

NGUKURR NEWS

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Ngukurr News

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Reporters

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Views expressed in Ngukurr News are not necessarily those of SEALCP



The Ngukurr News wishes all our readers a very Merry Christmas and a happy New Year. We wish to thank the entire community for the support they have shown us through the year. We particularly wish to thank the Ngukurr CEC for all the assistance they have given us this year.

SEALCP Reference Committee meeting

The 5th Reference Committee Meeting was held in Ngukurr on 4th December. Nearly all members attended along with ten other community observers. Stephen Kinsella, Principal of Kormilda College, was an invited guest. The meeting was Chaired by Bruce Harvey of Rio Tinto, with reports and presentations given by the Director John Bern, Research Fellow Kate Senior and Ngukurr News Editor and Research Assistant Daphne Daniels.

Bruce Harvey welcomed everyone and after the approval of the minutes of the last meeting, noted the publication of a number of working papers and editions of Ngukurr News. He noted the excellent website of the project and expressed his thanks to Kim Oborn, our Wollongong Administrative Assistant, for constructing and administering the site. He also offered congratulations to Daphne for her Tidy Towns award and for the report on Ngukurr News in *The Australian*.

The project team presented their reports on the last six months of work and publications, Ngukurr News and the current economic study. There were questions about the forthcoming Working papers, continuity and availability of Ngukurr News and details of the economic study.

John Bern then raised a matter for the committee's consideration. Noting the high incidence of TB in the community he informed people of the intention of the Centre for Disease Control to test the whole community in February next year. The Centre had asked for SEALCP's assistance in enumerating the population. As the data for this belonged to the project, John asked if people were happy for the

project to assist in this way. Everybody agreed that it was appropriate for us to assist.

John then gave his report on the work for the next six months. Three main pieces of research: the economic study, study of young women and one on work would complete the project.

Bruce Harvey then asked people to think about the future after the SEALCP project ends next year. He said that it was time to consider how the things the project had produced: its results, skills, personnel, communications and facilities could continue to be used, including what should happen to the Ngukurr News. He asked people to think about this for the next meeting in June 2002.

John Bern

Ngukurr, Urapunga and Badawarrka get Tidy Town recognition

Ngukurr and its outstations were well represented at the 2001 Tidy Towns awards.

Ngukurr received an award for the Best Women's Centre and was highly commended in the best CDEP-Large community award. Urapunga, awarded the most improved small town, was highly commended in the best community category and won an award for the most inspiring community project to recycle scrap building materials. Badawarrka was a finalist in the best home-land category.

Jodie Geoffrey, Ruth Joshua, Dorothy Daniels and Roxanne Farrell went up to Darwin to receive the awards. They were accompanied by Lyn and Peter Mott and Maureen and John Smiler.

Daphne Daniels

Don't Keep Domestic Violence Hidden

People in any relationship should know that domestic violence is wrong, no matter if you are Aboriginal or Munanga. Violence is not a way to sort out disagreements. If you don't agree with what your partner says or does, get someone to help you both sort out your problems. You and your partner must talk about your problems so that they don't build up and you both start arguing and fighting.

Since the old days, domestic violence was a part of people's everyday lives and those days there weren't any support or help available. People in those days knew it was wrong and now today domestic violence is a crime, but people still don't talk about it. Domestic violence is a secret and women feel shame to talk about it because they

think it is their fault, **BUT IT IS NOT**. Domestic violence affects the whole family, especially children, who do not understand what is going on. Children must be protected for their health and happiness.

Women must start talking about Domestic violence instead of hiding it every time. There are people you can talk to, who can help you. It may be the Police, Health workers, Women's wardens, people from the Women's Centre, the School, Church or your own family and friends.

Maybe we should start a support group, which should include women from Domestic violence relationships, women from the community, even family so that we can talk about these problems and bring them out in the open.

Anita Thompson

Strong People, Strong Stories at Ngukurr School

Strong people, Strong Stories is a community arts project run by the Torture and Trauma Survivors Service (NT). This project brings together a group of young people who've had refugee experiences who are now living in Darwin, with a group of young people from Ngukurr Community, so that they can share their stories and experiences.

In November, teachers at the school community and other members of the community worked with the participants there to prepare stories and images for the Darwin group, which will be put on a web site. The Ngukurr group are also preparing a banner with images of the community.

The aim of this project is to create a meeting place for students from different cultures and with different life experiences. This meeting can occur through the Internet or in person, when the groups visit each other.

The project encourages young people to recognise and show the strengths in their stories, and to seek ways of expressing them creatively together people from different places and cultures. In this way we hope the project will draw connections between people and community, in a celebration of different stories, countries, cultures and experiences.

Why do People Drink Alcohol?

