



WINDA-MARA NEWSLETTER

July 2019

What's been Happening at Winda-Mara

Winda-Mara will be Closed on Friday the 19th of July due to a Staff Professional Development Day – Apologies for any Inconvenience .



**Find us on:
facebook®**

Don't forget to like us on Facebook as we have regular updates of programs, activities and general information.

Dates to Remember

Community Dinner Heywood

- ◇ 3rd July-**Health Team**
- ◇ 17th July-**Family Services**
- ◇ 31st July-**Admin**

Community Dinner Hamilton

- ◇ 31st July
- ◇ 28th August
- ◇ 25th September

Contact Us

Give us a call for more information about our services and products

Winda-Mara Aboriginal Corporation

21 Scott St Heywood
3304

Phone : 03 55270000

Fax: 03 55 270009

107 Thompson St
Hamilton 3305

Phone: 03 5527 0090

Fax: 03 55 275715

Opening Hours

9:00am-5:00PM

Monday-Friday

Winda-Mara welcomes our new and existing employees and wishes all employees leaving us all the best for the future

New Employees

NEW GENERAL MANAGER OF OPERATIONS

We welcome Jason Kanoa to Winda-Mara.

Jason commenced in the role of General Manager of Operations in May, replacing Vin Gannon who has moved into the Family Services Team as the Family Therapist. Jason is a proud Gunditjmara man, having grown up in Heywood and Melbourne.

Jason has extensive experience in working within Aboriginal Affairs and more recently, was the CEO of Gunditjmara Aboriginal Co-operative in Warrnambool for the past 2 and a half years.

◇ Other New Employees

- ◇ Crystal Boreham – Senior Kinship Worker (Full Time)
- ◇ Denise Webb – Integrated Family Services Worker – FV (Full Time)
 - ◇ Keicha Day – Treaty Engagement Officer (Casual)
- ◇ Amy Gordon - Treaty Engagement Support Worker (Casual)
- ◇ Shea Rotumah – Lateral Violence Healing Project Coordinator (Casual)
- ◇ Teresa Herring - Specialist Family Violence Advisor (Full Time)

WINDA-MARA STAFF

Michael Bell, Chief Executive Officer
Jason Kanoa, General Manager of Operations

ADMINISTRATION/FINANCE

Sherree Chaudhry, Human Resources Manager

David Gorrie, Finance Manager

Karen Millard, Senior Finance Officer

Talara Harrison, Human Resources Trainee

Kiah Morgan, Heywood Receptionist

Penelope Becker, Quality and Compliance Officer

Laura Lovett-Murray, Executive Assistant

Fiona Lindsay, Book-keeper

Lisa O'Brien, Environmental Services worker

Jasmine Atkinson, Environmental Services worker

HEALTH UNIT

Janice Lovett, Health Practice Manager

Jess Lovett-Murray, Team Leader/Health Promotions

Deb Jefcoate, Medical Receptionist

Peter Irving, Practice Nurse

Maddy Kinghorn, Aboriginal Health Worker

Shane Boney, Aboriginal Health Worker

Edith Fox, Tackling Indigenous Smoking Officer

Anne-Marie Banfield, Regional Eye and Ear Coordinator

Brian Smith, Transport Worker

Brad Charman, NDIS Support worker

Shanaya Harrison, Aboriginal Health Worker Trainee

Daryl Hobbs, Psychologist

Kristina Sherwell, AOD and Mental Health Worker

Tash Nepean, Hamilton Receptionist

LAND MANAGEMENT

Matthew Butt, Land Management Manager

Aaron Morgan, Senior Budj Bim Ranger

Deb Malseed, Senior Budj Bim Ranger

Uncle Tony Rotumah, Mentor

Aunty Eileen Alberts, Mentor

Leigh Boyer, Tourism and Admin Ranger

Colleen Hamilton, Budj Bim Ranger

Josh Ferguson, Budj Bim Ranger

Sean Bell, Budj Bim Ranger

Braydon Saunders, Trainee Ranger

Gordie Slade, Trainee Ranger

Sarah Firebrace, Trainee Ranger

COMMUNITY SERVICES

Wendy Lovett, Community Services Manager

Joanne Hartwich, Building the Dream Coordinator (Heywood and Hamilton)

Caitlin Morris, Youth Mentor Project Worker

Margaret Ferguson, CHSP Coordinator

Claudette Lovett, Access and Support worker

Jon Campbell, HACC Maintenance

Tayarra Morris, Koori Pre-school Assistant

Macahlia Rose, Koorie Pre-school Assistant

Jenna Bamblett, Local Justice Worker

Marley Bryant, Community Services Trainee

FAMILY SERVICES UNIT

Shae Ailey, Family Services Manager

Christy Ewing, Team Leader/Intensive Family Support Worker

Crystal Boreham, Senior Kinship Worker

Jacy Pevitt, Kinship worker

Janet Stanford, Kinship Worker

Jodie Lovett, Kinship Carer Promotions

Vin Gannon, Family Therapist

Karin Sandstrom, Child & Youth Psychologist

Natasha Secombe, Cradle to Kinder worker

Candice Day, Integrated Family Services Worker

Jodi Nepean, Integrated Family Services Worker,

Kelly Gannon, Targeted Care Package coordinator

Denise Webb, Integrated Family Services Worker (Family Violence)

