

Your Feedback Form

Let Us Know How We Did.

Did you find the articles interesting?

- Deadly
- Okay
- Not Really

Is the CEO Update important to you?

- Definitely
- Not All The Time
- Not Really

Did you like the children's page?

- Deadly
- Okay
- Not Really

Are the articles easy to read?

- Easy
- Some text is too small
- It is hard to read

What other things would you like to include in your Newsletter?

Name

Address

Contact Us

Main Office:

134 Kepler Street
Warrnambool Vic 3280
Phone: (03) 5559 1234

Health Services:

3 Banyan Street
Warrnambool Vic 3280
Phone: (03) 5564 3344

Harris Street Centre:

Harris Street
Warrnambool Vic 3280
Phone: (03) 5559 1234

YOUR IDEAS ARE IMPORTANT

Drop in and drop off your feedback forms at any of our convenient offices.

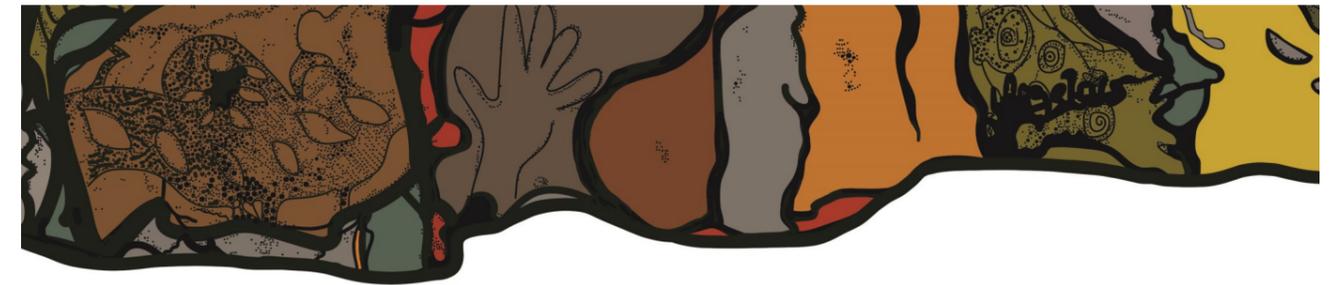
THE NEWS LETTER

GET HELP QUIT SMOKING

Gunditjmara Aboriginal Cooperative Ltd, are dedicated to stepping up our efforts in addressing the issue of smoking for indigenous and non-indigenous people. We offer a range of support, that includes workshops, educational services and therapeutic assistance to help you quit the habit.

Contact us today to learn more.

GUNDITJMARA HEALTH CLINIC
3 Banyan Street
Warrnambool VIC 3280



Gunditjmara Aboriginal Cooperative

Honouring The Old Empowering The New



Image by Karen Mayo

International WOMENS Day

WOMEN WORKING TOGETHER

VOLUME 2

Newsletter

March 2020

Women from Gunditjmara Cooperative Kepler Street office join in celebrating International Women's Day for 2020. As a group of motivated and caring women working for the community the day signifies the importance of the roles women play within our society.

INTERNATIONAL WOMEN'S DAY
#EachforEqual March 8, 2020

An equal world is an enabled world

Individually, we're all responsible for our own thoughts and actions - all day, every day.



International Women's Day
2020

8 March

#IWD2020 #EachforEqual

We can actively choose to challenge stereotypes, fight bias, broaden perceptions, improve situations and celebrate women's achievements.

Collectively, each one of us can help create a gender equal world.

Go to website:

www.internationalwomensday.com/



Edition Special Feature

**GOT
A LOT
GOING
ON?**

STRONG HEALTHY RELATIONSHIPS

Good relationships can make you feel happy and confident. They can help get you through tough times. It's deadly to share, care, laugh and love with your mob and bond over culture, community, kinship and family.

Source: headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health. headspace National Youth Mental Health Foundation Ltd is a health promotion charity that has been endorsed as a deductible gift recipient. ABN 26 137 533 843

**GUNDITJMARA
Community
Services**
135 Kepler Street
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NO SHAME IN TALKIN' IT OUT

maintaining FAMILY RELATIONSHIPS

Family relationships can sometimes break down because of many reasons. Disagreements, arguments and fights with family can leave you feeling down.

