



MDAS
MALLEE DISTRICT ABORIGINAL SERVICES

Mildura

KOORI NEWS

Spring 2023



From the CEO



A united community is a strong community.

Together, our staff, the board and you, our members, are on a journey to ensure MDAS is the Organisation our community needs. Meaningful change takes time, but we have a plan to move forward and there has been progress. And it is progress we should all be proud of.

Over the last six months we have seen more community members re-engaging with MDAS, some after an absence of many years. They are seeing the positive change and want to be part of it. Our Community Café is becoming a gathering place, our events are attracting more people, our Elders' groups are growing, and more

people are reaching out for support from our health, family, and community services.

We are also seeing former staff returning to MDAS, confident in the new direction and wanting to be part of the story. We offer career pathways for our community and through our traineeships and professional development, we are giving our young people hope and opportunity for a better future. These young people are an important part of our MDAS family and of your family too. They come to work each day dedicated to supporting their community to be strong, healthy, and connected.

As the sun finally comes out, we have a lot to look forward to, including our NAIDOC Balls. This year, for the first time we are holding a Youth Ball and an Elders' Ball and we hope you all join us in celebrating our culture, heritage, and future.

Thank you for your ongoing support. Stay safe, stay deadly and be kind.

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Stay tuned for details about NAIDOC ticket sales

IN THE COMMUNITY



ATSI CHILDREN'S DAY

On the fourth of August our Early Years team celebrated Aboriginal and Torres Strait Islander Children's Day and launched their new playgroup.

We had a great turn out with many of our young families attending along with DeGaris Kindergarten.



The focus of the event was fun and cultural connection.

Activities included sand painting (using sand collected from the Perry Sand Hills), weaving, playdough, face-painting, story time and painting on canvas. The children also had a great time with Uncle Ian. Playing his didgeridoo, he encouraged them all to dance along to the music before he played animal sounds and asked them to identify the animals.



We'd like to thank Simon Flemings from the Secretariat of National Aboriginal and Islander Child Care for participating in the day – he was a great MC, keeping everything on time and everyone in high spirits. We also thank Uncle Ian for performing the Smoking Ceremony and for his amazing didge playing.

FORMER BOARD MEMBER PEARL IS KOORI STUDENT OF THE YEAR

We would like to congratulate community member, and valued former board member, Pearl Dunn, for being named Koorie Student of the Year at the recent Victorian Training Awards.



The Training Awards acknowledge the achievements of people, including students, within the Victorian TAFE and training sector.

Pearl, who just has completed her Nursing Diploma with SuniTAFE, was one of three finalists in her category and she was recognised for her academic results, professionalism and respectful approach. Her studies were not without challenges – she had to manage some family hardships – but she didn't give up. Her high results speak of her determination. Since graduating, Pearl has accepted a position at Kerang District Health, and we wish her every success with her career. Our community is all the better for Pearl's contribution.

QUIT SMOKING FOR GOOD

You told us you'd like us to bring Quit Smoking Hypnotherapy to Mildura. We listened.

In August, Glen and Katie delivered their smoking hypnotherapy session to 34 eager community members and staff. Prior to the session, everyone had some homework to do, and they were all provided with a journal to record their progress over the 6 weeks following the session.

While the hypnotherapy hasn't work for everyone, we have some great success stories too, with some people now smoke-free for a month, something they haven't been in over thirty years.

Congratulations to everyone who gave the hypnotherapy a go.

QUIT SMOKING & SAVE

Did you know that the average smoker goes through 20 cigarettes a day? If you quit you will save roughly:

\$1.50 a cigarette
\$30 a day
\$210 a week
\$840 a month
\$10,080 a year

What could you do with an extra \$10,000 a year?



SWAN HILL AND MILDURA ELDERS COME TOGETHER

In July MDAS hosted an Elders Day on Country.

It was a special day that gave our Elders in Swan Hill and Mildura a chance to come together and yarn about what it means to be an Elder in our communities and to build connections. There were lots of interesting conversations, especially around ideas for how the Elders can contribute to their community, with a particular focus on supporting our youth. They also yarned about the services that they would like to see MDAS offering, beyond those we already have. It was great to see such a generous sharing of ideas, and everyone agreed that they would like to meet regularly.



