C notifications are reported without Indigenous Australian status being recorded, it's possible the true rate of hepatitis C among Indigenous Australians is even higher – accurate data from Western Australia and Northern Territory indicates Aboriginal and Torres Strait Islander people account for 10% of all new hepatitis C notifications<sup>1</sup>.

Currently an estimated 22,000 Aboriginal and Torres Strait Islanders are living with hepatitis C, of whom 16,000 are living with chronic hepatitis C<sup>2</sup>, and although rates in the non-Indigenous population have improved, rates of hepatitis C within the Aboriginal and Torres Strait Islander populations continue to rise.

Why this inequity exists and continue to grow

The National Hepatitis C Strategy 2005-2008 identified three main priority populations for which action is urgently needed:

- Aboriginal and Torres Strait Islander people who engage in risk behaviour
- People in custodial settings
- People who inject drugs.

Aboriginal and Torres Strait Islander people are also disproportionately represented within these two other at-risk priority populations. Imprisonment has been shown to be an independent risk factor for hepatitis C with hepatitis C prevalence among all prisoners averaging 40%, rising as high as 70% for female inmates.

The 2001 Inmate Health Survey<sup>3</sup> reported that 53% of male inmates and 73% of female inmates had a history of injecting drug use, and that 24% of male and 43% of female inmates continue to inject whilst incarcerated. Reports from inmates indicate widespread sharing and reuse of injecting equipment. Other activities within prisons such as tattooing and body piercing also put inmates at increased risk of acquiring hepatitis C.

Imprisonment and hepatitis C

Aboriginal & Torres Strait Islander people are 14 times more likely to be incarcerated than non-Indigenous Australians, and

constitute 27% of the total prison population. Also, Aboriginal and Torres Strait Islander inmates often serve shorter sentences than non-Indigenous Australians<sup>4</sup>, so the rate of hepatitis C in custodial settings has greater potential to translate into increased infection rates within the general Aboriginal and Torres Strait Islander population.

Outside the prison environment numerous studies have found that more than 50% of Aboriginal and Torres Strait Islander injectors use shared injecting equipment.<sup>5</sup> In comparison 18% of non-Indigenous injectors report sharing another person's used syringe<sup>6</sup>. Its estimated 90% of all new hepatitis C transmissions are attributable to sharing of injecting equipment.

Injecting drug use and hepatitis C

The national annual NSP survey suggests that injecting drug use may be increasing among ATSI peoples, and that the prevalence of hepatitis C among ATSI people is also continuing to rise<sup>7</sup>. The National Aboriginal & Torres Strait Islander Sexual Health and Blood Borne Virus Strategy 2005-2008 recognises the need for a whole of primary health care sector approach to addressing blood-borne viruses in Aboriginal and Torres Strait Islander communities.

Two priorities of this strategy are improving access to Needle and Syringe Programs, and increasing the capacity of the health and community workforce to address all aspects of Aboriginal and Torres Strait Islander STIs and blood-borne viruses.

This information has been adapted with permission from material provided by Hepatitis Council Queensland.. Visit their website at: [www.hepqld.asn.au](http://www.hepqld.asn.au)

1 National Aboriginal & Torres Strait Islander Sexual Health and Blood Borne Virus Strategy 2005-2008.

2 Hepatitis C Virus Projections Working Group: Estimates and Projections of the Hepatitis C Virus Epidemic in Australia 2006

3 The 2001 NSW Inmate Health Survey; NSW Corrections Health

4 Australian Bureau of Statistics; 1301.0 - Year Book Australia, 2004

5 The Harm Reduction Needs of Aboriginal People who Inject Drugs, 2001, National Drug Research Institute, Curtin University of Technology

6 Australian NSP Survey; National Data Report 2001-2005, National Centre in HIV Epidemiology

## Land rights



In 1835 Governor Bourke proclaimed that Indigenous Australians could not sell or assign land, nor could an Indigenous person acquire it, other than through distribution by the Crown, due to terra nullius (empty land).

In 1971, in the controversial Gove land rights case, Justice Blackburn ruled that Australia had been terra nullius in the European settlement, and that there was no such thing as native title in Australian law.

Court cases in 1977, 1979, and 1982 brought by or on behalf of Indigenous Australians were rejected by the courts, but the door was left open as to whether Australia was "settled" or "conquered".

In 1992, an Aboriginal rights case known as Mabo saw the High Court of Australia overturn terra nullius. The Court found that there was a concept of native title in common law, and that the source of native title was the traditional connection to, or occupation of, the land.

In 1996, The High Court stated that native title and pastoral leases could co-exist over the same area and that native peoples could use land for hunting and performing sacred ceremonies even without exercising rights of ownership.

The ruling has enabled some Indigenous groups and families to reclaim territory appropriated under the doctrine of terra nullius. An estimated 3,000 further agreements have been reached in which Aboriginal peoples have regained former lands. This is only a start; even the land that has been 'handed back' often comes with stringent conditions that give the term 'ownership' a hollow ring, and activists often point out that it is usually land that no one wanted anyway.

# walkabout

Walkabout refers to the commonly-held belief that Australian Aborigines would “go walkabout” at the age of thirteen in the wilderness for six months as a rite of passage. In this practice they would trace the paths (the so-called songlines) that their people’s ceremonial ancestors took, and imitate, in a fashion, their heroic deeds.

Songlines are an ancient cultural concept, meme and motif perpetuated through oral lore and singing and other storytelling methods such as dance and painting. Songlines are an intricate series of song cycles that identify landmarks and subtle tracking mechanisms for navigation. These songs often evoke how the features of the land were created and named during the Dreaming. The Dreaming Spirits as they travelled across the Earth, created and named trees, rocks, waterholes, animals and other natural phenomena. By singing the songs in the appropriate sequence, Indigenous peoples could navigate vast distances, even across deserts. The length of songlines can be a few kilometres or up to hundreds of kilometres through disparate terrain and lands of many tribes.

An interesting feature of the paths is that, as they span the lands of several different language groups, different parts of the song are said to be in those different languages. Thus the whole song can only be fully understood by a person speaking all the relevant languages.

In the Sydney region, because of the soft Sydney sandstone, valleys often end in a canyon or cliff, and so travelling along the ridge lines was much easier than travelling in the valleys. Thus the songlines tend to follow the ridge lines, and this is also where much of the sacred art, such as the Sydney Rock Engravings, are located. In contrast, in many other parts of Australia, the songlines tend to follow valleys, where water may be more easily found.

To indigenous peoples, songlines also confer a title and deed to the holder or the keeper of the particular song (or Dreaming) and entails an inherent obligation and reciprocity with the land.

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## albert namatjira

Albert Namatjira was a Western Arrernte elder, one of Australia’s great artists, and perhaps the best known Aboriginal painter. He is best known for his watercolour outback desert landscapes which inspired the Hermannsburg School of Aboriginal Art. After a western style upbringing on a mission, he returned to the bush for initiation in the Arrernte community. His many achievements include:

- 1938 - first Melbourne exhibition sold out
- 1953 - awarded the Queen’s Coronation medal
- 1954 - Meeting with the Queen ( a big fan)
- 1955 - honorary member of Royal Art Society NSW
- 1956 - a portrait of Albert wins the Archibald Prize.

Despite being seen as one of Australia’s greatest artists he was living in abject poverty for many years; there was a wave of public outrage when the media exposed this neglect.

The government granted Albert and his wife Australian citizenship in 1957, which exempted them from the restrictive legislation that applied only to Aborigines. This entitled them to vote, own land, build a house and buy alcohol.

Sadly, Albert was sentenced to six months prison for leaving a bottle of rum on a car seat where another clan member found it, drank it, and killed a woman.

After a public uproar, Albert’s sentence was served at Papunya Native Reserve, and he was released after only serving two months. Despondent after his incarceration, he suffered a fatal heart attack shortly after.

## abo



What do you do if someone takes your land without asking? You ask for it back, and you keep asking!

Eddie Koiki Mabo was a Torres Strait Islander who did just that. He is famous for his role in a landmark decision of the High Court of Australia that overturned the legal fiction of terra nullius, or ‘empty land’.

In 1974, he was shocked to find that his people did not actually own their ancestral land — Murray Island. In 1981 a Land Rights Conference was held at James Cook University, where Eddie spelt out clearly land ownership and land inheritance in Murray Island. There followed a ten year legal battle until that famous court case.

That decision is now commonly called “Mabo” in Australia, and recognised for its landmark status. Three years after Eddie Koiki Mabo died, that being the traditional mourning period for the people of Murray Island, a gathering was held in Townsville for a memorial service.

Overnight Koiki’s grave site was vandalised; eight red swastikas and the racist word “Abo” were spraypainted on his tombstone, and a bronze bas-relief portrait was removed. Koiki’s body was reburied on Murray Island, the land he loved and fought for so hard. That night, the Islanders performed their traditional ceremony for the burial of a king, a ritual not seen on the island for eighty years.

In 1992 Eddie Mabo was posthumously awarded the Human Rights Medal in the Human Rights and Equal Opportunity Commission Awards. In 1993 The Australian voted him the 1992 Australian of the Year (not to be confused with the official Australian of the Year awards issued by the Australian Government).

# the evening Flows



You fed us when we were hungry  
And said a simple 'hello'  
With the voice of sincerity  
And somewhat mellow.  
Through the sounds of a distant bell  
Our hearts are joined together  
With the symphony of love as well  
The minds and souls are getting better.  
You disappear suddenly without sight  
The star dust gently follows  
I admire quietly into the night  
The city acknowledges the evening Flows.  
- Ivan



noel  
pearson

“Australians do not have an inalienable right to dependency, they have an inalienable right to a fair place in the real economy.”

