



Mildura KOORI NEWS

MARCH 2023



Simone Spencer

From the CEO



This year seems to be going so fast and it's hard to believe it's April already.

The MDAS team has been working really hard for community, ensuring we are offering services and programs that our Mob need, across the Mallee from Kerang to Mildura.

We have hosted some successful events, including Harmony Day and our Community Health Day and it was great to see so many of you there. We are planning further events, including our annual NAIDOC Ball so keep your eye out for updates. Our team has also been working on redeveloping our Community Hall Cafe, with more seating and a great menu, lots of healthy options and of course, some sweet treats too.

Our Community Cafe offers community members one free meal per day, so please make our Cafe part of your day.

*Healthy Mob - Journey to Healing
by Simone Spencer*

Thank you for your ongoing support of MDAS and our staff, we wish you a safe and happy school holidays. There are still lots of mozzies about so remember to protect yourselves and your family from bites that could make you sick - use spray and cover up.



Healthy Mob

We are excited to launch our new 715 Health Check shirts featuring artwork inspired by local artist Simone Spencer.

Simone says her painting 'Healthy Mob - Journey to Healing' represents our Aboriginal people standing together throughout their health and wellbeing journey – healing together and standing strong – looking towards the horizon with determination and hope for better health in the future.

Simone is a proud Barkindji woman, with a great passion for culture, education, and empowering Aboriginal young people to become the next generation of leaders. Part of an artistic family, Simone has always enjoyed drawing and in the last few years she has extended her artistic skill, experimenting with digital applications.

"I would love to continue to share my art with people and to tell stories through my artwork and my creativity."

In The Community *"Self-determined, healthy, robust & culturally strong Aboriginal communities throughout the Mallee region"*

Community Health Day

We recently hosted our 2023 Mildura Community Health Day, where we launched our latest 715 Health Check branding. We had deadly dancers and didgeridoo playing, art and craft, food and fun. Thank you to everyone who joined us, you helped to make it a great afternoon and don't forget to book in for your next health check to get your free t-shirt!



Harmony Day

On March 21 we marked Harmony Day with a morning tea and it was great to see so many people dressed in bright orange, embracing the spirit of living in harmony and respecting cultural diversity.



Mallee Domestic Violence Service
 Mildura: (03) 5021 2130 (24 hours)
 Swan Hill: (03) 5033 1899 (24 hours)

Cheree Lawson Anniversary

2023 marks the 10th anniversary of the death of Cheree Lawson who was killed in Dareton as a result of domestic violence.

MDAS joined members of Cheree's family, her friends & other service providers in a walk to remember Cheree. Together we walked side-by-side with community as a mark of respect and as a way of sending the message that domestic violence should have no place in our community.



Do you need legal help?

Tamara from the VLA will be visiting MDAS every Wednesday from 9am-12pm.

She can help with:

- Rental Issues
- Criminal charges
- Child protection
- Family law
- Fines
- Intervention orders
- Centrelink debt



Community Cafe

Our Cafe is cooking up a storm with new food on the menu each week. We have a free breakfast bar available and provide one free meal each day to community members. Some of our recent menu items include;

- Chicken Schnitzel
- Cheese and Gravy Rolls
- Penne Carbonara
- Chicken Caesar Salad
- Fried Rice
- Muffins, Cupcakes
- Homemade Biscuits
- Scones...and more

With great food and coffee on offer we do get busy at times so we appreciate your patience and kindness. Together we can make it a safe place for all Mob to enjoy.

Have you got MONEY PROBLEMS?

Struggling to pay bills or rent?
Do you have debt or unpaid fines?

WE CAN HELP

Make an appointment with a Financial Counsellor through MDAS.
Call Reception on (03) 5018 4100



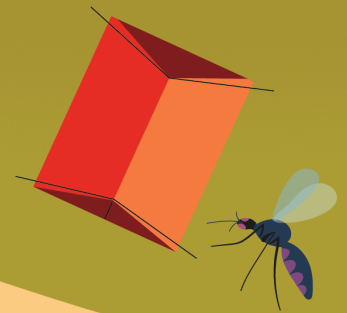
Next visit: April 19th (fortnightly)

Meet a member of our staff



Jo has 30 years of experience working in hospitality and in that time she has managed many commercial kitchens. "I love my role at MDAS as Catering & Events Manager meeting new community members every day - I look forward to growing the space of our Community Café with lots of new positive changes to come". When you visit the Café make sure you try one of Jo's cookies or muffins – trust us, you will be coming back for more. In her role as Catering and Events Manager, Jo helps provide all the food offered in the café and at our MDAS events. Jo also supports the rest of her team with their training and career progression. Jo is always up for a yarn so come into the Café, grab a coffee or some food and say hello.

