

VIBE ACTIVITIES

Healthy Vibe - *I Quit Because...* page 22

HEALTHY VIBE

PASTOR RAY MINNIECON* IS WELL-KNOWN AROUND REDFERN AND GREATER SYDNEY. AS SUCH HE WAS A PERFECT CHOICE TO BE ONE OF THE FACES OF THE I QUIT BECAUSE CAMPAIGN, AN ANTI-SMOKING CAMPAIGN THAT IS MAKING INROADS INTO SMOKING BY INDIGENOUS PEOPLE. THE CAMPAIGN WEBSITE HAS A SERIES OF VIDEOS OF PEOPLE TALKING ABOUT THEIR EXPERIENCES OF QUITTING SMOKING.

Pastor Ray has helped to establish Aboriginal churches in Sydney and Perth. He also worked for World Vision Australia's Indigenous Programs for 12 years and was its National Director for six years.

Ray has been off the smokes since 1974 and says he got off them because of the expense as well as health reasons.

"I'm now 62, but I quit over 30 years ago, when the cost of a packet of cigarettes got to 80 cents each. I thought that's it – they're getting too expensive," Ray says.

"And apart from the expense, I knew it wasn't doing my health any good. It was just one of those personal things that you come to realise and you say ok – I'm gonna quit."

But Ray says he didn't go cold turkey to stop smoking.

"I did it slowly. I went from a pack of cigarettes a day to the Drum rollies – they would last a week, but you got sick of rolling them and they were more expensive than the cigarettes, but the major reason was health."

Ray says he was invited to take part in the I Quit Because campaign when they contacted the Babana Aboriginal Men's group, which he helps run.

"They invited us to tell our stories and that is good because hopefully we can be good role models for the community," he says.

Ray says that although it is early days, there are positive signs that people are giving up smoking.

"Anecdotally, people are giving up or talking about giving up. Many people are now getting onto Nicotine Replacement Therapy such as patches. There is a real attempt to quit," he says.

"Everyone knows how bad smoking is for you, but it is a drug and it is hard to get off.

I know the temptations are always there. I still sniff it in the street and the desire comes back and that is 30-40 years later."

The I Quit Because campaign is an initiative of the South Western Sydney and Sydney Local Health District Health Promotion Service.

Communications Program Manager from the service, Angela Balafas, says the idea behind using people's faces and stories in the videos on the website came from research that shows Aboriginal people identify with other people who have quit, rather than with more general health messages about quitting.

"This is why we have the slogan 'Be like us. Stop smoking and let your body heal,'" she says.

"All the material was thoroughly tested with members of the community in focus groups. Their comments were incorporated into the final material."

Angela says the goals of the campaign are to reduce smoking prevalence in the Aboriginal and Torres Strait Islander communities by 5 per cent by June 2013.

"We are trying to raise awareness of the harms of smoking, encourage

I Quit Because...

Pastor Ray feels benefit of staying off smokes



BUTT OUT FOR BETTER HEALTH

attempts, promote use of nicotine replacement therapy (NRT), and increase access to quit services," she says.

"We are trying to secure external funding to expand the project and continue the project at a proposed larger scale up until 2015," Angela says.

For more information – or to look at the messages on the website go to iquitbecause.org.au

"Pastor Ray first came to Redfern in 1996, but he is from the Kabi Kabi people of South-East Queensland. He is also a descendant of the South Sea Islander people with connections to the people of Ambrym Island.

Did you know that over 4000 chemical compounds are created by burning just one cigarette? None of these are good for your body.

The good news is that as soon as a person gives up smoking, their body is starting to repair itself. Blood pressure and heart rate go back to normal, and within weeks, taste and smell improve, lungs work better and the risk of getting cancer is reduced.

Pastor Ray Minniecon quit smoking over 30 years ago because it was expensive and it was damaging his health. He is a spokesman for the I Quit Because... anti-smoking campaign.

