



CARBAL YARNINI

MARCH 2018

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**Carbal
Medical
Services**

NEWS FROM THE CLINICS



Towards the end of last year, Warwick and Mary Street clinics initiated many activities in an effort to raise awareness about the importance for women to have their regular health checks including, Pap Smears and Breast screens.

The activities were a great success with many women having had their health checks and screens.



Have you had your Women's Wellness Check??



**Book in today with one of our female G.P's
Call 07- 46397300**



WELCOME TO OUR NEW REGISTRARS



Carbal would like to extend a warm welcome to our new Registrars, Dr Jessica Madsen and Dr Paul Jenkins. We would also like to welcome back Dr Satish Karia to the Mary Street Clinic on Mondays and Fridays.

Dr Madsen

Dr Madsen is currently working on Monday in our Toowoomba clinic and for the rest of the week in Warwick. Jessica has long been interested in Indigenous health. In medical school she held the role of Indigenous Health Representative at Griffith University's Rural Health Club. After moving around a lot during her studies, she moved Toowoomba in 2014 and now considers the Darling Downs home. Ultimately, Jessica hopes to work predominantly in community medicine and public health with a focus on Aboriginal and Torres Strait Islander health.

"On a personal level, I find the work exceptionally interesting and fulfilling. I also feel a strong social responsibility to do what I can to help Close the Gap... My main goal for 2018-2019 is to gain experience in Aboriginal and Torres Strait Islander healthcare in the hope that it will "kick start" a rewarding career. I am very grateful to Carbal and the community for giving me the opportunity to work with them."

Dr Jenkins

Dr Jenkins has joined us from Warwick and currently works two days a week at Mary Street. Throughout his journey to General Practice registration, Paul has had a number of placements in Western Australia and in urban and rural Queensland including finding himself as the only Doctor in Quilpie for a few weeks whilst acting as the local GP and on-call emergency Doctor.

Paul has a particular interest in dermatology and has recently completed a professional certificate in general dermatology. When he's not playing classical guitar, he also enjoys bushwalking and indoor rock climbing. Paul is an enthusiastic new member of the Carbal team and a very welcome addition to the Mary Street Clinic.

FROM NEW DIRECTIONS



Koala Club WARWICK 2018 PLANNER

Arts and Crafts | Music and Singing | Stories | Games | Friendship | Support and Advice

If you're interested in coming along or finding out more call Warwick on 46 610 800.

FEBRUARY

MON	TUE	WED	THU	FRI	SAT	SUN
				1 KOALA CLUB WARWICK	2	3
5	6	7	8	9	10	11
12	13	14	15	16 KOALA CLUB WARWICK	17	18
19	20	21	22	23	24	25
26	27	28				

MARCH

MON	TUE	WED	THU	FRI	SAT	SUN
				1 KOALA CLUB WARWICK	2	3
5	6	7	8	9	10	11
12	13	14	15	16 KOALA CLUB WARWICK	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Koala Club TOOWOOMBA 2018 PLANNER

Arts and Crafts | Music and Singing | Stories | Games | Friendship | Support and Advice

If you're interested in coming along or finding out more call Toowoomba on 46 339 500.

FEBRUARY

MON	TUE	WED	THU	FRI	SAT	SUN
			1 KOALA CLUB TOOWOOMBA	2	3	4
5	6	7	8 KOALA CLUB TOOWOOMBA	9	10	11
12	13	14	15 KOALA CLUB TOOWOOMBA	16	17	18
19	20	21	22 KOALA CLUB TOOWOOMBA	23	24	25
26	27	28				

MARCH

MON	TUE	WED	THU	FRI	SAT	SUN
			1 KOALA CLUB TOOWOOMBA	2	3	4
5	6	7	8 KOALA CLUB TOOWOOMBA	9	10	11
12	13	14	15 KOALA CLUB TOOWOOMBA	16	17	18
19	20	21	22 KOALA CLUB TOOWOOMBA	23	24	25
26	27	28	29	30	31	

Please note: If you're in Toowoomba and you need transport, get in contact with the hub on 46 339 500 to secure your booking



**ARE YOU 15 - 19
YEARS OF AGE?
YOU COULD BE
AT RISK**



Meningococcal disease is a rare but severe infection that can cause death within 24 hours or profound life-long disability (brain damage, hearing loss, limb loss).

