

# CARBAL YARNIN!

**FEBRUARY 2017**



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**and much much more.....**



NEWSLETTER | FEBRUARY 2017

## CEO - MESSAGE

**We continue to facilitate the delivery of an extensive range of health and medical services including two full General Practice clinics and 21 health related programs**

Dear valued members of the Carbal Medical Services Community,

**The New Year is well and truly underway and things are extremely busy at Carbal Medical Services! We have continued to expand our services markedly and currently operate from five separate sites situated in Toowoomba and Warwick. We continue to facilitate the delivery of an extensive range of health and medical services including two full General Practice clinics and 21 health related programs.**

Carbal receives funding primarily from the Commonwealth Government, Qld State Government and the Darling Downs and West Moreton Primary Health Network to deliver a range of programs including New Directions mums and bubs support, Tackling Indigenous Smoking, Young Parents Support, Early Intervention services, Personal Helpers and Mentors support, Integrated Team Care services, Strong Fathers, Murri Court Support services and Chronic Disease prevention. Additionally, we have just commenced offering counselling and support services under the banner of Carbal Alcohol and Other Drug Support Services. Carbal has also been contracted to deliver an accredited Mental Health Skills Training course for Doctors in six sites across the Darling Downs.

Carbal currently has 22 Allied Health professionals, including Psychologists, Podiatrists, Dieticians, Speech Pathologists, Diabetes Educators, Physiotherapists, Exercise Physiologist, Occupational therapists and home medication and pharmacy specialists conducting regular clinics at our sites. Information on the full range of programs and services that are available at Carbal Medical Services is available by contacting staff at any of our sites. We employ a number of Aboriginal Health workers who can sit with you and discuss your needs and how you can access the diverse range of services at Carbal. All services provided by Carbal are completely bulk-billed and we operate an extensive transport service to assist clients with access to our services. There are currently 69 staff employed at Carbal, 41 of whom are of Aboriginal or Torres Strait Islander descent. All staff participate in Cultural Awareness Training delivered by Dr Maree Toombs from the University of Qld and we pride ourselves on providing culturally safe and considerate service to our clients. Carbal commenced in 2002 and now delivers direct daily health and support services to more clients that at any time in our history.

**Aboriginal Medical Services (AMS) like Carbal are recognised by governments at all levels as being the most effective way to address the great disparity in health expectations between Indigenous and Non-indigenous Australians and are the primary mechanism for delivering initiatives that have been identified under 'Closing The Gap' as being of most benefit in this regard.** As in all cases, an initiative can only be effective if it is embraced by the community and in this regard I would like to thank the many stakeholders who took the time to respond to our recent stakeholder survey. We will publish a summary of the findings in upcoming editions of this newsletter but it is clear that 99% of respondents are extremely satisfied and supportive of what we are doing and how we are delivering outcomes as an organisation. I thank you all for your continued support and encouragement and look forward to bringing a range of 'Good News' stories to our community as the year progresses. Whatever it takes to make the difference that is so critically required.....Carbal will find a way.....

Regards,

Brian Hewitt

**M.Ed., B.Ed., Dip Ed., JP Qual**

**CEO CARBAL MEDICAL SERVICES**

# NEW DIRECTIONS EXPANSION TO THE SOUTHERN DOWNS



## NEW DIRECTIONS MUMS & BUBS PROGRAM




**FREE SERVICE**

That can help and support YOU!

Happy New Year to you and your families from the New Directions Team! We start off the year with some great news – we now have Norma focusing on her Midwifery full time in Warwick!