From A light on the hill, 12.08.08

Noel Pearson is an influential lawyer and a Bagaarmugu man. His background includes being a land rights activist and Director of the Cape York Institute for Policy and Leadership.

Pearson was an advocate for land rights for many years, but substantially shifted his focus in the 1990s.

He now argues that Indigenous policy needs to change direction, notably in relation to welfare, substance abuse, child protection, and economic development.

Pearson has criticised approaches to these problems which, while claiming to be “progressive,” in his opinion merely keep Indigenous people dependent on welfare and out of the “real economy.” His work has often proven controversial and stimulated debate on how to best tackle various issues.



n  
aidoc

Originally meaning 'National Aborigines and Islanders Day Observance Committee', NAIDOC now stands for the week-long celebrations of the history, culture and achievements of Aboriginal and Torres Strait Islander people. NAIDOC celebrations are held around Australia in July to celebrate and build bridges between Indigenous and non-Indigenous Australians.

On Australia Day, 1938, protestors marched through the streets of Sydney. This was one of the first major civil rights gatherings in the world and was known as the Day of Mourning. From 1940 until 1955, the Sunday before Australia Day was the Day of Mourning, now known as Aborigines Day.

NAIDOC is celebrated all over Australia, with the main attendances in major cities such as Adelaide, Darwin and Sydney, and also in areas where there are large Aboriginal and Torres Strait Islander communities, such as Alice Springs, Hermannsburg, Shepparton and Mildura to name a few.

Visit their website at [www.naidoc.org.au](http://www.naidoc.org.au) and celebrate black history, culture and achievements!



CELEBRATING NAIDOC WEEK 2008

12 JULY - 19 JULY 2008

[www.naidoc.org.au](http://www.naidoc.org.au)

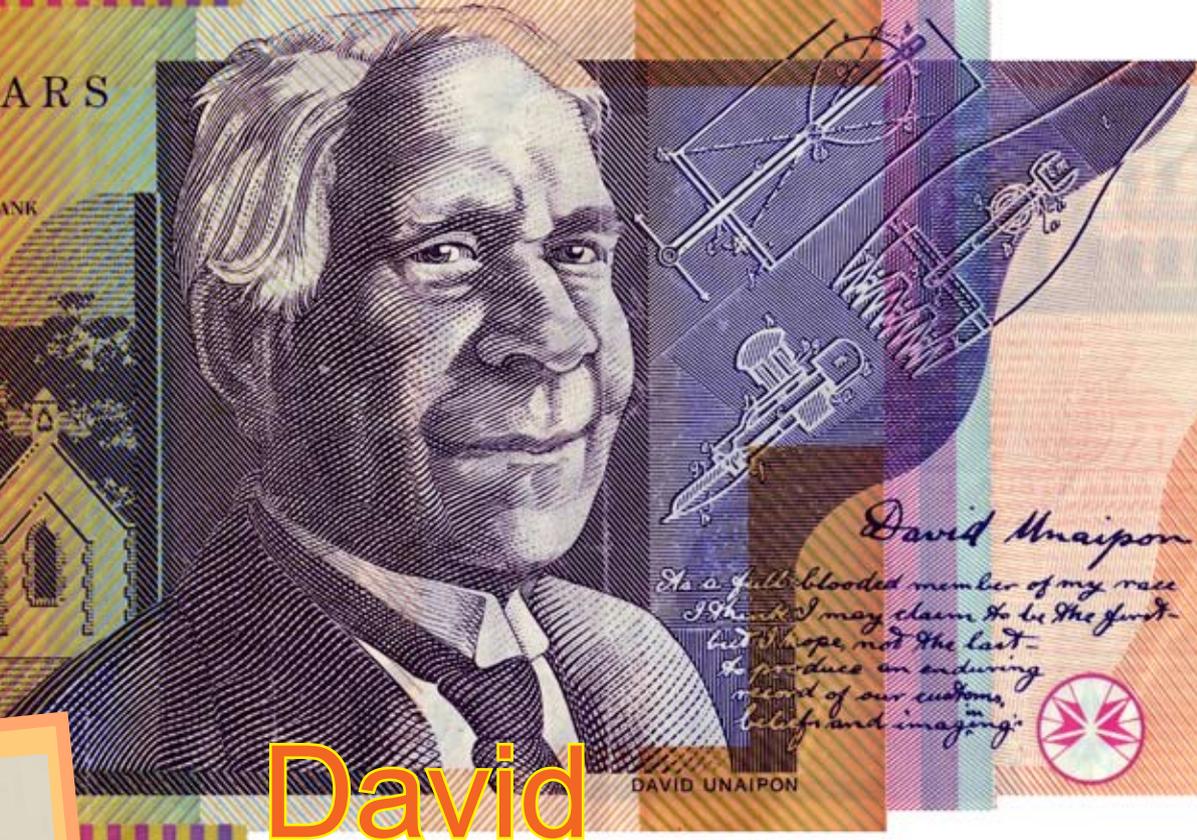
FIFTY DOLLARS

*Manufacture*  
GOVERNOR, RESERVE BANK  
OF AUSTRALIA

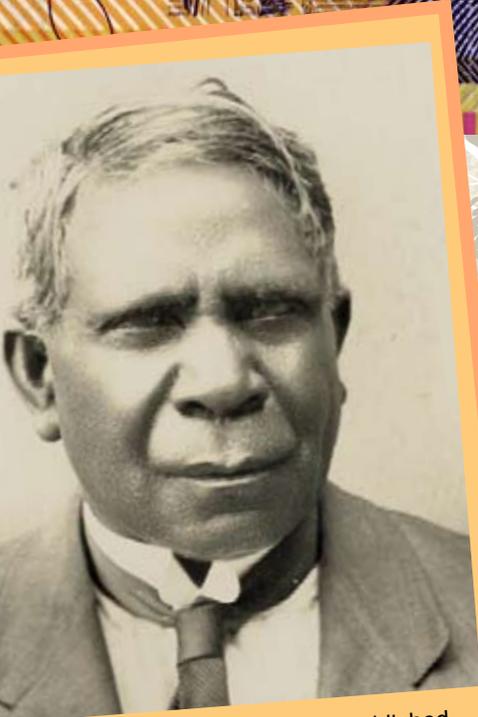
*W. L. Casey*  
SECRETARY TO  
THE TREASURY

THIS AUSTRALIAN  
NOTE IS LEGAL  
TENDER  
THROUGHOUT  
AUSTRALIA  
AND ITS  
TERRITORIES

*Australia*



# David



David was one of the first published Aboriginal writers, the author of numerous articles in newspapers and magazines for the Sydney Daily Telegraph, retelling traditional

David Unaipon was a Ngarrindjeri man. Born in 1872 he was a preacher, inventor and writer, doing all these things so well that Australians see him all the time on our fifty dollar note!

David invented all sorts of things and was given ten patents, including a shearing machine, but did not have enough money to get his inventions developed. He was known as the Australian Leonardo da Vinci for his mechanical ideas, which included anticipatory drawings for a helicopter design based on the same principles as a boomerang.

David was inquisitively religious, believing in an equivalence of traditional Aboriginal and Christian spirituality. He also gave lectures on Aboriginal culture and rights, but was often refused accommodation and refreshment around Australia due to his race.

He proposed to the government of South Australia to replace the office of Chief Protector of Aborigines with a responsible Board. He was arrested for making an attempt to provide a separate Territory for the Aborigines in Central and Northern Australia. He was also a researcher and witness for the Bleakley Enquiry into Aboriginal Welfare, and lobbied the Commonwealth Government to take over responsibility for Aborigines from the States.

Unaipon returned to his birthplace in his old age, where he worked on inventions and attempted to reveal the secret of perpetual motion. He died in Tailem Bend hospital on the seventh of February 1967, and was buried in the Raukkan mission cemetery.

The David Unaipon Literary Award is an annual award presented to previously unpublished Aboriginal and Torres Strait Islander authors.

Some of Unaipon's traditional Aboriginal stories were published in a heavily edited and plagiaristic 1930 book called Myths and Legends of the Australian Aborigines. They have recently been republished in their original form, under the authors name, as Legendary Tales of the Australian Aborigines.

# One nation



It has been a long struggle for Indigenous Australians in their fight for human rights and to strengthen their culture. There has been much political opposition along the way, particularly in recent decades. The One Nation political party was against the alleged favouritism of Government toward Aborigines and migrants. Here are excerpts from Pauline Hanson's maiden speech in federal parliament in 1996:

"Today, I talk about the exact opposite — the privileges Aborigines enjoy over other Australians. I have done research on benefits available only to Aborigines and challenge anyone to tell me how Aborigines are disadvantaged when they can obtain 3 and 5% housing loans denied to non-Aborigines. This nation is being divided into black and white, and the present system encourages this. I am fed up with being told This is our land. Well, where the hell do I go? I was born here, and so were my parents and children. I will work beside anyone and they will be my equal but I draw the line when told I must pay and continue paying for something that happened over 200 years ago. Like most Australians, I worked for my land; no-one gave it to me".

Thankfully One Nation has ceased to have any political clout, while the Labor party has finally made a public apology that was endorsed by the opposition as well. Political change may take centuries to achieve, but Indigenous Australians have shown they have the endurance and commitment to last the distance.

## First leader of the resistance to European settlement

Many of the first settlers had no respect for Aboriginal people, as typified by Reverend William Yate in 1835:

“They were nothing better than dogs, and.... it was no more harm to shoot them than it would to shoot a dog when he barked at you.”

Pemulwuy is just one of many Aboriginal leaders who rose up to fight against European settlement. He was a Bidjigal man who, in 1790, speared Governor Philip's gamekeeper John McIntyre, who is believed to have killed Aboriginal people. A retaliatory expedition did not find Pemulwuy or his four companions.

