

At The League



About the Victorian Aboriginal Health Service

The Victorian Aboriginal Health Service (VAHS) has provided holistic care to the Community for over 40 years by delivering a range of medical, dental and social services. Aboriginal health refers to the social, emotional and cultural well-being of the whole Community, so the services we provide include many aspects of life, rather than only focusing on the physical wellbeing of an individual.

The VAHS Healthy Lifestyle and Tackling Smoking Team are working towards reducing rates of smoking in the Aboriginal and Torres Strait Islander Communities in Melbourne through health promotion and attendance at Community events.

Follow the VAHS Healthy Lifestyle and Tackling Smoking Team



/vahshealthylifestyleteam



@vahs_healthylifestyleteam



@VAHSHLT



(Search "Victorian Aboriginal Health Service")

Acknowledgements

The VAHS Healthy Lifestyle and Tackling Smoking Team,
including: Laura Thompson, Sarah Sheridan, Greg Semmler, Jan Muller
and Joanne Dwyer

Aunty Diane Kerr, Wurundjeri Elder

Bubup Wilam for Early Learning

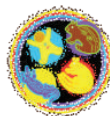
The Aborigines Advancement League

The City of Darebin

The Fitzroy Stars Football Netball Club

The Melbourne Stars Basketball Club

Yappera Children's Services



Yappera
Children's Service

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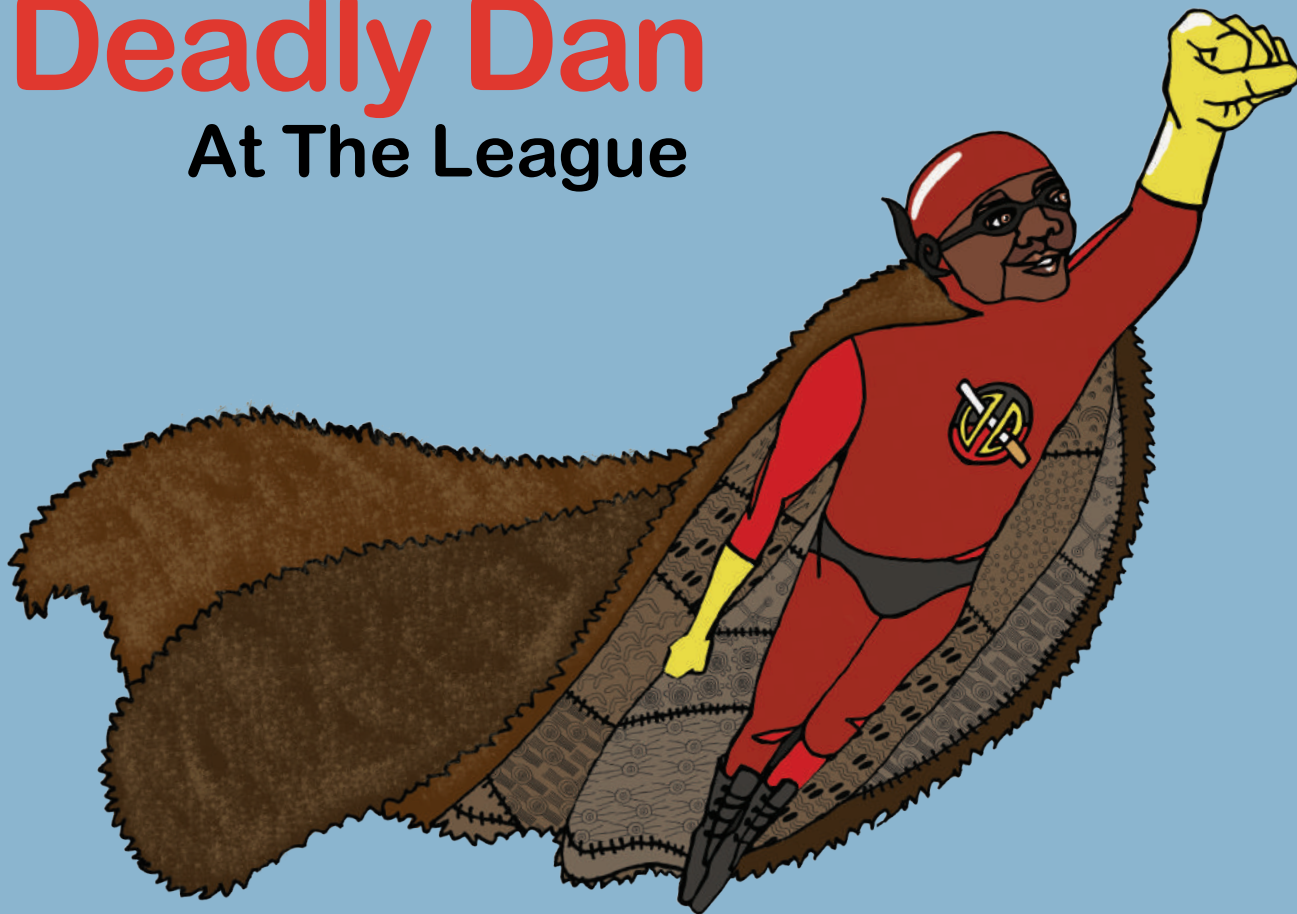
Tackling Indigenous Smoking and Healthy Lifestyle Team, 2016