directions, support and information



Support and information to antenatal and postnatal Indigenous women

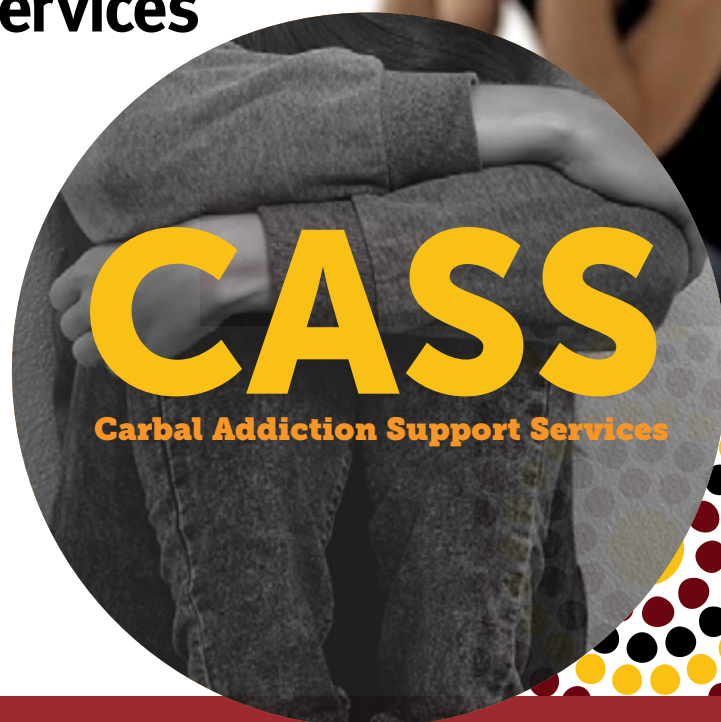
Norma offers support and information to antenatal and postnatal Indigenous women/children and their family, as well as assisting with 715 Health Checks, Immunisations and some Pathology Requests.

To make things a bit easier for Mum, we will be offering Home Visits for Antenatal and Postnatal appointments.

*To find out more information about the services on offer with the New Directions Program in Warwick,*

please call 07 4661 0800 and speak to Norma.

# **Carbal** **ADDICTION** **SUPPORT** **SERVICES**



**In response to a long standing need Carbal has successfully sought funding from the DDWMPHN to provide an Alcohol and other Drug rehabilitation service to Aboriginal and Torres Strait Islander people and their families.**

**Offering culturally appropriate support for Aboriginal and Torres Strait Islander people struggling with alcohol and other drug issues. Holistic ongoing support will be provided for withdrawal, rehabilitation and relapse prevention.**

- ✓ **Using a holistic approach, a Case Worker and Counsellor will work with clients, their families and clinicians to provide supported at-home withdrawal and community based rehabilitation and recovery services.**