From 1792 Pemulwuy led raids on settlers from Parramatta to the Hawkesbury River. In 1797 he was wounded and captured after a raid on the government farm at Toongabbie. Despite having buckshot in his head and body and wearing a leg-iron, he managed to escape from hospital. This gave further substance to the belief that he was a carradhy, or clever man.

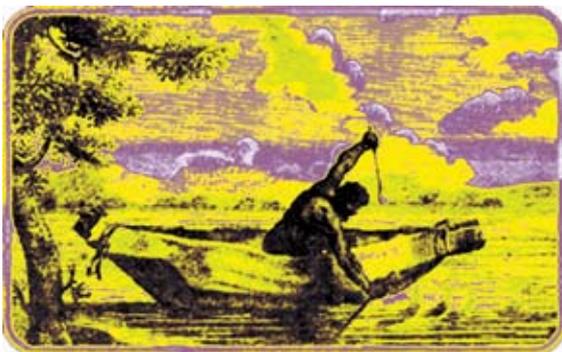
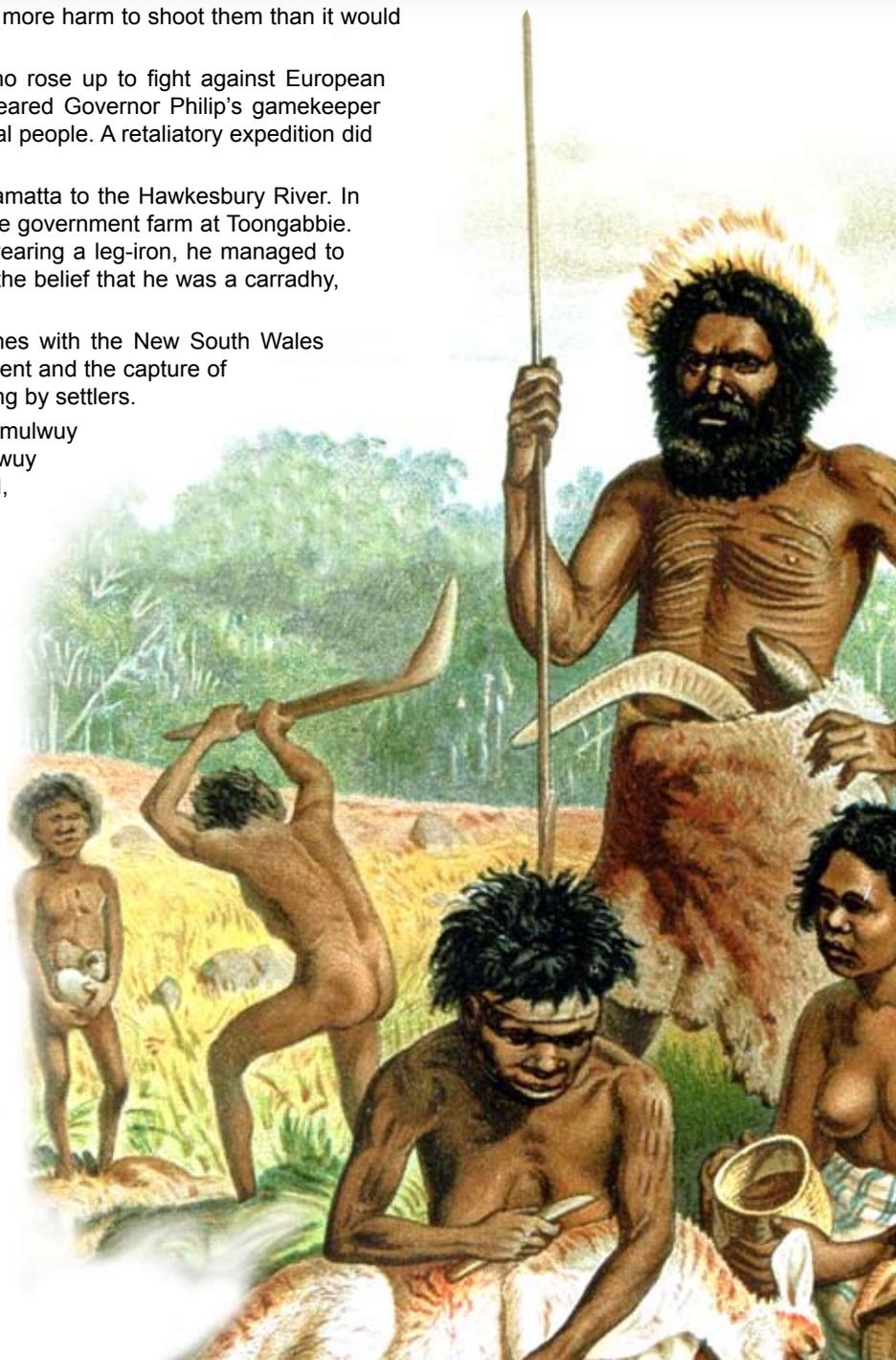
He led several attacks which resulted in major clashes with the New South Wales Corps, including the sacking of the Lane Cove settlement and the capture of Parramatta. This led to much panic and talk of retreating by settlers.

In 1801, Governor Philip Gidley King outlawed Pemulwuy and offered a reward for his death or capture. Pemulwuy was shot in the following year; his head was severed, preserved in spirits and sent to London to Sir Joseph Banks accompanied by a letter from Governor King who wrote: “Although a terrible pest to the colony, he was a brave and independent character.”

Pemulwuy's son Tedbury continued the resistance until he himself was killed in 1810.

Pemulwuy, New South Wales is now a suburb of Sydney. A park in the Sydney suburb of Redfern has also been named in his honour.

Pemulwuy's spirit continues today as other Aboriginal leaders work to achieve justice and respect for Indigenous Australians in modern society.



Drawing of Pemulwuy in a canoe, from the



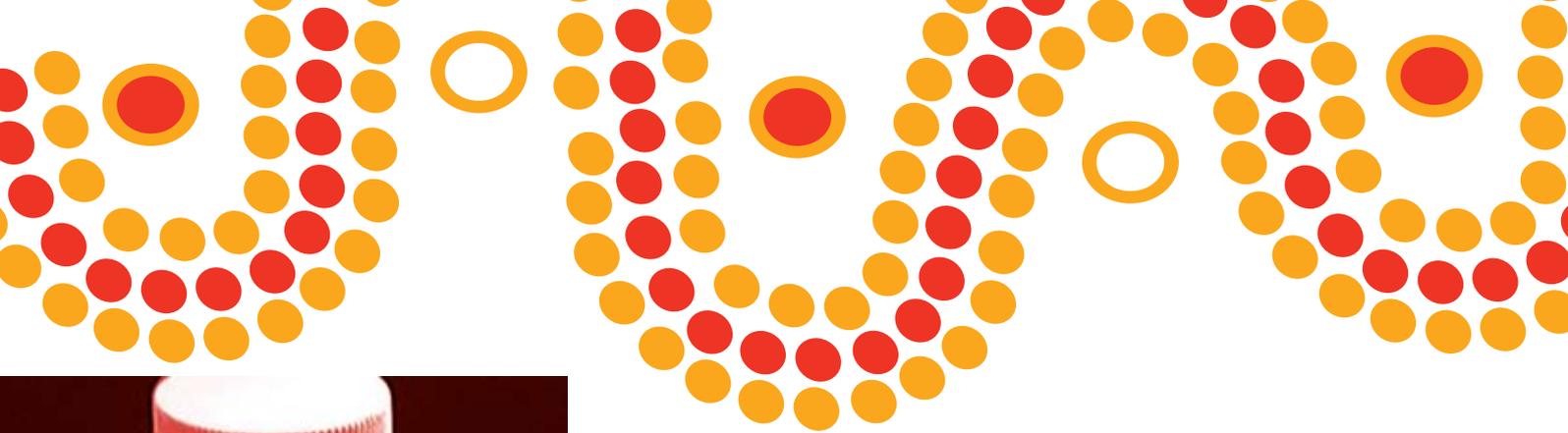
Indigenous Australians did use drugs prior to European colonisation, but much of this knowledge was lost in the clash with European culture. We do know that pituri was traditionally used and traded by Australian Aborigines with the Torres Strait Islanders.

Pituri was about a tablespoonful of the dried leaf and stem of the *Duboisia hopwoodii* shrub. This was then mixed with alkali plant ash and chewed for its stimulant effect.

Historically pituri was only used in ceremonies, and probably only by older men in a tribe who knew how to make it. Records from the 19th century appear to indicate that younger males tried to produce pituri for themselves but lacked the necessary knowledge.

The leaves contain the pharmaceutically important ingredients scopolamine and hyoscyamine and some other accompanying minor alkaloids. A derivative of scopolamine is the main active ingredient of the drug butylscopolamine, a potent antispasmodic and analgesic. These trees are commercially grown for the pharmaceutical industry.

The paleontologist, Dr Gavin Young, named a fossil agnathan *Pituriaspis doylei* after pituri, as he thought he may have been hallucinating upon viewing the fossil fish's bizarre form.



Speed is a stimulant drug; it stimulates the central nervous system by speeding up the messages going to and from the brain to the body.. Speed belongs to a group of drugs called 'psycho-stimulants', also commonly known as 'amphetamines'.

Amphetamines can come in many different forms – powder, tablets, capsules, crystal or red liquid.

Most speed sold on the streets is manufactured in illegal laboratories. The strength and purity vary enormously and it is often mixed with other substances.

#### STREET NAMES

Street names for speed include up, fast, louee, goey, whiz, pep pills and uppers, bennies, jollies.