Shakarli Hope, Family Services Trainee

Community Services

Breakfast Group

Held at Winda-Mara Heywood

Pick ups - 8:00AM

Drop off to school - 8:30AM

Homework Centre Hours

Heywood

Transport is available for pick up and drop off

Monday – Secondary Study Group

Tuesday – Primary Study Group

From 3:30PM to 5:00PM

Will be held at the Green Building

Hamilton

**Parents will need to drop off student
Transport home will be provided**

Thursday– High School and Primary Students

3:30PM -5:00PM

Will be held at Kenna Ave

**For More Information Contact Joanne Hartwich or
Marley on 5527 0000**

WINDA-MARA SCHOOL HOLIDAY PROGRAM FOR 6 AND UNDER

Tuesday 2nd July:

FUNKY Hearts

10am - 3pm.

(20 Fern Street, Portland)

Transport available.

Wednesday 3rd July:

**Heywood: Heywood Play-
group Building**

10am - 2pm.

**Hamilton: Mitchell Park
Kindergarten for pizza mak-
ing**

10am - 2pm.

Friday 5th July:

**Hamilton and Heywood
Hamilton Indoor Leisure &
Aquatic Centre**

10am - 1pm.

**Transport available
Snacks provided**

**For More information contact Macahlia (Hamilton
Office) on 5527 0090 or Tayarra (Heywood
Office) on 5527 0000**

Winda-Mara July School Holiday Program

Holiday program activities are for children aged 7+

Tuesday 2nd July

Budj Bim Tour on Country

11am-3pm

Lunch Provided

Thursday 4th July

Hamilton Movie Day

1:30pm

Secret Life of Pets

Friday 5th July

Hamilton Indoor Pool Day

10am-1pm

Snacks provided

For week 2 of the Holidays please see NAIDOC Events Calendar.

For more information contact Caitlin on 5527 0000

Fines Day

When-First Tuesday of every Month

Where -Hamilton, Heywood & Portland

Danny Chatfield is our new SALO for the South West region and will be visiting the area above to help assist/discuss fines and warrants with the community, feel free to come along and have a yarn.

Hamilton

10:00-11:30am

Winda-Mara

107 Thompson St Hamilton

Heywood

12:30-2:00pm

Winda-Mara

21 Scott St Heywood

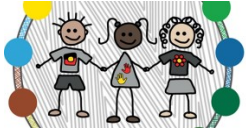
Portland

2:30-4:00pm

18 Wellington Rd Portland

HAMILTON EARLY YEARS

KOORI PLAYGROUP



Playgroup is beneficial for children, families and our community.

Play provides all children with the opportunity to learn, experience, investigate and interact with the environment.

During play children create meaning from the world around them. It offers the child experiences to think, plan, create, do and find out.

Come along to playgroup on Friday mornings from 10am to 12pm at Mitchell Park Kindergarten, 1 Steel street Hamilton.



For children from birth – 5 years old.

Parent/Guardian/Kinship carer to be in attendance.

Morning tea is provided and transport is available.

Please contact Macahlia for further information at Winda Mara Hamilton 5527 0090 or on mobile 0490 540 906.

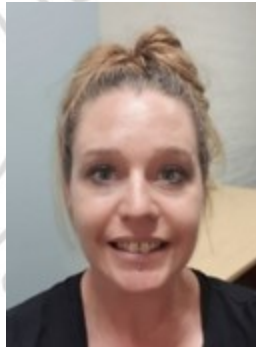
Recent playgroup activities have included:

- An excursion to Wannon and Nigretta Falls*
- Cooking with kids*
- Swimming session at Hilac*
- Teddy Bear Hospital session*

We will be continuing these kind of activities and more as well visits from Maternal Child Health nurse, Koori Maternity Worker and Aboriginal Health workers.

KOORI PRESCHOOL ASSISTANT

Macahlia Rose



Services Hamilton, Cavendish, Coleraine, Penshurst, Bransholme and Dunkeld.

I am here to support koori children and their families as they begin their journey into kindergarten.

My role is to:

- increase and enhance the participation of Aboriginal children in kindergarten programs
- support kindergarten programs to develop a strong understanding and practice of Aboriginal culture
- provide information and support to Aboriginal families and communities
- support the attendance of Aboriginal children in kindergarten programs
- encourage the involvement and participation of Aboriginal parent/families/carers in the development of kindergarten programs

Did you know that our 3 and 4 year old children can attend kindergarten for free? Contact me for more information



If you have a child who will be getting ready to go to kinder, contact me for any enrolment assistance.

