

# Woomera Aboriginal Corporation Community Newsletter ~ June '24 edition

Woomera Aboriginal Corporation holds a deep value, respect and connection to the Wiradjuri, Wamba Wamba and Perrepa Perrepa lands and their Elders and leaders past, present and those who are emerging. Woomera's organisational values are:

**Respect** - We demonstrate respect through our actions and behaviours for ourselves, our organisation, our community, and our culture.

**Leadership** - We lead the way in our community through positive collaboration and broad inclusion.

**Accountability** - We do what we say we will do. We have a responsibility towards clients, staff, communities, partnerships with other service providers and our funding bodies.

**Transparency** - We practice honesty and openness with all clients, staff and stakeholders and in all our service delivery, management and governance.

**Community Involvement** - We work for and with our community to achieve their goals.













































The team at Woomera



We acknowledge the Traditional Custodians of the Country on which we live and work. We pay respect to Elders throughout Australia; past, present, and emerging, and we thank them for their continuing connection to the land, waters, and community.

#### **Important Days and Dates in July**

**1 July – Coming of the Light -** celebrated annually by Torres Strait Islander peoples. It marks the adoption of Christianity through island communities during the late nineteenth century.

7 – 14 July

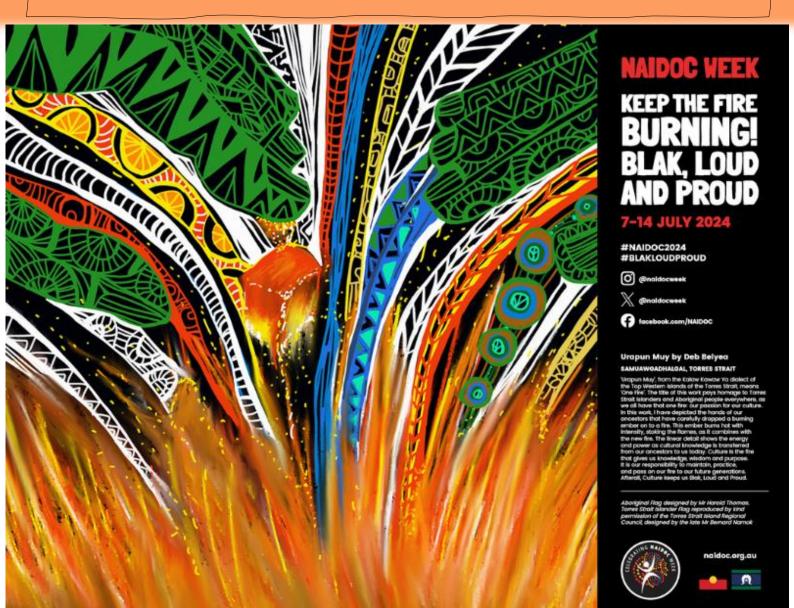
**NAIDOC** Week

**Plastic Free July-** a global movement that encourages individuals and communities to reduce their use of single-use plastics and adopt more sustainable habits. Throughout July, Australians participate in challenges, events, and initiatives to minimize plastic waste, promote recycling, and advocate for plastic-free alternatives.

**Dry July-** a fundraising campaign that challenges participants to abstain from alcohol for the month of July and raise money for cancer support services. Australians sign up to go alcohol-free for 31 days, while also raising funds to support cancer patients and their families through organizations such as the Dry July Foundation.

**National Diabetes Awareness Month-** July is recognized as National Diabetes Awareness Month in Australia, highlighting the importance of diabetes prevention, management, and support. Throughout the month, individuals and organizations raise awareness about diabetes risk factors, symptoms, and treatment options, while also promoting healthy lifestyle choices and access to diabetes care.

**National Sleep Awareness Month-** focuses on promoting healthy sleep habits and raising awareness about the importance of sleep for overall health and well-being. Throughout July, Australians are encouraged to prioritize quality sleep, learn about sleep disorders and their impact, and seek support for better sleep hygiene.





# 

AMBELIN

KWAYMULLINA

### THE TRIBE SERIES

Book review

#### Ambelin Kaymullina –

Ambelin Kwaymullina belongs to the Palyku people of the eastern Pilbara region of WA. She is an author, illustrator, and law academic.

In these three books we meet three strong young women
– Ashala, Ember and Georgie, who are working together to
look after their community and the planet. This series is
set in the future when the environment is almost totally
destroyed and people with abilities are being persecuted.