#### EFFECTS

Depending on the make-up of a person, the effects of any drug vary. A given amount might have a slight effect on one person, but a greater effect on another person. A person may experience the following short-term effects after taking speed:

- Increased aggressiveness
- Increased heart rate
- Increased blood pressure
- Hallucinations
- Reduced appetite
- Anxiety, sleeplessness and panic.

Speed use may result in chronic sleeping problems, anxiety and tension, high blood pressure, and a rapid and irregular heart beat. People who use amphetamines might also use alcohol, and other sedative/hypnotics, yarndi

and available opiates.

The following effects of long-term continuous speed use can lead to:

- Malnutrition
- Psychosis
- Less resistance to infections
- Need to take other drugs
- Violence
- Hepatitis and HIV.

#### SYMPTOMS

The following symptoms may indicate that a person has taken too much of the drug and will need help. If you or someone you know has been taking speed and notice these effects, go to a doctor, the emergency room of the nearest hospital, or call an ambulance (000):

- Fever and sweating
- Blurred vision
- Loss of coordination
- Collapse
- Tremors
- Dizziness.

#### SPEED AND PREGNANCY

It is possible for babies of mothers who use amphetamines to be born with:

- Cardiac defects
- Cleft palate
- Other birth defects
- Addiction and withdrawal.

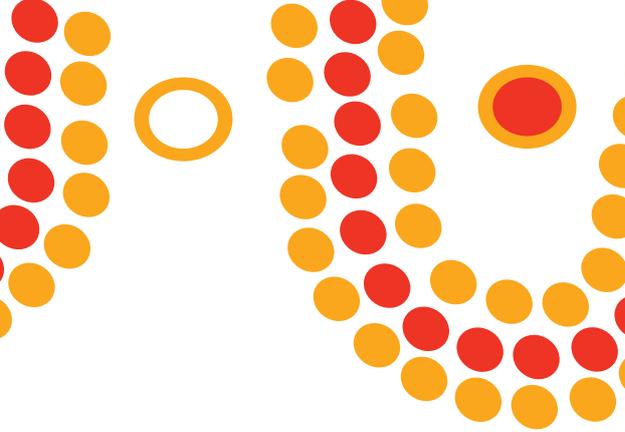


The Quandamooka people are the traditional owners of North Stradbroke Island. At first they had a choice of avoiding contact or engaging with Europeans, but problems emerged when the newcomers did not Aboriginal marriage rules, stole bones and other artefacts and desecrated sacred sites.

Mainland tribes around Moreton Bay were rapidly deprived of traditional hunting grounds and food, and were often rounded up and shot when they killed livestock for food. But the Quandamooka people were protected by their isolation and managed to keep a lot of their traditional ways alive. The island sand didn't support pasture, and the existence of a quarantine station discouraged settlers.

Conflict with Europeans intensified during the mid-19th century. Early efforts to establish agriculture on the island, especially plans to grow cotton north of Dunwich, resulted in conflicts with the local Aboriginal tribes. In March 1830, the 57th regiment seeking reprisals for the murder of a guard, attacked a group of Ngugi people near a lagoon on Moreton Island. This was likely the first significant massacre of Indigenous people in the region. But from the 1830's to 1865 there remained virtual exclusive Aboriginal possession of most of Quandamooka.

Quandamooka Land Council chair Darren Burns measures a loggerhead turtle's carapace watched by Quandamooka



# lionel rose

Lionel Edward Rose was only 19 years old when he became the first Indigenous Australian in boxing history to win a world title, with an impressive record of 53 wins from a total of 64 fights.

Lionel grew up in hardship, learning to box from his father, Roy, a useful fighter on the tent-show circuit. According to the boxing historian Grantlee Kieza, Rose "sparring with rags on his hands in a ring made from fencing wire stretched between trees".

At the age of 10, Rose struck up a friendship with a press photographer, Graham Walsh, who encouraged him and bought him his first pair of gloves. He won the Australian amateur flyweight title at age 15.

Rose made history by becoming the first Aborigine to be a world champion boxer when he defeated Harada in a 15-round decision. This win made Rose an instant national hero in Australia, and an icon among Indigenous Australians. A public reception at Melbourne Town Hall was witnessed by a crowd of more than 100,000.

Rose was named Australian of the Year in 1968, the first Aborigine to be awarded the honour.

Rose continued boxing after losing his title, but many believed he was done as a prime fighter. However, he upset future world lightweight champion Itshimatsu Suzuki in a 10-round decision. Once again, he had positioned himself as a world title challenger, albeit in the lightweight division, 17 pounds over the division in which he crowned himself world champion.

## HARM MINIMISATION

Avoid injecting speed as it can have very harmful effects on your veins and the rest of your body. If you must use speed, you can reduce your chances of harm by taking the drug by mouth.

Users will often need support to reduce or stop their use completely if they have become dependent on speed. How often or how frequently you use it will depend on your treatment options, so speak to your local Aboriginal drug and alcohol worker, Aboriginal health worker or GP to discuss the options that will suit you.

## THE LAW

Possessing, using, making or selling speed is illegal. Federal and State laws have heavy penalties for the possession/manufacturing and supply of speed. If you are charged with a drug offence, you should get legal help.

Reproduced from resources of Victorian Aboriginal Community Controlled Health Organisation (VACCHO) and reproduced with their permission. Visit [www.vaccho.org.au](http://www.vaccho.org.au) for more information and other great resources which can be ordered online.

oyal

Leading up to the 1980s was a growing perception that a disproportionate number of Indigenous Australians were dying in jail after being arrested by police. The Royal Commission into Aboriginal Deaths in Custody began in 1987. It concluded that the actions of police officers were not the direct cause of these deaths, and that a large part of the problem was a disproportionately high number of Indigenous Australians are imprisoned by the law. The number of Indigenous Australians who died in custody was roughly proportional to the total number who were imprisoned, compared to other ethnicities. For example, in 2005, an Indigenous Australian was 11 times more likely to be in prison than a non-Indigenous Australian.

However, the findings were critical of the standard of care afforded to all prisoners – there was "little appreciation of and less dedication to the duty of care owed by custodial authorities and their officers to persons in custody", and that had contributed to the deaths. It also criticised the system for not investigating each death fully. A major recommendation was that "It must never again be the case that a death in custody, of Aboriginal or non-Aboriginal persons, will not lead to rigorous and accountable investigations and a comprehensive coronial inquiry."

It is now therefore not clear whether (a) there never was a widespread problem, other than one or two isolated (but nevertheless very significant) incidents, such as the Eddie Murray incident, or (b) there was once a widespread problem, but it has been cleaned up as a result of the Royal Commission.

The issue has recently surfaced again in the 2004 Palm Island death in custody controversy. Many argue the Report's recommendations still haven't been implemented, and suicide rates remain high.



# tobacco



Tobacco is a drug that comes from the dried leaves of a tobacco plant. It is the leaves that are put in cigarettes, pipes and cigars.

Tobacco leaves contain nicotine, which is one of the most poisonous substances there is. Cigarettes contain up to 4000 added chemicals.

When you smoke, you expose yourself and other people around you to these dangerous chemicals.

## STREET NAMES

Cigs, darts, durries, fags and rollies

## EFFECTS OF SMOKING

The effects of smoking include:

- Raised blood pressure and heart rate
- Decreased blood flow to extremities like your fingers and toes
- Brain and nervous system activity is stimulated for a short time and then reduced
- Nausea, dizziness, watery eyes and acid in the stomach
- Weakened taste and smell
- Reduced appetite
- Shortness of breath, persistent cough, reduced fitness
- More frequent colds and flu
- Smoking can make men impotent, and women who smoke are less fertile than non-smokers
- People who smoke in general; look older than non-smokers of the same age.

Smoking can lead to:

- Pneumonia and chronic bronchitis
- Emphysema
- Heart attacks and coronary disease
- Cancer of the body's organs
- Peripheral vascular disease – due to decreased blood flow to the legs.

## REDUCING HARM FROM SMOKING

The best way to reduce harm from smoking

is to stop smoking, or at least cut down the number of cigarettes smoked each day or switch to a lower nicotine dose cigarette. Speak to an Aboriginal health worker or drug and alcohol worker about other options such as nicotine patches and gum.

There are immediate benefits from stopping smoking at any stage.

- Nicotine and carbon monoxide will be out of the system and the lungs will be working more efficiently.
- Taste buds and sense of smell improve.
- Breath, hair, fingers, teeth and clothes will look and smell cleaner.
- Within three months, blood flow to the hands and feet improve.
- After twelve months the risks of getting cancer and heart disease are reduced.

## SMOKING, PREGNANCY AND BREAST-FEEDING

- It is especially important for pregnant and breast feeding women to stop smoking or at least cut down.
- Smoking during and after pregnancy can have many effects on the child, including increased risks of Sudden Infant Death Syndrome (SIDS) and asthma related illnesses.
- Smoking during pregnancy can affect the unborn child, they are more likely to be underweight, premature or stillborn.
- The risk of harmful effects to the foetus is greater in older mothers.

## PASSIVE SMOKING

Passive smoking is where people around the smoker breathe in their cigarette smoke, can cause serious illness even among non-smokers. To reduce the harm from passive smoking, smokers should only smoke in

# Stolen generation



The Stolen Generation refers to Australian Aboriginal and Torres Strait Islander children removed from their families by the Australian and State government agencies and church missions. This was done under acts of their respective parliaments. The removals occurred roughly between 1869 and 1969. The numbers and rationale of the removals are contested.