Some of the highest rates of meningococcal carriage occur among 15 to 19 year olds and this age group can transmit the meningococcal bacteria to people who are at increased risk of infection, including young children.

There is a safe and effective vaccine that covers strains A, C, W and Y, It is designed to protect young people and also reduce risks for the community as a whole by decreasing the proportion of people carrying the bacteria in their nose and throat.

Carbal Medical Services urges you to contact reception on 46 397 300 or in Warwick on 46 610 800 If you are between the age of 15 and 19, to arrange for your free vaccination appointments.

LIFT THE LIP WITH CARBAL'S CHILD HEALTH NURSE



Non-attendance at appointments:

Carbal clients are encouraged to attend all appointments and where possible, arrive ahead of time, both in the clinic and through our Allied Health providers.

As an organisation, our patient attendance rate reflects whether we are able to maintain and continue to provide our services to the community. If you cannot attend or cancel an appointment, please call us to reschedule as we may be able to assist you in attending the appointment on the day. We are with you on your journey of better health. Help us to help you. Please communicate with our reception staff to reschedule appointments.

Call our friendly team on 0746 397 300 in Toowoomba
Or 0746 610 800 in Warwick

Lift the Lip is a program that aims to address early childhood tooth decay through early intervention.

Tooth decay in young children usually starts in the outer surfaces of the top front teeth, making it easy to identify simply by 'lifting the lip'.

The Lift the Lip program helps to address this issue by putting measures in place to prevent or halt tooth decay

Carbal's Child Health Nurse – Jaimi-Leigh is trained and equipped with resources to identify dental disease in young children and provide preventative oral health advice to families and children during child health nurse checkups.

As part of the program Jaimi-Leigh can now refer children for free dental treatment.

Four steps parents and children can take to help prevent tooth decay:

- BRUSH TEETH TWICE DAILY WITH FLUORIDE TOOTHPASTE
- EAT HEALTHY FOODS AND REDUCE INTAKE OF SUGARY FOODS
- DRINK WATER AND LIMIT INTAKE OF SUGARY DRINKS
- HAVE REGULAR DENTAL (CHECK-UPS)



**If you would like Jaimi- Leigh to "Lift the Lip" and assess your child's teeth – Call the Mary street clinic today to book an appointment for a kids health check.
07- 46397300**

**FROM CARBAL
SUPPORT SERVICES
FOCUS ON NDIS**



Carbal Medical Services

**is dedicated to
providing high quality
culturally appropriate
care for Aboriginal and
Torres Strait Islander people
and their families..**

We are very happy to partner with current providers to assist with the provision of culturally appropriate care for your Aboriginal and Torres Strait Islander participants in the Toowoomba and Southern Downs areas.

**Carbal is registered to
provide a range of
support services
including
Support Coordination
and Plan Management.**

**Need more info?
CONTACT**

**Kim Soppa 46 397 400 or
Renee Day 46 880 500**

carbal.com.au



CARBAL ADDICTION SUPPORT SERVICES IS PLEASED TO WELCOME A NEW TEAM MEMBER.

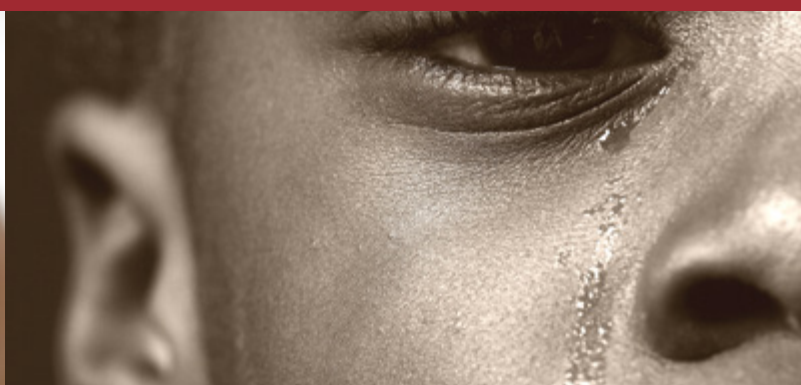
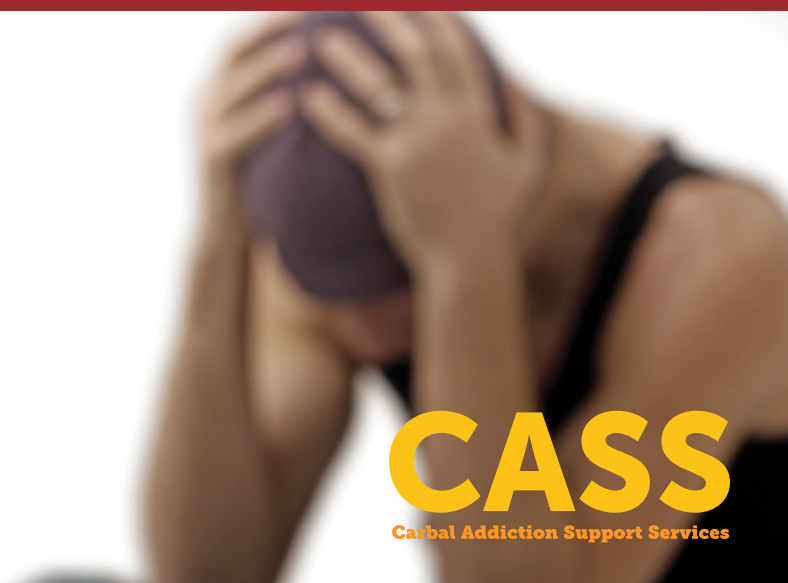


