

MAY 1972

# New Dawn



A MAGAZINE FOR THE ABORIGINAL PEOPLE OF NEW SOUTH WALES

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The future of any race is affected by the health of its people. Children who lack the right food do not develop normally. Adults on deficient diet have little energy. Wrong diet may cause excess weight. In this issue we look at some of these problems, and at interesting new ways of overcoming them.

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FRONT COVER: *Mrs Alice Wood at the party given in her honour by A.F.E.C.*

BACK COVER: *Little Des Ridgeway of Sydney, who is growing into a handsome young man. He sends a big "Hello" to all his family and friends in his home town of Taree.*

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## ALICE WOOD — RECORD BREAKER

“I hope Alice is the first of very many,” said Mrs Eileen Lester, and everyone clapped their agreement.

*Alison Wood, who accompanied her mother to New Zealand*



Eileen was speaking at a party at Sydney University given to farewell Mrs Alice Wood, who was about to leave for New Zealand on an Anzac Fellowship.

Daughter of that universally respected Aboriginal leader, the late Mr Bert Groves, Alice Wood had been awarded the fellowship to further her studies in preschool with the family education centres in New Zealand. Only two fellowships are awarded each year, and Alice had to compete against applicants from all over Australia. When the field had been narrowed down to the final interview, she had been the only woman left, the other remaining applicants all being males.

Alice, who has been a keen worker with the Aboriginal Family Education Centre movement, will be working in the Rotorua area with Mrs Hine Potaka, who became widely known to Aboriginal people when she was a field officer for A.F.E.C. Hine is Dominion President of the New Zealand Maori Women's Welfare League.

Alice will also be visiting other Maori associations—play centres, family education centres, preschool centres and parents' and citizens' associations—and will be addressing many of them. She will be in New Zealand for a period of 9 months, and hopes to obtain an Assistant Supervisor's Certificate.

Going with her to New Zealand are her four children, Marian, Adrian, David and Alison, who are all going to school at Tepuke—a largely Maori school in the Bay of Plenty area. A letter of

welcome from Hine Potaka received before the Woods left said that there was a fully furnished house awaiting them, ready for the family to move in. It was in fact Hine's childhood home.

At the farewell party given in her honour by Mr Lex Gray and his A.F.E.C. staff, Mrs Wood said she was keenly looking forward to working with the Maoris, and to sharing what she learnt with Aboriginal A.F.E.C. women in Australia.

Mrs Lester spoke for everyone when she said that Alice was carrying on a tradition started by her father, Bert Groves, and before him, Bill Ferguson, over 40 years ago—the task of proving that Aboriginals can do something for themselves.

Mr Grey told the gathering that Alice Wood had set a record in three ways:

- She was one of only two Anzac Fellows from Australia to New Zealand for 1972.
- She was the first Aboriginal to be awarded an Anzac Fellowship.
- She was the first woman from Australia to gain this award.

"Alice has achieved all this without the academic distinction of a university degree," Mr Grey said. "But I do not place great emphasis on the initial need for formal education.

*"It is what people are and what they do that counts".*



Hine Potaka



## JUST ONE WOMAN . . .

From a remote part of Queensland comes news of an Aboriginal health scheme that is probably the only one of its kind in Australia.

It is run entirely by an Aboriginal housewife, Mrs Kathy Fell, working in an honorary capacity. On 3 days each week, 25-year-old Mrs Fell distributes vitamin tablets and iron-fortified biscuits to preschool Aboriginal children in the Dajarra district, 90 miles south of Mt Isa.

The tablets and special biscuits are supplied by the Government, but Mrs Fell runs the entire distribution herself as a wholly voluntary effort. And although she has a husband and two children of her own to look after in Dajarra, she keeps up the work regularly.

As a result, the health of the youngsters in the Dajarra community has improved 100 per cent. Mrs Fell's quiet work to promote the health of her own people has met with well-deserved success.



