

June 2023

KOORI NEWS



From the CEO



Our community is your community and together, we are making a difference.

Over the last two months our MDAS team has been delivering events, visiting schools, providing health checks and offering family support from the early years right through to aged care. As the cooler months settle in, it's important that we all take the time to care for ourselves. There are a lot of colds and flus out there and one of the best ways you can avoid getting sick is by having seasonal vaccinations. Our Health Clinics are providing Influenza and COVID-19 shots, so book in today.

Our Community Café will continue to provide healthy, hot meals over winter and will be offering community members one free meal per day, so please make our café a part of your day. That said, we want this to be a safe place for all community to gather, so please remember to treat each other and our hardworking team with respect. If you behave aggressively, you will be asked to leave.

Thank you to everyone who participated in our Reconciliation events during May, it was great to see so many people embracing the spirit of the week. Of course, we are now approaching NAIDOC Week and with Flag Raising and NAIDOC Family Days planned in Mildura, Swan Hill and Kerang, I hope I see even more of you out supporting the 2023 theme, 'For Our Elders'. Stay safe and stay deadly.

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NAIDOC ART COMP WINNER ANNOUNCED



Details on pg.2

Mildura Edition

In The Community



NAIDOC 2023 Artwork Competition Winner



1st Place Winner Melinda Cain with MDAS CEO Darlene Thomas

We're happy to announce that Melinda Cain has won our NAIDOC 'For Our Elders' Art Competition. Melinda has been painting since 1985 and says she leaves a small piece of herself in everything she creates. Melinda's NAIDOC artwork recognises the contribution Elders have made and is a commitment to remembering them. "My work pays tribute

to our Elders who walked before us, our Elders who walk beside us and our Elders who will walk after us. "May this generation continue the traditions of our Elders and may our future Elders continue to inspire our community." To read more about Melinda and her winning artwork, visit 'Latest News' on our website. *Look for information about our runners up in the next issue.*

Meet a member of the team

Bethany is a proud Barkindji woman who has been part of the MDAS Mildura family for the past 5 months. Bethany enjoys being the first point of contact for the community and assisting with their queries and concerns. Working at MDAS has really opened Bethany's eyes to the number of services that MDAS provides for the community. Bethany finds it rewarding being able



Bethany Hudson
Customer Service Officer

to help the community when they come in with a problem by pointing them in the right direction to assist with their needs.

Reconciliation Week

It was great to see community come together to celebrate National Reconciliation Day with events at the Mildura Homestead and a morning tea at the Community Hall. Cultural dancing by our deadly young people was one of the many highlights as well as a jumping castle, stalls, food and giveaways. We want to send a huge shout-out to the deadly Dulka Yuppata Centre students who supported our hospitality team at our Reconciliation event. They helped make a great day even better. Community coming together.



Enter our Colouring Competitions

For those who love getting creative, we have two colouring competitions open to celebrate NAIDOC and Reconciliation.

Visit MDAS to pick up a copy of the colouring pages or download them from nrw.reconciliation.org.au or by scanning the QR code for the NAIDOC design.

Drop off your finished artwork at any MDAS Reception, or email it, along with the artist's details to media@mdas.org.au

MDAS RECONCILIATION AUSTRALIA

ART COMPETITION

— ENTRIES CLOSE —
FRIDAY 23RD JUNE

1ST PLACE WINS A HOODIE

NAIDOC

.... ENTRIES OPEN
1ST JUNE – 26TH JUNE

For Our Elders

NAIDOC BASKETBALL YOUTH FUN DAY

WEDNESDAY THE 5TH OF JULY
from 9am-3pm

MILDURA BASKETBALL STADIUM (HOTHOUSE) EIGHTH STREET

BASKETBALL GAMES AND GIVEAWAYS!

CHILDREN UNDER AGE 10 MUST BE SUPERVISED
BBQ LUNCH PROVIDED (LET US KNOW OF ANY DIETARY REQUIREMENTS)
REGISTRATIONS START AT 9AM
PLEASE WEAR APPROPRIATE FOOTWEAR AND BRING A DRINK BOTTLE!

CONTACT MICK LOWES FOR ANY INFORMATION OR ENQUIRIES: 0400352576

Made with PosterMyWall.com

**GET VAXXED
STAY DEADLY**

FLU SEASON IS HERE

Call our Health Clinic to make an appointment for a flu, COVID-19 or JEV vaccination to protect you and your Mob.

Mildura: 5018 4100 • Swan Hill: 5032 8600 • Kerang: 5412 6004

MDAS Community Meals

Did you know we offer free breakfast & fruit all day and one free meal from the Cafe to support our community?

Please only take your share so we have enough for everyone.

