



K-I-N-D-R-E-D S-P-I-R-I-T-S

... community newsletter
Autumn Edition 2025

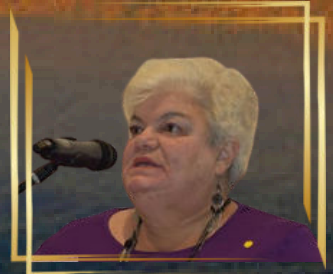
Getting to know our Community Elders ... *Aunty Irene Norman*

**Aunty Irene is a proud Wailwan / Djadjawurrung woman and Mullum Mullum Elder.
Her people are from Northern New South Wales and Victoria.**

*Throughout the years there have been traumas, struggles and pain ... but
there has also been happiness, joy, fun, fulfilment and contentment.
I am lucky to have skills and talents to share and pass onto others,
no matter what their cultural heritage.*

*Most of all, I am an Elder, mother and grandmother,
available to community and family members, 24/7.*

Quoted from - The Footsteps of our Elders



Notable Notes

- Aunty Irene is the winner of the Arts In Maroondah Resiliency Award in 2021 for reading her uplifting poetry on Social Media during Lockdown.
- She teaches traditional weaving to community members and in schools. She has exhibited her weaving and other Art for the past 11 years at The Koorie Heritage Trust in Federation Square, and had exhibitions at the 69 Smith Street Gallery, Fitzroy, REALM at Eastlands and Federation Estate, Ringwood, and exhibited at the 2016 Archibald in Sydney.
- Aunty Irene has also published a book of poetry and her own various Artworks.
- All three of her sons were players with the Alexandra Rebels. Matthew and Len Jenkins are still a part of the Alexandra Community, Kevin resides in Ferntree Gully and Aunty Irene is in Ringwood.
- She is very proud to be a part of the launch of the Alexandra Indigenous Rebels Footy shirt and Netball dress, which she designed.
- As a Cultural Educator working with KESOs (Koorie Education Support Officers) Aunty Irene teaches both pupils and teachers in Australian history, Culture and Traditions within Primary and Secondary schools.
- She works with youth groups and holds cultural workshops with the Maroondah Council.
- Aunty Irene is also a founding member of Yeng Gali Mullum Singers (previously the Mullum Mullum Choir) and writes some of the songs that the group sings.
- She is, and has been on several Community Service Committees, where she gives important feedback for the improvement of services to the Aboriginal Community, including EACH CACCC and RAP, and Maroondah Council RAP.

Getting to know Auntie Irene ...

Aboriginal and Torres Strait Islander community members are advised the following article contains names of those who have passed into dreaming.

As you reflect on your life growing up in Australia, what advice would you give your Aboriginal Community?

"Be kind" ... I was at a performance recently where we sang our multicultural anthem, "We are Australian" and many nationalities were represented. Uncle Colin Hunter was there giving a lovely Welcome to Country. We sang songs like "Stand Up" and I explained why we chose them. Don't keep being angry, that doesn't help anyone. We cannot change what happened. The people here now are descendants, and nobody is at fault. We have to learn to get along. We are a reconciliation music group, and I try to live that.

As Ambassadors for Mullum Mullum Indigenous Gathering Place, we send a message. We walk through the fire before we come out the other side. I always tell my children to "stop and think".

Every time I visit a school for cultural activities, the children teach me. One little preppie asked, "How long do I have to wait before I get hair like yours?" I couldn't stop giggling and told him he'd have to wait a long time because it had taken me a long time. Then he asked, "Can I get a hug?" The teacher gave me the nod. Getting those hugs is brilliant!

I tell the little ones stories while they paint. They are so innocent and talented. Sometime later, deep into the story, we have to get them painting again because they've become so mesmerised! The last thing I share before I leave is ... "Have fun and remember to be kind."

Please tell us a little about yourself. How would your family describe you?

With the greatest respect, my children often call me "a crazy old lady," which I consider a term of fondness. It tells me I am embracing life.

My children lived with me during their formative years before they went to live with their dad. He and his new wife had a baby girl. As time went by, his wife passed away when his little girl was about 15. We brought her into our family, and this put aside any cycle of separation or negativity that can come from separated families. I consider all the children my own - three boys and two girls.

Of course, nothing is ever perfect, and being a parent doesn't come with a rule book. It doesn't matter how we teach discipline; when a generation grows up, everything changes, but the rules do not. We need not fall over ourselves to give the young ones everything they want but rather give them what they need.

Always remember we have needs too. A close and dear Elder and friend, Auntie Daphne turned 85 recently. It was during Covid that we booked a comedy cruise together. Every one of my children called to say we couldn't go. Of course, we knew that, but we Elders need to keep enjoying life and having fun!

If you had to choose one, what would you say is your favourite Cultural ceremony or activity?

Sadly, we Elders, go to many funerals, and there is a lot of ritual and dance that happens there. I'd love to be at the beginning of the journey, too - at a birthing tree. On the occasions when I have been to a tree, I can feel the energy and the effects. I can easily visualise how the Mums and Aunties gathered around the sacred ritual of the birth.