CAMPING THESE HOLIDAYS? KEEP THE MOZZIES AWAY



MOZZIE VIRUSES



- West Nile Virus
- Murray Valley Encephalitis
- Japanese Encephalitis
- Ross River Virus
- Barmah Forest Virus

WATCH FOR SYMPTOMS

- Fever & Chills
- Vomiting
- Muscle Aches
- Headaches
- Tiredness

   Stay inside when mozzies are bad

  Use mozzie spray & mozzie coils

  Wear long, loose fitting clothes



What's On

APRIL 2023

Dreamtime At The P - SFNL Vs Redtails

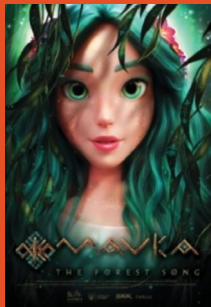
Mildura Sporting Precinct
Saturday 15th April | 10am – 9:30pm



WallisCinema



Argonuts
Until April 12



Mavka: The Forest Song
Until April 12



Champions
Until April 12



Air
Until April 12



Shazam!
Until April 12



Dungeons & Dragons
Until April 12



John Wick: Chapter 4
Until April 12



Super Mario Bros.
Until April 17



Mario Kart Tournament
April 17 9:30am

MDAS School Holiday Program

Tuesday 18th – Thursday 20th April.

Youth Services are holding a camp to Broken Hill for the boys and a girls trip to Wentworth. The program includes cooking, mental health care, spiritual guidance, Elder talks and other fun and cultural activities.

If you are 13-17 years and would like more information or to register, call Nick 0417496283 or email youthservices@mdas.org.au

School Holiday Boys Camp

Broken Hill Tourist Park
142-153 Rakow Street, Broken Hill
Suitable for ages 13 – 17 years

18-20 APRIL 2023
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18-20 APRIL 2023
18-20 APRIL 2023
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18-20 APRIL 2023
18-20 APRIL 2023
18-20 APRIL 2023

Program Highlights

- ▶ Mental Health Care
- ▶ Spiritual Guidance
- ▶ Cultural Programs
- ▶ Cooking Programs
- ▶ Elder Talks
- ▶ Fun Activities

To register your interest, contact:
Nicholas Dorman: 0417 496 283
or email: youthservices@mdas.org.au
Alternatively contact reception: (03) 5018 4100

School Holiday Girls Day Trip

Join us for a cultural day trip to Wentworth and participate in daily activities held at MDAS.
Suitable for ages 13 – 17 years

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T-Shirt Design with Mark Haynes

19th April | 12pm - 3pm

Are you aged 14-19 years and looking for a creative way to express yourself? Experiment with screen printing to create your own custom t-shirts.

Visit: eventsmildura.com.au to book

MRCC School Holiday Program

Tuesday 11th to Thursday 20th April

Ages 12-17 years.



- Laser Force
- Candle Making
- Upcycled Art Project
- Golf Range & Mini Golf
- ...and more

Email: Youthservices@mildura.vic.gov.au for bookings

Mildura Basketball

3x3 Throwdown

19th April U11, U13

20th April U15, U19

50-52 Eighth Street, Mildura



Have something to share?

Email us at: media@mdas.org.au

Message us on Facebook: [@MalleeDistrictAboriginalServices](https://www.facebook.com/MalleeDistrictAboriginalServices)

Mildura
120 Madden Ave
Mildura VIC 3500
Ph: 03 5018 4100

Swan Hill
70 Nyah Rd
Swan Hill VIC 3585
Ph: 03 5032 8600

Kerang
9 Nolan St
Kerang VIC 3579
Ph: 03 5412 6004