# ABORIGINAL BREAKFAST PROGRAMME

Anyone who might think that the "Aboriginal Breakfast Programme" is some sort of special radio session heard around 7 a.m. can think again. It is in fact an exciting new project that may well have far-reaching results.

It began when young Sydney Aboriginal Paul Coe approached the Wayside Chapel early this year. Like many other people, he was concerned that Aboriginal children from lower income homes in the city were not receiving an adequate diet, and he asked the Wayside Chapel to help in establishing a programme to provide a nourishing breakfast for these children.

After discussion with Aboriginal mothers in the Redfern-Newtown area, the Wayside Chapel agreed. It already had a mobile unit with a built-in kitchen. It was decided to run a pilot project, starting early in February. The site chosen was Hollis Park, below Georgina Street in Newtown—a central spot for many of the Aboriginal families.

Each morning the mobile unit leaves the Wayside Chapel at 6.30, drives to Hollis Park, and sets up tables and chairs so that breakfast can be served from 7 a.m. Pure orange juice, cereals and egg dishes are combating vitamin deficiency found in some of the children. When cooler weather comes, porridge and hot dishes such as meat, cheese or baked beans will be on the menu.



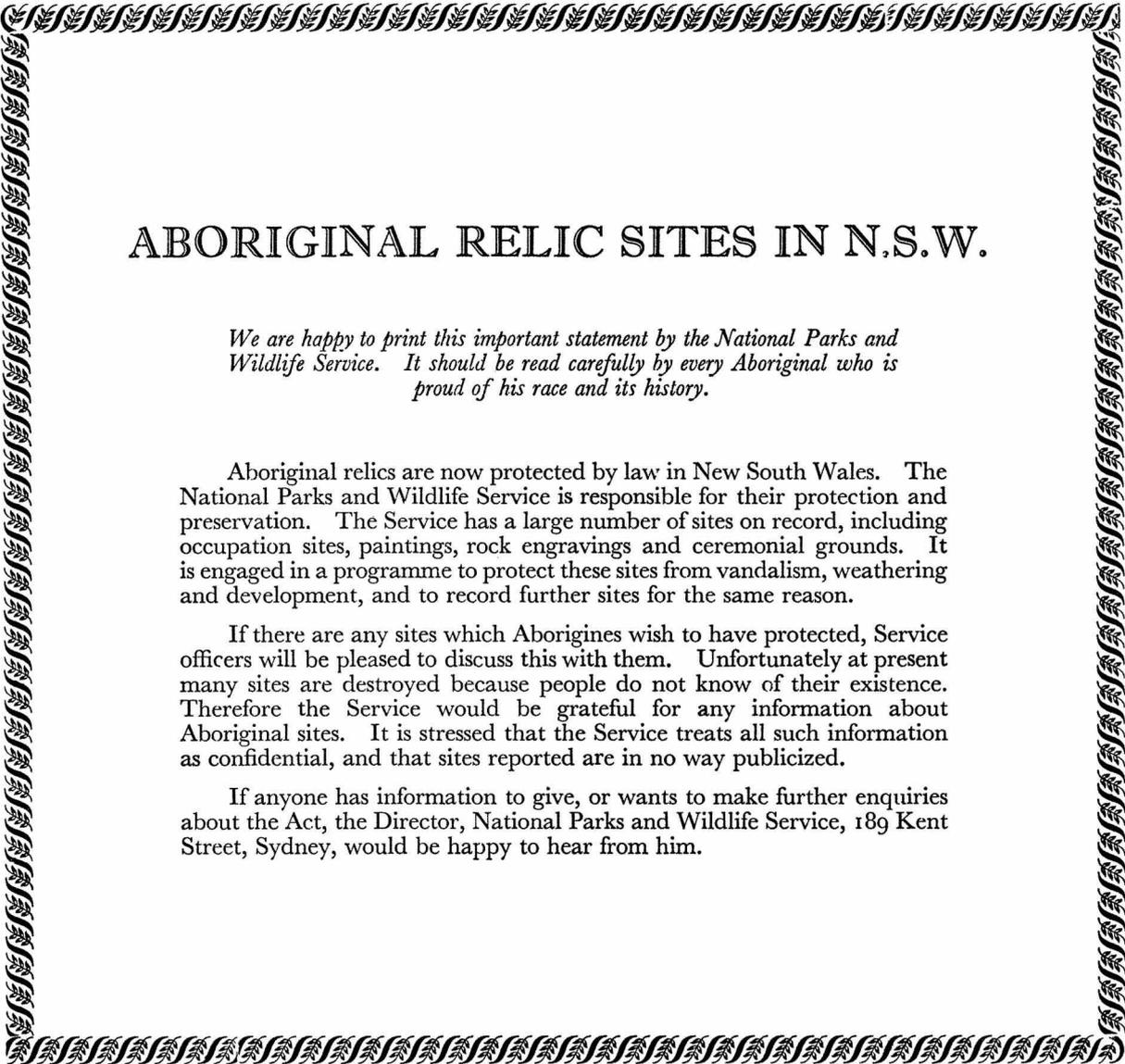
Within a few weeks of the start of the project, fifty children were coming for breakfast each day. Some of the mothers bringing their children seemed themselves to be suffering from lack of vitamins, and the Wayside Chapel may consider extending the scheme to them too. In any case, the aim is to involve the mothers in the programme.