Certain maternity hospitals now cater for First Nation's ladies, and I would love to be a witness, along with all the Aunties, when the birthing ritual is in progress.

What feedback can you give Community about the Ngarrang Guling-al Boordup Team?

I want to know how to clone them, but science has not come that far yet! Dr Libby and the whole team are so great to talk to. I love my local doctor too. She does a great job, but I also know schedules are tight, and my time is limited.

I never feel like I'm being hurried when I attend the Indigenous GP Clinic, the Ngarrang Guling-al Boordup Team always have time for a yarn whether they are busy or not. Being heard makes such a difference. Yarning is a healing tool that I experience in women's and men's yarning circles. If we used them more, I guarantee nobody would need a psychologist. The Team provides a safe place where I know I can say things that would not be possible elsewhere, even within family.

What's the best part of being Aboriginal?

Being in Community because in Community you feel heard, you feel safe, you know you can come and ask questions about where to go and what to do. The Indigenous GP Clinic offers additional Community services like letting us know what's available. For example, Dr Libby explained the benefits of acupuncture and suggestions are made that you wouldn't ordinarily think of yourself. It's a feeling, and it's family. It doesn't matter what mob you are from; open arms are there for everybody who wants to be with us.

Getting to know Aunty Irene continued ...

Please share your experience as lead singer in Yengali Choir and who inspires you most as a singer?

We consider the choir more akin to a Reconciliation group. There are about 18 members, including Irish, Singaporean, and Sri Lankan, to mention a few. Approximately half are Indigenous. I'm the lead singer and we call ourselves the "Yengali Singers". I have assistance, too, as the Conductor as well as the logistics person. We are ambassadors for Mullum Mullum Indigenous Gathering Place.

We have a laid-back, relaxed style, and we love to sing for the enjoyment of others. My musical inspiration comes from the **Warumpi Band**, songs such as **Black Fella/White Fella**, **Gina Williams - Wanjoo**, a welcome song that is also in English, and **Goanna's Solid Rock**. We sing in the Tasmanian Palawa language and we sing classics like John Lennon's, Imagine ... but Uncle Kutcher would be a favourite.

What's one thing that can instantly make your day better?

A smile ... if I'm out and about on the scooter, and somebody smiles, it can really make my day.



What are your hobbies?

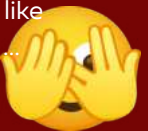
Drawing, painting, weaving, and music, of course. There are so many things! On top of my list is having fun with family and having fun with Aunty Daphne.

What was the best vacation you ever took?

Many years ago, I took a road trip outside of Sydney from the foot of the Blue Mountains to a place called Hill End on the river Turon. We had canoes at the time, and we enjoyed them on the river, although dragging them back up was less fun. I remember it was way out on country on a small river running beautifully during the Spring. Camping was part of it. We had sleeping bags but no tents by the campfire. Luckily, it didn't rain. I went with my boyfriend, who later became my husband. His name was Owen, but I called him Taffy because his father was Welsh. He was only called Owen when he was in trouble. Holidays are always good memories.

Are you into podcasts, or do you prefer reading or listening to music?

I want a real book in my hands. I can listen to podcasts depending on the subject matter. I'm very curious, and I like to research. If I listen to a podcast, it has got to make sense, and not all podcasts do. I listen to my radio every morning, tuned into a station that has 70s and 80s music. The 70s was the best decade ever for music. People ask me if I like rap, and I say no because of the repetition and it doesn't have a story, or if it does, I don't want to know about it ...



What's your favourite season and why?

There are two seasons - I can't choose between Spring and Autumn. I was born in the Autumn and I know this sounds like the three bears, but it's not too hot, and it's not too cold. I think everyone has a real connection to the season they were born in. I don't mind the winter, but I'm not a fan of the summer months. In winter, I'm like a cave bear. I go inside, turn on the heating, and say to the world, "Go away".

I love spring because everything is growing. All the little bees and bugs are out, and I can sit on the front verandah and watch the butterflies flutter by. All the bees and insects are doing what they do best, just hovering around and making me feel good. Magpie is my totem, and they have never swooped me.

Which three people would you invite for a night around the campfire?

Aunty Daphne, Tash, and Uncle Eric Peters.

Sadly, Uncle Eric has passed now, but he was one of my favourite people, especially when it came to telling stories. When Aunty Daphne starts to talk, we go quiet because we learn so much. She told me recently when we were learning a new song for the choir **"From Little Things Big Things Grow,"** by **Paul Kelly** and **Kev Carmody** that it's a teaching song because it tells a story.

In years gone by Aunty Daphne would be there with Uncle Doug Nichols, her cousin now passed, and they would tell the story "On Wave Hill". You could hear a pin drop.