Maintaining your relationship with your family and keeping it strong can be really important in helping you feel deadly. Relationships with family can sometimes be tough, so there's no shame in talking to someone you can trust about what's going on and how to get things back on track.

signs of an UNHEALTHY RELATIONSHIPS

Possessiveness

When they're checking up on you all the time and controlling where you go and who you see.

Jealousy

When they accuse you of cheating, keep you from seeing your mob or talking to other people.

Put downs

When they run you down, shame you up and say stuff that makes you feel like you're no good.

Threats

When they make threats that they will hurt you, your mob or your friends. Yelling, sulking and breaking things are forms of abuse.

Physical or Sexual Violence

Shoving, hitting, forcing you to have sex or do things you don't want to do.

Join In The Celebrations

SATURDAY 21 MARCH
WORKSHOP LINE UP

Weaving

Master weaver and Gunditjmara elder **Aunty Bronwyn Razem** will conduct several session of traditional weaving with native grasses from around the lake.

Language and Story Telling

Vicki Couzens & Family

Kirrae Wurrong/Gunditjmara woman, artist and educator.

Vicki plays an active role in promoting the culture of her people. She has served on the boards of the Koorie Heritage Trust Inc. and the Victorian Corporation for Aboriginal Languages. (more details on the website)

Bush foods

Brett Clarke - long time festival brother, musician and presenter.

Learn from knowledge passed down from countless generations about the storehouse of traditional foods found locally and their uses.

Wayapa Wuurrk

with **Jamie Thomas**

Learn this earth connection practice based on ancient Indigenous wisdom that focuses on taking care of the earth as the starting point for creating Earth Mind Body Spirit wellbeing.

Dive in with **Trevor Flinn**

Long time festival friend, auction committee member and Dunkeld-based sculptural artist and storyteller artist Trevor will be creating an interactive installation on the lakes edge (more details on the website)

The Bush Tannery - Eel leather making

Learn ethical, sustainable and respectful practices of tanning and leather crafting with **Josh McLean**.

Wetlands Photographic Exhibition/Competition

For the young ones

- Story making and cartooning with author **Trace Baila**
- Ukulele workshops with the lovely **Fiona Kershaw**
- Felting creatures felting with **Elisabeth Bromley**
- Felting creatures felting with **Elisabeth Bromley**
- Have a laugh with the **Connie's** ,
- Facepainting and lots of roving spontaneous surprises

"Take care of the land and the land will take care of you"

As commonly expressed here amongst Indigenous and non-Indigenous Australians

Discounted **EARLY EEL TICKETS AT NOW** at www.eelfestival.org.au

Follow us on:



**TIDDA'S
FOR
TIDDA'S
A Women's
Health Event**

COMING SOON!

Aboriginal artist Madison Connors is a Yorta Yorta, Dja Dja Wurrung, Kamilaroi woman from North East Victoria who has created art on the importance of cervical screening.

Visit the free travelling women's health event and bring a sister along. Book with our doctor on [ph. 5564 3344](tel:55643344). There will be a door prize, free food and free culturally-designed scarves.

[Wednesday 25 March 2020, 4pm-8pm](#)

Gunditjmara Aboriginal Cooperative, 3 Banyan Street Warrnambool.

For more information visit cancervic.org.au/cervical-aboriginal

**GUNDITJMARA
HEALTH SERVICES**
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Warrnambool 3280
Ph. (03) 5564 3344**



Major March Event

LAKE BOLAC FESTIVAL INFO

The 13th Lake Bolac Eel Festival will be held on the foreshore at Lake Bolac in SW Victoria. It's the small festival, with a big beautiful heart and lots of music, arts, culture, workshops and friendship - plenty to engage all ages - truly multi-generational.

Friday 20 March - Art Auction

Saturday 21 March - Eel Festival

Held every two years in late March or early April, the timing reflects the season when Shortfinned Eels traditionally begin their migration to the sea to spawn and when indigenous people from surrounding areas gathered around the shores of Lake Bolac and along the Salt Creek to harvest the eels, trade and hold ceremonies.