Winda Mara Hamilton office: 5527 0090

Mobile: 0490 540 906

What Is Treaty

Aboriginal people in Victoria have never ceded sovereignty, and have long called for treaty with government.

Australia is one of the only Commonwealth countries that does not have a treaty.

Treaties are necessary to recognise historic wrongs. It is not about blame, but about

stating the facts, and attempting to right the wrongs.

Treaties are also necessary to promote fundamental human rights.

It is an opportunity to recast the relationship between Aboriginal and non-Aboriginal Victorians.

IMPORTANT DATES

Candidate Nominations

4pm Friday 16th August

Voting

Monday 16th September

Until Sunday 20th October

What ID is

required to sign up to enrol and vote?

To enrol and vote you will need to confirm your name, date of birth and, in most cases, a residential address.

A driver's licence, proof of age card, or Keypass will confirm this.

You could also use a combination of a valid passport, concession card, Medicare card, bank card, lease agreement, and/or utility bill (gas, water, electricity, phone).

We will have special enrolment arrangements in place for people who are in prison, serving in the armed forces, living in out-of-home-care, or experiencing homelessness.

Who is eligible to enrol to vote?

You can vote if you are:

Aboriginal and/or Torres Strait Islander are aged 16 or above, and either:

Are a traditional owner of Country in Victoria

Live in Victoria (and have done so for at least three of the last five years).

"A TREATY FOR ME RECOGNISES OUR PAST AND INFLUENCES OUR FUTURE, ITS TIME FOR TREATY"

UNCLE MICHAEL (MOOKEYE) BELL

THE ELECTION PROCESS

Can I vote? You can vote if you are Aboriginal and/or Torres Strait Islander aged 16 or above, and you've lived in Victoria for at least 3 of the past 5 years. If you're a Traditional Owner of Country in Victoria, you can vote whether you live in Victoria or somewhere else.

Can I be elected? To run as a candidate, you need to be a Traditional Owner of Country in Victoria and be aged 18 or above. You'll need to be able to take part in Assembly business, including representing the views of community members. You'll also need to be eligible to be a director of a company. How do I vote? The Treaty Advancement Commission will release details of how to vote closer to the election. To

vote, you will need to sign up onto the Assembly's Electoral Roll. This will be completely independent from government and will only be used by the Assembly.

The 21 elected seats will come from 5 regions, including a gender balance. This helps make sure the Assembly reflects the views of Aboriginal communities right across Victoria, rather than where the biggest populations are. The voting regions are only to be used for the election. Each region includes the Country of more than one Traditional Owner group. Your vote will be counted in the region where you live – this is the only way to make sure each region has a fair number of elected members, linked to the number of people who live there.



For information regarding the election: Karen Monaghan (Treaty Assembly Election officer South west region (Ballarat) 03 5331 5344

Health

Just an update on our staff who work with the Doctors at Winda-Mara Medical.

Our staff are trained in HBA1C, IRN's, ECG and a range of other tests that can be requested on a daily basis.

We have staff (AHW) who can draw bloods on request and a pathology service that pick up twice daily.

We also offer Podiatry, massages and Reflexology on alternate weeks.

Our service is a friendly and family orientated.

Please call for an apt when needed.

03 5527 0060



T.I.S

The after school program & play-group in Hamilton & Heywood took part in a poster design competition around smoking and the bad health effects, in conjunction with World No Tobacco Day.

All the kids received a packet of textures for entering the poster design competition. Winners out of each age group won a \$30 Target voucher. It was great talking with the kids about how they feel about smoking and see visually what they think are the bad health effects of smoking.

Posters are displayed on the Quit board in Heywood and judged by a Quit champion.



Is it time to start your quit journey?
Call Winda-Mara today 55270000

JOIN THE FUN

8th - 28th July

Push up challenge for Mental Health.

This year, The Push-Up Challenge highlights the devastating number of Australian lives lost to suicide in 2017.

3,128 push-ups for 3,128 lives lost to suicide.

Take on The Push-Up Challenge to help make a real difference to millions of young people living with mental health challenges."

Come and join in the fun join The Push-Up Challenge to raise awareness of mental health in Australia. We have a team for Winda-Mara go to web page <https://www.thepushupchallenge.com.au/team/3370-winda-mara>

and register and get fit for your mental health. Every push up counts.

Keep track of how you and your friends are going with our sweet tracker. Along the way we'll give you some mental health tips and you'll also get a chance to fund raise for mental health.

Complete your push-ups any time and any place, as long as you meet the daily target.

Get into it. Through our Sweet Online Tracker, we'll help you keep track of your progress. Best to start early each day and chip away at it.