“We would like to have the mothers doing the preparing and cooking of the breakfast,” says Miss Kay Edwards, Chief Co-ordinator of Social Works Programmes at the Wayside Chapel. “We want to

break down the ‘do-gooder’ aspect, so that it becomes a truly Aboriginal programme.”

Meanwhile there has been no lack of helpers. The South Sydney Community Aid has actively assisted. Farmers at Dural, near Sydney, have given large quantities of surplus oranges—sweet, juicy, but too small to sell. Many white people have offered their services.

“The good will is tremendous,” says Miss Edwards. “We’ve had more offers than we can use.”



## ABORIGINAL RELIC SITES IN N.S.W.

*We are happy to print this important statement by the National Parks and Wildlife Service. It should be read carefully by every Aboriginal who is proud of his race and its history.*

Aboriginal relics are now protected by law in New South Wales. The National Parks and Wildlife Service is responsible for their protection and preservation. The Service has a large number of sites on record, including occupation sites, paintings, rock engravings and ceremonial grounds. It is engaged in a programme to protect these sites from vandalism, weathering and development, and to record further sites for the same reason.

If there are any sites which Aborigines wish to have protected, Service officers will be pleased to discuss this with them. Unfortunately at present many sites are destroyed because people do not know of their existence. Therefore the Service would be grateful for any information about Aboriginal sites. It is stressed that the Service treats all such information as confidential, and that sites reported are in no way publicized.

If anyone has information to give, or wants to make further enquiries about the Act, the Director, National Parks and Wildlife Service, 189 Kent Street, Sydney, would be happy to hear from him.

*Bob Maza*

## ABORIGINAL ACTORS

Bob Maza is one of today's best known Aboriginal actors. He has had wide experience in television—has appeared in "Homicide", "Division 4", "Matlock Police" and "Hunter", and was seen regularly in "Bellbird", in which he played Gerry Walters, the Aboriginal lawyer.

He's also a singer, and has done club and hotel circuits, singing with bands and as solo performer.



*Lisa and Rachel Maza*



So one way and another, Bob has had many years experience in show business.

Now he wants to move into the production side; his ambition is to put on stage shows with Aboriginal themes, using Aboriginal actors. There is no lack of acting talent—indeed most Aboriginals have a natural gift for mime. What is needed now, Bob Maza believes, is technical know-how, to enable the Aboriginal entertainment industry to grow and flourish.