Talia Sly will be our new Case Worker, working closely with our Counsellor to support people to reduce or cease their use of alcohol or other drugs.

They can also help people to connect with a broader range of services including local residential rehab. If you think you or someone you know may benefit from engaging with this important service, please do not hesitate to contact us.

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.



INTERESTED?

Please contact us on 46 397 400 for more information about referrals and services.

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

carbal.com.au

VERSION 2 October 2017

STRONG FATHERS, STRONG FAMILIES



Back in November 2017 Charlie teamed up with Toowoomba PCYC and took a group of men engaged with that service and his own Strong Fathers, Strong Families program up to the Bunya Mountains for some much needed adventure.

Reconnecting with nature and learning about the fascinating history of the Bunya's and the importance of the area to the Indigenous people throughout the region was one of the main focuses of the day.

'The rangers, really knew their stuff, they took us off the beaten path and helped us recognise how our ancestors would communicate using the trees and the rocks and the moss – it was really fascinating'

**- Charlie Rowe,
Community Outreach Manager.**

If you would like to find out more about Strong Fathers, Strong Families

visit our website carbal.com.au
carbal.com.au/strong-fathers-strong-families

**Or phone Charlie on
0746 880 500 or**



**'IT IS EASIER TO BUILD
STRONG CHILDREN THAN
TO REPAIR BROKEN MEN'**

Frederick Douglass

KID'S 715 DAY

**Carbal Medical
Services**

Thursday 12th April
(Toowoomba Show Holiday)
Yes we are open!

715 health checks for 6month
to four year olds

Every child aged
6mth-4yrs
that comes in for a
HEALTH CHECK
will receive our new
kids pack!

**How about bringing them in for a Health
check and catch up on their immunisations**



**Call to book your children in!!
4639 7300 or 0429 932 632**

STRONG SPIRITS

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Carbal's psychology team want to create a regular space in this newsletter for our community to share their stories and wisdom about how they live and survive through good times and difficult times.

To start the conversation, we were honoured to be able to talk with Jeff Chesters who is President of the Kulila Kindergarten Committee.

So as you read Jeff's words, we would be interested to know how they affect you and relate to your own experiences. We also invite you to respond to Jeff's story via this newsletter with your own stories about our local First Nations communities.

Please direct responses to:

Renee Day
rday@carbal.com.au
0746880500

STRONG SPIRITS



In our conversation with Jeff he talks about some of the special knowledge and skills that sustain the community during difficult times.

MURRAY GRAPEVINE AND STREET SKILLS

People in our community are good at using their street skills; whether they are from the city or the missions, they know where to find food and how to find a bed. We use the Murri Grapevine.

The Murri Grapevine is all about being interconnected and sharing stories. Everybody is interested in what everyone else is doing. If someone knows a family is doing it tough, they might just drop off some spare food. They won't necessarily say anything. They will just show up, leave the food and make sure everyone is Ok. The Murray grapevine is so good sometimes a new piece of information can become old news in a very short space of time.