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Deadly Dan

At The League



Written by:

**Victorian Aboriginal Health
Service Healthy Lifestyle and
Tackling Smoking Team**

Illustrated by:

Sarah Campbell

Sarah is a freelance illustrator, originally from Canada, who has a strong belief in the power of art, books and education as a driving force for positive change.

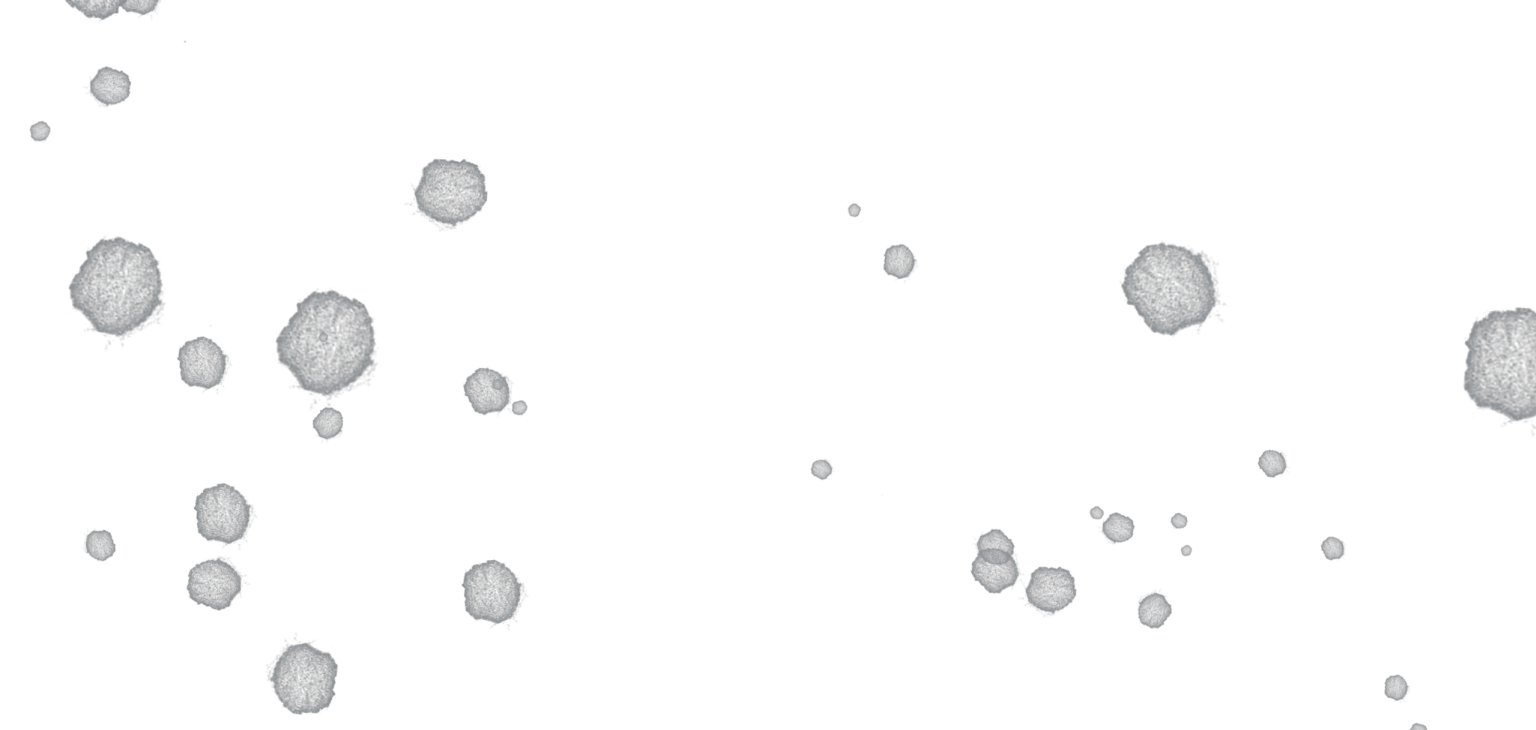
We acknowledge that the Victorian Aboriginal Health Service is located on the traditional land of the Wurundjeri people of the Kulin Nation.