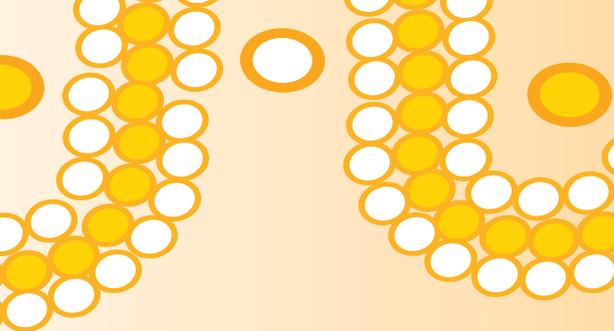
A NSW politician first used the word "stealing" from parents in 1915 when arguing against an Act that allowed removal of Aboriginal children without a cause. An enquiry into the stolen generation resulted in the 1997 report Bringing Them Home which further raised awareness of the issues involved.

In February 2008, Prime Minister Kevin Rudd made a formal apology:

"We apologise especially for the removal of Aboriginal and Torres Strait Islander children from their families, their communities and their country. For the pain, suffering and hurt of these Stolen Generations, their descendants and for their families left behind, we say sorry.

To the mothers and the fathers, the brothers and the sisters, for the breaking up of families and communities, we say sorry. And for the indignity and degradation thus inflicted on a proud people and a proud culture, we say sorry."

The taking of the children by Chris Cook in the Queen Victoria Building



open or well-ventilated areas.

### SMOKING AND THE LAW

It is illegal for suppliers to sell smokes to people who are under the age of 18yrs old. There are also laws about where you can't smoke ie: government buildings, on public transport and restaurants.

### FACTS

Nicotine:

- Nicotine is the drug in tobacco smoke that causes addiction amongst smokers.
- The strength of addiction is said to be as powerful, or more powerful, than heroin.
- Nicotine is a poison.

Tar:

- When a cigarette is lit, tar is released.
- Tar is the main cause of lung cancer and throat cancer in smokers.

Carbon Monoxide:

- Carbon Monoxide is colourless, odourless, and very toxic
- Increases the risk of heart disease.
- Hardening of the arteries and other circulatory problems.

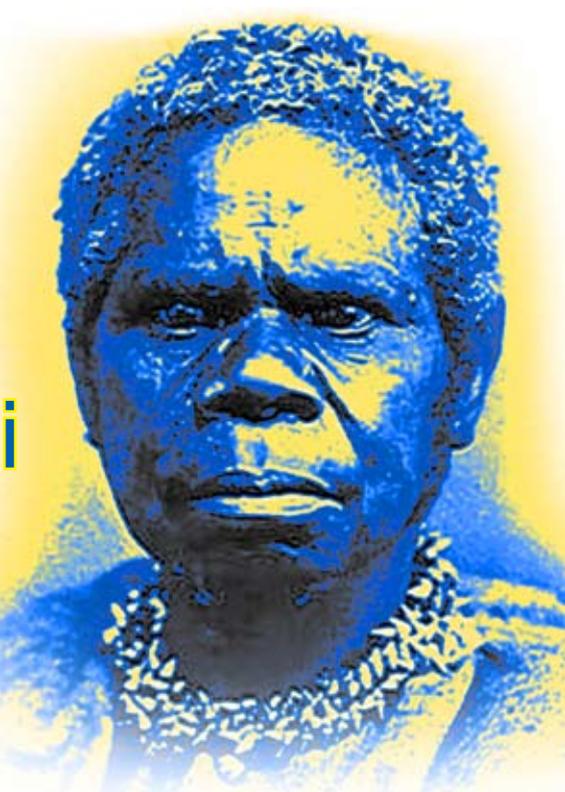
Important facts:

- Over 50% of koorie people smoke.
- Smoking kills more Indigenous Australians than non-Indigenous Australians
- 50 Australians die every day from smoking, compared to 10 who die from alcohol-related conditions or four who die from road accidents.

Reproduced from resources of Victorian Aboriginal Community Controlled Health Organisation (VACCHO) and reproduced with their permission. Visit [www.vaccho.org.au](http://www.vaccho.org.au) for more information and other great resources which can be ordered online.

# truganini

Truganini has been incorrectly called the last Tasmanian Aborigine, but her story shows the terrible decimation of Aborigines under European settlement.



Born in 1812, Truganini's life was typical of the shocking impact of European settlers. By the time she was 18, her mother was killed by whalers, her first fiance died saving her from abduction, and her sisters were abducted and sold as slaves.

There were many instances of guerilla warfare from 1804 to 1830 – the Government offered bounties for the capture of Aboriginal adults and children, and also tried to lure Aborigines into camps. Despite the violence, it was introduced diseases that especially ravaged the Tasmanian Aborigines; their population dropped from an estimated 5,000 to 300 during this time .

By 1873, Truganini was mislabelled as the sole surviving Tasmanian Aborigine and was taken to Hobart where she was called the 'Queen of the Aborigines'. She died three years later, having asked that her ashes be scattered in the D'Entrecasteaux Channel, between her home island and Tasmania.

But Truganini was buried at the former "Female Factory" in Hobart. Two years later, her skeleton was removed by the Royal Society of Tasmania and later placed on display. It wasn't until 1976 that her remains were finally cremated and scattered according to her wishes, almost 100 years after her death.

In 1997 the Royal Albert Memorial Museum, Exeter, returned Truganini's necklace and bracelet to Tasmania. Hair and skin were found in the collection of the Royal College of Surgeons of England in 2002, and they were returned to Tasmania for burial.



Four Tasmanian Aborigines in the 1860s. Truganini is seated at the far right.

# Torres strait islanders



The Government of Australia officially accepted the Torres Strait Island flag in 1995

Torres Strait Islanders are the Indigenous people of the Torres Strait Islands between New Guinea and mainland Australia. They are culturally akin to the coastal peoples of Papua New Guinea.

Torres Strait Islanders are regarded as being distinct from other Aboriginal peoples of the rest of Australia, and are generally referred to separately. There are also two Torres Strait Islander communities on the nearby coast of the mainland at Bamaga and Seisia.

Torres Strait Islanders were historically a sea-faring people, and engaged in trade with people of Papua New Guinea. Their culture is complex, with some Australian elements, some Papuan elements, and some Austronesian elements, just like the languages. Traditionally the islanders were agriculturalists although they supplemented food supplies through hunting and gathering.

Their more recent, post-colonisation history has seen new cultural influences, most notably the adoption of Christianity which caused major shifts in cultural paradigms, as well as subtler additions through the influence of Polynesian pearl-divers brought by black-birders in the 19th Century.

Eddie Koiki Mabo is arguably the most famous Torres Strait Islander for his role in a landmark High Court of Australia decision that overturned the legal fiction of terra nullius, or 'empty land'.



Artwork courtesy of IK

## MAKE SURE YOU'RE COVERED

Unprotected sex can lead to AIDS, hepatitis, and a wide range of sexually transmitted infections. Here are some helpful tips to keep you covered and protect your health.

### HOW EASY IS IT TO GET A SEXUALLY TRANSMITTED INFECTION (STI) OR HIV?

This is not an easy question to answer as it depends on so many things.

Does the other person have an STI/HIV or not? They may be infected and not know it themselves, There are many infections where not everyone will show symptoms. People always like to assume they are 'clean'. A good question to ask is "When was the last time you had a sexual health check?"

The type of sex you are having is also important – rough sex and anal sex create lots of little tears in the delicate tissues of the genital areas and put you at greater risk. There is less risk with oral sex (but risk is still risk!). Were you the giver or the taker? The receptive partner (or the taker) is at greater risk. Did he cum (ejaculate) in you? For some STI's like HIV there is a much greater risk of infection if the infected person has ejaculated cum inside you. It's safer to assume that they do have an infection, so get yourself off to your doctor. Better still, see your local sexual health clinic for a free check up. Treatment is a simple affair for

many STIs, and early detection and treatment normally avoids consequences for your health.

### THE CONDOM BROKE! WHAT ARE THE CHANCES OF GETTING PREGNANT?

Pregnancy is a possible risk when a condom breaks. The likelihood of a pregnancy depends on numerous factors. Your risk is higher:

- if you are not using any other form of contraception
- if he ejaculated in you
- at certain times in your menstrual cycle.

If you are concerned about pregnancy, the 'morning after pill' is available from sexual health clinics, and over the counter at pharmacies – no script is needed. You have 72 hours (3 days) to take it, and it's more effective the sooner you take it. By the second day this pill is only half as effective in preventing pregnancy; by the third day its effectiveness is reduced to a quarter. A visit to the sexual health clinic is better than the pharmacy as they can also give you a full sexual health check and some good information.

### I MIGHT HAVE BEEN EXPOSED TO HIV OR HEPATITIS B!

## Uluru



Uluru is one of Australia's most recognisable natural icons. Uluru is sacred to the Pitjantjatjara and Yankunytjatjara people and is listed as a World Heritage Site.

There are various Dreamtime accounts on how Uluru was created, including the earth rising up in grief over the death of two tribal leaders, two boys playing in mud after the rain, and serpent beings who waged many wars which scarred the rock.

The Australian Government returned ownership of Uluru to the Pitjantjatjara people in 1985, provided that they lease it back for 99 years under joint management.

Visitors are requested not climb the rock, partly due to the path crossing a sacred traditional Dreamtime track, and also due to a sense of responsibility for the safety of visitors to their land. The traditional owners believe they have a spiritual connection to Uluru, and feel great sadness when a person dies or is injured whilst climbing.

## THINGS TO AVOID

These are things worth checking out if you want to avoid inflammation and abrasions of the delicate linings of the vagina and anus. This kind of damage always increases your chances of an STI or HIV infection.



- Don't use spermicides, as they can cause irritation and inflammation
- Women should not douche (squirting water or a solution into the vagina or anus) as this only pushes semen higher into the body and can dry out the vagina, causing tiny cuts and splits
- Don't rub too hard or scratch yourself with nails or jewellery when washing your penis, anus or vagina.