YARNING AND INTERCONNECTEDNESS

Yarning is how we pass things on and connect. We pick up skills from our families. Our parents, grandparents and uncles and aunties pass on the skills and knowledge they used to survive, they don't lecture us – they just show us how they live and how they get by. I remember my grandmothers words – "think about self, then if family is okay and then make sure there is a safe place". Sometimes when we yarn we sit on the grass or the ground or sit in a tree and talk. Its good when you can sit around, let your problems go and let the wind blow on your face. In our community there is always someone listening to music, or singing, this goes back a long way, I remember my grandmother singing in language.

SUPPORTING KIDS

It is important to build trust with our kids or they will just shut us out. They have to know that when they tell you something you won't judge them or tell other people. They learn by listening to adults sharing their own stories about hard times and how they have coped, and giving the kids space to talk and even cry if they need to.

Kids also need to be connected to the land. Get them outside, tell them about their people's history. This helps them to remember that they are important and that they can have a good life, and be a good person. Having access to sacred places like Gumminguru is really important so that we can take the kids outside, show them traditional skills, make them turn off their phones and learn respect for the land and their culture.

Murri's love music, especially Country and Western music, this is another important way to connect with kids, to help them get calm and to give them something to do.

STAYING STRONG

Paying attention to our spiritual side is important. Sometimes I meditate outside and remember the songs my grandmother would sing and the way we would sit under the tree at her property and yarn for hours. Sometimes I lie on the ground and see my grandmother at night. Some people go back to Country to find a safe place.

Working at grass-roots level with community also helps, because I can see when good things happen that remind me that I can make a difference for people.

INFLUENTIAL INDIGENOUS PEOPLE

Thanakupi (Thancoupie)

*Image credit: <https://www.veniceclayartists.com/thanakupi-indigenous-australian-ceramic-artist/>

HISTORY

'Arough the Emu and Kurigan The Brolga'
ceramic tiled panel – Thanakupi

Image Source
<https://www.veniceclayartists.com/tag/thancoupie/>



'The Crab'
Stoneware pot titled – Thanakupi

Image Source
<https://www.veniceclayartists.com/tag/thancoupie/>



'Man in Canoe' – Thanakupi

Image Source
<https://www.veniceclayartists.com/tag/thancoupie/>



Stoneware Story Vase
– Thanakupi

Image Source
<https://www.veniceclayartists.com/tag/thancoupie/>

INFLUENTIAL INDIGENOUS PEOPLE

Thanakupi (Thancoupie) (1937–2011)

Thanakupi (Thancoupie) was a Thaynakwith community elder, educator and ceramicist whose homelands are in Andoom country.

She was born in Napranum, near Weipa on the Western Cape York Peninsula, in 1937. The Weipa Mission was established at Napranum by the Presbyterian church in 1898, and Thanakupi was baptised 'Gloria Fletcher' by the missionaries – only when she moved to Sydney and became a practising artist did she adopt her traditional name, which means 'flower of the wattle'

Her early childhood was spent camping and travelling in the bush with her community but from the age of five she lived at the missionary school dormitory at Napranum. Thanakupi experienced the tragic loss of her twin sister at an early age, and in 1942 her father was killed while stationed on Thursday Island as an Australian serviceman in WW2. In 1957 the mining company Comalco leased land around the mission from the Queensland government to mine bauxite, which had been discovered there in 1955. Over the next few years the mining enterprise expanded, encroaching upon the homes of Thanakupi's family and community, and bringing more non-Indigenous people, consumables and culture into Western Cape York.

In 1971, despite the fact that she was officially still under the jurisdiction of the Queensland Aboriginal Protection Act, Thanakupi moved to Sydney to study art. She had had some experience painting, holding an exhibition with Dick Roughsey, the

Mornington Island bark painter who would become the first chairman of the Aboriginal Arts Board, in Cairns in 1968. Due to her lack of secondary school qualifications, she was unsuccessful in her efforts to begin tertiary arts education until Peter Rushforth accepted her into the Ceramics Department at the East Sydney Technical College (now the National Art School) in Darlinghurst. She thus became the first Indigenous Australian to study fine arts at a tertiary level. Among her teachers there was the Japanese potter Shiga Shigeo, who recognised her skill with brushwork and encouraged her to pursue a minimalist style of image-making. During the third year of her degree Thanakupi shared a house and studio (known as Volta) with Jennifer Isaacs, then head of the Aboriginal arts unit at the Australian Council for the Arts (with whom she has maintained a close friendship), photographer Jon Rhodes and dancer Carole Johnson, in Surry Hills.