We pay our respects to the Elders of our Community, past, present and future. Our Elders hold the wisdom, customs, culture and hopes of Aboriginal Australia.

The land upon which we stand is, was and always will be Aboriginal Land.

It was a bright and sunny day out the front of the League. Joey was out for a walk with his Mum, Dad, and little sister Jedda, who they had just picked up from Yappera. Djarmbi, their dog, was pulling on his lead with excitement.





Joey and his family went down to the Doug Nicholls Oval for a kick. A group of year nines were hanging out at the gate smoking. They thought they looked cool. A cloud of their stinky smoke floated towards Joey's family and they all started coughing. Even Djarmbi started coughing!



A stylized illustration of a hand holding a fan of feathers. The hand is positioned on the right side of the page, with the fingers curled around the base of the feathers. The feathers are dark grey and black, with some lighter grey highlights, and they are fanned out towards the left. The background is white.

The teenagers laughed.
Suddenly, the wind started to blow. The magpies
flew away and the dust swirled around.
Djarmbi started barking. Then, a voice boomed,
"YOU SMOKE, YOU CHOKE!"



You Smoke
You choke!

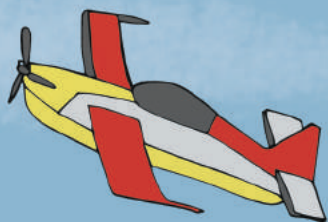
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130uit

Aborigines Advancement League

SIR PASTOR DOUG NICHOLLS OVAL



The family huddled together and waited for the dust to settle. Standing before them was a big man in a mask wearing a possum skin cloak. "Who are you?" they asked. "I am Deadly Dan, the smokefree man! Wominjeka! I'm here to make sure my mob is safe from the dangers of tobacco!"