**This service is based at  
Carbal's South Street site.**

VERSION 1 February 2017

## **INTERESTED?**

**Please contact Andrew or Karen on 46 397 400 for more information about referrals and services.**

**[carbal.com.au](http://carbal.com.au)**

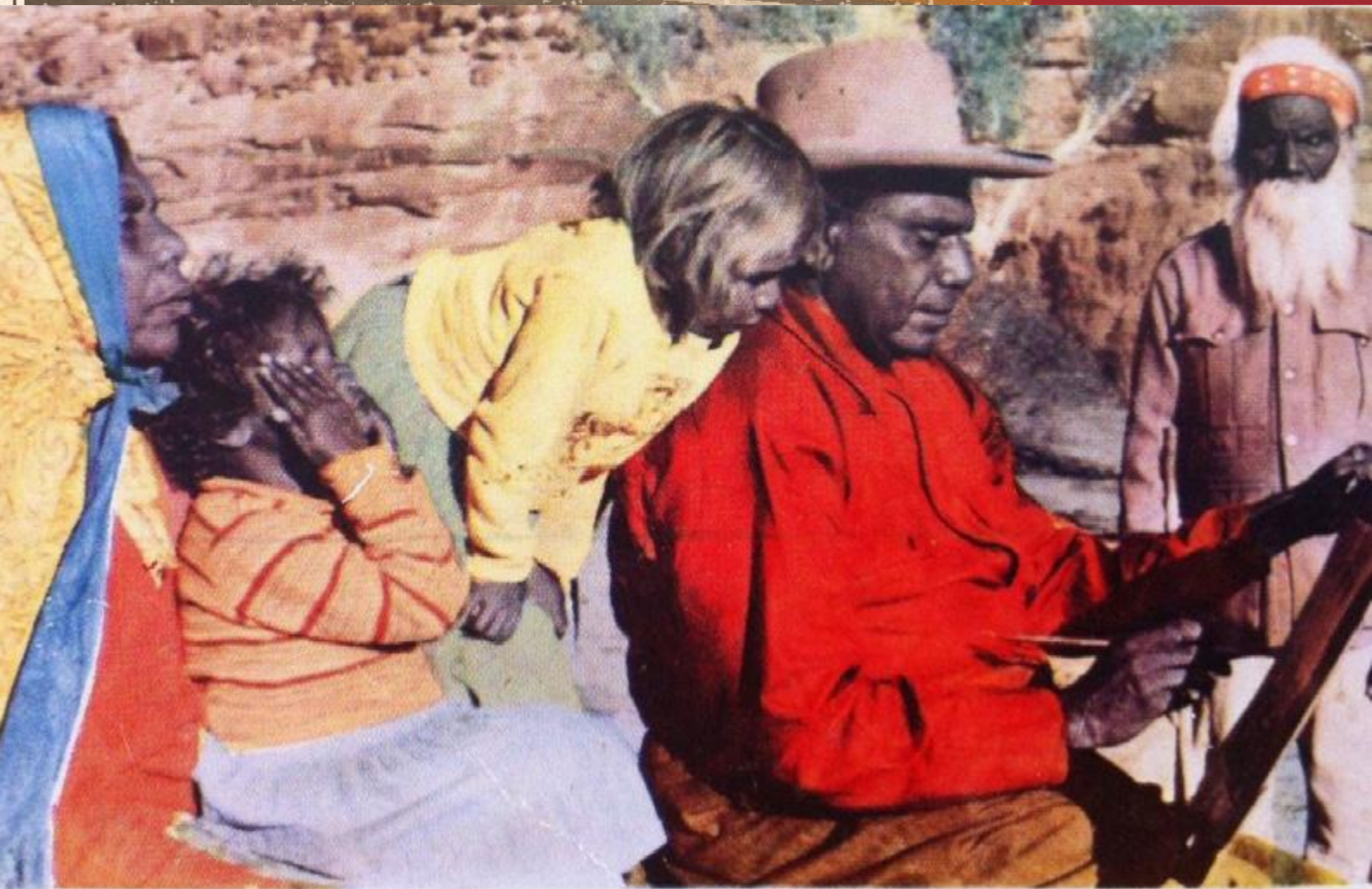
# INFLUENTIAL INDIGENOUS PEOPLE

Albert Namatjira

\*Image credit:

<https://www.flickr.com/photos/hwmobs/25376643823>

# HISTORY



ALBERT NAMATJIRA AND FAMILY, ALICE SPRINGS, N.T.



## INFLUENTIAL INDIGENOUS PEOPLE

Namatjira, Albert (Elea) (1902–1959)

In October last year, Carbal began to feature an influential Indigenous Australian to its Carbal Yarnin editions. To start us off this year, we have Albert Namitjira, famous artist. Indigenous Australian to its Carbal Yarnin editions. To start us off this year, we have Albert Namitjira, famous artist.

**Raised Albert (Elea) Namatjira (1902-1959), artist, was born on 28 July 1902 at Hermannsburg (Ntaria), Northern Territory, son of Namatjira and his wife Ljukuta. Elea belonged to the western group of the Arrernte people. In 1905 the family was received into the Lutheran Church: Elea (who was given the name Albert) and his father (who took the name Jonathan) were baptized, and his mother was blessed (as Emilie).**

Albert attended the Hermannsburg mission school. In accordance with the practice of the missions, he lived separately from his parents in a boys' dormitory. At 13 he spent six months in the bush and underwent initiation. He left the mission again at the age of 18 and married Ilkalita, a Kukatja woman. Eight of their children were to survive infancy: five sons—Enos, Oscar, Ewald, Keith and Maurice—and three daughters—Maisie, Hazel and Martha. The family shifted to Hermannsburg in 1923 and Ilkalita was christened Rubina.