Bob Maza should be able to give a lead in this direction, as he has done in others. He is a past

president of the Victorian Aboriginal Advancement League. And, as he declares, he's proud to be a "black Australian".

\* \* \* \* \*

Jack Charles is another Aboriginal actor who is helping the development of Aboriginal show business. He is the Director of Nindethana, the Aboriginal Theatre in Melbourne. *New Dawn* photographed him during a visit to Sydney.

*Jack Charles*



*Rachel's portrait of her father*

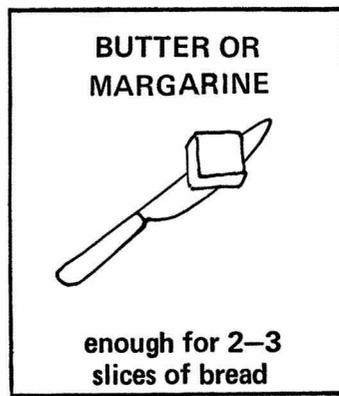
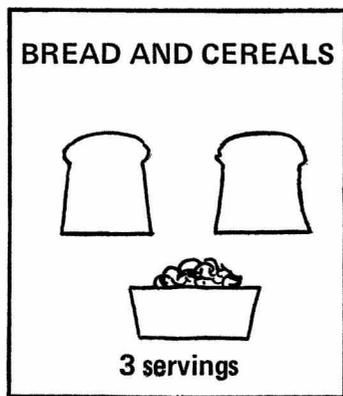
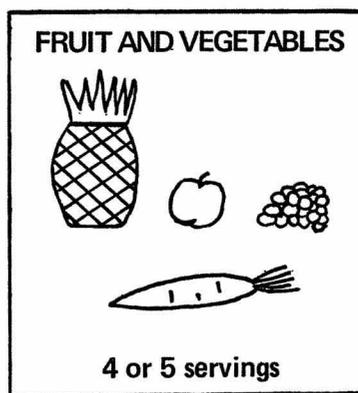
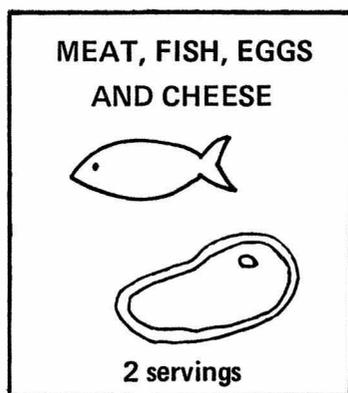
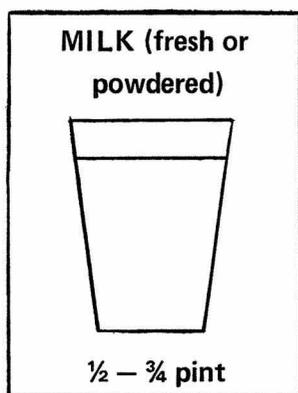


If you are overweight, you have probably often thought that you would look better if you lost a few (or many) pounds. This is probably true. But did you know that you would also feel better and be healthier?

# EATING TO LOSE WEIGHT

The most important thing you can do to lose weight properly is to eat the right foods (and *only* the right foods). Don't let anyone tell you that a "starvation diet" will do the job. You might lose a few pounds, but it won't last, and you will probably be unhappy and unhealthy in the meantime.

The thing to remember is to try to eat foods every day from what the health experts name the "Five Food Groups". *This is important whether you are trying to lose weight or not.* These are the groups and the amounts you should eat:



For those who want to lose weight, also remember to:

- (1) eat *no more* than the amounts shown on page 7.
- (2) avoid other foods, especially sweet, fatty or floury foods. These only put on a lot of weight without adding anything to your health.