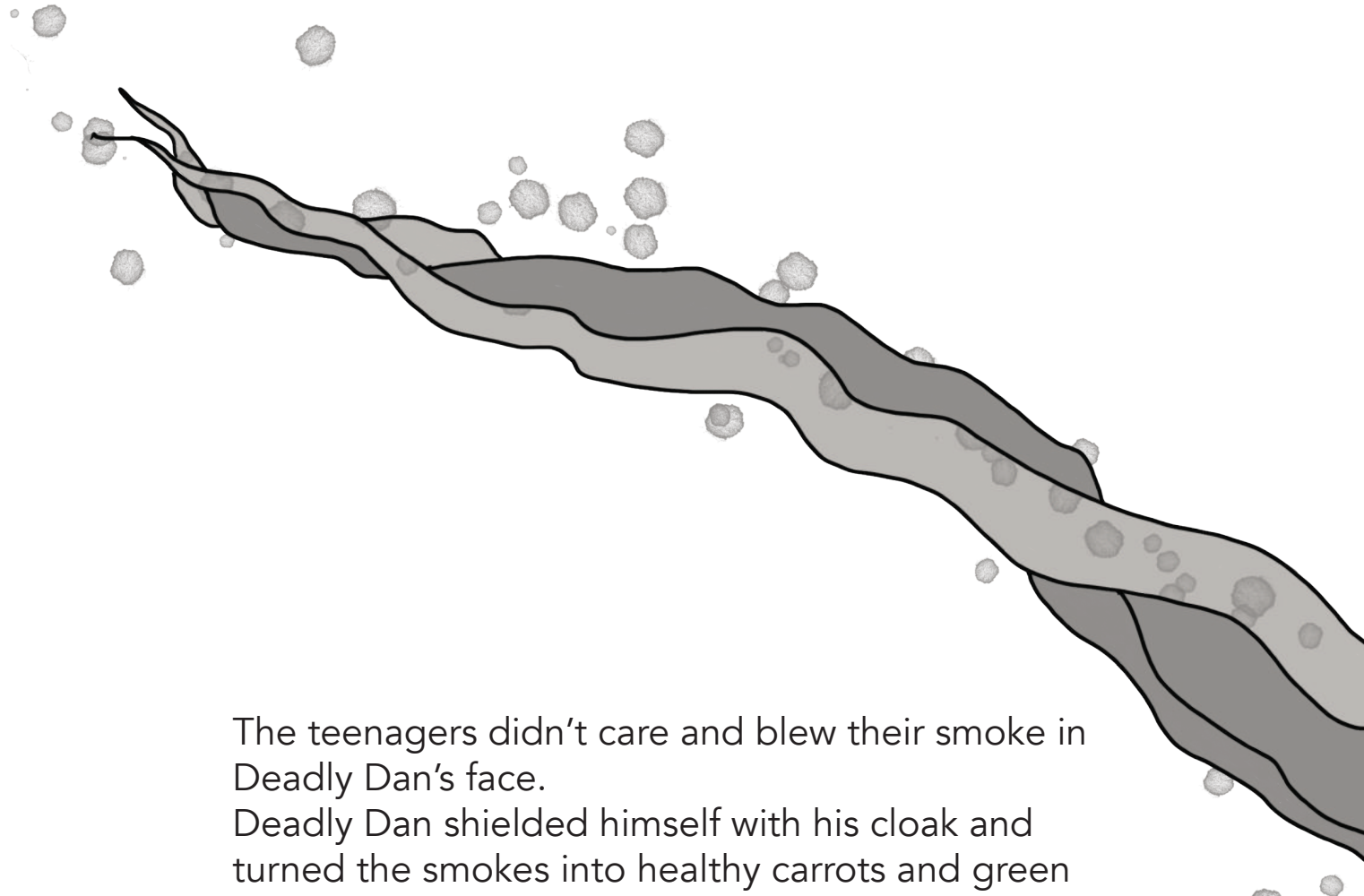


I can smell cigarette smoke all over
Wurundjeri country...

...and if my people call me,
I can fly as fast as Bunjil

...and turn ciggies into healthy fruit or
veggies!





The teenagers didn't care and blew their smoke in
Deadly Dan's face.
Deadly Dan shielded himself with his cloak and
turned the smokes into healthy carrots and green
beans! The teenagers were angry when they tried to
take a puff of a carrot, and yelled, "GIVE US BACK
OUR CIGGIES!"



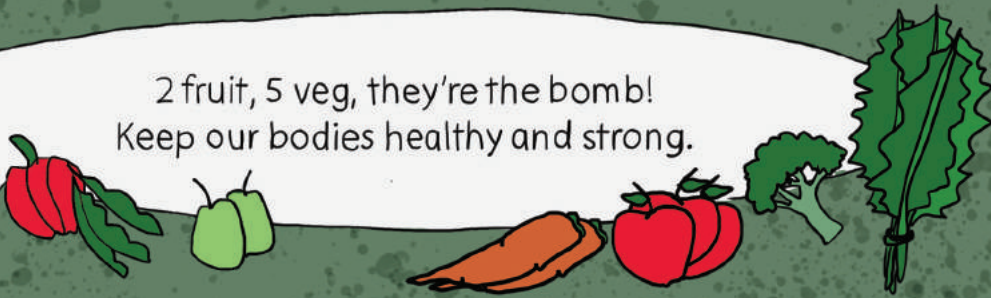
Give us back our ciggies!!!