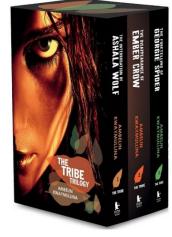
'The Interrogation of Ashala Wolf' is the first book in the series. Ashala is part of 'The Tribe" – group of teen outcasts who are hiding out in the Firstwood. She has been caught by the evil Chief Protector Neville Rose (which must be a big nod to that notorious real-life villain Chief Protector of Aborigines – AO Neville) She is thrown into a detention centre because she is 'illegal' because of her abilities and ideas. The group of young people must try their hardest to overcome evil plans to end the world.

This is a young adult adventure series, but more than that, it is about culture, connection to

country and oppressed people fighting against a controlling government.

I really enjoyed this series - really great characters, you became invested in, and culture woven through the whole series in various ways.

Drama, adventure, and some romance. Recommended for Age 13+. But if you are an adult, you'll enjoy these books, just as much as the kids.





If you'd like to share your thoughts about a book you've read, please `email your review to reception@woomera.org.au

We acknowledge the Traditional Custodians of the Country on which we live and work. We pay respect to Elders throughout Australia; past, present, and emerging, and we thank them for their continuing connection to the land, waters, and community.



Are you passionate about making a difference in our local Aboriginal community? Do you have a vision and commitment to help guide our future?

Woomera Aboriginal Corporation is seeking dedicated and enthusiastic individuals to join our Board of Directors!

Our organisation is driven by the values, traditions, and aspirations of our people. As a board member you will have the opportunity to:

- Influence meaningful change
- Help strengthen our community
- Foster new opportunities for growth and development

We are looking for individuals with diverse backgrounds and experience who are ready to contribute their skills and insights. Whether you have experience in governance, finance, or community development your voice is needed.

#### **Eligibility Criteria:**

- Strong commitment to our mission and values
- Ability to dedicate time and effort to board duties
- Previous board experience is preferred but not required
- Be of Aboriginal and/or Torres Strait Islander decent and a member of Woomera Aboriginal Corporation or willing to become one.
  - (for non-member specialist the above step is not required)

Ready to make a difference? Apply today or nominate someone you believe would be a great fit.

Contact on Facebook, call us on 02 60577 400, send us an email to reception@woomera.org.au

@ Koori Kindermanna

#### On Country Playgroup

IS AN INITIATIVE OF WOOMERA ABORIGINAL ORGANISATION - KOORI KINDERMANNA PRESCHOOL TO OFFER A PLAYGROUP ON COUNTRY AT BURRAJA CULTURAL CENTRE ON DUDUROA DHARGAL COUNTRY.

WE WILL BE FACILITATING THE PLAYGROUP OUTDOORS IN THE YARNING CICLE FOR CHILDREN BETWEEK 2-5YRS (INITIALLY)

WHEN: EVERY SECOND THURSDAY -COMMENCES 21ST MARCH 2024(EXCLUDING SCHOOL HOLIDAYS) WHERE: BARRAJA CULTURAL CENTRE (LINCOLN FREEWAY WODONGA) TIME: 10:30AM - 12:00PM



Woomera Aboriginal Corporation

If you have outstanding fines that you can't afford to pay off, it is possible to attend counseling to reduce that debt. Conditions do apply, but call to make an appointment to find out if this will work for you! PH: 0260 577400

Attend counselling and get \$50 off your debt for each session you attend?



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## Fun and Creative Activities to Enjoy with Kids During School Holidays

School holidays are a wonderful opportunity for parents, carers, and children to spend quality time together, create lasting memories, and have fun. If you're looking for ideas on how to keep the kids entertained and engaged during the break, here are some exciting activities to consider:

- 1. Outdoor Adventures and games: Take advantage of the good weather and head outdoors for some fun activities. Plan a hike, have a picnic in the park, or spend a day by the river at building sandcastles or fishing. Organize a day of outdoor games and activities in your backyard or a local park. Play classic games like tag, hide and seek, or set up a mini obstacle course for some physical fun.
- 4. Visit a Museum or Zoo: Take a trip to a local museum, zoo, aquarium, or science center. These outings can be both entertaining and educational, providing kids with the opportunity to learn new things while having a great time.
- 5. Movie Marathon: Have a movie marathon day at home with the kids. Let them pick their favourite movies or discover new ones together. Don't forget the popcorn and snacks for a true cinema experience.
  - 7. Gardening: Get your hands dirty and teach kids about gardening. Plant flowers, herbs, or vegetables together and watch them grow over the holidays. Gardening can be a rewarding and educational experience for children.
- 9. Game Night: End the day with a game night featuring board games, card games, or puzzles. It's a great way to bond with kids, promote healthy competition, and create lasting memories.