Some people like drinking alcohol because of the effect it gives them and some people drink when they socialise with others. People may turn to alcohol when they don't know how to deal with their depression, sadness, tension stress or fear that they experience from day to day.

Moderate consumption of alcohol (no more than 2 glasses of wine or beer for women and no more than four for men per day) is safe, and even might be good for your health. Excessive drinking is unsafe, and hurts your body and your relationships.

Some people are addicted to alcohol, so we have to think of ways to deal with this problem. We need to educate ourselves to drink in moderation. If you are unable to stop drinking and want to you should seek help. Come down to the clinic and talk to the health staff. If you are finding it hard to cope with depression, sadness, tension or fear talk to someone you are close to and trust.

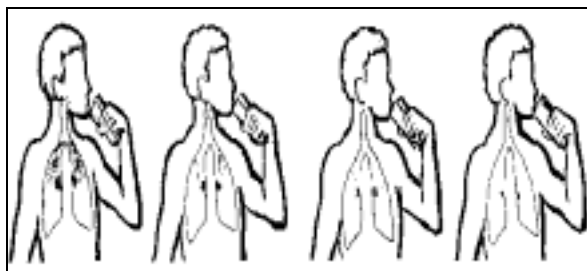
Louise Huddleston is doing a drug and alcohol course and she is keen to set up a dry out centre here at Ngukurr, we should talk about this in the community.

Angela Huddleston
Ngukurr Clinic

What is Tuberculosis (TB)?

Ngukurr people have been concerned about the risk of catching the disease Tuberculosis. Some people have had skin tests to see if they have been infected and some people have gone to Katherine to have chest x-rays to make sure that they do not have the disease.

TB is a disease caused by a bacterial infection, which attacks the lungs and sometimes other parts of the body. **TB is a very serious disease, but in nearly all cases it is curable.** It does take a long time to cure TB and patients must take their medication correctly, sometimes for 6-12 months until the TB bacteria is destroyed.



You must take your pills regularly if you have TB

How is TB spread?

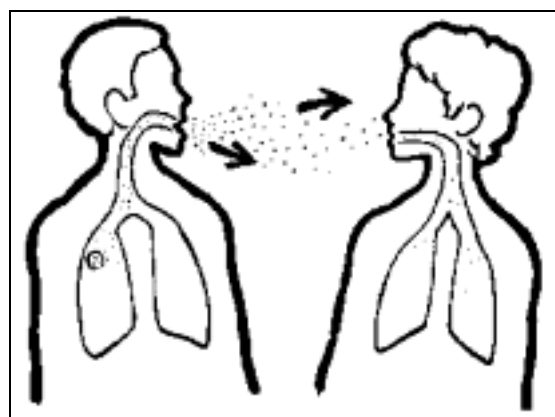
TB is spread when infected people cough, sneeze or speak and send their germs into the air. When another person breathes these germs into their lungs they can become infected. You cannot catch TB by sharing dishes, cigarettes, drinking glasses, sheets or clothing. You cannot catch TB from swimming in the pool.

Symptoms of TB

The signs that you may have TB are:

- A cough that does not go away
- Fevers
- Loss of appetite and weight loss
- Night sweats
- Feeling tired all the time.
- Sometimes people with very advanced TB may cough up blood.

It is important to remember that people with even very mild symptoms may still infect others. **You should go to the clinic if you are worried that you might have this disease, particularly if you have a cough that will not go away, or you are getting skinny.**



TB is spread from one person to another through the air

TB Testing in Ngukurr

In February Sister Margaret and Sister Nancy from the Centre for Disease Control at Katherine Hospital will be in Ngukurr to do TB tests on every person in the community. **It is very important that all people have a test.** When this survey is completed they will be bringing in an x-ray machine and all people who reacted to the TB test will have their lungs x-rayed by Dr Jan, the TB doctor.

If you are worried about this disease talk to the staff at the clinic or you can ring the Chest Clinic at Katherine Hospital on: 89738795

Church News

A few weeks ago a group of 27 people from Ballarat family Church of Christ came to Ngukurr to do some work for the Church. They were a wonderful group, whose ages ranged from 10 to 71. There were 3 Japanese girls in the group also, who came from Japan just for the trip to Ngukurr.

While the group was here they painted all the inside of the Church accommodation and also changed the bathroom. It all looks really good now, they did a wonderful job and were so joyful about doing all the work.

They enjoyed all the contacts with the Ngukurr children in the afternoons and evenings and also took Kid's club with Elaine a few afternoons, where they shared Bible stories with the children and also had a lot of activities. On several nights they were able to join in fellowship meetings, and they shared their own songs as well a listening to the group here. It was wonderful interaction with everyone.

