



MDAS
MALLEE DISTRICT ABORIGINAL SERVICES

Koori NEWS

SEPTEMBER 2019



MAGIC AT MENERA

NAIDOC CELEBRATIONS HIGHLIGHT A SPECIAL PLACE

ONE OF THE HIGHLIGHTS OF OUR NAIDOC CELEBRATIONS WAS THE FIRST NAIDOC COMBINED COMMUNITY DAY FOR OUR SWAN HILL AND KERANG COMMUNITIES AT MENERA FARM AT MELLOOL, NSW.

It was a fantastic day - it was great to see the Elders and the young ones connecting across the generations and wonderful to see the pride of the Elders in their grand kids and nieces and nephews who are understanding their culture and being proud of it.

It was an amazing day, but it's just one of a growing list of activities now happening at Menera, which has been leased since 2015 from the Indigenous Land Corporation by MDAS on behalf of the Swan Hill and Kerang communities.

The 1455-hectare freehold station is on Wamba Wamba country, 25 kilometres from Swan Hill. It is operated as a sustainable farming enterprise, but also used for an increasing number of community activities.

More than 1000 hectares of Menera is under irrigation and currently producing irrigated and dryland crops and running cattle, and sheep under a share-farming agreement.

We had a vision for a sustainable farming operation here that creates employment and provides skills development opportunities for Aboriginal people and that is now happening for lasting community benefit.

Pictured above: Two of our local sporting heroes were shining during NAIDOC Week - see back page for details

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NAIDOC IN PICTURES

**FIRST PEOPLES' ASSEMBLY
HAVE YOU ENROLLED?**

**TIGER STEPS UP IN
AFL DEBUT**

NAIDOC SPECIAL ISSUE

Generations of vibrant, healthy and strong Aboriginal communities



AWARD FOR BEING THE VOICE OF CHANGE

The esteemed Liberty Victoria Voltaire Award has been made to a collaborative project led by Mildura's Indi Clarke and his colleague at the Koorie Youth Council Anna Cerato.

The Ngaga-dji (hear me) project by the Koorie Youth Council voices the experiences of Aboriginal young people within the youth justice system. Ngaga-dji is driving the change Victoria's youth justice system needs to enable Aboriginal children to thrive in their communities.

The Voltaire Award honors the importance of the stories in Ngaga-dji that are from the heart. They are about love, trauma, strength, discrimination and healing, about justice and equality.

They are children telling their stories because they trust us to listen and for all of us to take action on the Ngaga-dji solutions, Indi said.

Congratulations Indi and Anna. Visit the Ngaga-Dji Project website to find out more: www.ngaga-djiproject.org.au/

Pictured above: Indi Clarke and Anna Cerato with their award



1,000 STEPS IN AUGUST - WE'RE IN!!

WHY IS IT SO HARD TO STICK WITH A PHYSICAL ACTIVITY PROGRAM IN THE BEGINNING?

It's because you are changing something. You are breaking old deeply ingrained habits and replacing them with new ones. If you have been in the same bad routine for a long time, it won't go away easily.

Habits cling to you as much as they can. The good thing is that over time this can work for you! Your body will become used to being active on most days of the week, and it will become a habit in its own right.

That's why we're in on the 10,000 steps challenge. A little bit of activity every day is a great way to start.

Talk to the Deadly Choices team at MDAS to find ways to get started.

Talk to the Deadly Choices team at MDAS to find ways to get started...and when you do, book in for a health check at Mildura, Swan Hill or Kerang to score one of the amazing new Deadly Choices shirts!

Pictured looking deadly are Boris (Rebecca) Wilson (Aboriginal Health Worker); Paul Roberts (Aboriginal Health worker) and Rose McBride (Aboriginal Health Practitioner).

THE RICHMOND INSTITUTE IS HERE! CHALLENGE YOURSELF!

It's so exciting that the Mallee now has its very own Richmond Institute of Sports Leadership campus, a partnership between Richmond Football Club and Swinburne University.

The institute is a unique program aimed at developing the next generation of leaders in the sports industry and within our community.

It's available to young leaders in any area of sport – not just football. Students successfully completing the program can progress to a Swinburne university degree, in a range of undergraduate courses in Business, Exercise & Sport Science, Education and Health Science with up to one semester's credit into these degrees.

The Richmond Institute focusses on growing a student's character, resilience and confidence so graduates are match fit, work ready and life ready!