PLAYGROUP

Our Mildura MDAS Community Playgroup sessions are all about having fun while learning.

Sensory Program

In these sessions, our playgroups enjoy a range of different activities that introduce them to their world and challenge them to develop new skills.

The playgroup recently got up close and personal with some creepy-crawlies, exploring the world of insects and learning all about their different habitats. The kids loved hiding their little insects in a fake grass home and the insects didn't seem to be too bugged about it either.

Our bubs have also been getting physical with some moving and grooving...

They put their skills to the test in an obstacle course and the big smiles as they all rushed over the finish line were a happy sight to see.

The playgroup also got boogie with it, making their very own musical instruments and dancing away to music. The interactive activity helped the group get to know each other, improved their social skills, and boosted their confidence (and just quietly, the kids loved grooving to their beats).

School Readiness

In these sessions, we help develop your child's social, language and physical skills whilst supporting their independence.

Our little champions helped build houses out of pillows and foam shapes. It was great to see them working together to problem solve their way to success, choosing the shapes they needed to keep their houses upright. From foam and shapes, we moved on to more traditional building styles; the kids had great fun building shelters out of natural resources and learning about what the materials were. We loved watching their inquisitive little faces as they focused on the different textures.

We might have some future architects and builders in our playgroup!

Our crew got deadly exploring and celebrating our Aboriginal culture through art, painting beautiful boomerangs.

The playgroup also identified their deadly individuality through their birth dates, they celebrated their uniqueness and made their own birthday tags.

Our playgroup is all about having fun, creating friendships, and learning new skills so if you have a little one, we'd love you to join us – make MDAS Playgroup a part of your week.

Session times
Wednesday 10-11:30am – Sensory Program
Friday 10-11:30am – School Readiness
Contact Simone or Keina to find out more – 5018 4100



REFERENDUM

WHAT'S A REFERENDUM?

A referendum is a national vote on a question about a proposed change to the Constitution.

The Constitution is like a rule book on how Australia is run – it says what types of laws the Australian Government can make for the nation and what laws the state governments can make.

The Referendum usually asks a question which you either vote 'yes' or 'no' to.

The Constitution can only be changed in a Referendum, where the majority of people AND the majority of states vote 'yes'

You have to be enrolled to vote to participate in a referendum.



WHAT'S THE 2023 REFERENDUM ABOUT?

This year we can vote to change the Australian Constitution.

The 2023 Referendum is being held to decide if some words should be added to the Constitution that would recognise Aboriginal and Torres Strait Islander peoples as the First Peoples of Australia.

We are being asked if Australia should:

“alter the Constitution to recognise the First Peoples of Australia by establishing an Aboriginal and Torres Strait Islander Voice. Do you approve this proposed alteration?”

Put more simply, do you want to change the Constitution to recognise Aboriginal and Torres Strait Islanders by creating a Voice to Parliament?

SO WHAT'S THE VOICE?

The Voice would be an advisory group to government, made up of representatives of Aboriginal communities from across Australia.

This group would talk to government about laws and policies that directly affect their communities, with the hope of influencing change that will lead to better outcomes for their Mob.

If the Referendum passes – the majority of people and states vote yes – the Constitution will be changed so it that it recognises Aboriginal and Torres Strait Islanders and then planning will begin on the development of the Voice advisory group – how it will be structured and how it will work.

ENROL TO HAVE YOUR SAY

When you vote in a Referendum, you're playing a part in the decision-making process.

But before you can vote, you need to enrol. All Australians over 18 can enrol to vote. So, if you are not enrolled to vote and you'd like to have a say in the Referendum, now is the time to enrol.

Once you enrol you must vote in the Referendum and in State and Federal elections – it's your chance to be part of the conversations that create change.