The "Five Food Groups" are an ideal and can't always be followed. It is good to keep them in mind, though, when you do have a choice. A menu which includes a lot of bread-and-fat or damper is very fattening. Try substituting vegetables or fruit for at least part of this as often as you can. They can be just as satisfying, much better for your weight and your health, and just as inexpensive. If you can cut down on the sugar in your tea or coffee and on cereal, you can eventually give it up without losing anything but a few pounds.

The types of foods you can choose from each group can be varied as much as you like. The expensive foods are not necessarily the best. Mince and stewing meats can be good for you just as steak is, as long as they are not too fatty. Fruits and vegetables are usually cheaper than sweets and cakes and chips, and margarine, which is cheaper than butter, is also better for you. Powdered skim milk costs less than bottled milk and isn't nearly as fattening.

Here are some of the foods to try to avoid:

- Sugar, honey, jam, sweets, chocolates, sweetened tinned fruits, ice cream, soft drinks, cordials, milk shakes, alcoholic drinks.
- Cakes, biscuits, scones, rice, sago, macaroni, baked beans.
- Fatty meats, potato chips, cream, pastry, peanut butter, dripping, roasted vegetables.

By now you might be thinking that too much has to be cut out, but often it is not what you eat, but how it is prepared, that makes the difference. For example, vegetables are good for you, but a lot of butter on them isn't. Meat is good, but if you eat it with gravy or bread, that is extra weight. Tea or coffee alone won't add weight, but the sugar you put in them will. So be careful, and think before you eat.

Fortunately, there are some other things you can add to your diet for variety without adding extra pounds. Some of them are:

- Tea and coffee without sugar.
- Water and soda water.
- Soup made from Chick Cubes.

Marmite, Vegemite, Bonox and Bovril. Spices and flavourings (as long as they aren't sweet).

Here is a sample menu for one day, to show how the right foods can be used:

#### Daily

$\frac{1}{2}$  to  $\frac{3}{4}$  pint milk . . . to be used in tea and coffee or cereal or by itself

#### Breakfast

fruit	..	..	one piece
egg	..	..	one (not fried) or small piece of cheese or meat or fish
bread	..	..	one slice, thinly buttered
tea or coffee	..	..	no sugar

#### Mid-morning

tea or coffee .. no sugar

#### Lunch

main dish	..	..	lean meat or fish or egg or cheese
salad or vegetable			one large serving
bread	..	..	one or two slices, thinly buttered
fruit	..	..	one piece
tea or coffee	..	..	no sugar

#### Mid-afternoon

tea or coffee .. no sugar

#### Dinner

main dish	..	..	one serving meat or fish
potato	..	..	one medium
vegetables	..	..	two servings, cooked or raw
fruit	..	..	one piece
tea or coffee	..	..	no sugar

If you *must* eat something at other times, make it a salad vegetable . . . a carrot, a tomato, or some celery or lettuce. These add very little weight, but keep in mind that they do add some, so you can't just eat and eat.

One more thing to remember: exercise can also make a difference in how much weight you gain or lose. If you are active, your body uses up more of the food you have eaten instead of turning it into fat. Besides, if you sometimes eat snacks just because there is nothing else to do at the moment, exercising instead will fill in that time.

So if just reading about all these foods has made you hungry, don't reach for some bread or a sweet. Make it a carrot or an apple . . . or better still, go for a walk!

# ROY CARROLL— TRAINER

“Aboriginals are born with ability. I haven’t seen one yet who couldn’t fight or sing.”

So says Roy Carroll, Aboriginal fight promoter and trainer, who has a full-time job as a supervisor at Marrickville R.S.L., and as a sideline runs a gym, the Chippendale Sporting and Boxing Club, in Vine Street.

Roy knows what he’s talking about. He’s had many years of experience, both as a boxer and as a trainer. He hails originally from the Erambie Mission, Cowra, and as a young man travelled in

*Training at Roy Carroll’s gym: Sam Wickman from Alice Springs and thirteen-year-old Wayne Morgan*



boxing tents the length and breadth of Australia. He even fought in the Sydney Stadium a few times.