Post-exposure Prophylaxis (PEP) is a treatment that can be given after possible exposure to HIV or hep B.

For example, if the condom breaks/slips off and your partner tells you (or you suspect) they have HIV or hep B, go to the emergency department or sexual health clinic and ask for PEP for HIV or PEP for Hep B.

PEP is given to decrease the risk of infection with the HIV or hep B virus, but it doesn't reduce the risk of other sexually transmitted infections or the hep C virus. You have 72 hours (3 days) to start taking PEP treatment, and the sooner you start the more effective it is. Of course, the best way to avoid becoming infected with HIV, STIs or hep C is to :

- always use condoms and dental dams during sex
- get hep B vaccinated (free at sexual health clinics)
- never share any injecting equipment, including spoons, water, filters and tourniquets
- wash your hands before and after each injection.

## TOP 10 REASONS WHY CONDOMS BREAK OR SLIP OFF

### 1 THE YEAR 10 FRANGER

So you finally got a bit, but the condom is out of date. Condoms only last two to three years if stored correctly. The expiry date is on the wrapper. Only use them if they are within the expiry date.

### 2 SEEN BETTER DAYS

Keep condoms in cool dry places, away from direct sunlight. Cars and wallets are not good places to store them for any length of time, but fine for just the weekend!

### 3 THE LOVE BITE

You bit through the condom when opening the wrapper. Only use your fingers to rip the wrapper open, no matter how keen you are to get into things!

### 4 BURNING RUBBER

This happens if you don't use enough lubricant on the outside of the condom. If the condom gets dry the friction will make it break. Apply lube regularly throughout your session – your partner will appreciate it too!

### 5 SIZE DOES MATTER

Condoms come in a variety of sizes, so use the right condom for the job – too small and they can break, too big and they can slip off.

### 6 THE WET WILLY

Sometimes condoms slip off because there is too much 'pre-cum' or lube inside the condom. If this happens you will need to change the condom during sex. If you do put lube inside the condom to increase sensitivity, only use one to one-and-a-half drops!

### 7 LED ZEPPELIN

When putting on a condom, pinch the tip with your fingers to squeeze the air out. Condoms can burst during ejaculation, or 'cumming', if the tip is full of air.

### 8 THE HUNGRY SPONGE

If you use sea sponges to stop blood flow in the vagina, they can literally pinch the tip of the condom and tear the tip.

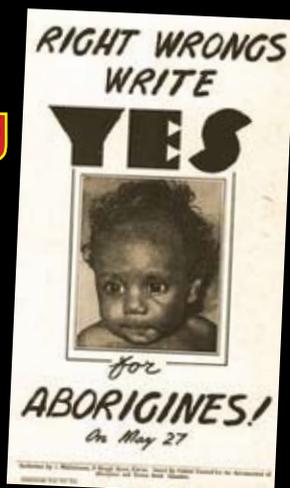
### 9 BACK IN 5 – QUALITY CONTROL

Sometimes a bad batch of condoms gets out in the market. Chuck the lot or take them back for exchange if you think you've got some dud ones!

### 10 SABOTAGE

Condoms can be tampered with before or while putting them on. People have been known to try and break them with their nails while putting them on. Take care if you don't know your partner well!

## Voting



An amazing 90.77 per cent of voters ticked the yes box in 1967 when deciding on the legal status of Indigenous Australians. It is widely believed this referendum finally gave them citizenship and voting rights, but strangely enough they already had these rights!

Indigenous Australians were given the right to be citizens in 1947, and technically the Constitution guaranteed them the right vote. So what was it all about?

First, the referendum wanted Indigenous Australians to be included in the census; they hadn't been counted to that point, and as such could not be seen as 'citizens' in the way all non-Indigenous Australians were. Second, the referendum sought to give the Commonwealth Government the right to override State laws that were unjust or racist.

So what about voting rights? The Constitution had given Indigenous Australians voting rights in Commonwealth elections only if their State granted them that right. But Australia's first Solicitor-General interpreted this as only including people who were already State voters in 1902, so both Commonwealth and State electoral rolls typically included an 'o' next to the names of Indigenous Australians to deny them voting in Commonwealth elections.

In 1962 Indigenous Australians were given the vote in Commonwealth elections irrespective of their voting rights at the state level. Late in 1962 they were given the vote in Western Australian state elections and in 1965 they were granted that right in Queensland.

# hiv

## The amazing retrovirus

If one took a step back, a drug user could be forgiven for thinking that the only real health information users seem to receive is regarding illnesses we may 'spread' to others, namely HIV, hepatitis C and hepatitis B.

In reality though, many long-term drug users could identify numerous life-threatening but non-infectious illnesses that are related to injecting drug use, yet would consistently find this type of information hard to find, and rarely given out.

Whichever way you look at it, HIV/AIDS has affected almost everyone in one way or another, and although there is currently no cure, a huge amount of knowledge has been gathered about HIV and the way it behaves in the body.

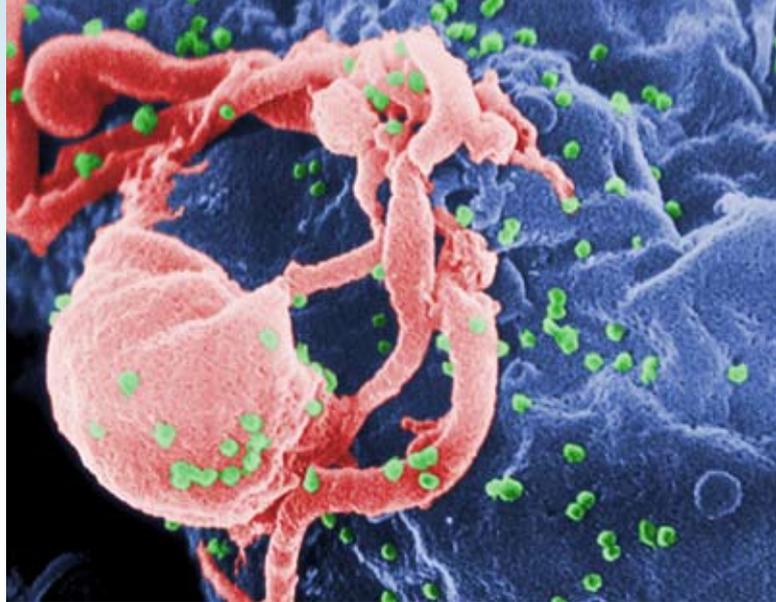
Unfortunately, information is seriously lacking for drug users who are positive. It is a very bleak picture when looking at the specialist knowledge needed regarding drug user-specific infections. There are also huge questions surrounding the complex interactions between controlled and illicit drugs with combination therapies, the scarcity of information concerning dual diagnosis (HIV and HCV), and the absence of opportunities for drug users to take part in trials and research.

Let's expose the inner workings of this extremely clever 'retrovirus'. By pulling together such words like lymphocytes, T- cells, macrophages and antibodies. This may help create a picture of not only the progression of HIV and how it works in the body, but could also give an understanding into how some of the new HIV drug regimes are thought to work.

### HIV AND AIDS

Even now in the new millenium, we still hear talk of the 'AIDS virus' and an 'AIDS test', but AIDS (Acquired Immune Deficiency Syndrome) is an acquired condition rather than an inherited one — a syndrome with a number of manifestations rather than a single disease. Most scientists believe that HIV (Human Immuno Deficiency Virus) is the virus that causes AIDS. By attacking and destroying the immune system (the part of the body responsible for fighting off infections and diseased and malignant cells), the human body cannot even fend off the most trivial of illnesses.

Various viruses, bacteria and other micro-organisms seize



such an opportunity (the reasoning behind the word opportunistic infections) and multiply while the body's defenses are down. Consequently, a problem that would be easily overcome by a healthy immune system could now become life threatening for someone with a severely depleted immune system. Defects in immunity can also allow certain cancers (malignant cells) to develop.

### THE BRILLIANT WORKINGS OF A RETRO VIRUS

Viruses are not capable of existing independently. They are tiny parasites, and in order to survive, they must find a host cell in which they can reproduce or replicate themselves. All viruses are structured in a similar way. Their outer coat is a protein shell, often wrapped in a fatty envelope, which holds the virus' inner core. This core (nucleus) is where the virus gets its genetic material (its genes), the blueprint which tells the virus what it is, what it does, and how it does it. This genetic material is stored as an individual sequence of small molecules that make up a strand of either DNA (deoxyribonucleic acid) or RNA (ribonucleic acid), sometimes referred to as 'beads on a necklace'.

Most living organisms, by contrast, have their genetic material stored as DNA. From each particular sequence of molecules, the cells of plants and animals make a mirror image of this genetic material. This copy is called RNA. The RNA contains all the information needed for a cell to survive and do its job. The genetic material of the group of viruses called retroviruses — to which HIV belongs, is made up of RNA rather than our more usual DNA.

But this is no copy. 'Retro' means backwards, and retroviruses are so called because instead of making the usual RNA copy out of its genetic material — its DNA — HIV does the opposite. This means that once it enters a host cell, its RNA will then change dramatically, as the viral RNA makes a DNA copy, thanks to a remarkably versatile enzyme called reverse transcriptase.

Reverse transcriptase is unique to retroviruses, and does not occur in human cells. Such individuality has become important

# Xavier rudd



Here we are under these particular stars

Here we stand Victorian

Where the white folk can grow to know

So very little about the black folk

The same folk who rightfully own

This piece of beauty that we call our home

Xavier Rudd is an Australian singer whose songs frequently centre on the rights of Aborigines and the environment. He learned to play the didgeridoo by practising on a vacuum cleaner hose. Rudd describes himself as a full-time barefooter, claiming not to own or wear footwear. He is also a vegetarian, and was awarded PETA's annual World's Sexiest Vegetarian Celebrity award for 2007.