The ladies took them to the billabong to get bush tucker and make damper in the ashes. They were also able to have a trip on the Roper River in the Roper Bar Barge where they saw a few crocodiles as well as the wreck and enjoying the river.

Norma took the children out to get stones one day and the next day she came up on the church lawn and taught them how to paint them, so they had some lovely painted stones to take back to their families in Ballarat. Some of the men went fishing but without a lot success. Most of them enjoyed a lot of good times in the swimming pool with the children and visited the Ngukurr Art on several occasions.

They were also able to go to Minyerri one night when the Minyerri Church was dedicated and named Barnabas in memory of the apostle and the man from here who shared the gospel with many people on the surrounding cattle stations many years ago. Bible Camp was on that night so they shared in it also.

The whole experience of being in this community and meeting so many people has left a very deep impression on the group. They really liked the community and all the people they met here and will certainly be praying for us all. They were very thankful for the opportunity to come to Ngukurr and get to know some people just a little bit. Thank you to everyone that made their trip here so very special and welcomes them.

Bible Camp

The camp was held at Minyerri this year in the School holidays, and there were good numbers there from Angurugu, Bickerton Island, Numbulwar, Ngukurr, Beswick and Duck Creek,

Roper Valley and Minyerri. The studies were on the book of Philippians. There were also some visitors there from South Africa who shared in some of the talks. The camping area Minyerri had prepared was great and we had good times of fellowship and sharing together.

Kriol Bible Translation

There are people from here and Minyerri who are working very hard on the translation of the Bible. All the books of the Bible are in the first draft now, but there is still a lot of checking to be done.

May you all have a happy and blessed Christmas as we all remember the birth of our Lord Jesus Christ. The service on Christmas day will be at 9.00am and all are welcome.



Clarification

Owen Turner from Sports and Recreation wants to clarify the statement that there were no trained life-guards at the pool. He pointed out that he, Kassily Daniels, Vicky Farrell and Sharon Wood all have first Aid Certificates and children are safe at the pool when they are on duty.

We also forgot to include the Pumas in the Basketball competition. Sorry Pumas- we wish you luck in the competition!

Community Controlled Health

On the 30th November I went to Katherine West Health Board to meet Josee Lavoie who is a Canadian researcher looking at Indigenous controlled health programs in Canada, Australia and New Zealand. I learnt that Indigenous people in Canada control their own health services. They decide what sort of services they want and are involved in choosing the people and organisations to provide these services.

People who are interested in these ideas in Ngukurr need to talk about them - maybe we could form a committee to talk about what we want from health services in Ngukurr.

Daphne Daniels

Through our eyes: students' stories about Ngukurr

These are some of the stories about Ngukurr that students wrote for the Strong people, Strong Stories project.

A day in Ngukurr

Ngukurr is 700km south east of Darwin on the Roper River. One day my family got up early on Sunday morning. We went down the river fishing at Kookaburra Creek. My dad caught two barramundi. They were very big. We cleaned one fish and put it on the fire to cook. After fishing we went back home.

On Friday after school my friends and men went to the swimming pool for a swim. We played water volley ball. Later we went to the shop to get something to eat. Then we went back to the basketball. We sat down and watched Elisa playing basketball. Then we went back home.

In Ngukurr some people like going fishing, swimming playing basketball and football. Some people like to go and watch the boys play football.

Ngukurr is a good place.

Luanna Daniels

My past and my cultures can not be taken
From me
They are part of my bones, my flesh and my
souls.
All I hope for is happiness and health.
But can they see they are killing me.
The modern world so full of hope.
Unaware of a custom they do not understand.
People decide without knowing, the strength.
Behind my life.
All I ask is for you to consider my bones.
My flesh and my soul.

Natasha Daniels



Pictures from the end of term Blue light disco

The Ngukurr Bulldogs

My story is about Ngukurr Bulldogs. Bulldogs are big, tough, strong. I saw them win against Katherine South, who are tough too, and put up a fight. But the Ngukurr Bulldogs save the day, because Peter Gumbula was there.

