

G I V E U P

S M O K E S

F O R G O O D

2 0 1 6 ~ 2 0 1 7

C A L E N D A R

Tick.

Tock.

Tick.

Tock.

Your first few seconds  
are always the scariest.

You t a u n t me.

You **tease** me.

You try and get inside my head.

[Give in to me Katrina.]

But I refuse to be poisoned.

I refuse to be at the mercy  
of cigarettes anymore.

So next time you come calling,

I'm going to

stare

you

down.

Because no one is going to look after me,

better than me.

'The Urge'  
KATRINA KARLAPINA POWER

JUL 2016 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

AUG 2016 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

It feels  
like you're going round in circles.

Inevitably  
                  ending up  
          where you  
started.

It's an unforgiving ride.

Round and round you go, again and again and again and again and again

But then,  
  
nothing is forgiving about cigarettes.

They make no apologies for the pain they cause.  
For the lives they destroy

So,  
for every day I go without one,  
I know I've won that battle.

One day,  
  
I will win the war.

~~~~~  
'Merry Go Round'  
STEPHEN GOLDSMITH



Suddenly,  
without warning,  
it hits you

{ smack  
bang  
between  
the  
eyes. }

And you realise,  
it's what you've been longing for.

The will to say  
no.

And mean it.

A relentless  
and unconditional

NO.

A no  
to smoking.

A no  
to lung cancer.

A no way in hell  
to one more  
for old times' sake.

It's all or nothing,  
and nothing ain't an option.

~~~~~  
'Cold Turkey'  
NANCY BATES



One by one,

my brothers and sisters

fall by my side.

I hurt,

knowing their lives

have been cut short.

But what tears me up inside,

is realising

with every passing life,

a part of our community dies with it too.

For we are the remains of our ancestors.

Our future,


lies in our hands.

So put those hands to better use

and throw away those cigarettes.

And stop this senseless waste of life.

~~~~~  
'Our Mob'  
MAJOR SUMNER



I know the truth.

And you know,  
you know the truth.

Smoking is a killer.  
It ~~destroys~~ our communities.

Time and time over again  
we see  
the irreversible damage cigarettes can cause.

Yet many of us choose to turn  
a blind eye.

And I,  
was one of them.

But the birth of my children cleared the haze  
and made me realise  
there's so much more worth living for.

I haven't touched a cigarette in years.

Because I believe,  
the only thing worse than smoking,

is lying to yourself.

~~~~~  
'The Truth'  
CHERYL AXELBY

No matter where you are,  
no matter what time of the day,

the pain reappears and can linger

for hours .

Sometimes days.

It's that sickening feeling

[ deep ]

in your

gut,

knowing how much you miss her.

She brought me into this world.

I thought she'd always be around.

But lung cancer had other ideas.

It robbed me of my mum.

I've never smoked a single cigarette in my life,

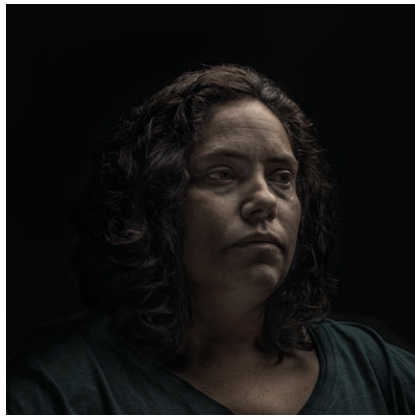
yet everyday,

I'm reminded of the heartache they cause.

~~~~~  
'Mum'  
TAUTO SANSBURY

MAY 2017 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

JUN 2017 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30



**JUL / AUG 2016**

**KATRINA KARLAPINA POWER**

Katrina is a proud Kurna woman. She is a strong advocate for the rights of Aboriginal women and their children. Katrina is a Narrative Healer; an artist and former journalist with The Advertiser.

**SPECIAL DATES**

- SUNDAY 03 JULY  
NAIDOC Week
- THURSDAY 04 AUGUST  
National Aboriginal and Torres Strait Islander Children's Day
- TUESDAY 09 AUGUST  
International Day of the World's Indigenous People

**SEP / OCT 2016**

**STEPHEN GOLDSMITH**

Stephen is a Kurna/Narungga elder and cultural performer and educator. He currently holds the position of media production officer for Kurna Warra Pintyarndi (Kurna Language Committee) based at Adelaide University and is a broadcaster for Nunga Wanga Media at Radio Adelaide.

**SPECIAL DATES**

- MONDAY 03 OCTOBER  
Labour Day

**NOV / DEC 2016**

**NANCY BATES**

Barkindji woman Nancy is an all-round artist, including singer-songwriter, storyteller, composer and comedian. Nancy is fast becoming part of the national Aboriginal music community and is about to embark on her fourth touring season as a member of Archie Roach's band.

**SPECIAL DATES**

- SUNDAY 25 DECEMBER  
Christmas Day
- MONDAY 26 DECEMBER  
Christmas Day holiday / Proclamation Day
- TUESDAY 27 DECEMBER  
Proclamation Day holiday

**JAN / FEB 2017**

**MAJOR SUMNER**

Major Sumner, otherwise known as Uncle Moogy, is a Ngarrindjeri Elder from South Australia and has been working with local, national and international communities for over 32 years. Major teaches dance, traditional hunting practices and storytelling to people of all ages to bring about healing in the community, and to educate both Indigenous and non-Indigenous people around the world about Aboriginal cultures.

**SPECIAL DATES**

- SUNDAY 01 JANUARY  
New Year's Day
- MONDAY 02 JANUARY  
New Year's Day holiday
- THURSDAY 26 JANUARY  
Australia Day / Survival Day

**MAR / APR 2017**

**CHERYL AXELBY**

In a career spanning 30 years, Cheryl has been working towards achieving social justice and equity for Aboriginal & Torres Strait Islanders in South Australia. She is a proud Narungga woman and currently CEO of the Aboriginal Legal Rights Movement Incorporated.

**SPECIAL DATES**

- MONDAY 13 MARCH  
Adelaide Cup Day
- TUESDAY 21 MARCH  
Harmony Day
- WEDNESDAY 22 MARCH  
Close the Gap Day
- FRIDAY 14 APRIL  
Good Friday
- SATURDAY 15 APRIL  
Easter Saturday
- SUNDAY APRIL 16  
Easter Sunday
- MONDAY 17 APRIL  
Easter Monday
- TUESDAY 25 APRIL  
ANZAC Day

**MAY / JUN 2017**

**TAUTO SANSBURY**

Born and raised on an Aboriginal reserve on South Australia's Yorke Peninsula, Tauto was presented in 2015 with the national NAIDOC Lifetime Achievement Award for his commitment to Indigenous advocacy. He has been a campaigner for social justice for Aboriginal people for nearly 40 years.

**SPECIAL DATES**

- FRIDAY 26 MAY  
National Sorry Day
- SATURDAY 27 MAY  
National Reconciliation Week
- WEDNESDAY 31 MAY  
World No Tobacco Day
- SATURDAY 03 JUNE  
Mabo Day
- MONDAY 12 JUNE  
Queen's Birthday / Volunteers Day

TO GET HELP TO QUIT CONTACT YOUR LOCAL HEALTH PROFESSIONAL OR [GIVEUPSMOKESFORGOOD.ORG.AU](http://GIVEUPSMOKESFORGOOD.ORG.AU)

**GIVE UP SMOKES FOR GOOD**  
[giveupsmokesforgood.org.au](http://giveupsmokesforgood.org.au)

**Quitline 137848**



SA Health