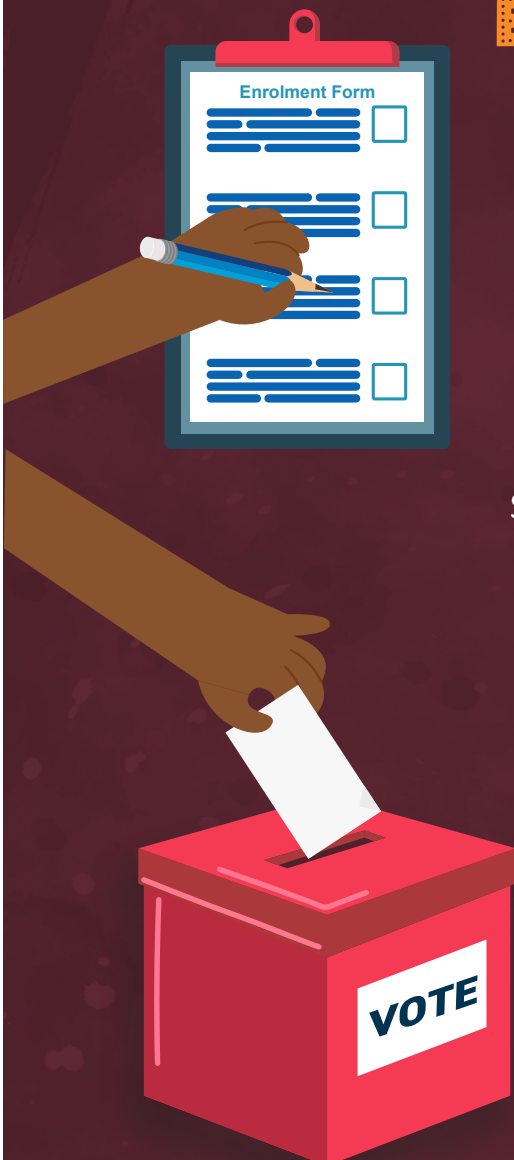
***If you're enrolled and don't vote, you may be fined.**

If you would like to enrol to vote, scan this QR code and it will direct you to the Australian Electoral Commission website.



AEC Referendum
Website

Enrolments
close 8pm
18th Sept



WHAT'S ON AT MDAS



Upcoming MDAS Events

World Heart Day

Thursday 28th September | 9:30am - 12:00pm
Health Carpark

Child Health Day

Friday 22nd September | 10:30am - 3:00pm
Health Carpark

Womens Health Day

Wednesday 4th October | 10:00am - 2:00pm
Community Hall

STI Testing Week

Friday 9th - 13th October | Walk in screening

World Diabetes Day

Tuesday 14th November | 11:00am - 1:00pm
Health Carpark

Mildura
ELDERS NAIDOC
Ball

SATURDAY 18TH NOVEMBER 5:30PM - 11:00PM
MILDURA GRAND HOTEL
AGES: 18+ ONLY

Mildura
YOUTH NAIDOC
Ball

SATURDAY 4TH NOVEMBER 5:00PM - 10:00PM
MILDURA GRAND HOTEL
AGES: 12-17 YEARS ONLY GUARDIANS MUST ATTEND
DRUG AND ALCOHOL FREE EVENT

FOR TICKET SALES AND INFORMATION CONTACT
PMCCORMACK@MDAS.ORG.AU
0436 814 093



**donate
a
frock**

**Do you have an old formal suit
or dress that you no longer need?**

For more information, or to donate, contact
Skye in Mildura: shayden@mdas.org.au

JOIN US FOR 3 DAYS OF FUN @ THE MDAS

SCHOOL HOLIDAY PROGRAM

WHAT'S ON

Tues 26th September
11:00am-2:00pm
Perri Sand Hills
(30 CAP)

Wed 27th September
11:00-2:00pm
Laser Force
(30 CAP)

Thurs 28th September
11:00am – 2:00pm
Ten Pin Bowling
(30 CAP)

**ALL
ACTIVITIES
ARE FREE**



Call MDAS, Acting Coordinator Youth Services,
Chantelle Appoo on 0429 008 427 for permission
forms & further information.
Enrolments close Friday 22nd September 2023



This Members Forum is a Constitutional Reform Workshop that will be provided over two days to ensure all members are able to attend and provide feedback.

Mildura Community Hall
 Thursday 21st & Friday 22nd September
 9:00am - 3:00pm
 Lunch will be provided



SAVE THE DATE

AGM
ANNUAL GENERAL MEETING

Saturday 25th November



MEET A MEMBER OF THE TEAM - EARLY YEARS

Cultural Name of Program:

Balert Geerbik – “my strong family/kin” in the Taungurong language and is pronounced BAH-lert GEHRT-bik.