Barnabus Turner

This is me

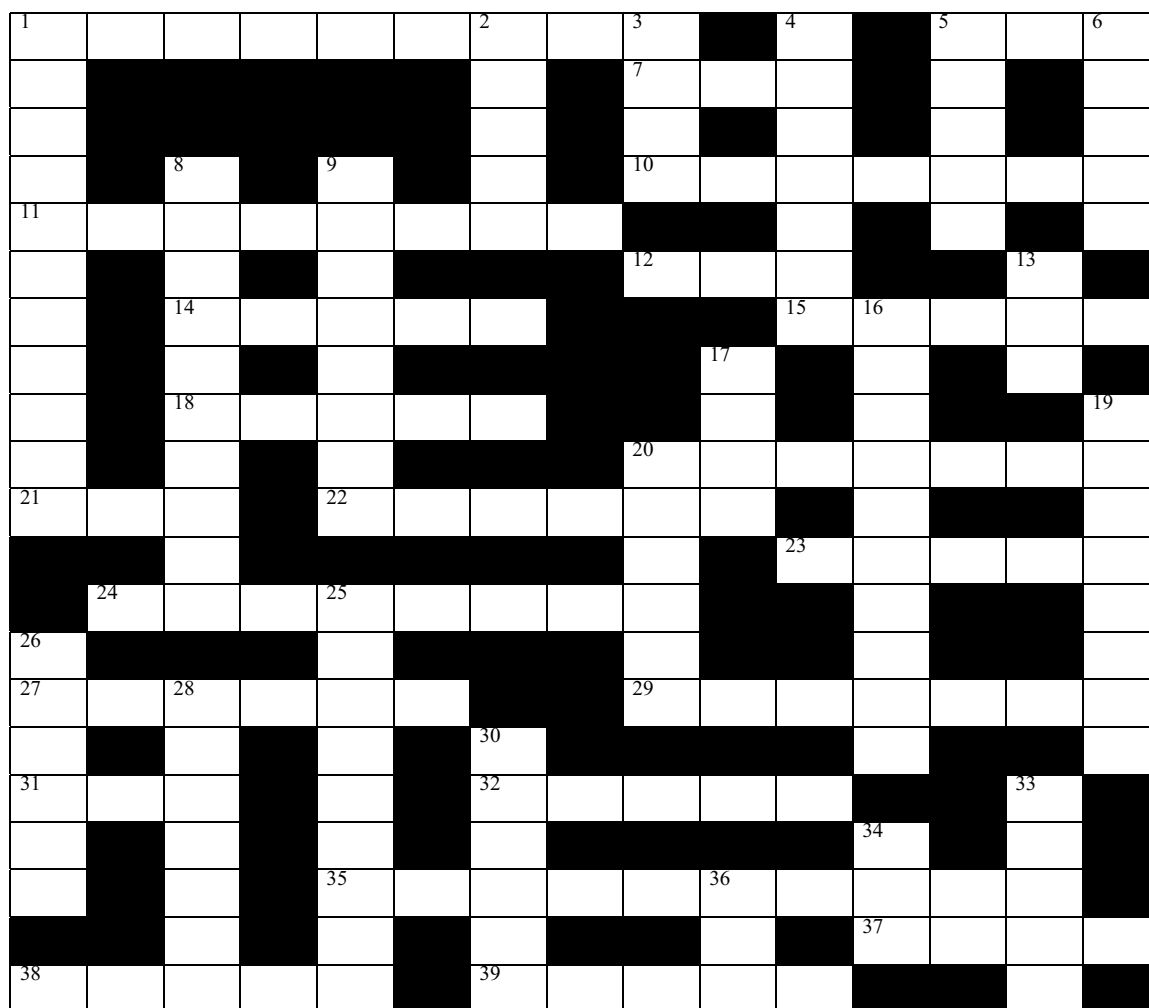
This is about my story and about my friends. Last week I went fishing with my friends. One of my friends got a big fish, then we made a fire and cooked it on the fire.

Cerys Farrell

Small Business workshops in Ngukurr

A series of small business workshops were held in Ngukurr at the end of November. These were run by an organisation called Street Ryan who were assisted by the office of Aboriginal Development and the Northern Land Council. The workshops were very successful and people discussed how to develop existing businesses such as the clothes store, boat hire, tourism at Ruined City. They also talked about ideas for new businesses such as an abattoir, boat tours, music equipment sales, bus run, furniture sales, cattle enterprises and other tourism initiatives.

The Ngukurr challenge crossword



Across

1. Town on Rose River
5. To cover fuel tank
7. What we breathe
10. Outstation on the Roper river
11. Across the Wilton river
12. Number one card
14. A stick for measuring
15. _____ Mangi
18. Big deer from Canada
20. Church _____
21. Gets up in the morning
22. The Ngukurr research project
23. Large Aboriginal group
24. Mining company
27. Make right
29. An old fashioned light
31. Family
32. Our river
35. Where Kate lives
37. Water well
38. Burnt down community radio
39. Hodgson people

Down

1. What you are reading now
2. Not right
3. In the wet you get lots of it
4. For supermarket shopping
5. Blackbirds
6. It flies
8. Top fish from around here
9. Ngukurr champs
13. Used to hit a ball
16. Where John and Kate work
17. Work programs on community
19. Business
20. Place for learning reading/writing
25. Prize for clean community
26. _____ English
28. White fella
30. Big grey bird
33. Getting cross
34. What a worker has
36. Not old