In his boyhood Albert sketched 'scenes and incidents around him . . . the cattle yard, the stockmen with their horses, and the hunters after game'. He later made artefacts such as boomerangs and woomeras. Encouraged by the mission authorities, he began to produce mulga-wood plaques with poker-worked designs. Meanwhile, he worked as a blacksmith, carpenter, stockman and cameleer—at the mission for rations and on neighbouring stations for wages. The spectacular scenery of Central Australia, then entering the national consciousness as a symbol of Australian identity, attracted artists to Hermannsburg, among them [Rex Battarbee](#) and John Gardner. During their second visit in 1934 they held an exhibition for an Aboriginal audience. The Arrernte were familiar with illustrations of biblical scenes, but none had seen landscapes depicting their own surroundings.

Motivated by a deep attachment to his country and the possibility of a vocation that offered financial

return, Namatjira expressed an interest in learning to paint. In 1936 he accompanied Battarbee as a cameleer on two month-long excursions in and around the Macdonnell Ranges. Battarbee was impressed by his evident talent. In the following year Pastor [Friedrich Albrecht](#), the superintendent of Hermannsburg, displayed ten of Namatjira's watercolours at a Lutheran conference held at Nuriootpa, South Australia. Battarbee included another three of his water-colours in an exhibition with the Royal South Australian Society of Arts, Adelaide. In 1938 the two men went on an expedition, during which Battarbee taught him photography. Later that year Namatjira held his first solo exhibition at the Fine Art Society Gallery, Melbourne. With Battarbee's assistance as teacher, dealer and mentor, a school of artists developed around Namatjira.

Although Namatjira is best known for his water-colour landscapes of the Macdonnell Ranges and the nearby region, earlier in his career his imagery had included tjuringa designs, biblical themes and figurative subjects. He also produced carved and painted artefacts, and briefly painted on bean-wood panels. Superficially, his paintings give the appearance of conventional European landscapes, but Namatjira painted with 'country in mind' and continually returned to sites imbued with ancestral associations. The repetition, detailed patterning and high horizons—so characteristic of his work—blended Aboriginal and European modes of depiction.



Namatjira's initiatives won national and international acclaim. As the first prominent Aboriginal artist to work in a modern idiom, he was widely regarded as a representative of assimilation. In 1944 he was included in *Who's Who in Australia*. He was awarded Queen Elizabeth II's coronation medal (1953), presented to the Queen in Canberra (1954) and elected an honorary member of the Royal Art Society of New South Wales (1955). His quiet and dignified presence belied the underlying tensions in his life.

With fame came controversy. Namatjira's brilliant career highlighted the gap between the rhetoric and reality of assimilation policies. He encountered an ambiguous response from the art world. Some criticized his water-colour landscapes as derivative and conventional, others viewed them as evidence of acculturation and a loss of tribal traditions. Tensions arose between Namatjira and the Aranda Arts Council (chaired by Battarbee) when the council tried to maintain control over the quality and quantity of his work. Namatjira also encountered racial discrimination. He was refused a grazing licence in 1949-50 and prevented in 1951 from building a house on land he bought at Alice Springs. Seeking further means of support for his family, he discovered copper deposits at Areyonga Reserve, but they proved commercially unviable. By the early 1950s he lived independently of the mission in a fringe camp at

Morris Soak on the outskirts of Alice Springs.

The citizenship granted to Namatjira in 1957 led to further anomalies. Exempted from the restrictions imposed on other 'full-blooded' Aborigines, he had access to alcohol which he shared with members of his family in accordance with Aboriginal custom. In 1958 he was charged with supplying alcohol to the artist Henoah Raberaba and sentenced to six months imprisonment with labour. Following a public outcry and two appeals, the sentence was reduced to three months. Namatjira finally served two months of 'open' detention at the Papunya settlement in March-May 1959. He died of hypertensive heart failure on 8 August that year at Alice Springs Hospital and was buried with Lutheran forms in the local cemetery. His wife, five sons and one of his daughters survived him.

For a time Namatjira's name drifted into obscurity, his achievements largely eclipsed by the 'dot painting' style developed at Papunya in the 1970s. Recent re-evaluations recognize his influence on Aboriginal artists in Central Australia and elsewhere. In 1994 members of the Hermannsburg Potters, led by his grand-daughter Elaine, acknowledged Namatjira's legacy by producing a terracotta mural for the headstone of his grave. The work is a landscape combining three sites in the Macdonnell Ranges which were the subjects of his paintings.

