

Deadly Sisters



Girlz

Meaning of DSG Logo

STRONG BLACK WOMAN EMPOWERING EACH OTHER

Woman: Represents all Aboriginal Women

Hands: Helping each other/ Togetherness

Circles: Circles of Life

Wavy Lines: Represent the ocean and the ups and downs
in our lives

Designed by Karlene Duncan 2010

Our Motto:

STRONG WOMEN, HEALTHY AND DEADLY

BACKGROUND

Deadly Sista Girlz Aboriginal Corporation was formally known as Goori Girls Biggest Loser. It was established in September 2009 when 2 Coffs Harbour woman Noelene Skinner and Fiona Hyland applied for the Series “ Biggest Loser”. These 2 inspiring Aboriginal women made it to the final cut of the show however did not make it into the show. They decided to provide a program in the Coffs Harbour Area to other Goori Women in Healthier Lifestyles for themselves and their families. This consisted of activities, weigh in, educational talks etc. The 10 week pilot was so successful that the women involved decided to continue into 2010 with a 12 month program hence the formation of Deadly Sista Girlz Aboriginal Corporation in January 2010.

DEADLY SISTA GIRLZ ABORIGINAL CORPORATION

Directors

Project
Coordinator
(If Funding
available)

Newsletters

Major Events

Submission
Writing

Activities

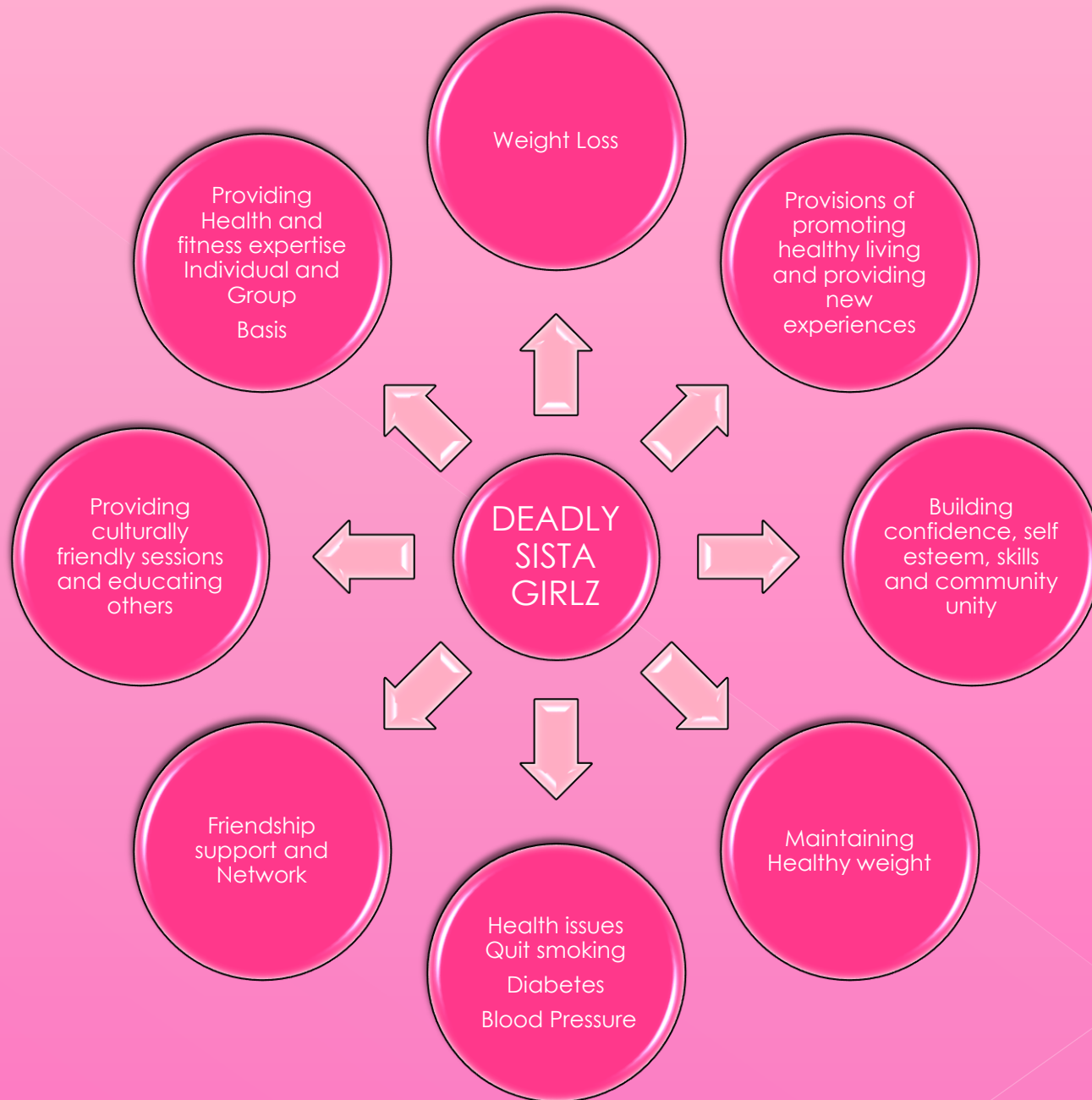
Funds
Management
and Raising

Corporate
functions

Publicity and
promotion

Linking Health &
Fitness Services

Members



CONCEPT OF DSG

- ❑ Organise a group of Aboriginal Women together with a more social aspect to health & fitness and introduce Healthy activities available in Coffs Harbour
- ❑ Group support and decision making around a more healthier lifestyle for women and their families.
- ❑ A holistic approach and education around health and fitness .
- ❑ To target Working/studying Aboriginal Women who may not or have not been able to access health programs due to work/study commitments
- ❑ Shared responsibility, decision making and action to choosing fitness and health activities throughout our program.
- ❑ Develop our Governance and sustaining program

Outline Of DSG Program

- ❑ 10 weeks Program (in line with school terms)
- ❑ Various activities
- ❑ Weigh ins (start and end of terms)
- ❑ Fitness Level Checks
- ❑ Support: peer and professional
- ❑ Education materials
- ❑ Monitor ,Evaluate and Reassess .
- ❑ Engage Mainstream Health professionals and Facilities

DSG MEMBERSHIPS FEES

- ❑ \$50 per term for Aboriginal Members
- ❑ \$70 per term for Non Aboriginal Members
- ❑ This equates to paying \$5.00 per week (Aboriginal Members) for up to 4-5 activities per week.
(1 session of water aerobics is \$9.00, 1 session at a gym is \$15.00 casual Visit).
- ❑ DSG provide Fully trained professionals to provide training for our ladies.
- ❑ DSG Ladies also receive DSG Merchandise in this costs