Students also have the opportunity to attend national and international trips, and gain extra qualifications including First Aid, ASCA Strength & Conditioning, Mental Health First Aid, ASADA Level 1 & 2, Sport Australia Coaching, Level 1 AFL, Teacher of Swimming and Water Safety and Pool Lifeguard.

Enrolments are now open – find out more at www.richmondinstitute.com.au/mildura



Pictured: Richmond Institute ambassador Neil Balme



'BROWN SKIN' PAYS TRIBUTE TO OUR 'BLACK QUEENS'

BIG SHOUT OUTS TO OUR VERY OWN PHILLY WITH THE RELEASE OF HIS SINGLE "BROWN SKIN" FEATURING WAARI.

Awesome sound, awesome vibe, awesome messages – we love it and love the video (see who you can recognise!) Check it out, like it share it!



Philly's kicking goals everywhere at the moment – also check out his beautiful collaboration with Christine Anu "Heal Together", released in September. Well done Philly!

MALLEE GAMBLING RESEARCH PUBLISHED

A RESEARCH PROJECT INVESTIGATING GAMBLING HARM IN ABORIGINAL COMMUNITIES IN THE MALLEE AND GIPPSLAND HAS BEEN PUBLISHED IN THE NATIONAL JOURNAL OF GAMBLING STUDIES.

Aboriginal and Torres Strait Islander people in Victoria are more likely to gamble and to experience gambling harm than non-Indigenous people.

The paper, by La Trobe University researcher Sarah MacLean, (access it here <http://link.springer.com/article/10.1007/s10899-019-09858-9>) looked at why gambling was a

popular pastime and to develop more effective gambling interventions.

The research was done in partnership with Mallee District Aboriginal Services and the Gippsland and East Gippsland Aboriginal Cooperative.

It involved interviews with 50 people in Mildura and Bairnsdale who had experience of gambling or had been affected by another person's gambling.

While many people find gambling an opportunity for community gatherings and socialising, people also observed gambling addiction was contributing to poverty, depression, family violence, shame and isolation.

The research also showed that people who need support with gambling are reluctant to access it because of shame and embarrassment.

HEPATITIS IS EVERYONE'S BUSINESS SO 'B' INFORMED!

HEPATITIS IS ONE OF THE KEY CAUSES OF LIVER DISEASE IN OUR COMMUNITY. HEPATITIS MEANS INFLAMMATION OF THE LIVER.

In Australia 210,000 people are living with hep B and hep C is five times higher in our mob.

Prevention is best – find out how!

Testing is available

Hepatitis can be managed

Community hepatitis talks are being held this month, so take the chance to get more info.

August 14 MDAS Mildura 10.30 am
August 15 MDAS Swan Hill 10 am
August 15 MDAS Kerang 1 pm



MDAS has programs to support you if you or a family member has concerns about gambling.

Get in touch with our MDAS Social and Emotional Wellbeing team to find out more.

One of the report's authors, Darlene Thomas



THANKS EVERYONE NAIDOC 2019 WAS AMAZING

NAIDOC WEEK AROUND THE MALLEE

NAIDOC Week celebrations were bigger and better than ever across the Mallee this year, with celebrations and events in Mildura, Robinvale, Swan Hill and Kerang.

It was great to see so many community members at our traditional flag raisings and community days – every year NAIDOC week grows and more people come on board with us.

MILDURA-ROBINVALE

NAIDOC kicked off with a fabulous community corroboree at Mildura – where our community dance groups braved some tough weather to show off their moves!

The flag raising at Mildura was one of the biggest ever...and there was a great vibe at the Robinvale flag raising as well.

NAIDOC is a great opportunity to partner with so many organisations – and that involved ceremonies at schools, sporting events (basketball day and SFNL Indigenous Round) and a special Welcome Baby to Country.

SWAN HILL-KERANG

NAIDOC at Menera was magic!

It was the first time for quite a few Elders to get back on country at Menera, and it meant a lot – especially when they watched the pride of the young ones doing their dances in a special performance.

The flag raisings at Swan Hill and Kerang are always a highlight, with a march and barbecue at MDAS Swan Hill, and morning tea at Kerang.

Elders' lunches, a Welcome Baby to Country ceremony and the footy Indigenous round games provided plenty of opportunities to get involved.