### Select Bibliography:

C. Mountford, *The Art of Albert Namatjira* (Melb, 1944)  
 R. Battarbee, *Modern Australian Aboriginal Art* (Syd, 1951)  
 J. D. Batty, *Namatjira* (Melb, 1963)  
 N. Amadio et al, *Albert Namatjira* (Melb, 1986)  
 J. Hardy et al (eds), *The Heritage of Namatjira* (Melb, 1992)  
*Herald* (Melbourne), 29 Mar 1947, 'Weekend Magazine'  
*Centralian Advocate*, 20 Sept 1985  
*Namatjira the Painter* (motion picture, 1974, National Film and Sound Archive)  
*Sons of Namatjira* (motion picture, 1975, National Film and Sound Archive private information).

### Related Thematic Essay:

Sue Taffe, *The Council for Aboriginal Rights* (Victoria)  
 Related Entries in NCB Sites  
 Chisholm, Bruce (friend)  
 Robinson, Elizabeth Anne (acquaintance)  
 Roughsey, Dick (influenced)  
 Poignant, Harald Emil Axel (related entry)

### Citation Details:

Sylvia Kleinert, 'Namatjira, Albert (Elea) (1902-1959)', *Australian Dictionary of Biography*, National Centre of Biography, Australian National University, <http://adb.anu.edu.au/biography/namatjira-albert-elea-11217/text19999>, published first in hardcopy 2000, accessed online 13 February 2017.

This article was first published in hardcopy in *Australian Dictionary of Biography*, Volume 15, (MUP), 2000

If you would like to learn more about Albert Namitjira or his Artwork, head to either of the following:

<http://www.aboriginalartonline.com/art/namatjira.php>  
<http://nga.gov.au/namatjira/Gallery.htm>  
<http://www.naa.gov.au/collection/fact-sheets/fs145.aspx>



# **NATIONAL DIABETES SCHEME**

## **(NDSS) Support for people with diabetes**

### **What is the NDSS?**

The National Diabetes Services Scheme (NDSS) is funded by the Australian Government to support people living with diabetes and is run by Diabetes Australia.

### **How do I get the NDSS card?**

To get the NDSS card you must fill out the NDSS form.

Ask your doctor or healthcare professional to help you. Visit [ndss.com.au](http://ndss.com.au) or call the NDSS Infoline on 1300 136 588.

Versions of this brochure are available in Arabic, simplified Chinese, traditional Chinese, Turkish and Vietnamese on the NDSS website or ordered through the NDSS Infoline.

**Live well with  
diabetes and  
the NDSS card**



**[ndss.com.au](http://ndss.com.au)**  
**Infoline 1300 136 588**

**ndss**  
national diabetes services scheme

**diabetes**  
australia

The National Diabetes Services Scheme (NDSS) is an initiative of the Australian Government administered by Diabetes Australia.

# TIS SMOKING CORNER



## Were you aware that there have been changes to the laws surrounding Smoking in Queensland?

**Carbal promotes a smoke free workplace and all of our clinics and sites are non-smoking including the car park areas.**

If you would like to engage with Carbal's Tackling Indigenous Smoking team about starting on your quitting journey then contact them:

**Toowoomba: 4639 7300 / 0409 011 375**

**Warwick: 0746 610 800 or 0409 196 014**

## Changes from 1 February 2017

**Smoking in national parks is now banned within 10 metres of in-use campsites and any public facilities, such as:**

- » picnic tables
- » toilet blocks
- » barbecues
- » visitor information centres
- » shelters
- » jetties
- » boat ramps

## Changes from 1 September 2016

**These restrictions are now in place:**

- » no smoking within 5 metres of public transport waiting points such as bus stops, taxi ranks, and ferry terminals
- » no smoking within 10 metres of playing and viewing areas during organised under-18 sporting events
- » no smoking within 10 metres of skate parks
- » no smoking within 5 metres of early childhood education and care services, kindergartens, and after school hour care
- » no smoking at all outdoor pedestrian malls
- » no smoking within 5 metres of all residential aged care facilities, outside of designated areas
- » smoke free buffer increases to 5 metres at all non-residential building entrances
- » no smoking at pedestrian precincts around prescribed state government buildings
- » no smoking at public swimming pool facilities
- » tobacco products cannot be sold from temporary retail outlets
- » local government can ban smoking in any public space not covered by a state-wide smoking bans.