- 2. Arts and Crafts: Get creative by organizing arts and crafts sessions at home. You can try making homemade slime, painting rocks, creating DIY projects, or even starting a scrapbooking project together.
- 3. Baking and Cooking: Spend some time in the kitchen with the kids by baking cookies, making homemade pizzas, or trying out new recipes. Cooking together can be a fun and educational experience for children of all ages.
  - 6. DIY Science Experiments: Conduct simple and safe science experiments at home. From making a volcano with baking soda and vinegar to creating a rainbow with a prism, there are plenty of fun and educational experiments to try. Check youtube and google for ideas!
- 8. Library Visits: Encourage kids to explore the magical world of books by visiting the local library. Let them choose their own books to read or participate in library-hosted storytelling sessions or workshops.

Remember, school holidays are a precious time to connect with children, so make the most of it by trying out these fun and creative activities together. Enjoy the break and have a fantastic time.

#### **ALBURY** What's on in the community this July

Wodonga Council will host the flag raising ceremony for NAIDOC Week 2024, with this year's theme Keep the Fire Burning! Blak, Loud & Proud.

The theme honors the enduring strength and vitality of First Nations culture. The fire is a symbol of connection to Country, to each other and to the rich tapestry of traditions that define Aboriginal and Torres Strait Islander peoples.

Join us for a smoking ceremony, Welcome to Country from Allan and Derek Murray and dance performance by Dinawan Connections.





#### Museum Tour: Indigenous **Perspectives**

Date and time: Mon 8th Jul 2024, 5:30 pm - Thu 11th Jul

2024, 6:30 pm Cost: Free

**Location**: Albury LibraryMuseum

Kiewa St & Swift St, Albury NSW 2640, Australia





# NAIDOC 24

SPECIAL GUEST - ISAAC COMPTON DANCE GROUPS - DINAWANS

CONNECTION WAGARRA MALIYAN MOE

& ALBURY WOMENS GROUP

ENTERTAINMENT- MUIR: S & QUINN

BROTHERS

TRADITIONAL WORKSHOPS

STALLS & FOOD VANS & MUCH MORE!

GATEWAY VILLAGE BURRAJA CULTURAL CENTRE WODONGA

EVERYONE WELCOME SUNDAY 7TH JULY

10.30AM

MBSFM



# WESTSIDE SCHOOL HOLIDAY PROGRAMS

LUNCH INCLUDED WITH EACH DAY ACTIVITY

PJ MOVIE MORNING

5 to 15 years come in your PJ's and enjoy popcorn, games and

movies

LUNCH PROVIDED

YOUTH NAIDOC EVENT

5 to 17 years

Come along and participate in the activites for the

celebration of Naidoc

Painting, cooking, arts, craft, jewellery making

LUNCH PROVIDED

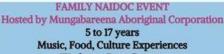
MONDAY 8TH JULY 10.30AM TO 12.30PM



TUESDAY 9TH APRIL 10.30AM TO 12.30PM



THURSDAY 11TH JULY 10.30AM TO 1.00PM



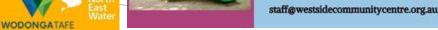
Wodonga Race Course LUNCH PROVIDED

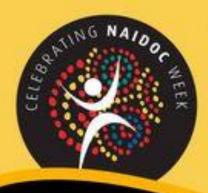
Bus will leave Westside at 10.45am

BOOK WITH US (02)60412236



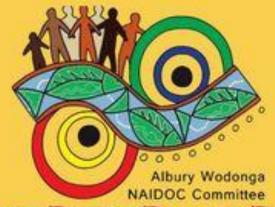
16 MULGA PL WEST ALBURY





# KEEP THE FIRE BURNING! BLAK, LOUD AND PROUD

7-14 JULY 2024



### NAIDOC 24 DANCE PERFORMERS



#### WAGARRA DANCE GROUP

WAGARRA OUR CULTURE OUR WAY
MEANING WE NEED TO KEEP OUR
CULTURE ALIVE AND STRONG AND START
STANDING TOGETHER AS ONE.

EVERYONE WELCOME SUNDAY 7TH JULY

#### ALBURY ABORIGINAL WOMENS DANCE GROUP

LOCAL ABORIGINAL MUMS AND AUNTIES, TOGETHER WITH DAUGHTERS AND NIECES COME TOGETHER AS THE ALBURY ABORIGINAL WOMEN'S DANCE GROUP. WE COME TOGETHER TO LEARN, TO SHARE AND TO GROW IN OUR OWN CULTURAL IDENTY, SUPPORTING AND EMPOWERING EACH OTHER.