#BePositive
#BeBrave
#BeFocused
#BeStrong
#BeDeadly
#StaySmokeFree

Deadly Dan held up his smokefree boomerang and said, "The power is within you, repeat after me..."



2 fruit, 5 veg, they're the bomb!
Keep our bodies healthy and strong.



Wash them down with H_2O ,
6 glasses is best, just let it flow!



Exercise! Run, jump and play,
For one hour every day!



Let's tell our mob, let's tell 'em quick,
Cigarettes, they make you sick!



Deadly Dan lowered his smokefree boomerang and the teenagers looked down at the carrots and green beans in their hands. They smiled and took a bite. "Yum," they said. "This is cool! I feel better already!" and jogged off.





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Yum!

Joey and his family were happy and Jedda gave Deadly Dan a big cuddle. Djarmbi wagged his tail. "We love you, Deadly Dan, thanks for keeping us safe! Will we see you again?" Joey asked.

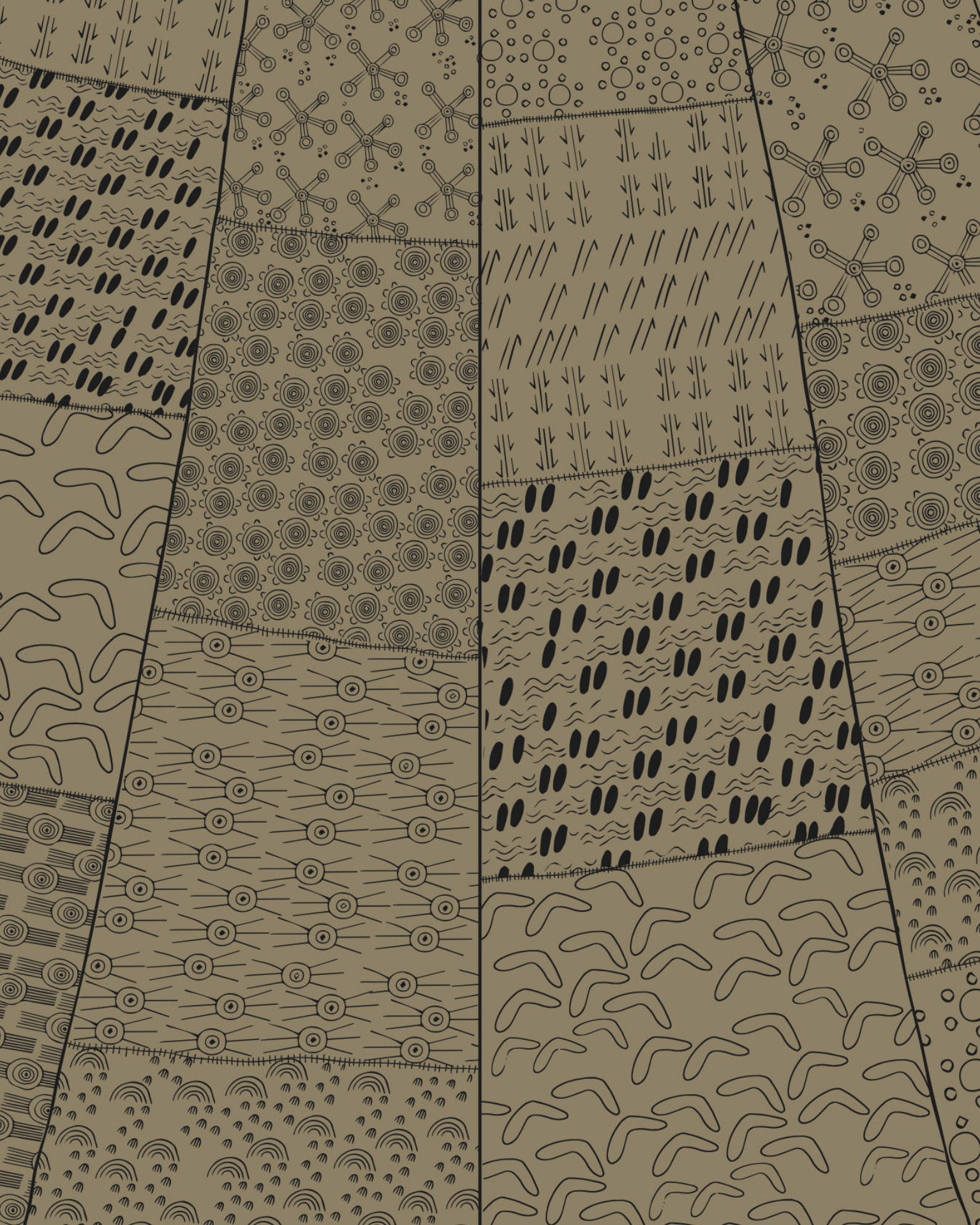




Deadly Dan replied, "You sure will! Whenever one of my mob is suffering from the effects of tobacco, I will be there to help." Deadly Dan flew off over The League, over Country, ready for his next adventure...







Deadly Dan's Possum Skin Cloak Design

Possum skin cloaks have been made for thousands of years by Aboriginal Communities from across South Eastern Australia. Cloaks were an important trade item and were worn far and wide. In days gone by, cloaks were used in everyday life to keep warm, to sleep in and to carry our babies. Cloaks were significant in ritual and ceremony. Today, we use these beautiful cloaks in both celebration and in remembrance.

A baby's first cloak was made at birth and more possum skins were added as the person grew to adulthood.

The designs on the possum skins told a story and mapped the owner's connection to country, language and clan.

Deadly Dan's possum skin cloak design tells a story about smoking in Community, the journey towards quitting and staying smoke free.