Queensland Government

**PLEASE REMEMBER THAT ALL CARBAL MEDICAL SERVICES SITES ARE SMOKING FREE INCLUDING THE CARPARK AREAS**

**VISIT WEBSITE**

# TIS SMOKING CORNER



GET THIS GREAT  
QUIT DIARY AND  
OTHER GREAT  
SUPPORT AIDS  
WHEN YOU DECIDE  
TO TAKE THE  
NEXT STEP AND  
QUIT!



PLEASE REMEMBER THAT ALL CARBAL MEDICAL  
SERVICES SITES ARE SMOKING FREE  
INCLUDING THE CARPARK AREAS



Queensland Government

VISIT WEBSITE

# Jarjum Angels

## HELPING OUR JARJUMS WITH LITERACY AND NUMERACY

Jarjum Angels is a literacy-based cultural support mentoring program for Aboriginal and Torres Strait Islander children in out-of-home care who are up to 13 years of age.

Through Jarjum Angels, we:

- promote and enhance the literacy needs of the child by using age-appropriate cultural story and picture books.
- develop a habit of and excitement about learning in the child.
- support the development of the child's cultural identity.

### How does a Jarjum Angel help a child in care?

As a Jarjum Angel, you will help a child have positive educational experiences by being a literacy and numeracy role model.

A Jarjum Angel visits a child once a week for an hour throughout a school term to:

- read books aloud
- work on the child's numeracy skills
- play educational games
- help with homework.

### Can I become a Jarjum Angel?

Members of the Aboriginal and Torres Strait Islander community, as well as the non-Aboriginal and Torres Strait Islander community, are invited to become Jarjum Angels.

You are welcome to join the Jarjum Angels program if you:

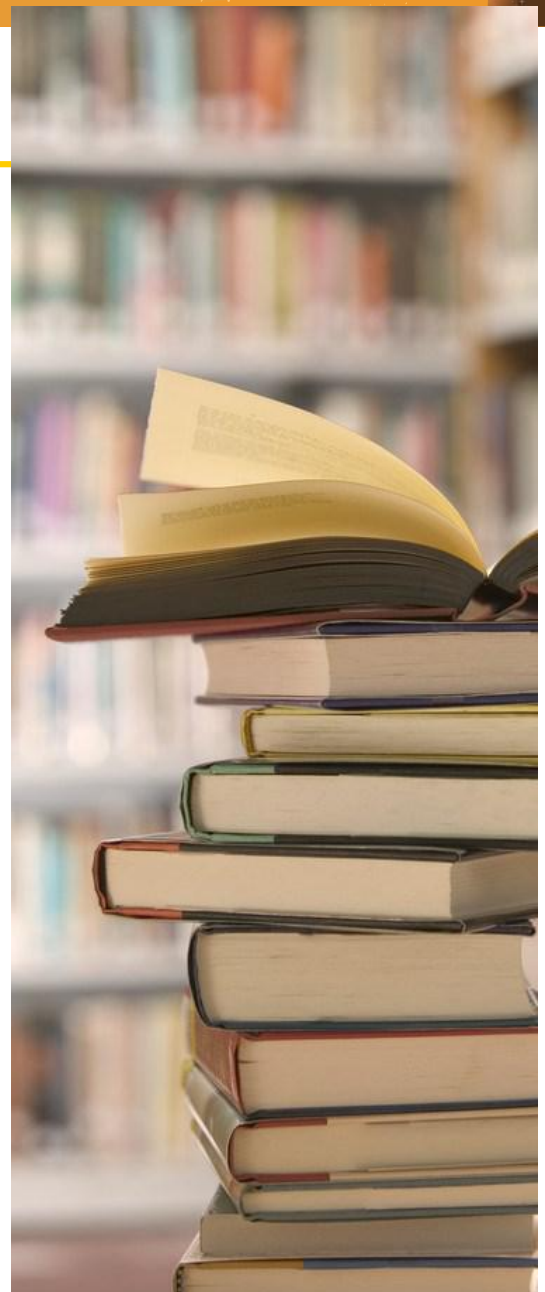
- are over 18 years of age
- are willing to acquire and maintain a valid Working with Children check
- understand and maintain confidentiality
- have basic literacy and numeracy skills
- have resilience in a range of personal areas
- are reliable and consistent
- are able to create a safe, trusting and fun-filled learning environment
- have your own transport
- can be committed to visiting your Jarjum for an hour a week for the school term (average 10 weeks).

