

Indigenous dancers such as the Bangarra Dance Company, Pan Ooche and East Narra Dance Public School Dance group, teach through visual expression stories of Aboriginal culture, tradition and history.

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Aboriginal sports people such as Football player Dyllan Farrell, <sup>and</sup> Wayne Ardler, ~~and~~ Touch football players such as Jeff Wellington, Athletics people such as Kathy Freeman, and many others give Aboriginal ~~people~~ ~~people~~ people someone to idolise and feel proud of.

Such forms of expression of identity allow insight into culture and rich tradition. They give knowledge to Indigenous people and Australians about history and ~~and~~ idolise Indigenous Australians for ~~their~~ their achievements.

b) Traditional and contemporary forms of expression of heritage and identity are very significant in sustaining and contributing to ~~the~~ socio economic status.

In today's society, Indigenous Australians experience lower levels of employment, overcrowding, lower incomes, lower education levels, higher status in the criminal justice system, below average health and

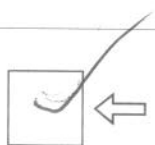
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are much more dependant on welfare. From such low determinants, indigenous peoples often feel as though they are not ~~seen~~ as equal or important, a sad reality. This often leads to drug and alcohol abuse, and ~~contributes~~ this contributes to the ongoing cycle that has resulted in such low economic status.

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Through ~~contemporary~~ traditional and contemporary forms of expression, a new pathway opens for indigenous peoples to get out of the ongoing cycle and achieve something great. This has been the case for a lot of indigenous Australians today, who have put aside statistics, stereotypes and expectancy, and achieved something great through expression of heritage and identity.

In the Nowra community, located ~~at~~ two hours south of Sydney many indigenous ~~people~~ peoples have gone on to achieve great things. Nowra is considered to be a town with one of the ~~most~~ lowest employment levels in Australia, and this statistic goes up when looking at indigenous peoples. Although within Nowra are many great sports people, visual and performing artists, actors and dancers.



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Laddie Timberley owns a shop in Hushisson, 20 minutes drive out of Nowra. The shop is located in The Lady Denman Heritage site and displays all types of Aboriginal artefacts, arts and crafts. Laddie Timberley ~~sells~~ hand makes didgeridoo's, boomerangs, and all sorts of artefacts that relate to his indigenous culture. The business has been in Laddie's family for over 150 years and the Timberleys are known for their spectacular 'burning in' of wood, a technique used to craft Aboriginal symbols on artefacts. Laddie Timberley's shop offers knowledge about the local Aboriginal community and there are pictures everywhere, which Laddie tells the story of on arrival. Himself and David Little offer Bush Tucker tours for locals and tourists, and they also do educational talks within schools. Laddie understands the importance of traditional and ~~cultural~~ contemporary expressions of heritage and identity and keeping it alive to maintain socioeconomic status for Aboriginal people as it is Aboriginal art which led Laddie out of his bad ways, into a successful career.

There are many sports people who have come from Nowra including South Rabbitoh's player Dylan Farrell and Touch Football player Jeff Wellington who represented Australia. ~~The~~ Both Dylan and Jeff incorporate their ideas of sport into teaching young

children of the area the importance of a good education to be able to achieve great ~~the~~ things in life. Both men go to local schools teaching and passing on skills to Indigenous and non indigenous children. The Wreck Bay Soccer Club also provides a ~~of~~ hobby for ~~people~~ ~~and~~ indigenous people around the area who can use sport as a way of getting fit and increasing quality of life.

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Within the area many talents have been born and raised such as the famous singer Jimmy Little and the country musician Troy Cassadinsky whose dad lives on the mission at Orient Point (Jerringa) a 15 minute drive from Nowra. These two men are a sign of hope and idolisation that indigenous kids can achieve their goal through traditional and contemporary forms of expression.

Young talents such as Tanika Cohen Brown, whom is from Wreck Bay (twenty minutes drive from Nowra) played the young Gail in the upcoming film The Sapphires, prove that expressions of Aboriginality provide a new pathway for success. This is also seen through the Aboriginal Nowra a East dance group who perform around the Nowra area, sharing and providing knowledge on traditional culture and

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history:

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~~These traditional and contemporary forms of expression are essential~~

Traditional and contemporary expressions of heritage and identity are essential in maintaining and improving a high socioeconomic status for Aboriginal people. Such forms of expression provide a new pathway for success for those whom made be stuck in a bad circumstance, and also provide Aboriginal idols for younger indigenous peoples.

← Tick this box if you have continued this answer in another writing booklet.