A popular analogy for HIV replication is the take-over of a factory assembly line (the host immune cell) by new management (HIV), which uses existing machinery (the host cell's DNA) to manufacture new products (more HIV), which in turn, leave to take over new factories (other immune cells).

when designing HIV drugs. The trick is to find some way of knocking out the virus without destroying the human cells in which it lives. (You may have heard of drugs called Reverse Transcriptase Inhibitors such as AZT — obviously inhibiting the role of this enzyme to assist in the RNA conversion).

A popular analogy for HIV replication is the take-over of a factory assembly line (the host immune cell) by new management (HIV), which uses existing machinery (the host cell's DNA) to manufacture new products (more HIV), which in turn, leave to take over new factories (other immune cells).

However, the DNA copy of this viral chromosome, with continued help from the reverse transcriptase, then goes a step further. It violates the very essence of its victim's (the host cell) being — by entering the core or nucleus of the cell and inserting itself into the host's chromosomes. Most retroviruses can only accomplish this feat when a cell is dividing and this is where HIV has a great advantage. It can actually inset copies of itself into the chromosomes of non-dividing cells. This then opens up HIV to whole classes of cells that are normally protected from retroviral invasion. It is the very fact that HIV attacks immune cells, which leads to the immune deficiency seen in AIDS. Most viruses will only enter other body cells leaving the immune system free to respond.

Chemical changes within the cell cause the host cell to refer to its genetic information for clues as to how to deal with this new uninvited intruder — HIV. But of course, HIV has already incorporated its own genetic material into the hosts cell, so when the cell begins reading for information, it will inadvertently read HIV's DNA. Acting as though it is putting up a form of defense, it is tricked into making many new copies of HIV particles, replicating HIV's blueprint. It is clear that HIV affects the immune system in a way which allows it to continue to reproduce itself, gaining an advantage.

The way a retrovirus such as HIV works is indeed very complex. We have only discussed one aspect of the whole process here, and scientists are always learning more. The new drugs that have come onto the scene for HIV-positive people since 1995 have indeed seemed to help some people, but we are still unsure of the long-term effects of such highly toxic drugs on the body.

Reproduced with permission of Black Poppy, a UK-based drug user organisation. Check out their website at [www.blackpoppy.org.uk](http://www.blackpoppy.org.uk) for heaps of useful information.



**Kick It!**

Drink or smoke, have a toke  
Snort the lot or have a shot.

*Chemical dependencies*  
Seem to rule our lives  
One day I'll kick the bucket  
Or kick the habit, I'll strive!

It's a lot harder than people think  
To go without a smoke or toke,  
snort, shot or drink  
Body craves and makes a hole  
Is it to be chemical dependencies  
to ravage your soul?

*Kick the habit, don't even dabble*  
*Kick the habit, rid the pain*  
*Chemical dependencies amidst my brain*  
*Kick the habit!*

Andrew Diggins

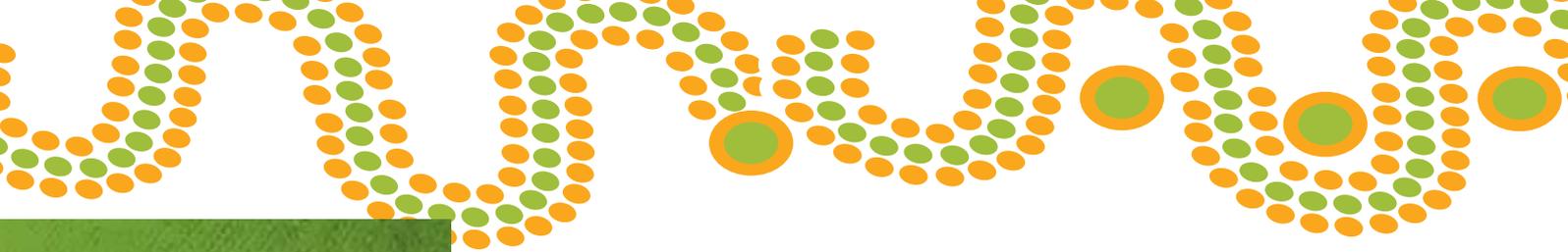
## Warumpi band

**Black fella, white fella**  
**It doesnt matter what your colour**  
**As long as you a true fella**  
**As long as you a real fella**

The lyrics from Black Fella White Fella sum up the spirit of reconciliation that Indigenous people of Australia seek with the "white fellas". The Warumpi Band hails from Papunya in the Northern Territory and were the support act in 1986 with Midnight Oil on the Blackfella Whitefella Tour which brought one of Australia's biggest bands to some of the country's remotest locations. The Warumpi Band went on to complete a successful tour of Germany, France, Poland, Switzerland, Italy and the United Kingdom.

The band's name derives from the honey-ant dreaming site located near the settlement of Papunya which is 260 kms west of Alice Springs.





Yarndi is an Indigenous word often used to describe marijuana. Yarndi is a drug that comes from a plant called the cannabis sativa plant. It is the dried leaves of the plant that is called marijuana.

It is a 'depressant' which means it slows down your body's system. Yarndi can slow down your ability to do things that you would normally do in your life everyday.

**STREET NAMES**

Yarndi, marijuana, grass, pot, hash, weed, dope, reefer, gunja, joint, stick, mary-jane and hooch.

**EFFECTS**

Yarndi decreases your co-ordination and balance. It can affect your memory and the ability to think logically if you have used it for a long time. It also affects your vision. The effects of yarndi can last for hours, even days and will stay in your system for a long time. People who have smoked for a long time and stop suddenly may experience some withdrawal effects, which are anxiety, restlessness and difficulty in sleeping.

Some long-term effects include an increased risk of respiratory illnesses such as lung cancer and bronchitis, psychosis and other psychiatric behavior such as confusion, anxiety and paranoia. People with a history of mental illness should be cautious because yarndi can act as a trigger for these mental conditions.

**Dependence and Tolerance = cost**

Using Yarndi all the time may increase the amount used to get a better 'high' because as you increase your use your tolerance level becomes higher so you need more. People who smoke a lot may spend too much money on the drug – there may not be enough money for food, rent, clothes and bills.

**REDUCING HARM FROM YARNDI**

The best way to reduce harm from yarndi is not to use it at all. If you choose to use yarndi, then you can reduce the harm by; only smoking small amounts, or not smoking as much, not

using other drugs at the same time, and not driving or operating machinery during or after yarndi use.

**YARNDI AND OTHER DRUGS**

It's quite dangerous to mix any other drugs with yarndi, especially with alcohol. This may lead to risky behavior such as unsafe sex practices or driving a car, which may result in harm to yourself and others.

It is dangerous to mix or combine any drugs.

**YARNDI AND PREGNANCY**

There is not much evidence so far about the effects of yarndi on unborn babies or babies who are being breastfed. The chemical in yarndi, THC can move from the bloodstream of the mother to the unborn baby.

It is best that a women doesn't use yarndi during pregnancy or when breastfeeding. Its possible that a baby may be born small if yarndi has been used during the pregnancy, and small babies are more likely to get infections and breathing problems. It also effects hormone production and sex drive.

**TREATMENT**

Speak to your Aboriginal Alcohol and Drug worker or your Doctor to discuss the treatment options that will suit you, if you want to quit or cut back on your drug use.

**YARNDI AND THE LAW**

Yarndi is illegal. If the police catch you in possession of a joint or a bag/gram you can be prosecuted, even if you are not actually using it yourself.

If you are prosecuted and found guilty, you get a criminal record and criminal records stay with you for the rest of your life.

Reproduced from resources of Victorian Aboriginal Community Controlled Health Organisation (VACCHO) and reproduced with their permission. Visit [www.vaccho.org.au](http://www.vaccho.org.au) for more information and other great resources which can be ordered online.

**Yothu yindi**



This land was never given up  
 This land was never bought and sold  
 The planting of the Union Jack  
 Never changed our law at all...

Yothu Yindi has long promoted the need for mutual respect and understanding in the coming together of different cultures, typified in their song Treaty. The band has both Aboriginal and non-Aboriginal members, and combines aspects of both musical cultures, from guitars and drums to traditional didgeridoos and clapsticks. Yothu Yindi hail from the Yolngu homelands on the north-east coast of Australia's Northern Territory, celebrating their deep spiritual connections with the land where their ancestors have lived for more than 40,000 years.

# SYPHILIS

Artwork courtesy

Syphilis is a curable sexually-transmissible infection. There may be 800 or so people in Queensland infected with syphilis each year. If it is not treated, the infection then spreads through the body and may infect the brain and other organs, with serious long-term effects.

## SYMPTOMS OF SYPHILIS

The first sign of syphilis is a painless sore or ulcer, usually on the genitals but it can occur elsewhere on the body. If it is not treated, the sore or ulcer will heal and go away; however, the syphilis infection remains in the body.

## HOW SYPHILIS IS SPREAD

You can get syphilis through sexual contact (vaginal, anal or oral sex) with a person who has syphilis. Syphilis can also be passed from a mother to her baby during pregnancy.

## TREATMENT FOR SYPHILIS

Usually, blood tests are taken. However, swabs can be taken from the ulcer or sore of early syphilis infection and tested for syphilis.

If you have syphilis, your previous sexual partners need to be tested and treated. This is a confidential process and your name will not be mentioned.

The most effective treatment for syphilis is a course of penicillin injections. If you are allergic or sensitive to penicillin, your doctor will discuss the best alternate treatment choice with you.