### How do I become a Jarjum Angel?

Becoming a Jarjum Angel is easy!

Complete an application form, attend an interview and take part in Jarjum Angels training in March 2017.

Jarjum Angels begin working with children in Term 2 on 17 April 2017.



### Find out more!

Judith Standen

Mercy Community Services South West Queensland

P 4617 7600

E [judith.standen@mercycs.org.au](mailto:judith.standen@mercycs.org.au)



A Mercy Community Services program  
supported by Carbal Medical Services



# KOALA CLUB WARWICK

For more information please contact  
Norma Slater by calling 46 610 800.

The New Directions Koala Club is heading to Warwick. This will give Parents, Caregivers, Pregnant Women, babies and children under 5 an opportunity to attend a fortnightly drop in playgroup that offers friendship, support and advice.



FREE SERVICE

PH: 07 4661 0800

WELCOME TO:

## KOALA CLUB

INTRODUCING NEW DIRECTIONS FORTNIGHTLY DROP IN PLAYGROUP FOR PARENTS, CAREGIVERS, PREGNANT WOMEN, BABIES AND CHILDREN UNDER 5

### WHAT WE DO:

- ✓ Arts & Crafts
- ✓ Music & Singing
- ✓ Read Stories
- ✓ Play Games
- ✓ Friendship
- ✓ Support & Advice

DROP IN CLINIC AVAILABLE

### WHEN:

Every second Friday  
\*except school holidays

From March 10th 2017  
9.30 am to 11am

### WHERE:

Baptist Church Hall  
Percy Street, Warwick



Carbal  
Medical  
Services

VERSION 2 February 2017



# WELCOME DR CHRISTINE TRAN

Christine joined Carbal on the 23rd of January and has been a very welcome addition to the Carbal Warwick team.

Christine completed her medical degree at The University of Queensland and graduated in 2013. She also has an honours degree in Comparative Physiology. Christine spent her resident years as an intern and JHO at Greenslopes Private Hospital, where she was seconded to various locations.

It was during her intern year general medicine rotation in Mount Isa that she became interested in Indigenous medicine, Christine said, "I loved my outreach visits to Mornington Island and Mount Isa so much", that she asked to go back to Mount Isa to do an ED/GP rotation.

She then spent the first year of her GP training in Goondiwindi working between the medical centre, hospital and Toomelah and Boggabilla indigenous clinics. She really enjoys the variety of General Practice work and would like to continue to work in indigenous medicine whilst doing clinical and ED work.

In her spare time, she rides her bike and plays soccer.

Thank you Christine for your contribution and a very warm welcome to you from the Carbal community.



Dr Christine Tran

# CARBAL KIDS COOKING PROGRAM



On Wednesday the 18th January 2017, Nicole Spackman and Sarah Slater held a Diabetes awareness session to educate kids on the importance of diet and regular exercise in reducing the risk of diabetes. It was a great day with 17 kids in total participating across the 2 sessions. One parent actually stayed to help for the day also which was great.

Kids learnt to cook savoury omelette, pancakes with fresh fruit salad and chicken and vegetable stir fry. They completed a session on what Diabetes is and how it can be prevented; they also played a few games based around learning to read ingredients and how much sugar is in popular drinks for kids.

Overall, it was a great day.

Thank you to Nicole and Sarah for your efforts and contribution