Date and time

Fri 20th Mar 2020, 6:00 pm - Sat 21st Mar 2020, 11:00 pm

Location

Lake Bolac Boat Ramp
Frontage Rd, Lake Bolac VIC 3351, Australia

Held every two years in late March or early April, the timing reflects the season when Short finned Eels traditionally begin their migration to the sea to spawn and when indigenous people from surrounding areas gathered around the shores of Lake Bolac and along the Salt Creek to harvest the eels, trade and hold ceremonies.



LAKE BOLAC EEL FESTIVAL
KUYANG LAPAKIRA
- PLENTY EELS -

2020 FESTIVAL OVERVIEW

20 MARCH

ART AUCTION & EF FUNDRAISING DINNER
(6:00-10:30pm) (Limited to 150 peeps)

In its third year, the festival is excited to deliver another dynamic explosion of fantastic art which will be sold under the hammer. Feast on a delicious traditional Tibetan dinner.

21 MARCH

KUYANG LAPAKIRA - the festival
(10.30am til 11pm)

Come camp by the ancient lake, home to the Shortfinned eel and where the Djabwurrung and neighbouring tribes have gathered for countless millenria and today a thriving rural community.

Recognised for its unique location, meaningful content and commitment to reconciliation, our grass roots festival with its gigantic heart is a definite must for anyone looking for a unique and special experience.

- 'The Lake as Home' Festival Forum
- Sublime musicians
- Workshops to broaden your mind
- Super kids activities
- Smoked and grilled eel, tantalising tasty food trucks, craft market and information stalls

As the sun goes down, our much-loved centre piece, the Twilight celebration will unfold as the fires are lit and the traditional dancing begins.

MUSIC LINE UP

MUSIC WITH NATIONAL TREASURES

National treasure and a creative powerhouse **Stephen Pigram** (solo) has carved an influential path over the past 35 years. As a Yawuru singer songwriter from Broome in the Kimberley and one seventh of the influential Pigram Brothers band, Pigram stands as an important early pioneer of Aboriginal rock.

Neil Murray and band Founding Warumpi Band member and now maverick award winning song man.

"The Festival remains a wonderful homecoming affirmation for me - I sang about people coming back to Djabwurrung country more than twenty years ago and it continues to happen - in ways that astound me - like the emergence of the Djabwurrung Embassy at Langi Ghiran."

Kavisha Mazzella A power presence that is beyond words, ARIA award winner and songbird. Join her for our festival choir workshop and performance.

WE ARE SO PLEASED TO WELCOME

Phil and Trudy "Really defines Roots music - engaging and confrontational. A great experience."

Jim Williams Infectious rhythmic playing, personal honesty and open- heartedness

Charlotte Harwood Emerging local singer songwriter from the Grampians - Gariwerd region

And an array of talent on the busking stage.

Creating Strong Healthy Relationships



For more information
<https://headspace.org.au/yarn-safe/relationships/>





An Art Work For A Daughter

WOMEN'S GROUP DAY OUT

Hear from some incredible South West women. There will be singing, dancing, music and craft, with a bit of pampering thrown in too!

Date: [Friday 13th March](#)

Time: [11 am—3pm](#)

Where; Hospital Court Yard

The theme celebrates International Women's Day "Each For Equal" you can check out more here:

www.internationalwomensday.com for lots more information and inspiration.

We leave Gunditjmara Cooperative at 11.00am. Seats are limited so get in quick and book early. Adults only on the bus. See you there!

GUNDITJMARA ABORIGINAL COOPERATIVE

135 KEPLER STREET
Warrnambool 3280
(03) 5559 1234

Artwork by Katrina Chatfield

"I wouldn't say I'm an artist or anything like it, I actually call what I do scribbles. I just draw..."

Katrina Chatfield is a local 36 year old Gunditjmara women who mostly writes poems for her family. The image on the right is an intuitive drawing that "just came to her". Katrina, like many artist sits and waits for inspiration, she doesn't like to think about it to much and trusts the images will just happen.