## HEALTH OUTCOME WITH SYPHILIS

If the first signs of syphilis are not treated, the next sign may be a rash all over the body, hair loss or eyebrow loss. A rash may develop all over the body, including the soles of the feet and the palms of the hands. In most people, it is not itchy. During this time, there may also be painless warty lumps around the genital area, hair loss, eyebrow loss, swelling of the lymph glands and other complications.

If the infection is not treated, the rash will go away, although it

may come and go for up to a year. However, the syphilis infection still remains in the body and people can still infect their sexual partners during this time.

If still not treated over time (which may be many years), the syphilis infection invades different parts of the body. In particular, it causes problems with nerves, the brain and the large blood vessels near the heart. It can pass, via the placenta, to an unborn baby.

If syphilis is not treated, it can also continue to be passed on to sexual partners for about two years. Syphilis also increases the risk of HIV, and HIV being passed to unborn babies.

## PREVENTION OF SYPHILIS

You should not have sex with someone who has a visible genital ulcer or sore. Genital ulcers or sores could be due to some other sexually transmissible infection – such as herpes, genital warts, molluscum or scabies. If your sexual partner or intended sexual partner has a genital sore or ulcer, advise that person to have a sexual health check.

Practise safer sex. Always using condoms when you have vaginal or anal sex is the best way to reduce your risk of getting syphilis.

If you are giving a man oral sex (his penis in your mouth), then he will need to wear a condom. It does not matter whether you are male or female, if you put your mouth in contact with your partner's anus or vulva while having sex you will need to use a dental dam.

For more information on genital herpes, you can talk to:

- your local doctor
- your local sexual health clinic
- your local family planning clinic.

This information has been adapted from Queensland Health. Visit their website at: <http://www.health.qld.gov.au/sexhealth>

# Z



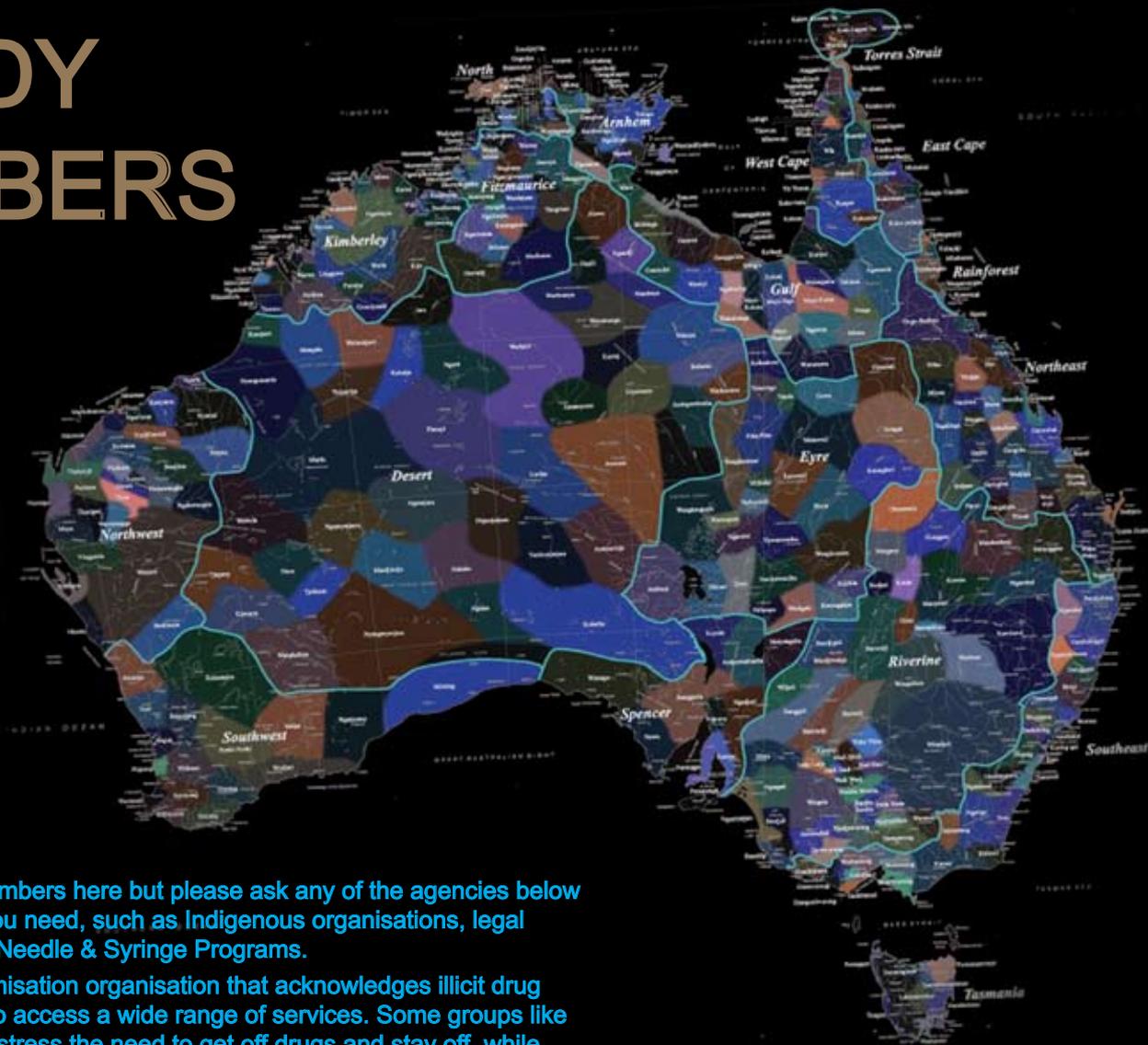
There doesn't seem to be a Z in any Aboriginal language, so let's check out the languages themselves. The late 18th century saw up to 750 languages or dialects, but sadly now less than 200 remain, and all but 20 are highly endangered.

Of the surviving languages, only 10% are being learned by children. Bilingual education is being used successfully in some communities (in one recent case white teachers near Alice Springs were required to learn the local language!). A couple of the most populous Australian languages, such as Warlpiri and Tiwi, have around 3000 speakers.

The Australian languages form a language area, sharing much of their vocabulary and sharing many distinctive features across the entire continent, except for the Tasmanians – they were nearly wiped out by colonisation, and their languages went extinct before much was recorded. They were separated from the mainland at the end of the last ice age, apparently without outside contact for 10,000 years. Too little is known to classify these languages yet, but there were some similarities with mainland languages.

There are also commonly speech taboos during extended periods of mourning or initiation that have led to a large number of Aboriginal sign languages.

# HANDY NUMBERS



We can't include all numbers here but please ask any of the agencies below for extra information you need, such as Indigenous organisations, legal problems, housing, or Needle & Syringe Programs.

QuIHN is a harm minimisation organisation that acknowledges illicit drug users should be able to access a wide range of services. Some groups like Narcotics Anonymous stress the need to get off drugs and stay off, while other groups like QuIHN also offer the options of reducing your drug use, or just reducing the harms that might occur with your drug use.

It's your life... it's your choice!

## QUEENSLAND

Queensland Injectors Health Network (QuIHN)  
Information, resources, Needle & Syringe Programs, and support services for illicit drug users and significant others.  
Head Office (07) 3620 8111  
Gold Coast region (07) 5520 7900  
Sunshine Coast (07) 5543 9576  
Rockhampton (07) 4923 7443  
Cairns (07) 4051 4742

### Alcohol, Tobacco and other Drug Services (ATODS)

For information regarding the location of your nearest Alcohol, Tobacco and other Drug Service, please call the 24 hour Alcohol and Drug Information Service:  
(07) 3837 5989 (Brisbane & interstate)  
1800 177 833 (regional Queensland)

Narcotics Anonymous  
(07) 3391 5045

## VICTORIA

Victorian Aboriginal Community Controlled Health Organisation (VACCHO)  
VACCHO represents the Aboriginal community-controlled health sector within Victoria.  
Telephone: 03 9419 3350

Ngwala Willumbong Cooperative  
Alcohol and other drug services.  
Telephone: 03 9510 3233

DrugInfo Clearinghouse  
Information service for alcohol and other drugs. Phone 1300 85 85 84

Direct Line offers a 24/7 confidential alcohol and drug counselling and referral service by calling 1800 888 236

Narcotics Anonymous  
(03) 9525 2833

## TASMANIA

Alcohol and Drugs Information Service (ADIS) offers a 24 hour telephone information and counseling service.  
Tasmania: 1800 811 994

## NEW SOUTH WALES

Alcohol and Drug Information Service (ADIS) offers a 24 hour confidential information, advice and referral telephone service for information about drugs, including methadone, safer injecting advice, parent advice and detox.  
Sydney: (02) 9361 8000  
Regional NSW: 1800 422 599

### NSW Users & AIDS Association

Harm reduction information relating to illicit drugs, HIV and hep C.  
Ph: (02) 8354 7300

Narcotics Anonymous  
(02) 9519 6200

## ACT

Telephone service offering information, advice, referral, intake, assessment and support for individuals, family and friends, general practitioners, other health professionals, business and community groups.

## WESTERN AUSTRALIA

24 hour, confidential telephone service that provides information, counselling, referral and advice to anyone concerned about their own or another's alcohol or other drug use.  
Perth: (08) 9442 5000  
Regional WA only (free call): 1800 198 024  
Interpreters and translators: 13 14 50 (TIS) or 13 36 77 (TTY)

Narcotics Anonymous  
(08) 9227 8361

## NORTHERN TERRITORY

Alcohol and Drug Information Service (ADIS) offers a 24 hour alcohol and drug telephone information and counseling service.  
Ph: 1800 131 350

## LIFELINE IN ANY