

## Welcome

Welcome to the final edition of Nunyarara News for 2010. We've had a very successful year, and I wish to thank our Board Members and staff who are very dedicated to improving the health and wellbeing of Aboriginal community members in Whyalla.

### The newly appointed Nunyarara Board to take us into 2011 are:

<b>Chairperson</b>	Anita Taylor
<b>Secretary</b>	Wilhelmine Lieberwirth
<b>Treasurer</b>	Les Taylor
<b>Deputy Board Member</b>	Vivien Durkay
<b>Deputy Board Member</b>	Gilbert Taylor
<b>Board Members</b>	Brenda Carter
	Nicole Carter
	Sonia Champion
	Rose Hillman
	Anthony Hirschhausen

It's interesting to note that over the last five months, Nunyarara Wellbeing Centre provided services to 705 clients who came from the following areas:

Iron Knob	3
Point Lowly	1
Whyalla	138
Whyalla Jenkins	4
Whyalla Norrie	108
Whyalla Playford	28
Whyalla Stuart	423

During this time, staff provided 1,297 services as follows:

Aboriginal Health Service	Female	551
Aboriginal Health Service	Male	375
Administration	Female	63
Administration	Male	38
Client's Home	Female	71
Client's Home	Male	34
Hospital - All types	Female	20
Hospital - All types	Male	2
Other	Female	8
Other	Male	10
Telephone	Female	95
Telephone	Male	30

I'd like to take this opportunity to wish our Board Members, staff and clients a happy Christmas and New Year, and an enjoyable and safe holiday.

Remember, if you haven't yet bought a digital set top box or digital TV recorder, then you won't get any free-to-air television. Television signals changed from analog to digital only on 15 December in Whyalla. It's not too late to get ready for digital TV - see the article in this newsletter.

Cindy Zbierski  
Manager

### Minya Gidjagu Aboriginal Playgroup



Parents are becoming more involved in the Minya Gidjagu Aboriginal Playgroup and the children are always smiling and never want to leave. The unique development of individual child and parent engagement is proving very successful.

Nunyarara Wellbeing Centre would like to express a special thank you to the staff, Board Members, Wynbringjida Childcare staff, Uniting Care Wesley Children's Contact Centre, West Whyalla Callisthenics Club, and the Whyalla community for making the Playgroup such a success.

It is hoped that Minya Gidjagu will enter the New Year with the opening of the newly allocated building, and that all the families who attended this year will continue to come in 2011 because our success would not be possible without you!





## Board Member Vivien Durkay

When Vivien Durkay walked on the stage at her graduation ceremony at Curtin University (WA) to receive her Bachelor of Applied Science Degree in Community Development in 2000, it proved to her that anyone can achieve their dreams.

Viv worked hard to get to where she wanted to. It was hard studying, raising eight children and working part-time and she sometimes wonders how she managed to complete her degree but it was with pride she stood - her family beside her - and thanked them for supporting her to fulfill her dreams. Education is the key to your future she tells her children as well as other young people who listen to her.

Vivien was born in 1957 at Merredin (WA) and grew up in the bush, mostly living on farms and stations or wherever her dad could find employment. Viv's education was ordinary and she remembers travelling around with her parents and attending a lot of different

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*'Working together to improve  
our health - our way'*

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### Nunyarara News

**Coordinator:** Kerry King  
Nunyarara Wellbeing Centre Inc.  
17-27 Tully Street, Whyalla Stuart, SA 5608  
(PO Box 2253, Whyalla Norrie, SA 5608)  
Tel: (08) 8649 4366 Fax: (08) 8649 4185  
Web: [www.nunyarara.org.au](http://www.nunyarara.org.au)

**Editing and Design:**  
Dreamtime Public Relations  
Tel: (08) 8463 1904 Fax: (08) 8311 5211  
Email: [info@dreamtimepr.com](mailto:info@dreamtimepr.com)  
Web: [www.dreamtimepr.com](http://www.dreamtimepr.com)

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schools in the area between Merredin, Kalgoorlie, Norseman and Esperance. Most of the work her dad gained was in farming or mustering cattle, and there were no unemployment benefits back then.