Katrina has a natural eye for pattern and design and although quite modest, her "scribbles" come together in a beautiful collection of shapes and forms. Inspired and created for her daughter Cody Chatfield the work is drawn from the heart.

"I just draw" says Katrina. I think for a while on the very first thing that comes into my mind, after that not much thought happens at all. Probably why I love to do it! No thinking, no racing thoughts are involved. Then the page is full. I don't leave much white, I fill the page right in".

Many artist speak of this "waiting to be inspired" and learning to trust the creativity process. From small personal works such as this to large formattable artworks created by famous artists this is how many artworks begin. They speak of a flow or presence in the creative process and the work just appears to evolve. This "flow" or sense of presence is common with many artists and often spoke of by creative people in many fields. From humble beginnings to high end art, being totally in the moment, helps ground us in the 'now' and connects us to our inner or spiritual selves.

All art reflects the artist from which it has come. It comes from within, it is a gift to be shared and Katrina's artwork comes from a place of connection and love for her daughter.

A Special Screening Coming To Warrnambool



History. Learning. Love. Resistance.

IN MY BLOOD IT RUNS

Tickets on Sale Soon!

Contact Charmaine Clarke to find out more.

135 Kepler Street.
Phone (03) 5559 1234



Community Services

Featured Article

“IN MY BLOOD IT RUNS”

FILM EVENT HOSTED BY
GUNDITJMARA
ABORIGINAL
COOPERATIVE

When Dujuan cannot run nor fight alone, he faces the history that runs straight into him and realises that not only has he inherited the trauma and dispossession of his land, but also the resilience and resistance of many generations of his people.

For more information

Contact Us Today!

**GUNDITJMARA
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**ASK FOR
CHARMAINE CLARKE**



Our connection, healing and growth as Aboriginal and Torres Strait Islander young people is symbolic of our culture, our people and our history. The 2020 Summit theme illustrates the collective wisdom of our past and present, as it supports us in determining our future. The Summit is a space for us to gather from around the state to connect with each other, discuss what is important to us, be proud, learn, and share.

Tickets \$95 - what's included:

All main meals, 3 nights accommodation (includes cabins or camping), transport to and from Camp Jungai to a central location in Melbourne, complementary V/Line travel to meet the shuttle bus, Koorie Youth Summit merchandise, speakers, panels, yarning circles and cultural workshops, live music and performances, and a weekend connecting and sharing with a community of deadly young people!

IN MY BLOOD IT RUNS

The biopic of 10-year-old Dujuan Hoosan, a child healer and hunter in the Northern Territory who was struggling at school and facing increasing scrutiny from welfare and the police, is resonating with both festival and commercial audiences.

Developed via GoodPitch Australia, the film grossed an impressive \$127,000 from the Sydney, Melbourne, Darwin, Brisbane, CinefestOZ and Screenwave film festivals and, earlier this month, the Perth Festival.

It was among the top titles at Cinema Nova, where CEO Kristian Connelly observes: “*In My Blood It Runs* surpassed all expectations, selling out three Q&As in Carlton as well as multiple shows across the weekend. We added ex-

tra sessions to meet demand.”

Citing successes such as *The Australian Dream* and *Dark Emu*, Page says: “I think Indigenous stories and issues are front and centre these days.

“The filmmakers have been exceptional at building audiences, working with committed partners and supporters from day one and then activating the audience well in advance of the release. The number of sessions selling out before the release was remarkable.”

February, 2020 story by Don Groves

Source <https://www.if.com.au/maya-newells-indigenous-doc-resonates-with-festivals-commercial-audiences/>



Image above by Katrina Chatfield

**WOMEN'S GROUP STARTING
SOON**

THURSDAY

19TH March 2020

Contact Marnie Easton or Charmaine Clarke for more information

Ph (03) 5559 1234





Child, Youth & Family Services

“BABY BUSINESS” HONOURING THE OLD, EMPOWERING THE NEW

A Day For Family

Ceremony, family, children and celebrations marked the day at Hopkins Falls for first annual Ngarakeeton Ceremony 2020.