Why do you love working at MDAS?

My role in Early Years allows me to support our families to make positive changes. I love working with a team that has shared goals and values, and is like-minded. Our team is a strong unit.

What do you love about your role the most?

Empowering and supporting our community to be resilient. Watching the growth and achievement of our families.

How long have you worked with MDAS?

Just over 4 years.

Tell us about your program

The KFFE program helps parents and care givers to be their child’s first teacher.

We provide culturally appropriate help, so their family can reach their health, wellbeing, and parenting goals via a range of parenting programs and supports.

How can someone access your services, and who can they contact?

They can self-refer or be referred by another agency or program. Contact: Rebecca Curphy on 03 5018 4100

What is something unique about your program that makes it stand out from other similar services?

We offer wrap around support to our families extending linking them with other services when needed, and use the referral process as an opportunity to connect with our partners. We build a strong of understanding our family’s needs and continue to walk alongside them to advocating and supporting them as they identify the tools they need to make successful changes.

What qualities do you think you have that are key to your program?

Patience and understanding.

What did you want to be growing up?

Audiologist

What is your favorite thing about yourself?

I have an open mind and helpful nature and I’m always willing to offer support in both my work and personal life.

If you could give your younger self, one piece of advice, what would it be?

You cannot hurry the river, change takes time.

What’s your life motto?

Fill your cup, it’s okay to take time for yourself.

What’s a something that not many people would know about you?

I have a small addiction to buying yeti rambles in all different colours!



Rebecca Curphey
 Koori Families as First Educators

WHAT'S ON MILDURA

Community Events



September/October 2023

Mildura Wentworth Music Festival

Nowingi Place Sound Shell
Fri, 22nd Sep
5:00pm - 10:00pm



Ouyen Mallee Root Festival

Ouyen Lake, North West Rd, Ouyen
Sat, 23rd Sep
12:00pm - 11:45pm



MFS Screening - The New Boy

Wallis Cinemas Mildura
Sun, 24th Sep
6:30pm



Red Cliffs Country Market

Indi Ave, Red Cliffs
Sun, 1st Oct
9:00am - 1:00pm



Chatty Cafe - Mildura Library

Mildura Library, 180-190 Deakin Ave
Fri 6, 13, 20, 27 Oct
10:30am - 12:00pm



Sunraysia Farmers Market

Jaycee Park, Mildura
Sat, 16th Sep
Sat, 7th and 21st Oct
8:00am - 12:00pm



Benetook General Store Spring Market

1022 Benetook Ave, Mildura
Sat, 14th Oct
10:00am - 2:00pm



National Ag 2023 Mildura Show

12th Street, Mildura
19th - 21st Oct
4:00pm - 10:00pm



Goanna Run Show'n'shine

Nowingi Place, Mildura
Sun, 29th Oct
9:00am - 1:30pm



Friday Night's at Mildura Central

Mildura Central
Every Friday Night



WallisCinema



The Nun II



Teenage Mutant Ninja Turtles: Mutant Mayhem



My Big Fat Greek Wedding 3



Ruby Gillman, Teenage Kraken



A Haunting in Venice



The New Boy
Sun, 24th Sep & Mon, 25th Sep



Scrapper
Coming Soon
Thur, 14th Sep



Blue Beetle
Coming Soon
Thur, 14th Sep



Retribution
Coming Soon
Thur, 21st Sep



Paw Patrol: The Mighty Movie
Coming Soon
Thur, 21st Sep



The Creator
Coming Soon
Thur, 28th Sep



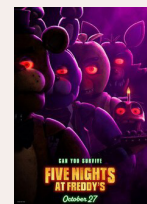
AFL Grand Final at Wallis
Sat, 30th Sep



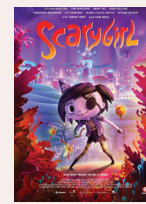
EXPEND4BLES
Coming Soon
Thur, 12th Oct



The Jungle Bunch World Tour
Coming Soon
Thur, 12th Oct



Five Nights at Freddy's
Coming Soon
Thur, 26th Oct



Scary Girl
Thur, 26th Oct

Have something you want us to feature?

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



"Self-determined, healthy, robust & culturally strong Aboriginal communities, throughout the Mallee Region"