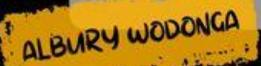
#### DINAWANS CONNECTION

DINAWANS CONNECTION
IS ALL ABOUT THE CONTINUATION OF
CULTURE, SHOWING THE YOUNG ONES
THE WAY AND GIVING POWER TO
ELDERS AND COMMUNITIES WHILST
SHOWCASING UNITY.

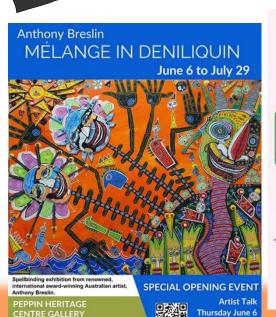
FREE
FAMILY EVENT
GATEWAY VILLAGE
BURRATA CULTURAL
CENTRE WOODINGA

#### MALIYAN MOB

"MALIYAN MOB" CAMES FALLON WIRADJURI 2-DANCE TROUPE --WHICH MEANS WEDGETAIL EAGLE MOB IN WIRADJURI.











Maker's Space all day

5PM - 6:30PM

Edward River devi



Dreamcatcher all ages 2pm WED 10

Learn VR 30 minute session There's a fantastic variety of fun and free activities happening at the Library starting from Monday 8 July.



Learn chess 10:30am -12:30pm



Paint your own masterpiece from an artist 2:00pm SAT 13/20

Saturday Splat! All ages 10am-12pm

Numbers are limited and bookings are required.

Head to the Library website for more information

library.edwardriver.nsw.gov.au or call to book 03 5898 3000

# MINI MUSICIANS DENILIQUIN Wednesdays 9:15am - 10:00am Term Two, 2024 Starts Wednesday 1 May Aimed at children 0-5 getting together to socialise & explore music through sound, rhythm & listening. Held at South West Music... 241-245 Cressy Street, Deniliquin.







To register & for more information... Email concerts@swmusic.org.au Ph: 03 5881 4736

> Ages: 5-12 years Cost: \$2





Begins with a snack, followed by an individual or group build challenge & then free play. Parents are welcome to stay for a cuppa.

> More info contact Penny Fowler 0400471831 Find us on facebook @DeniBaptistChurch



#### **SCHOOL HOLIDAYS**

#### **Upcoming Events**

Bullaginya Dreaming Permanent Luna Light Journey

Open every night in school holidays 29th June to 21st July; Tickets- https://www.bullanginyadreaming.com.au

Cobram Lions Log Cabin Market

29th June: Federation Park 8 am - 1 pm

The Everly Brothers & Buddy Holly Tribute Show

29th June 7.30 pm LIVE & FREE at Club Mulwala RSL

Wunghnu Miniature Railway

30th June & 7th July; 10 am - 2 pm, Wunghnu Recreation Reserve

Byramine Homestead & Brewery (Closed Mon/Toes)

29th June - 14th July; Winter School Holiday Fun

Golf Australia Rookie Series

1 July; Club Tocumwal

Cobram Barooga Golf Club, Kids School Holiday Fun Day

2<sup>nd</sup> & 10<sup>th</sup> July; Book: www.cbgc.com.au (Ages 8-12 years)

Eden Farm Victoria Farm Tours

2nd, 6th, 16th & 20th July; (Eventbrite.com.au/eden-farm-victoria-tour)

Glow Roller Disco; Nathalia Sports Centre

6th July, 2 Sessions FREE Book: www.trybooking.com/CRWWG

**First Nations Cadetship** 

**Program: Registrations open!** 

Apply now or share:

clcnsw.org.au/first-nations-cadetship-program

#### **Upcoming Events**

Yarrawonga Mulwala Kids Festival 6-14th July; Irvine Pde, Yarrawonga

Mild2Wild Rod & Custom Swap Meet & Show n Shine

7th July; 07:00 to 12:30, Tocumwal Football & Netball Club

Corowa Rotary Federation Market

7th July; Bangerang Park, Edward St. 8am - 1 pm

**NAIDOC** Week

7th - 14th July

Many Mobs Yarrawonga Yarn Up

8th July; 11am - 2 pm, Senior Citizen Hall

Skillzone Soccer Camp (Ages 6 - 12)

9th & 11th July Yarrawonga; Bookings: www.skillzonesports.com

Skillzone Multi-Sports Holiday Program

9th, 10th & 11th July; Bookings: www.skillzonesports.com

Numurkah Singers Theatre Kids Numurkah Town Hall

13th July; High School Musical JR, 2 pm & 7 pm

2024 Helping Hands Charity Golf Day Yarrawonga

14th July; 4 person mixed medley Ambrose Call 03 5744 3983 **Currawa Crossing Exhibition** 

Exhibiting until 14th July; Corowa Art Space



#### **Lung Health**

One in 3 Australians have lung disease. Taking action could save your life.