THANAKUPI (THANCOUPIE)

Mysterious Mountains – Thanakupi
Cairns Airport

Image Source

<https://www.veniceclayartists.com/tag/thancoupie/>



Thanakupi held her first ceramics exhibition at Volta, and her association with the group enabled her to develop a sense of disciplined artistic practice and to establish relationships with other practising artists, professional art networks and crafts associations. At the same time she came into contact with members of the Redfern Aboriginal community, including activists such as Chicka Dixon, Charlie Perkins and Euphemia and Lester Bostock, and participated in the Tent Embassy protests in Canberra.

In 1976 Thanakupi moved to a studio under the government gallery in Cairns, and after a few years the Aboriginal Development Commission helped her establish a pottery at Trinity Beach. During the period between 1976 and 1983 Thanakupi travelled to Mexico, Canada and the US as an Australian representative to the World Craft Council. There she observed the significance of pottery to Indigenous groups' cultural regeneration programs, which would prove to be influential upon her own innovative use of the medium to serve comparable needs at Weipa.

By the 1980s Thanakupi had held numerous exhibitions around Australia, and in 1986 she was appointed Australian Cultural Commissioner to the Sao Paulo Biennale in Brazil.

With pottery Thanakupi was able to develop a personal artistic language utilising a material that connected her with home, family, and Thaynakwith tradition. She was immediately attracted to working with clay because of the sacred purpose of the medium in traditional ceremonial life on Weipa: usually controlled by men, it was used to decorate sacred objects and create body paintings during ceremony. With colour, 'Red was sacred, white was purity, black was death, ochre happy, gay' (quoted in Liz Thompson, "Aboriginal Voices", 1990, p.167).

The knowledge Thanakupi gained in her early childhood, when her family would read seasonal changes in plant and animal life in order to locate food, has remained foundational to her art:

**'My early years were spent
learning all about food
gathering, about the rain and
the sun and how much we were
dependent on all the elements,
water, fire, earth'**

(Thompson, 1990, p. 164).

This interdependence, and the cyclical continuity of life, underpins the centrality of the circle – in two and three dimensions – in the artist's work. Besides the spherical or egg-like shape of her works, circles often dominate the markings that decorate the surface of her pots, broadly symbolising the earth, the unity of a people around a fire, and fertility: 'The circle, to me, is the tribes of the Napranum all together, the lands all connected. It is also love, fire and warmth, and the earth. And it is also woman and mother' (quoted in Jennifer Isaacs, "Thancoupie the Potter", 1982, p. 66)

Thanakupi loved the company of children and been committed to their care and education throughout her adult life. At the age of 24, she and a number of other Weipa women attained a preschool teaching certificate in Brisbane, and Thanakupi went on to establish the first preschool at the church on Weipa, which ran for a number of years. Thanakupi's craft has proved to be ideally suited to her role as educator and custodian within her community: the hieroglyphic form of her designs convey meaning concisely, echo the body paintings that are a tradition of her people, and recall the symbols traditionally drawn in the sand for educational/story telling purposes.

THANAKUPI (THANCOUPIE)

Thanakupi's grandmother's sand drawings, making use of ash and other coloured dusts, are among her earliest memories. 'My next door granny-in-law would pick out some coloured ash and draw a turtle... then she would colour the turtle by sprinkling sand and ash – yellow, white, black and parts red. I'm sure every time I draw a turtle, it is exactly like her turtle' (in Isaacs, 1982, p. 29). Thanakupi has taught pottery and craft at a number of schools in North Queensland and since 1988 has run Holiday Programs for both Indigenous and non-Indigenous children at the Bouchat outstation in her homelands in Weipa, to pass on knowledge about the bush, provide arts education, improve community cohesion, and to further reconciliation. Her sense of responsibility to her community has led her to move back home where she is now the only fluent speaker of the Thaynakwith language and the primary keeper of local knowledge, 'always balancing her multiple roles as teacher, advocate and mentor, active in both the community and business sectors' (Wright, 2006). She has long been involved in negotiations over land use agreements and has recently

spearheaded projects to protect the Thaynakwith language, including school-based literacy programs, and the 2007 publication 'Thanakupi's Guide to Language and Culture: A Thaynakwith Dictionary'.