OUR AMAZING NAIDOC ACHIEVERS

CONGRATULATIONS TO THE MILDURA NAIDOC AWARD WINNERS FOR 2019

AUNTY BEV PETER

COMMUNITY EXCELLENCE AWARD - ADA PETERSON

A proud Barkindji Woman, strong and resilient Ada, inspires all around her to give back to their community and she works tirelessly for all the families she touches whether it be in her role at MDAS or as a community member. Ada constantly puts others before herself and nothing is ever too much to give when helping her community. Ada is an inspiration and a truly valuable member of this community. She is committed to strengthening understanding between Aboriginal and non-Aboriginal Australians so that we walk together towards reconciliation. Ada's connection with the non-indigenous community has earned her respect from those colleagues and are always calling upon her for advice and collaboration on cultural matters in the community. Ada is committed to developing a vision and achieving corporate goals by embedding the cultural strengthening lens and understanding across community.



KATHY POTTER

LIFETIME ACHIEVEMENT -HONOR ROLL

Kathy Potter (O'Donnell) is the daughter to Ronnie and Shirley O'Donnell and the eldest child of five children, siblings who are Ronald (Bud), Debra, Stanley and Sandra (Sandy). Kathy has lived in the Dareton and Mildura area all her life. Kathy is a very proud Barkindji woman and loves her connections to her people and to her land. Kathy went to Coomealla High School back in the 1970s and after leaving school she got a job waitressing and cooking. She gained a traineeship to work for Social Security (Centrelink) and has later worked at National Parkes and Wildlife and at Mildura Aboriginal Corporation as a Health Worker. Kathy then decided that she wanted to do more for her people especially the younger generation, so went on to study in Koori Education at Ballarat University in the early 1980s and is still working in schools now where she strongly encourages our young ones to stay at school and get the best education possible. Kathy is a passionate person and loves working with her community in all areas that she feels need her support.



DAMEK JONES

- APPRENTICE AWARD

Damek was born in Mildura and lived in Wentworth with his grandparents Dawn and Des Jones before going back to live with his mum. Damek attended Wenworth Public School and then went to Coomealla High School and finished his school to year 12 level at the Mildura Senior College at the Clontarf Foundation. Damek started his apprenticeship at Frank Stockman plumbing three years ago and is well on the way to completing his apprenticeship. Damek has done boxing and football and still plays for Wentworth Football Club.



SHELBY HOOKER

- SPORTS AWARD

Shelby is a local youth and attends Merbein P/10 school where she is known as a dedicated and very trustworthy young person. Shelby is 1 of 6 children and her cultural ties are Barkindji, Ngemba, and Urallarii on her grandmother's side of the family, from Brewarrina NSW. Shelby has attended Youth Leadership programs and is a great mentor to kids that she interacts with at all levels of sports, in basketball and football, in education and community. Shelby excels at whatever she puts her mind to. She is energetic, vibrant and has developed a fitness plan that she executes that on a daily basis. She is a role model for the younger girls at her clubs and mentors them through running training sessions designed to build on their individual strengths and abilities.



VICTORIA LAURIE

- VOLUNTEER AWARD

Victoria Laurie is a compassionate person the quiet achiever, the foster parent, carer or volunteer. Vicki ensures her children, grandchildren and foster children are given the best opportunities in life and supported in their goals. So many people in Vicki's life are grateful for having a loving mother, grandmother or foster mum they can rely on whenever they need her.

Vicki is a compassionate individual who has dedicated her life to making a positive change in the lives of children in the foster care system and this award is recognition for her work in community.



ORGANISATION AWARD

- MDAS FAMILY WELLBEING PROGRAM

The MDAS Wellbeing Program started working at Chaffey Secondary College last year and at Mildura Primary School this year.

The program recognised the ability for schools to build a stronger connection with MDAS and its students and to access more support when working with Koorie students. Darlene and her team have done an amazing job in working within the schools and working to strengthen students and support their wellbeing.



SHARNI KARPANY

- YOUTH AWARD

Sharni is a proud Barkindji – Ngarrindjeri women in the final stages of completing her Traineeship which includes a Cert III in Community Services. She has previously completed a Cert III in Business. Sharni is currently employed by MDAS in the Youth Services team. Part of her current role means helping support the MDAS Too Deadly Leaders Program among other youth projects. Sharni was the Chair of the NAIDOC Committee this year and has shown her exceptional leadership and organisational skills in ensuring that NAIDOC events were professionally planned and enjoyed by everyone who attended.



