



Makara patapa / quit smoking

Podcast transcript

Introduction

The makara patapa program is a TAC initiative, as part of our holistic approach to health and wellbeing, supported by the Department of Health Tasmania.

Episode 12: Riley and Michael Anning

Introduction:

Ya everyone. Nunami here, in 2022, I was asked to travel across Lutruwita and record our community stories of quitting smoking.

I heard so many great success stories of our people who managed to quit and got a good picture of why our people chose to quit, how they did it, and what supports they were able to access along the way.

This is the makara patapa podcast.

Riley:

My name's Riley. Riley Anning, this is my dad, Michael.

When I first had a smoke it was just with my mates, general. Never really thought about having one before that or even now after, I don't figure of it at all.

Think first it was just, having couple drinks and then I think we're probably going to go to the town. Yeah, just got offered one and saw everyone else was having one, so. Yeah, I had one.

Nunami:

What made you be like? I don't think I will do that. I don't think that's for me.

Riley:

I had this idea in my head that I just I never liked it. I don't know.

I don't know why I just think growing up with a parent that smoked and I just you know, it would be in the air, and I just did never like the smell, getting up my nose.

And also, a bit of, I was a bit of an asthmatic as well, so it's sort of never really helped that as well. Just never like the smell of it, to be honest. It would get up me nose. That always helped, down the line just with my mate so I never kept it up. They'd go and have a smoke and I would smell it.

But then you also get these other smokes that you can pop and they smell different. I think that a lot of them were smoked as well.

You know, I never picked up just, you know, buying packets. They're like \$40 so it's either that or a carton. So yeah, probably always choose the carton.



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Michael:

Well I was on and off the rock'n'roll for years. Never had a lot of money. Played football, you know, there's a lot of that people smoking after the game and that, you know, there's no really good smoke fans. Forty or fifty people in a room and smoke everywhere.

Riley:

Yeah, that's a big thing, I say. I'm, I'm sorry, I cut in.

Michael:

Nah it didn't agree with me at all. I was diagnosed with mild cases of asthma when I was younger, so.

Riley:

That's it, OK.

Michael:

But I didn't think. I'd rather drink beers and whiskeys then.

Riley:

Yeah, I'd say I'd probably never smoke, but I've been in a lot of rooms where there's a lot of secondhand smoke like. So, I'd probably say I am a smoker in a sense. Cause I'm in a lot of rooms.

We've been down at the pub down at Franklin. They're it's a bit loose on the rules so everyone was smoking at the bar. We're there to play eight-ball and like you, gotta take a shot and smoke you could see it coming from the in the light and go right in your eyes.

You have to go outside just so you can let your eyes breath.

Just saying I figure ever since I was a kid, I hated it. And then the only time I did it was when I'm with my mates. So you know, you try not to think about the smell, but. Yeah, I think even now just it gets into your nose and just I know I, I say it every time. I just don't like the smell. I just don't go to it really.

Michael:

Goes back a long time, doesn't it? Smoking in our house, it seems to be people who have been smoking. You can tell them not to smoke, go outside and smoke. Don't get in our faces doing it. Yeah, you're killing us and their lungs and that.

Of course they've done it for so long and they're just so hardheaded about it, and 90% of the time they don't move outside to smoke.

I used to have all me mates round and all that years ago. Like all the curtains smell of it, all the posters were – all my heavy metal posters on the wall, they were all basically covered in it. As you say it was white underneath, but round the edges of the poster was all that colour.



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Riley:

Yeah, yeah. Like, just say a game console, like you seen em rip it apart like, well, I don't know how it does it, but the smoke gets in it and its sort of makes like dust and a lot of other stuff.

Just ruins like the fan of it and a lot of other stuff and can even burn it in a sense. It's weird, but yeah, it's no good for 'em.

Think the main reason why people do sometimes just a lot of the area and a lot of people that they're with. That's really all in my experience.

Michael:

If I'd have been smoking, I'd have been dead. I wouldn't be here now.

Riley:

I've stopped going to a few of my mate's places and think that had a lot to do with it. Just not being around it. So, that's what I think leads into the harder stuff as well, where people, say it's the marijuana or something. But back in my experience at school there, like people used to go around to the footy club rooms to have a smoke and then I always felt like that always lead to the same sort of people there, then they know these other people that do the harder stuff. They all have a smoke then it leads to like having a joint or something and then it just sort of continues on from that.

They're good mates and then they're onto the harder stuff of drugs or that, you know, going into town and get on the party drugs and stuff. But yeah. But you could say that about anything, but I just usually always saw the kids that did smoke, they hang around these sort of people and then just continued on.

They someone else comes into the smoke group that does a bit harder stuff and then then a few others a bit more 'oh yeah we'll have a joint we'll go on to the hard stuff as well.

Michael:

But really we've all been there when it's all said and done. You can tell, all these people until you're blue in the face. It's like you're talking to a piece of granite and that's it. And they won't stop. They can watch all the ads on TV, as you know. And they can say well that's a bad ad'. But it doesn't stop em.

Riley:

Let's what I see the difference with Jesse, like, I think he got to the point where he was starting to feel like. He was trying to get the flight of stairs and he couldn't do it. Was he was like bewildered by it. 'cause, he's been in the army, fit and all that and he couldn't do it. So, I think he's made the change and then you've got these other people that see it and they just like 'don't worry about, don't worry about it' and keep not worrying about until something else happens. I suppose.

Michael:

There's the other side of the coin when you stopped smoking, isn't it? You get angry.



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Riley:

He has been angry, yes. He has. I'd rather him be angry though.,

Yeah, he's down at IGA, buying boxes of rubber bands. All the time he's sitting there just snapping him in his room. He's got heaps in his room, he's got a whole pile of them.

Michael:

The medical people told him to do it didn't they.

Riley:

It is 'cause, like he used to roll all the time and there's just something for his hands, like he goes to grab something else. Yeah, just keep rolling them all the time. Keeps hands busy I think. That's what it was, yeah.

Michael:

Yeah, keeps the hands busy

Nunami:

That's cool. I've heard of people like, you know, replacing something in their mouth and chewing gum. But actually for your hands as well.

Riley:

Yeah he was on them for a bit as well. It wasn't the nicotine patches. I think it was just the nicotine gums and like whenever he feels the urge and it sort of eases him off it. And then like he gets less of them gum and less of the gum.

I think he hasn't been on the gum for a while now out and then yeah. He's still on the rubber bands, every now and again he's got like a cricket ball in his hand as well. Which is better, he's playing a lot more cricket.

Nunami:

How long was he a smoker for?

Riley:

When he was about 20, so two years in sort of thing, yeah. So, I think. Six or seven years, I think he was there.

Michael:

I think that's about right.

Riley:

We had my auntie's' partner, her ex-partner that was. He was trying to. He was trying to quit. So, he in his mind said he'd go to rollies and try to smoke white ox. I think. I'm not sure. I think it's yeah. It's



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supposed to be like, so like bad to smoke. And I think he thought that would get him off, but. It didn't. It didn't matter.

Michael:

Couldn't see that working.

Riley:

From memory he was smoking for a while and he's still trying to quit which is good. But yeah, it didn't work for him. And then I think he tried another tactic of by now buying Champion Ruby and that's really expensive and it didn't matter. He'd just buy it and yeah, he'd roll them up and smoke them.

Nunami Outro:

Ya Everyone, Nunami again - thanks for listening to the makara patapa podcast. A podcast series by the Tasmanian Aboriginal Center with support from public Health Services Tasmania.