- ❑ DSG Ladies receive subsidy for Major Events
(eg City to Surf Entry Fee \$65 and Accommodation fully paid \$150 for 2 nights)

DSG Merchandise



Major Achievement- Cover of Telstra Yellow and White Pages



Noelene and Fiona were nominated for the front cover of the Telstra Yellow and White Pages and were successful. Our region covers from Coffs Harbour to NSW/QLD Border. This was an honour for Noelene and Fiona but more importantly Deadly Sista Girlz. This gave DSG more publicity for all our ladies hard work and commitment to this DEADLY Program.

Major and Local Events

- ❑ Outback Marathon Uluru
- ❑ City to Surf Sydney
- ❑ 7 Bridges
- ❑ NIKE She Runs the Night
- ❑ Gold Coast Run
- ❑ Dementia Walk
- ❑ Relay for Life
- ❑ Bendigo Fun Run
- ❑ Dragon Boating
- ❑ Indigenous Basketball Championships Melbourne
- ❑ 2 x Netball teams in Local Competition



Deadly Sista Girls - Mixed Dragon Boat team
 3rd In the Community Division
 2012 Coff's Coast Dragon Boat Club 4th Annual Sports & Community Regatta
 Bellinger River, Mylestom

Achievements & Publicity Profile:

- ✓ NSW Premiers Award
- ✓ Front Page of Coffs Coast Advocate
- ✓ Living Black
- ✓ Koori Mail Edition
- ✓ Deadly Vibe Magazine/ Deadly Sound Radio
- ✓ Local Radio Stations
- ✓ ABC interviews
- ✓ Brisbane Murri Radio Interviews
- ✓ ORIC Newsletter

NAIDOC

2013

The Deadly Sapphires Show



Community Events Performances

- ◉ NAIDOC
- ◉ Who Ya Gunna Call Forum (NCAHS)
- ◉ Lets Paint this Town Red (Kempsey-Land Council)
- ◉ Indigenous Coordinator Centre(ICC) Events
- ◉ Aboriginal Legal Service Conference
- ◉ North Coast Institute TAFE



DEADLY JARJUMS



DSG has a new program – DEADLY JARJUMS

- ❑ Youth and children's program that is focused on providing a leadership/community capacity building platform that delivers Health, Fitness and Well Being activities for young people of DSG families.
- ❑ Sessions around educating our kids in the importance of being healthier, fitter, confident, correct foods and most importantly being happier.
- ❑ This program will be a bit different to other kids programs as DSG ladies will be physically doing the activities along side our kids so they to can see the importance of health and exercise throughout the whole family.
- ❑ DSG will also be mentors for this group as we will be supporting the Deadly Jarjums in forming their own Youth Governance Structure where our Young people can gain a strong foundation in Aboriginal Corporation Skills.
- ❑ DSG thought this would be the perfect opportunity for our youth to learn these skills that will be beneficial for them in their adulthood





Please check your tickets for today's lucky
Door Prize.

Thank you from all our Deadly Sista Girlz
and we hope you enjoyed our presentation
and our DSG Packs we have put together for
you today.