When he retired from the ring, he decided to help other Aboriginal boxers—particularly young chaps from the country, where there were no training facilities. Roy does more than provide training; he gives the new arrivals bed and meals, and encourages them to find a job and train at nights. He gives them sound advice too. “Save any money you earn,” he tells them. “Invest it, and when you get enough, go back and get a home in the country.”

Boxers training at Roy Carroll’s gym get a chance at good prize money if they can make the grade. Roy promotes at the Marrickville R.S.L. Club, where there is boxing one night per month. This gives aboriginal boxers a chance at main events—for example, Willie Leslie of Kempsey, Ray McGradie from Narrabri, and the Melbourne

boxers Harry Hayes and Ray Rose (Lionel’s brother) have all fought in main events at the club.

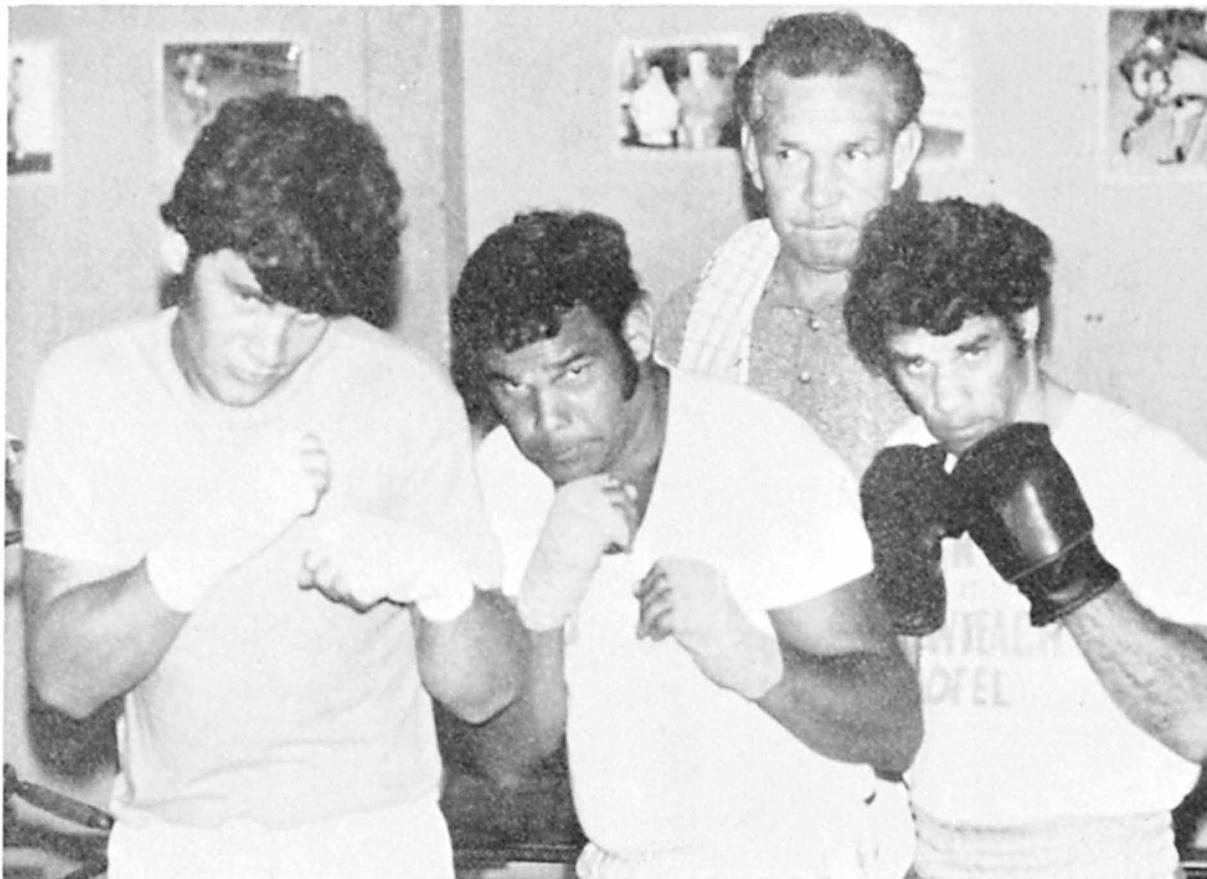
On every promotion at Marrickville there are seven fights, and usually about ten Aboriginals take part each bill. They earn good money—equal to that paid by South Sydney Leagues Club, according to Roy.