Around MDAS

DON'T FORGET TO ENROL!

ENROLMENT IS OPEN FOR THE FIRST PEOPLE'S ASSEMBLY OF VICTORIA.

It will be the voice of Aboriginal people in Victoria in the future. Voting for elections will happen in September.

Our Assembly Election officer for North West Victoria is Sarah Nalder and she is based at MDAS Swan Hill. If you need a hand contact Sarah on 0428 615 226



DEADLY THIS MONTH

SHANTELE THOMPSON

So proud of our very own three-time Brazilian jiu-jitsu world champion Shantelle Thompson. She was named the national NAIDOC Sports-person of the Year. Shantelle is a mum of three and lives in Melbourne – but our Barkindji Warrior's heart is in Sunraysia. She was presented with the award at the National NAIDOC Awards in Canberra.



DEREK EGGMOLESSE-SMITH

He's worked hard and deserves his crack at AFL big time. Derek Eggmolesale-Smith debuted for Richmond against the Gold Coast in Round 16 and was well worthy of retaining his spot in the side. He provided some serious spark and maintained his poise with 19 disposals (78% efficiency) and four rebound 50's as Richmond went on to thrash the Suns by 92 points.

OUR SERVICES

HEALTH

GP
Nurse
Aboriginal Health Workers
Outreach Workers
Chronic Disease Management
Maternal Child Health
Nurse Health Checks
Transport

SPECIALIST SERVICES

Nephrologist
Drug And Alcohol Worker
Psychologist
Maternal And Child Health Nurse
Dietician
Podiatrist
Cardiologist
Urologist
Paediatrician
Optometrist
Cardiologist
Respiratory Specialist Audiologist
Physiotherapist
Personal Trainers

CLINICS

Well Women's Clinic
Immunisation Clinic

TACKLING SMOKING AND HEALTHY LIFESTYLES SERVICES

Quit Smoking Support
Boot Camps
Community Gym

SOCIAL EMOTIONAL WELLBEING TEAM

Local Justice Worker Program
Bringing Them Home Program
Drug & Alcohol Counselling
Gamblers Help
Koori Women's Diversion
Wiimpatja Healing Centre
Mental Health-AOD (Youth Specific)
Adult Mental Health
Gambling Community
Prevention Project
Psychiatrist

AGED AND DISABILITY

Commonwealth Home Support Programme (CHSP)
Home and Community Care Program for Younger People (HACC-PYP)

FAMILY AND COMMUNITY SERVICES

CHILDREN'S PLACEMENT SERVICES

Aboriginal Children Specialist
Advice Support Service (ACSASS)
Home Based Care
Kinship Care
Aboriginal Family Led
Decision Making
Cultural Support Planning
Therapeutic Foster Care
Therapeutic Residential Care
Therapeutic Residential Case Management

FAMILY SERVICES

Integrated Family Services
Aboriginal Stronger Families
Family Preservation and Restoration
Parents Under Pressure
Youth Services
Koori Night Patrol
Soccer Club
Community Development Project
Youth Justice
Early School Leavers
Emerging Leaders Program
Family Violence

Meminar (Family Violence refuge)
Men's Case Management
Time out Services
Men's Behaviour Change Group
Koori Youth Connect

HOMELESSNESS AND HOUSING SERVICES

Crisis Support
Transition Support
Aboriginal Tenants at Risk of Eviction
Koori Private Tenancy Worker
Community Housing

EARLY YEARS SERVICES

Maternity Services
Maternal and Child Health Services
Family Support Services;
- In Home support
- Cradle to Kinder
Early Intervention and Early Learning Services
- Supported Playgroups
- Circle of Security
- Collaborative Therapy
HIPPY (Home Interaction Program for Parents and Youngsters)
Koori Preschool Assistant Program

OPENING HOURS

Mon - Thur 9am - 5pm
Friday 9am - 4pm

MILDURA

120 Madden Avenue
5018 4100

SWAN HILL

70 Nyah Road
5032 8600

KERANG

9 Nolan Street
5450 3019

ROBINVALE

77 Perrin Street
5026 1848

TO HAVE ITEMS INCLUDED IN THE MDAS NEWSLETTER

Please contact Terry or Jacinta Gange, NewsAlert PR Mildura 0498 490 672 or email hello@newsalertpr.com.au

www.mdas.org.au