

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.

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

**Swan Hill & Kerang Edition**

# In The Community



## NAIDOC 2023 Artwork Competition Winner

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 or scan the QR Code.

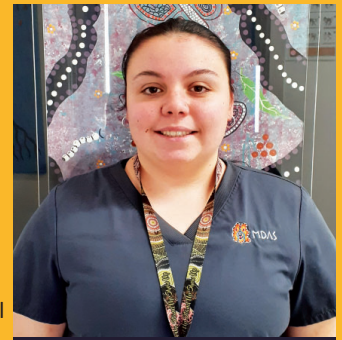
*Look for information about our runners up in our next issue*

1st Place Winner Melinda Cain with MDAS CEO Darlene Thomas



## Meet a member of the team

Tanisha is one of our Aboriginal Health Workers currently studying Cert IV in Aboriginal and/or Torres Strait Islander Primary Health Care Practice. Tanisha is a proud Wiradjuri woman and has worked with Swan Hill MDAS for just over 3 years. She is also a dance teacher in her free time. Tanisha has grown up here and enjoys her role because it makes her feel closer to community and is proud to help in any way she can.



**Tanisha Stevens**  
Health Worker

## Reconciliation Week

It was great to see community come together to celebrate National Reconciliation Day with our flag raising ceremony held at Gannawarra Council followed by a smoking ceremony, morning tea and story time.



Maddi Colville Walker playing the guitar



Uncle Lloyd Murray – Raising the flag outside Gannawarra Council

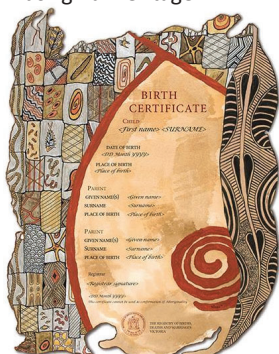
## Mother's Day

Our playgroup had fun treating their mums (and dads) to a special pamper day as part of our Mother's Day celebration. Thanks to makeup and accessories everyone left looking and feeling fabulous.



## Commemorative Birth Certificate

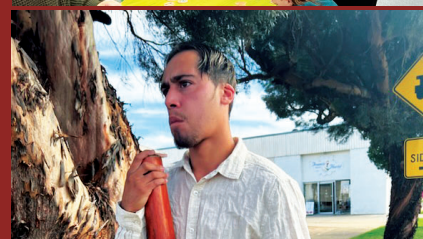
To celebrate NAIDOC Week, Births, Deaths & Marriages are giving away 200 free Victorian Aboriginal commemorative birth certificates. The certificate brings together artwork by three of Victoria's leading Aboriginal artists, Vicki Couzens, Lee Durroch and Treaenna Hamm. Each artist depicts an element 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.



## Youth & Children's Groups

Our positive and proactive youth and children's programs support the educational, sporting, cultural and social needs of Koori youth in our communities.

To find out more or to get involved contact MDAS in Swan Hill 50328600 or Kerang 54126004



**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

**FOR OUR ELDERS**  
2-9 JULY 2023

**NAIDOC Elders Day Lunch**

Thursday 6th July | 11am - 3pm  
Swan Hill Racecourse Bowls Club  
To register, Ph Laurel Baxter: 0474 731 352

Social Emotional Wellbeing Team Presents  
**Women's Wellness Group**

**Where:** MDAS Community Hall, Swan Hill  
**Starting:** Tuesday, 11th July 2023

Contact Rachael (SEWB Support Worker)  
**P: 5032 8600**

- Jewellery Making
- Cooking
- Basket Weaving
- Safe Space

**NAIDOC Week Celebration**

Join us as we celebrate the beginning of NAIDOC Week.

| Swan Hill 03.07.23 |   |
|--------------------|---|
| TIME               | LOCATION  |
| 9AM-11AM           | MDAS (70 NYAH RD, SWAN HILL)<br>Welcome to Country, Flag Raising, Smoking Ceremony & Light Refreshments |
| 11AM-3PM           | FAMILY DAY - SWAN HILL<br>TENNIS COURTS (58 YANA ST, SWAN HILL)   |

| Kerang 04.07.23 |   |
|-----------------|---|
| TIME            | LOCATION  |
| 10:30AM-3PM     | MDAS (11 NOLAN ST, KERANG)<br>Welcome to Country, Flag Raising & Smoking Ceremony |

Swan Hill

**Maternal & Child Health Service**

MDAS will have a Maternal & Child Health Nurse at our clinic every Tuesday & Wednesday from May 1st, 2023.

**Services include:**

- Health and wellbeing checks for children 0-6 years of age
- Sleep and settling advice
- Links to immunisation
- Referrals to specialist allied health professionals to support development and family wellbeing
- Referrals to NDIS
- New parents groups
- Playgroups
- Enhanced Maternal Child Health

For more information:  
MDAS Swan Hill, 70 Nyah Road  
Phone (03) 5032 8600

# What's on Swan Hill & Kerang



## Community Events



June/July 2023

### The Listies

53-57 McCallum St, Swan Hill  
Sat 1st July  
2:00pm Onwards



### ESA Teen Camp

125 Monash Dr, Swan Hill  
3 July – Fri 7 July  
2:00pm Onwards



### NAIDOC Flag Raising Ceremony

70 Nyah Road Swan Hill  
3rd July  
9am Onwards



### Twilight Arts Market

53-57 McCallum St, Swan Hill  
Sun 16th July  
2:00pm – 6:00pm



Swan Hill

## Cultural Activities Group

Are you a young Aboriginal person in Primary or Secondary School?

Strengthen your culture, meet friends and have fun every Tuesday during school terms 4pm-5pm

Where: MDAS Hall  
70 Nyah Road, Swan Hill

For more information contact Sahra: 50328600

## showbiz cinemas



**Spider-Man: Across The Spider-Verse**  
Until June 19



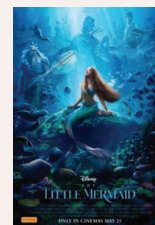
**The Flash**  
Until June 19



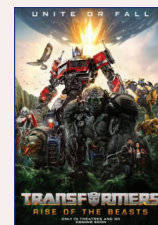
**Sweet As**  
Until July 7



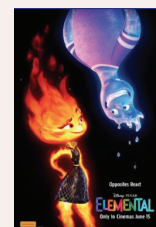
**The Boogeyman**  
Until June 19



**The Little Mermaid**  
Until June 19



**Transformers: Rise of the Beasts**  
Until June 11



**Elemental**  
Until June 19

## 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](http://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](mailto:media@mdas.org.au)

MDAS RECONCILIATION AUSTRALIA

## ART COMPETITION

— ENTRIES CLOSE —  
**FRIDAY 23<sup>RD</sup> JUNE**

**1<sup>ST</sup> PLACE WINS A HOODIE**

NAIDOC

.... ENTRIES OPEN ....  
**1<sup>ST</sup> JUNE – 26<sup>TH</sup> JUNE**

**For Our Elders**

## Have something you want us to feature?

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