One of the boys in training when *New Dawn* called at Roy Carroll’s gym was Neville Williams from Cowra, a very promising featherweight, who was preparing for the featherweight championship of Australia. His fight with Lucky Gatellari at Griffith was billed for March. Whether he wins or loses, Roy’s advice will be the same:

“Don’t let yourself be exploited. Save your money. When you’ve earned enough to get yourself a home, pull out, and go back to the country.

“The fight game is very hard,” says Roy Carroll.

*Roy Carroll with three promising young boxers: Neville Williams, Lyle Carroll and Clem Christian*





# PICTURE



*Karen, Cathy and Stephanie  
Trindall of Narrabri*

*Steven Wallace (aged 3 months)  
of Lightning Ridge*



*Brent Trindall of Narrabri with  
Barry and Kevin Wallace of  
Lightning Ridge*

# PARADE

*Glen Welsh of Hurlstone Park*



*Joe (Shorty) Trindall of 62 Wee Waa Road, Narrabri*



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# “PLEASE, EVERYONE WRITE!”

This is the appeal in a letter to *New Dawn* from Lynn Sines, who writes on behalf of herself and two girlfriends, all of whom want penfriends.

Here are the details:

Lynn Sines,  
c.o. Post Office,  
Nambucca Heads 2448

Hobbies: modern dancing, listening to pop music, surfing, fast driving, guitar playing.

Agnes Donovan,  
c.o. Eungai Post Office,  
Eungai Rail 2492

Agnes is a cousin of Joey Donovan who went to the Olympic Games.

Hobbies: surfing, following her favourite football team, and singing and playing the guitar (two things for which her family is well-known).

Beve Williams,  
c.o. Post Office,  
Nambucca Heads 2448

Hobbies: writing letters, modern dancing, listening to pop music, surfing and lazing in the sun.

Another request comes from Lyn Stewart, of Ulong P.O., via Coramba 2493. Lyn writes:

“My hobbies are drawing, swimming and writing, and I would like a penfriend very much. I’m 17 years old and 5 feet tall, and would like to write to a girl or boy between 17 and 19.”



*Lynn Sines*

*Agnes Donovan*



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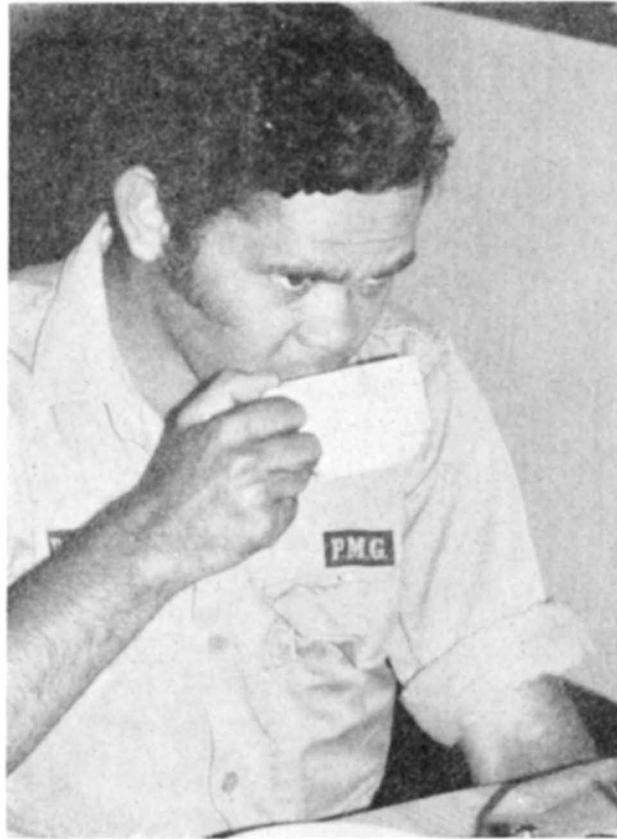
# SMOKE SIGNALS