Free breakfast bar

One free meal

1x Hot Meal or Sandwich/Roll 1x Cold Drink 1x Hot Drink

If you need extra support please have a yarn to our reception staff

Have you got a client with **MONEY PROBLEMS?**

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

WE CAN HELP Next visit: **June 28th (fortnightly)**

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

Community Cafe

Our Cafe is cooking up a storm with our new winter menu. Some of our recent menu items include;

- Loaded Beef Nachos
- Cottage Pie
- Homemade Soups
- Fish + Chips
- Lasagne... 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.

Do you need legal help?

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

She can help with:

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

Don't Forget To Book Your **715 HEALTH CHECK**

AND RECIEVE YOUR FREE T-SHIRT!

Call MDAS To Arrange An Appointment:
Mildura: (03) 5018 4100 | Swan Hill: (03) 5032 8600
Kerang: (03) 5412 6004

'Healthy Mob - A Journey to Healing'
by Simone Spencer
Represents our Aboriginal people standing together, throughout their health & wellbeing journey - healing together & standing strong - looking towards the horizon with determination & hope for better health in the future.

What's on Mildura



Community Events June/July 2023

Build-a-Bear

Mildura Central
Starts Wednesday
28th June.
Bookings essential



Merbein Market

Commercial St & Main
Ave N, Merbein
Sunday 18th June
8:00am – 1:00pm



Sunraysia Farmers Market

Hugh King Drive, Mildura
Saturday 1st July 8:00am
Onwards



Sunraysia Gang Show

Mildura Arts Centre
Thursday 29th June
7:30pm – 10:00pm



Mid Year New Year With Some Serious Fun

52 Darling St, Wentworth
Friday 30th June
6:00pm – Midnight



Hattah Desert Race

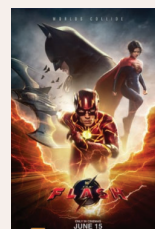
Boonoonar Road,
Colignan
Friday 30th June 3:00pm
Onwards



WallisCinema



Spider-Man: Across The Spider-Verse
Until June 14



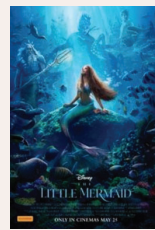
The Flash
Until June 17



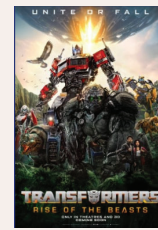
The Super Mario Bros. Movie
Until June 10



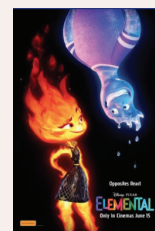
Guardians Of The Galaxy Vol. 3
Until June 14



The Little Mermaid
Until June 14



Transformers: Rise of The Beasts
Until June 11



Elemental
Until June 18



Indiana Jones And The Dial Of Destiny
Until June 30

NAIDOC Week 2023

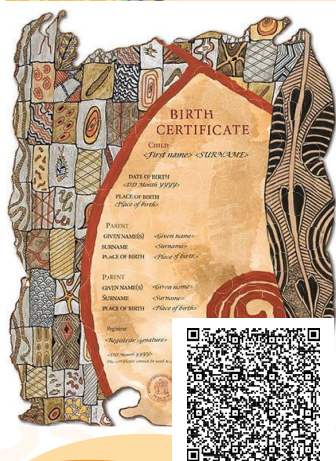
Join us as we celebrate the beginning of NAIDOC Week.

Activities Include:

- Welcome To Country
- Smoking Ceremony
- Free Lunch
- Cultural Activities & Performances
- Special Guest: Walkabout Barber
- NAIDOC Colouring Competition Winners Announced
- Gallery Display - For Our Elders
- Variety of Stalls

30.06.23

TIME	LOCATION
10AM-11AM	MDAS HEALTH CAR PARK Welcome to Country/Flag Raising
11AM-11:30AM	DEAKIN AVE NAIDOC March
11:30AM-3PM	JAYCEE PARK NAIDOC Celebration



Commemorative Birth Certificate

To celebrate NAIDOC Week, Births, Deaths & Marriages are giving away 200 free Victorian Aboriginal commemorative birth certificates. The certificate brings together artwork by three of Victoria's leading Aboriginal artists, Vicki Couzens, Lee Durroch and Treahna Hamm. Each artist depicts an element of birth in a way that celebrates Victoria's Aboriginal heritage. Email bdm.koori@justice.vic.gov.au. to apply or scan the QR code to find out more.



Have something you want us to feature?

Contact us at: media@mdas.org.au
Facebook: [@mallectedistrictaboriginalservices](https://www.facebook.com/mallectedistrictaboriginalservices)
mdas.org.au



"Generations of vibrant, healthy and strong Aboriginal communities"

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