Families were marked by ceremony that traditionally connects them to the land through the smoking ceremony. A special connection to country, and a welcome by all those pasted and present.

A special thank you goes out to the Men’s Cultural Support Program for hand making and supplying all the frames for the children on the day. Their tireless work made a significant contribution in the lead up to, and on the day in making the event so successful

GUNDITJMARA

Child, Youth & Family Services

135 Kepler Street

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VIC 3280

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Tommy Jose and family

Ngarakeeton Ceremony Keeping Culture At The Centre of Community



ABOVE: Symbol for family gathering.

More than 200 members of the south-west’s Gunditjmara community came together at the Hopkins Falls for a Ngarakeeton (nyara-key-ton) ceremony, after ten years away from the traditional site.

Gunditjmara Aboriginal Cooperative chief executive Ashley Couzens said it was important for the community to return to the Hopkins Falls for the naming ceremony.

“Ngarakeeton means child or family and the original purpose of the event is to welcome infants and children who are Gunditjmara on to country,” Mr Couzens said.

“There was a focus on the babies, the children and their parents, including a smoking ceremony, rubbing ochre onto the hands and feet, and putting prints onto paperbark that parents can take home as a keepsake.”

Mr Couzens said Hopkins Falls was an important site for the community because of the attachment to the eel story, where adult eels head upstream to release and fertilise their eggs when they reach maturity.

“We had one a few years ago at Harris Street, but the feedback we were getting from the

“Ngarakeeton Ceremony 2020”



Images by Karen Mayo



Child, Youth & Family Services



Images by Karen Mayo

INSIDER FACTS ABOUT THE EVENT

- Over 200 guests attended the ceremony. People from Geelong and Melbourne came to take part in the ceremony.
- We catered for bush tucker on the day as well other foods supplied by "Tasty Plate" Warrnambool. Great food!
- Koko Blokes where there dancing up the vibes on the day
- Brett Clarke was there providing entertainment filling the bush air with his tunes.
- Danny Peason – Preformed the Welcome to Country
- Ros, Hayley, Bron, Uncle Locky and his daughter assisted with the painting of the footprints and hand prints
- Both babies and families were included in the Smoking Ceremony on the day
- Men's Shed (Activity Shed) Handmade and framed all the frames for the children on the day. Wood was collected off country in and around Framlingham.
- The footprints on the frames were created with local ochre mixed in with the Hopkins River water.

Did you know that ;

- Our first priority in planning for this event was to include community. We sort out and listened to your ideas, what you wanted and what you had to say.
- The naming ceremony will now be held annually.

Tradition, Culture & Community



As part of the *Naming Day Ceremony* our volunteers from the Men's Cultural Support Program who make items for Koori kids in out of home care were acknowledge with a certificate presentation for their ongoing contribution to the community and our kids. Gunditjmara would like to thank them for their ongoing support.

From Left Back Row: Geoff Evans, Ian Yewers, Peter Britton, Gary Doltan and Skye Munro. From Left Front Row: Roslyn Britton, Natasha Douglas and Peter Coverdale

community was it was important to bring it back to the original site," he said.

"Culture is really important in that space, and we have been guided by the feedback from traditional owners of the importance to have it out there.

"I was amazed by the turn out, we had 55 kids up to six or seven years of age welcomed onto country."

Mr Couzens said as the CEO it was important for him to keep culture at the centre of everything the Gunditjmara Aboriginal Cooperative worked on, and this was the reason for the strong

turn out to the Ngarakeeton ceremony.

"It was held on country and people could connect and feel culturally safe in that space," he said.

"I was really grateful we had families coming from Geelong, Melbourne and Mildura who are Gunditjmara.

"It's not just about children who are living on country, but those who are living away can maintain their connection to the home country.