Fundraising is optional as part of this event but we do encourage people to support headspace, The National Youth Mental Health Foundation.

CONGRATULATIONS

Debbie Malseed has celebrated 2 years SMOKE-FREE! We are so PROUD of you! Thank you for being a community champion & helping out with our T.I.S activities. Best wishes on your continued quit journey.



Parents and bubs/playgroup in Hamilton

Friday the 26th of July.

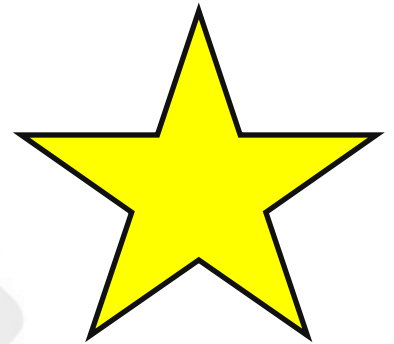
We run weekly every Friday from 10-12pm and welcome new mums, dads and children under 5 to come along

Contact Maddy for More information on 5527 0090

Community Champion



**Aaron
Morgan**



Aaron has shown great leadership within his job role here at Winda-Mara. He has been a Ranger for six years now and for the past two years he has been Senior Ranger. “I feel that since my promotion from Ranger to Senior Ranger I have stepped up. Having much more responsibilities and challenges to overcome has really helped me grow as a person.”

Within Aaron’s job role he has taken many tours out on country and demonstrates his passion for culture by sharing his knowledge, doing welcomes to country and being a part of the Winda-Mara dance group. “Culture is something I have always been proud about and will always be proud of. I’ve been dancing since before I could remember and when I moved to Heywood I realized how much more culture I was missing out on and so I then learnt as much as I could. I now take lots of tours and dancing sessions, educating people of the information that I grew up not knowing too much about.”

Earlier this year Aaron went to Byron Bay to attend ‘Rites of passage Leadership training’ and aside from meeting Chris Hemsworth and Matt Damon he said that he had such a good experience. “It was very different and got me out of my comfort zone and made me vulnerable. It also gave me a pretty new perspective on life and the challenges that life can throw at you.”

Aaron has also demonstrated a healthy lifestyle and said that he started living a healthier life around the same time he got promoted to Senior Ranger. "I signed up for two of the Winda-Mara challenges that focused on a healthy lifestyle. At the time I was very overweight and a regular smoker, my fitness was terrible and I wanted a change." Aaron then enrolled himself into the 'WMAC Biggest Loser Challenge' and 'TIS My Quit Journey' and was successful in both. "In the last two years I have lost around 30-35kg and have stopped smoking cigarettes for well over 12 months now. I look back on and think to myself that I am very lucky to have the support from Winda-Mara and the programs they facilitate."

Aaron says that the most difficult challenge for him was completing the 'Biggest Loser Challenge' and trying quit smoking through 'My Quit Journey' as it was a complete lifestyle change for him. "Taking on regular exercise while giving up smoking is not something that is easy, but with the support I had, weekly check-ups and weigh ins I was able to do something I never thought was possible."

Aaron said that the most rewarding thing so far was his recent trip to Vancouver. "I got the opportunity to go over to Vancouver, Canada for a First Nations Guardians conference. Uncle Denis Rose and I had done a presentation of Rangers in Australia. We spoke about the working loads of the Budj Bim Rangers in front of a crowd of more than 300 first nations people from all over Canada. It was such an experience and to top it off I declared my love for my partner over there and made her my Fiancé."

Do you know anybody that deserves to be the Community champion? do they:

- Promote and demonstrates a healthy lifestyle
- Willing to support, encourage and motivate others
- Demonstrates leadership
- Achieved an outstanding goal, and
- Participates in community events

Send through your nominations through to Shanaya Harrison

Email - shanayaharrison@windamara.com Phone - 5527 0051

National Indigenous Deadly Fun Run Championships

Congratulations to our Heywood Deadly Runners, Sherree, Aunty Sandra, Regan and Leroy who attended the National Indigenous Deadly Fun Run Championships in Uluru. All runners did extremely well in both their individual race and relay event.



The team was selected from the Heywood running group who have been training for the last 12 weeks. They competed against 26 other communities across Australia. The Deadly Fun Run Championships are hosted by the Indigenous Marathon Foundation.

Land Management



Tuesday was a visit to Tjapukai Tourist Centre,

On the 17th of June, The Rangers flew to Cairns to do a Ranger exchange with the Girrigun Rangers & the Djunbunji Rangers

It is an Amazing country and such beautiful people

It was such an Amazing experience



Wednesday to Girrigun Rangers



Thursday to Djunbunji Rangers



Friday we spent the day visiting one of our World Heritage listings. Snorkeling on the Great Barrier Reef