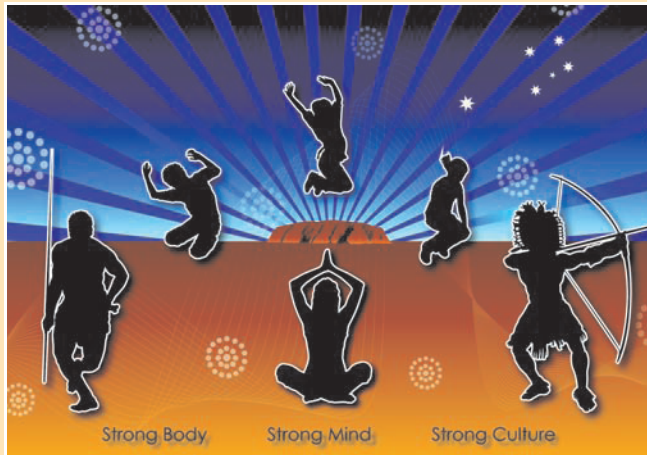


Strong body,
strong mind,
strong culture



Remembering that the land is the giver of life to all plants and animals, which we need to fuel our bodies, we have to respect her as a major part of our lives. There is a life force that flows through everything and every one of us. Everything is connected in some form or other, which means we all have a duty of care for each other, regardless of sex, creed or colour. This help might be given in the form of mental, physical or spiritual aid, and this means maintaining our own health so we are strong for others — but, more importantly, we're also strong in our own body, mind and culture.

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The Dr Ross Ingram Memorial Competition

Indigenous health: tell us your story

The Dr Ross Ingram Memorial Competition for an outstanding essay on Indigenous health by an Aboriginal or Torres Strait Islander person was first awarded in 2005.

From 2011, the competition has been expanded to include a second category: original artwork. Images can tell powerful stories and we believe that adding this category will further enrich the MJA's exploration of one of the most important topics in Australian health care.

The competition is open to any Aboriginal or Torres Strait Islander person who is working, researching or training in a health-related field; we are looking for essays or artworks that present original and positive ideas aimed at promoting health gains and health equity for Australia's

Indigenous peoples. After all, real insights and solutions come from within, not from without.

Winning entries are published in the Journal's Indigenous Health issue (the second issue in May each year), and attract a prize of \$2000 in each category. Other entries of high merit may also be published.

Essays: should be no more than 2000 words long

Artworks: should be submitted as a digital photograph, with a brief description of the message that the artwork is conveying. Send as a tiff or jpeg file format at 300 dpi (minimum width 9 cm).

Closing date: Friday, 27 January 2012.

Before entering the competition, please take a moment to read about Dr Ross Ingram, and feel free to follow the links to previous years' finalists and winners (from the link below).

<http://www.mja.com.au/public/information/RossIngramPrize.html>