

# DHURANY

Advertising Feature

## An image of the future

**JOSEPHINE** Biedenweg-Webster is an 18-year-old Wiradjuri woman who lives on a farm in Rand about 1 hour travel time from Albury.

Josephine has recently completed her Higher School Certificate (HSC) and has followed this up with extensive physical and mental training to successfully enrol with the Australian Defence Force as a Cargo Specialist trainee for one year.

Following this Josephine

plans to study health science at Wollongong University with her eyes set on becoming a dietician.

Throughout Josephine's senior years at school she was involved in the Aboriginal Education program that assisted Indigenous students with tutoring and she became a 'go to' person when needed.

The kids in the program look up to the seniors as role models and are treated as family.

Josephine's grandmother, Wiradjuri Elder Nancy Rooke,

continues to teach her and her sisters much about Wiradjuri culture and it is this knowledge that gives her pride to be part of the community and involved in her culture.

Josephine says that "she wants to be able to continue helping the school kids out and acknowledge and support them with our cultures the same way I was. I can't thank my family, friends and Murray High School enough for helping me be the person I am today."



## Aboriginal spectacle subsidy scheme

DO you know about the Victorian Aboriginal Spectacle Subsidy Scheme?

The Australian College of Optometry team visits your area to provide eye examinations.

The Subsidy Scheme provides glasses at a subsidised rate of \$10 for all Aboriginal and Torres Strait Islander people living in Victoria.

You can make an appointment at Mungabareena Aboriginal Cooperation at 21 Hovell St Wodonga

(02) 60247599 or you can go to Eyecare Plus - Peachey Optometry Clinic, 112 Hume St, Wodonga. Peachey Clinic is in the Gardens Medical Building opposite the Botanical Gardens Albury.

Tell them that you would like to get your eyes checked under the Aboriginal Spectacle Subsidy Scheme. Albury Wodonga Aboriginal Health Service (AWAHS) can assist with eye scheme also.



## Hume Regional Tackling Smoking and Healthy Lifestyle Team

The Hume Regional Tackling Smoking and Healthy Lifestyles team endeavours to raise awareness of the health impacts of tobacco smoking and chronic disease in Indigenous communities, to actively promote positive lifestyle changes and to assist timely access to appropriate health services as needed.

Our team will facilitate culturally secure community education, health promotion, social marketing activities to promote quitting, smoke-free environments and encourage healthy lifestyles.

We conduct community information stalls, tobacco and healthy lifestyle education sessions to schools and rehabilitation center's, work places etc. We provide healthy lifestyle demonstrations such as sporting clinics and activities.

**Health Facts:** Smoking is the number one cause of chronic conditions and diseases among Indigenous Australians. In 2003, smoking was responsible for one-fifth of the deaths of Indigenous Australians and 12 per cent of the total burden of disease.

Tobacco smoking directly contributes to the burden of disease by a third for both cancer and cardiovascular disease.

**If you wish to book an education talk, stall or need any further information please contact:**

**Karen Kairupan- Hume Regional Coordinator Tackling Tobacco & Healthy Lifestyles**  
 Mob: 0456 005 647 Ph: (02) 6024 7599

*Quit. Get Fit.  
 Stay Strong. Live Long*



The Hume Regional Tackling Smoking and Healthy Lifestyles team. L-R Kevan Horder, Karen Kairupan, Sylvia Terare, Jethro Calma-Holt, Brenda Newman