Viv and her siblings were taken from their parents when she was 10 years old to the Church of Christ Mission in Norseman (WA) where she managed to finish primary school and most of her secondary schooling. Viv's dad passed away three months after she was taken which had a devastating effect on her. Her mission life was very unhappy and she wanted to be back with her mum and extended family.

Viv tried to keep strong for her younger siblings, but being young herself, found it a struggle, and kept running away from the mission. So the native welfare department decided to place her into a hostel in Boulder to finish her schooling where she finally made contact with her mother. Her mum then applied to the department for Viv to go and live with her in Perth, which was the opportunity Viv had been waiting for.

Her first big adventure away from WA was when she travelled to Port Lincoln in 1973 with an Aunt. Viv loved it there but went back to WA for personal reasons. In 1989, Viv's mum and step-dad asked her to travel with them back to Port Lincoln where she stayed and attended TAFE for a couple of years. Her mum and step-dad then travelled on to Alice and Viv decided to follow a year later. Viv lived in the Centre for 15 years where she attended the Institute for Aboriginal Development, and after studying, found work and made many friends. She always travelled back to SA, especially Whyalla, for holidays and to visit family, and this is where she met her husband.

Viv and her husband lived in Alice Springs, however, decided to move back to Whyalla where they set up home again, until a few years later when employment opportunities arose in WA. They moved to Perth in 1994 and bought a home in the southern suburb of Parmelia. The family lived with their three children and five foster children but decided to sell their home after seven of the children moved out after finishing their schooling. With one child still at home, they decided that Whyalla was the place they wanted to return to.

Viv worked hard to achieve her dreams and her employment history reads: Tangentyere Council Alice Springs NT, Women's Community House Alice Springs NT, Gillen House Alice Springs NT, Yirara College Alice Springs NT, Elouera House Whyalla SA, Anawim Perth WA, Centacare Perth WA, and Town Council Kwinana WA. Viv currently works at Centacare Whyalla where she has been since 2006.

Viv has worked in human services for 30 years, and loves working with people. Her favourite saying is "It doesn't matter where you come from but it does matter where you choose to go".

Viv and her husband love the country lifestyle, and Viv says that Whyalla will probably be the place where she will retire. She has made many new friends and reconnected with old friends and extended family. Viv is also proud to say that both of her siblings went on to obtain their Bachelor Degrees in their chosen fields.

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## It's Not Too Late to Get Ready for DIGITAL TV!

**If you weren't ready for digital TV on 15 December 2010, it's not too late. All you need to do is buy a digital set top box or digital TV recorder for each analog TV you want to switch OR upgrade to a digital TV.**

An easy way to tell if you are digital ready is if you can see ABC2, ABC3 or SBS TWO. If you cannot see these stations, you are not digital ready.

For information on how to get ready, pick up a 'Get Ready for Digital TV in 7 Easy Steps' guide from Nunyarara Wellbeing Centre, Families SA, Centacare, Whyalla Counselling Service, or Centrelink. The guide can also be downloaded at [www.dreamtimepr.com](http://www.dreamtimepr.com).

To assist Aboriginal community members to get ready for digital TV, the Department of Broadband, Communications and the Digital Economy appointed Dreamtime Public Relations.

During November, Dreamtime Public Relations consultants, Danika Tonna, Garth Dodd and Phoebe Azer visited Aboriginal organisations and homes throughout Whyalla to provide information about the digital switchover.