READ *I Quit Because...* on page 22

ACTIVITY 1

BUILDING READING SKILLS



Advertisement

STOP SMOKING START REPAIRING

In 1 week
your sense of taste and smell improves

In 3 months
your lung function has increased 30%

In 8 hours
excess carbon monoxide is out of your body

In 1 year
a pack-a-day smoker will save over \$4,000

In 5 years
your risk of a stroke has dramatically decreased

In 12 weeks
your lungs regain the ability to clean themselves

In 12 months
your risk of heart disease has halved

In 5 days
most nicotine is out of your body

EVERY CIGARETTE YOU DON'T SMOKE IS DOING YOU GOOD

Quitline 13 7848
australia.gov.au/quitnow

Australian Government
Australian National Preventive Health Agency

Authorised by the Australian Government, Capital Hill, Canberra
Printed by The Australian Printing House, 100 William Street, Melbourne, Victoria 3008

- skimming and scanning for information.
- reading headings, sub-headings, text boxes and pictures.
- reading for meaning.
- making connections between the text and your world.

There are three levels of comprehension questions:

- Literal** The answer is located in one sentence in the text.
- Inferred** You need to make links between text and graphics (such as photographs, illustrations, maps and tables) and what you already know.
- Applied** The answer is in your background knowledge and what you already know or feel.

1 Pastor Ray Minniecon was chosen as a spokesman for the I Quit Because... campaign because (inferred)



- he is well known in the Indigenous community.
- he has some good advice about giving up smoking.
- he is a strong role model in his community.
- all of the above

2 Where can people find out more about the I Quit Because...campaign? (inferred)

- Redfern and Greater Sydney
- www.iquitbecause.org.au
- NSW Government
- World Vision Australia's Indigenous Programs

3 Why does the I Quit Because... website include a series of videos of people talking about their experiences of quitting smoking? (inferred)

- It makes the website a bit more interesting.
- It makes you want to keep smoking.
- It helps you get to know people in the community.
- People who want to quit smoking can gain advice from others who have been in the same situation.

4 The text says: *Pastor Ray says he didn't go cold turkey to stop smoking. What does cold turkey mean?* (applied)

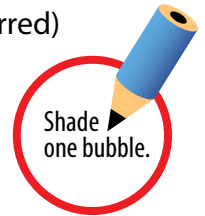
- paying too much for cigarettes.
- quitting gradually.
- stopping all of a sudden.
- eating lots of cold meat instead of smoking.

5 Is Pastor Ray Minniecon still a smoker?

(inferred)

YES

NO



6 What is the purpose of this text?

(applied)



7 How do the visual images support the message of this text?

(inferred)

ACTIVITY 2

LANGUAGE CONVENTIONS – SPELLING

1 The spelling mistakes in these sentences have been underlined.
Write the correct spelling for each word in the box.

It is part of an anti-smoking campain.

People talk about their experienses.



2 Each sentence has one word that is incorrect.
Write the correct spelling of the word in the box.

A lot of people are quitting smoking.

Cigarettes are very expensive.

ACTIVITY 3

LANGUAGE CONVENTIONS – GRAMMAR

1 Which type of word is *invited* in this sentence?

They *invited* us to tell our stories.

- noun
- preposition
- verb
- adjective



2 The text says: *Everyone knows how bad smoking is for you but it is a drug and it is hard to give up.*

Everyone, you and *it* are examples of

- verbs
- pronouns
- imperatives
- exclamations

ACTIVITY 4

LANGUAGE CONVENTIONS – PUNCTUATION

1 Write this sentence correctly, adding the missing punctuation.

pastor ray minniecon says i became part of the i quit because campaign to raise awareness about the harm that smoking causes and to encourage people to quit



ACTIVITY 5

WRITING AN EXPOSITION



An Exposition is a type of ARGUMENT that states one point of view about an issue.

Argument type	Social purpose	Stages	Phases
Exposition	argues one point of view about an issue	<p>Thesis</p> <p>Arguments</p> <p>Restatement</p>	<p>preview</p> <p>evidence statistics quotes examples elaborations</p> <p>review conclusions</p>

TOPIC – Every cigarette you don’t smoke is doing you good.



Write an EXPOSITION to argue your point of view.

Think about:

- examples, statistics, elaborations and other evidence to support your ideas.

Remember to:

- research your topic and plan your writing.
- choose your arguments carefully.
- give reasons for your arguments.
- give examples to support your arguments.
- write in sentences.
- pay attention to your spelling and punctuation.
- use a new paragraph for each new idea.
- choose your words carefully to convince a reader of your opinions.
- check and edit your writing so that it is clear for a reader.

For more information about quitting smoking, head to

www.iquitbecause.org.au