Scan this link to do a quick lung health check.



#### FREE LUNG HEALTH INFORMATION SESSION

Wednesday 3 July 2024

10.30am-12pm Community Health Macauley St

Please join a free talk from the MLHD Respiratory and Heart Failure Clinical Nurse Specialist and the Transitional Nurse Practitioner to learn more about lung health and services available.



Supported by phn firstHealth



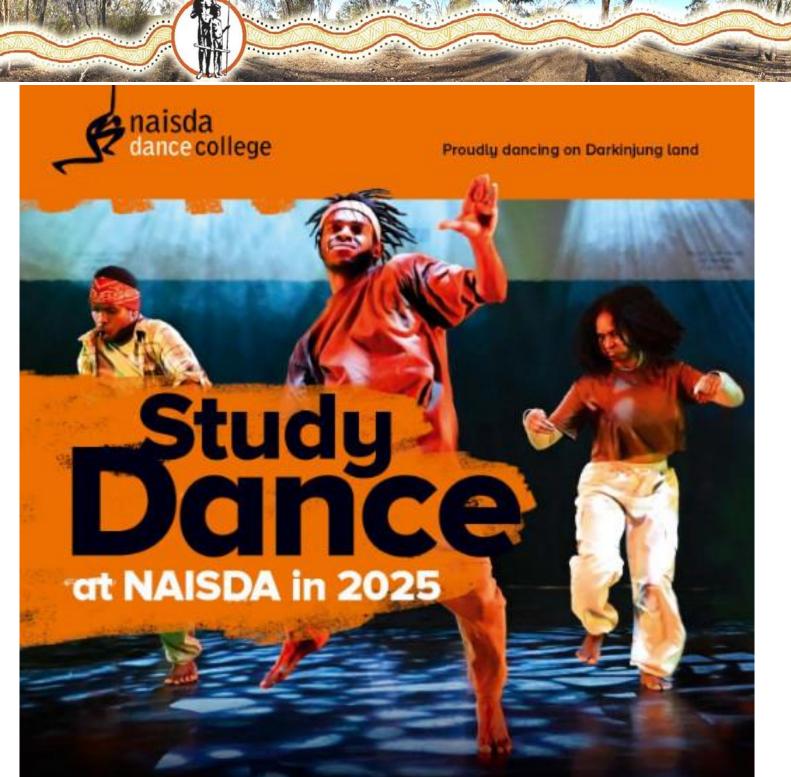






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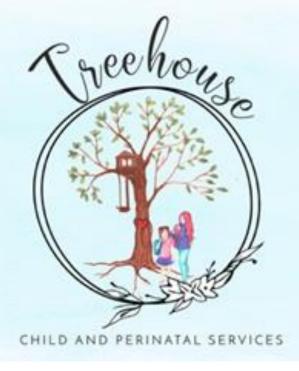
#### Apply now for 2025

Are you a deadly dancer ready for your next big adventure after high school? Or do you know someone who is?

NAISDA's full-time, nationally accredited performing arts courses are specifically for Aboriginal and Torres Strait Islander young people.

**Eligibility Info** 

**Apply now** 



Treehouse Child and Perinatal Services

admin@treehousechildandperinatalservices.com

02 60 623175

5 Stanley Street, Wodonga Victoria 3690

#### About Us

Treehouse Child and Perinatal Services is based in Albury/Wodonga the heart of the twin cities separated by the Murray river. The practice is located in Wodonga on the Victorian side of the border offering a range of services focused on supporting women, children and families.

Treehouse Child and Perinatal Services provides a relaxed and inviting therapy space that encourages clients to feel safe and comfortable. Our practice takes a holistic approach to wellness focusing on the whole person using a range of evidence based therapy as well as play and art based approaches. We take in to account the age and different needs clients may present with and tailor our services to suit those whom we work with.

What sets Treehouse Child and Perinatal Services apart from other practices is the way in which we deeply care for and work with each of our clients. It is important to Rebecca as the Founder and Director to practice mindfully and hold space to walk alongside our clients on their journey of wellness.

#### Our Services