Public recognition of Thanakupi's contribution to art, education and reconciliation has resulted in numerous awards, including the Order of Australia in 2004, the Visual Artist Emeritus Award from the Australian Council for the Arts in 2007, and honorary doctorates from Griffith University and James Cook University.

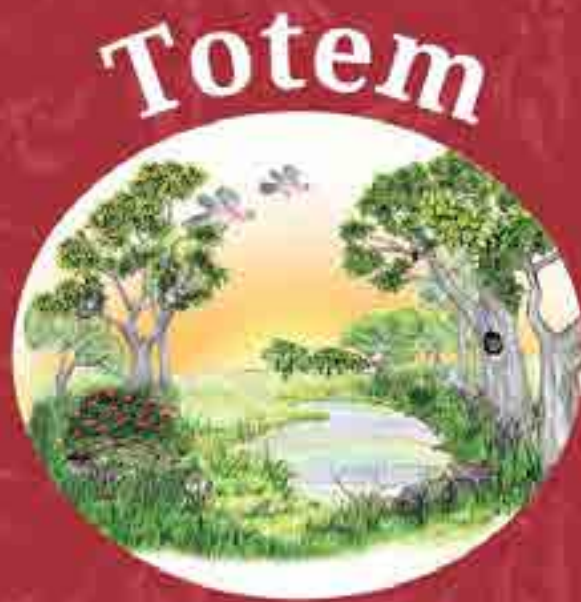
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Tradition Today: Indigenous Art in Australia, 2004, Brook, Natasha, Art Gallery of NSW, Sydney, pp.134-5; 'Thanakupi's Guide to Language and Culture: A Thaynakwith Dictionary', Fletcher, Thancoupie Gloria, Jennifer Isaacs Arts & Publishing Pty Ltd, Sydney, NSW; Thancoupie the Potter, Isaacs, Jennifer, Aboriginal Artists Agency, Sydney, NSW pp.29, 43, 66; Story place: Indigenous Art of Cape York and the Rainforest, Johnson, Trish, Queensland Art Gallery, South Brisbane, Qld, p. 72; Thancoupie: ABC Message Sticks Story, Tamou, Rima (Producer), <http://www.abc.net.au/message/tv/ms/s1175226.htm>, Australian Broadcasting Corporation; Aboriginal Voices, Thompson, Liz, pp.164, 167 Press, 1970

Design & Art Online:

(2015). Database and e-research tool for art and design researchers; Thanakupi. Retrieved from <https://www.daao.org.au/bio/thanakupi/biography/>

THE LATEST ADDITION TO OUR HARMONY IN THE HOME BOOK SERIES



"OUR MOB', 'OUR SPECIAL PLACE' AND 'TOTEM' "

CEO, Brian Hewitt

Carbal is again very proud to introduce the first, the second and now the third in a new series of books focussing on our community and the stories we have to tell.

"Our Mob', 'Our Special Place' and Totem are localized, picture/activity books commissioned through the Harmony In The Home series that Carbal Medical Services has produced to assist with encouraging Aboriginal children and their families to better engage and communicate with each other. Non-Aboriginal children and families who choose to read this book may gain greater cultural insight into Aboriginal families whose traditions are often handed down orally.

'Our Mob ', 'Our Special Place' and 'Totem' acknowledge this tradition and attempt to incorporate it's value into a process which at the same time encourages reading and being read to. Healthy, well-educated, balanced minds contribute greatly to overall health outcomes in all people and Carbal believes that encouraging literacy and a love of reading is another step towards achieving

an education-based facilitation that will further assist us to Close The Gap in health outcomes as they apply to Aboriginal and Non-Aboriginal Australians.

'Our Mob', 'Our Special Place' and Totem are provided simply as picture books that some may find useful in the education process. Carbal is happy to provide free copies of both books for school libraries and to Aboriginal and Torres Strait Islander students at schools within our area or operations.'

Have a look at books by Carbal by visiting our website or following this link: <http://carbal.com.au/story-books/>

Carbal Medical Services

is pleased to announce that

TASC

will be offering

FREE LEGAL ADVICE

**for Indigenous people and their families
at our Hanna Court offices.**

**For more information about TASC and the
services they offer please visit their website
tascnational.org.au**

Where: 18-20 Hanna Court, Kearneys Spring

How: Simply call **07 46 880 500 if you
wish to make an appointment**



carbal.com.au

Version 3 March 2018