Spears and Kangaroo Tracks



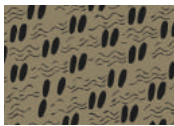
Resting Places



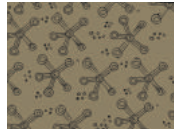
Meeting Places



Smokes and Shields



Honey Ants



Rainbows and Footprints



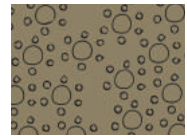
Tiled Boomerangs



Campfires with People Sitting



Stars



We would like to thank Aunty Diane Kerr for her support and input, and Jacqueline Morris for making Deadly Dan's possum skin cloak.

Image: Aunty Diane Kerr, Wurundjeri Elder

Glossary:

Bunjil – a spiritual being, creator, eagle

Ciggies/Cigarettes/Smokes/Tobacco – all mean cigarettes

Country – the land/area where you come from, your family lineage

Deadly – good, excellent, grouse

Djarmbi – mate, friend, brother boy

Doug Nicholls Oval – Fitzroy Stars Football Netball Club oval, named after Sir Pastor Douglas Nicholls, located on the Aborigines Advancement League site

H₂O – water

Kulin Nation – a group of family or clan groups in South East Victoria, made up of five language groups

Mob – Community or family

The League – The Aborigines Advancement League (AAL) located in Thornbury

Wominjeka – “Welcome”

Wurundjeri – local language group and land of the people in the Melbourne area

Yappera – A multifunctional Aboriginal children’s service, caring for our Aboriginal children and families, located on the Aborigines Advancement League site





If you or someone you know would like help to quit smoking, please contact:
VAHS Medical Reception: (03) 9419 3000 **Aboriginal Quitline:** 13-QUIT (13-7848)
#STAYSMOKEFREE



Always was, always will be Aboriginal land



Who can smell smoke all over Wurundjeri Country?

Who can fly as fast as Bunjil?

Who can turn smokes into healthy fruit and veggies?

It's Deadly Dan the No Smokes Man!

Deadly Dan and his magpies are at The League, find out what they are up to and join them on their adventure.