Story by Rob Gunstone Article source The Standard newspaper 4th February 2020 See here for more www.standard.net.au/story/6606478/naming-ceremony-to-build-community-connection/



South West Healthcare invites you to join us in launching our first **Reconciliation Action Plan**, Unveiling of Art work and Afternoon tea

When: National Close The Gap Day, Thursday March 19th 2020 at 4:00pm

Where: South West Healthcare's Sensory Garden (Enter main reception Ryot Street)

RSVP: Emily Falla Phone: 03 55644169 email: efalla@swfh.net.au All community welcome

WELCOME TO THE TEAM

Integrated Family Services

@Gunditjmara

Stephanie Cannon

On dine Green

Mady Grey

See Our Meet The Team page next edition

Children Activity Page

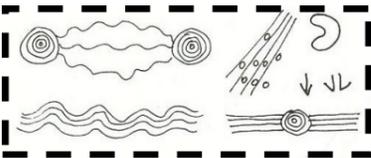
LEARNING

♦ Artist - Jungala Kriss (Ooldoonda) was born at a traditional birthing place in the bush on Narwietooma Station, Central Australia Northern Territory with traditional midwives attending his birth. Up until the age of six Jungala lived a traditional lifestyle...Jungala spent his early primary school years at Lower Plenty Primary School and then on to Ballarat and Clarendon College. Jungala's grandfather was a strong traditional leader.

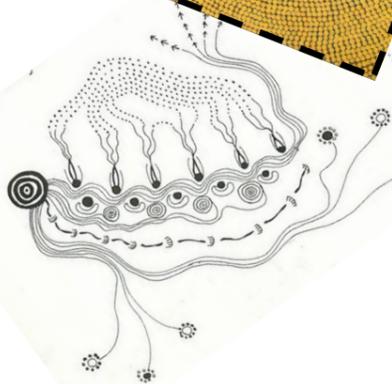


♦ Kunyia Jukurpa is a story from his fathers Dreaming (given to him by his mother), of an ancestral snake from the creation time.

Some traditional symbols used in Central and Western desert paintings



Use some of these symbols or make your own to create a pattern in the space on the right

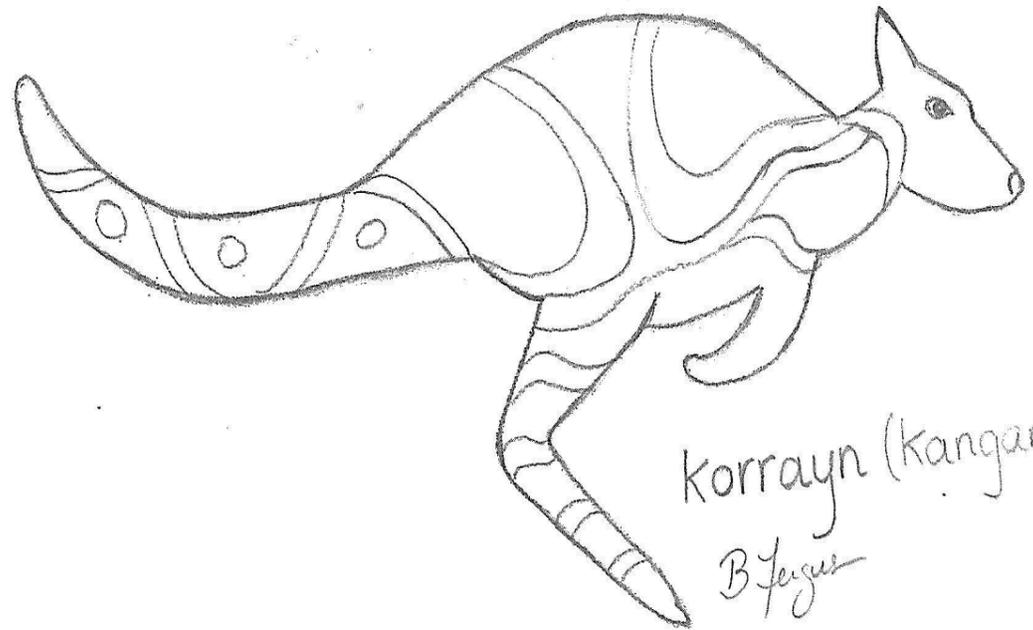


Images and text source: Draw Paint Print Like The Great Artists by Marion Denchars

OUR LANGUAGE MATTERS

Can you say the Gunditjmara name for this animal?

OUR COLOUR MEN



Korrayn (kangaroo)
B. Ferguson