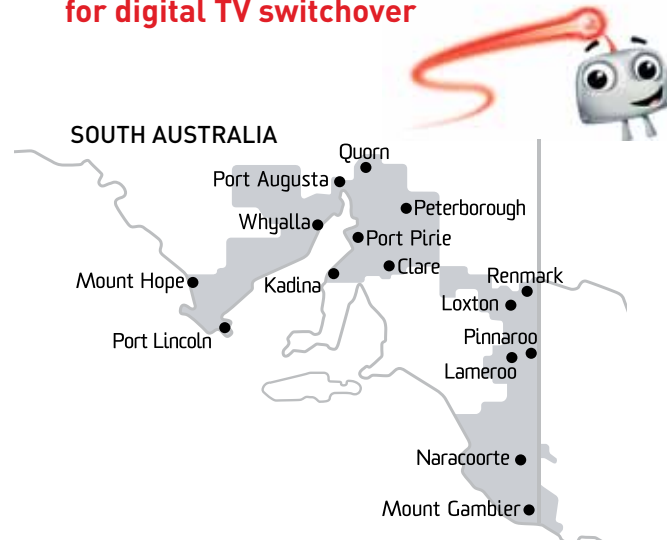
A community BBQ was also held at Nunyarara Wellbeing Centre on 5 November 2010 and more than 30 people attended. It was a great opportunity for community members to find out how to prepare for digital TV.

The 7 Easy Steps to get ready for digital TV are:

1. If you live in one of the areas on the map (top right), your TV service changed to digital only on 15 December 2010.
2. If your television is already digital or you are using a set top box connected to your analog TV, you should be fine.
3. If your television is analog, you will need to buy a digital set top box or digital TV recorder for each analog TV or buy a digital TV.
4. If you need help to get digital ready, talk to your nearest TV shop about your options.
5. If your current analog picture is good, your digital picture should be fine as well. If you are worried about what your picture looks like, call an Endorsed Antenna Installer in your area about your options. If you are renting, talk to your landlord about any antenna issues before upgrading.
6. You might be eligible for the Household Assistance Scheme to switch to digital TV if you or your partner own a working TV, can't watch digital TV and get the maximum rate of:

- Age Pension
- Disability Support Pension
- Carer Payment
- Veterans' Service Pension
- Veterans' Income Support Supplement Payment

## The areas of regional South Australia for digital TV switchover



To check if you are eligible for the Household Assistance Scheme call Centrelink on 1800 55 64 43 OR visit a Centrelink office.

7. To find out more visit: [www.digitalready.gov.au](http://www.digitalready.gov.au) or call the Digital Switchover Information Line on 1800 20 10 13.

Digital Switchover Liaison Officers can also help you with any questions you may have about the switch. Just call the Digital Switchover Information Line and ask to speak to a Digital Switchover Liaison Officer.

The digital switchover is happening all over Australia during the next few years as Australia changes from analog to digital TV. Digital TV offers more channels, better picture and improved sound quality.



Digital Switchover Community BBQ at Nunyarara

## Iga Warta Cross Cultural Trip

On 19 November, six Whyalla women, who either work for Nunyarara or are involved in the Nunyarara Board, went to Iga Warta in the Northern Flinders Ranges for two nights to attend a cross cultural workshop.

The workshop included specific women's business, and was part of a Country Health commitment to the partnership model of practice in providing culturally appropriate care to clients. Country Health funded the trip.

The trip was an exciting opportunity to learn about the complexities of traditional lifestyle and relationships, and included:

- Tours and course materials
- Aboriginal facilitators
- Cultural awareness information
- Meals and accommodation
- Campfire stories and cooking
- Personal stories and reflections

Iga Warta is located in the Flinders Ranges, north of Leigh Creek then east of Copley, near Nepabunna.

The participants from Whyalla, Port Augusta, and Ceduna enjoyed the weekend, and provided positive feedback. It was a time of shared stories, understanding culture and self reflection in some spectacular country.

The facilitators at Iga Warta did a fantastic job and Nunyarara would like to thank Josie and Terry for their hospitality, sharing and informative weekend in Adnymanthanha country.



## Merry Christmas & Happy New Year!

Nunyarara Wellbeing Centre Inc. would like to wish you all a very Merry Christmas and a Happy New Year.

**We will be closed for the Christmas period from noon Friday 24 December and will re-open on Tuesday 4 January 2011.**

If you have an emergency situation, please phone the Whyalla Hospital on 8468 8300.

Otherwise, we look forward to seeing you all in 2011!

## Where Are We?

Nunyarara Wellbeing Centre is located at 17-27 Tully Street, Whyalla Stuart. The entry and car park is on Booth Street.

Transport is available to attend all clinics.

Bookings can be made by phoning 8649 4366 at least 24 hours prior to transport being required.



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