

VIBE ACTIVITIES

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VIBE 5

FIVE THINGS TO DO, LEARN
AND SEE THIS MONTH

1. Stories from the Torres Strait

Now showing at the National Museum of Australia is *Bipotaim: Stories from the Torres Strait* – an exhibition of stunning photographs, stories and objects about the lives, culture and identity of Torres Strait Islanders.



Bipotaim, which means 'before time' in Torres Strait Creole refers to 'olden times'. David Callow's portraits depict people from islands across Australia's northern frontier.

The exhibition compares current and traditional ways and practices, and reflects on changes that have occurred during their lives.

The photographs in *Bipotaim* are complemented by objects from the National Museum's Torres Strait Islander collections. Entry is free. See it at the **National Museum of Australia's Torres Strait Islander Gallery in Canberra until April 2014.**



2. Get ready for the Deadlys!

Now in its 19th year, the annual Deadly Awards is Australia's largest event on the calendar to showcase the achievements and contributions of Aboriginal and Torres Strait Islander people across the nation.

The ceremony, which will be held at the **Sydney Opera House** on **Tuesday, 10 September**, awards outstanding achievers in arts, health, sport, education and community. This year, there will be performances by Jessica Mauboy, Archie Roach, Christine Anu and many more. For more information and to secure your tickets to the event, head to www.sydneypopahouse.com and search for 'Deadly Awards'.



3. R U OK?

To help create a world where all people are connected and protected from suicide, the R U OK? Foundation is urging everyone to get involved on 'R U OK? Day' on Thursday, 12 September by asking your friends, family members and colleagues "Are you OK?"

The Foundation is hosting its 5th national day of action and aims to inspire more Australians to connect with anyone who might be struggling with life. For tips on how to promote this important day in your community, go to www.ruokday.com

4. Bangarra tours regional centres

Bangarra Dance Theatre is travelling to Victoria and Tasmania until 13 September to present the work *Kinship*. Choreographed by Artistic Director Stephen Page, *Kinship* opens with *Brolga*, a creation story inspired by the totemic systems in Australian Aboriginal culture, where every person is assigned a totem related to their clan.



The performance continues with *ID*, which investigates what it means to be an Aboriginal person in the 21st century by asking important questions of identity. In a series of dramatic and humorous observations, Stephen Page contemplates human nature in modern society where skin colour can drive perceptions more than it results in embracing differences. For dates and ticket info, see www.bangarra.com.au/events

5. This Fella, My Memory

'This Fella, My Memory' is the latest work produced by Moogahlin Performing Arts along with cultural consultants Aboriginal Elders Aunty Christine Blakeney and Uncle Max (Dulumunmun) Harrison.

This new work celebrates the lives of three older women and their tenuous relationships with their friends, family and each other, which ultimately leads to an enduring connection to people and country despite the odds.

Take a road trip across Aboriginal NSW where the boundaries, kinships and songlines are invisible to the eye, but felt deep within. 'This Fella, My Memory' draws upon these rich and deep connections to people and place. See it at the **Carriageworks in Redfern until 7 September**. Tickets: \$35. To book, see carriageworks.com.au

The RUOK? Foundation encourages friends and family to look out for each other by taking four simple steps:

1. Ask "Are you OK?"
2. Listen without judgement.
3. Encourage action.
4. Follow up.



RUOK?TM
A conversation could change a life.

- 1** Explain the meaning of the RUOK slogan, "A conversation could change a life."

- 2** Explain one way that you can reach out to someone during RUOK Day.

- 3** Sometimes, people will be "in denial" about their problems, meaning that they may deny that they have a problem when asked.

What could you do if you were worried about a friend, but they denied that anything was wrong?

4 Create a poster to advertise RUOK Day.

For more information head to www.ruokday.com