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► Angela Duroux of Coffs Harbour (pictured with camera-shy friend) is a girl with ambitions—one of which is to be a teacher. She's over the first hurdle, because last year she passed the School Certificate Examination with credits in Home Science and Needlework. Not only that—she was girls' school captain at Corindi-Clarence School. This year she'll be at Coffs Harbour High School. Congratulations and good luck, Angela.

► Job vacancies in the Public Service—and Aboriginal school-leavers and others needing jobs... Sensing a communication gap, the Aboriginal Welfare Directorate did a little behind-the-scenes co-ordinating. Result: twenty-two Aborigines have joined the New South Wales Public Service in recent months, and others have gone on the staff of the Commonwealth Public Service. It's a good firm step in the right direction.





► Sponsored by the Aboriginal Children's Advancement Society, young Vincent Strong boarded for 2 years with Mr and Mrs Scrimgeour of the society's Gosford-Wyong branch, and attended Erina High School. He did well, was very popular in school and out, and has now been awarded a Commonwealth Secondary Grant which enables him to attend Armidale High and live closer to his family. He will be greatly missed at Erina, where all his many friends will be following his career with interest.

► Daryl Kelly, P.M.G. driver, is a Sydneysider of 12 years' standing, although he was born and educated in Armidale. After completing his 3rd year at high school he could not find work, and came down to the big smoke. He took various jobs, then joined the P.M.G.; he's been with them for over 2 years, and is now on the permanent staff. *New Dawn* took this photograph of him when he dropped into the Foundation Coffee Shop for lunch.

► New homes for Aborigines are being built in growing numbers. The latest list as *New Dawn* went to press showed that the Housing Commission has been given the green light to erect the following homes:

Lismore	..	..	..	Lot 89, McDermott Avenue	..	..	..	..	4 bedrooms
				Lot 30, William Blair Avenue	..	..	..	..	3 bedrooms
				Lot 34, William Blair Avenue	..	..	..	..	3 bedrooms
Barraba	..	..	..	Lot 2, Alice Street	..	..	..	..	4 bedrooms
				Lot 42, Weat Street	..	..	..	..	3 bedrooms
				Lot 46, Henry Street	..	..	..	..	4 bedrooms
				Lot 20, Gotha Street	..	..	..	..	3 bedrooms
Tenterfield	..	..	..	Lot 12, Miles Street	..	..	..	..	4 bedrooms
Armidale	..	..	..	Lot 7, Virginia Close	..	..	..	..	5 bedrooms

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## CHILDREN'S CORNER

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Hi there, boys and girls!

This month I've got something for you that's very easy to do, and gives everyone a great surprise. You're going to make a funny old grannie, and all you'll need is two matches, a little piece of white paper, a handkerchief or rag—and your own left hand.

Here's how you do it.

On the paper, draw two circles about the size of a 10-cent piece. Cut them out, and make a little hole in the middle of each circle.

Thread a match through each hole till only the match-head is showing.

Close your left fist, and poke your thumb between your first and second fingers. This makes Grannie's tongue.

Now poke the match sticks between your second and third fingers, so that the circles are on each side of your finger joint, to make the Grannie's spectacles.

Wrap the rag right around so that only her face is showing.

C-R-R-A-Z-Y.....!

Have fun everybody!

*Pete*