MEET THE NGARRANG GULINJ-AL BOORDUP ABORIGINAL HEALTH AND WELLBEING TEAM

Helene



MANAGER

Vanessa



HEALTH
PROMOTION



Dr Libby



GP CLINIC

Paula



TEAM LEADER
CHRONIC DISEASE

Lynne



DIABETES
EDUCATOR

Tash



OUTREACH

Ria



ADMINISTRATOR

Zita



HEALTH
FACILITATOR

Emily



ABORIGINAL
HEALTH
WORKER

SERVICES



- Support in connecting to access Allied Health and Aboriginal services/programs.
- Integrated Team Care – Care coordination and support in accessing medical equipment, and specialists for individuals experiencing chronic health conditions.
- Diabetes Education.
- Aboriginal Health Promotion across life span for community and within educational settings

Phone Ferntree Gully Office : 9757 6200

EMAIL: aboriginalhealthteam.eachvic@each.com.au

A VERY HAPPY

Easter

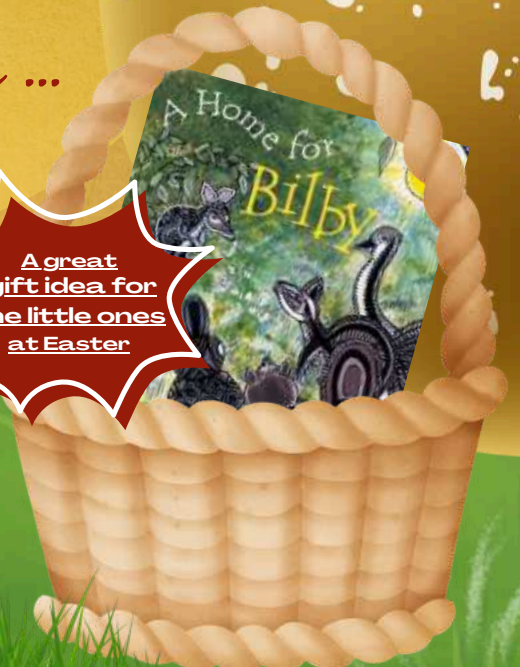


To our
Aboriginal and
Torres Strait Islander
Community Family
and readers ...

We are sending our
very best wishes to
each and everyone
for a
Happy Easter
and a
relaxing break ...



A great
gift idea for
the little ones
at Easter



HEALTH AND HEALING DAY

Ngarrang Gulinj-al Boordup Team supported Ngwala Willumbong Health and Healing Day

An
amazing
day was
had by
all

Celebrating
a day of
health, fun
and culture

dental services
diet & diabetes
awareness
face painting
and fun activities



Ngarrang Gulinj-al Boordup Team



NGWALA
WILLUMBONG
ABORIGINAL CORPORATION



BACK TO SCHOOL AND FURTHER EDUCATION EXPO 23 January 2025 - Central Ringwood Community



what's
on for
the day



SERVICES
RESOURCES
ENTERTAINMENT
FOR ALL ...
AND MUCH
MORE!

The Ngarrang Gulinj-al Boordup Team
was proud to collaborate with MMIGP

We were available for Community to promote and provide information
as well as answer questions about Each and Team Services.
Lots of Community members wanted to know about the GP Clinic @ Ringwood
Useful "back to school" provisions were appreciated on the day!

A collaboration with

Mullum Mullum Indigenous Gathering Place

PLANNING DAY

NGARRANG GULINJ-AL BOORDUP TEAM

The team kicked off the year and set aside Wednesday 12 February for a day of team building and to develop a work plan for the year ahead. We explored new ideas and services for our Eastern Melbourne Community.

The Agenda for Planning Day commenced with an informative cultural walk through the sanctuary of flora and fauna at the Living Culture Centre at Mt Martha.

Many good stories were passed on about Boonwurrung Country, the animals and plants, their uses and significance in medicine, bush tucker and Indigenous culture.

[Check out their website](#)



Skyla - our talented Living Culture tour guide



Community House Mt Martha

INSPIRATIONAL LEADER



Stan Grant

Journalist & Writer

Stan Grant is a well-respected, and proud Wiradjuri man, born in Griffith, New South Wales. There is much to be said about him - too much to mention in this short snapshot.

You know him well as a prominent, tireless and loyal advocate for the Aboriginal and Torres Strait Islander peoples way of life. He has more than 30 years' experience in radio, television, news, and current affairs - all of which can be found on his [Wikipedia](https://www.wikipedia.org/wiki/Stan_Grant) page.

It is his speech "*My people die young in this country*" we bring to your attention as an important watch for all.

<https://www.youtube.com/watch?v=eA3UsF8yyho>

MURRIYANG: SONG OF TIME

Book release December 2024

... is his most poetic and inspiring work yet, rooted in the Wiradjuri spiritual practice of Yindyamarra (deep silence and respect).

Stan stepped away from his role as the host of ABC's Q+A, a decision born out of the tumultuous events surrounding him and the broader cultural conversations at that time in May of 2023.

Murriyang: Song of Time is a raw and tender reflection on this period. It covers the personal struggles he faced amidst a national identity crisis.

Complex themes of colonization, identity and belonging, are viewed through his Wiradjuri heritage.

The relationship with his father, Stan Grant Sr, a respected Wiradjuri Cultural Leader, is explored as a testament of gratitude that resonates on emotional and cultural levels.

It is an ongoing conversation about reconciliation and national identity, as well as an invitation to pause amidst chaos, urging deep reflection and inner peace.





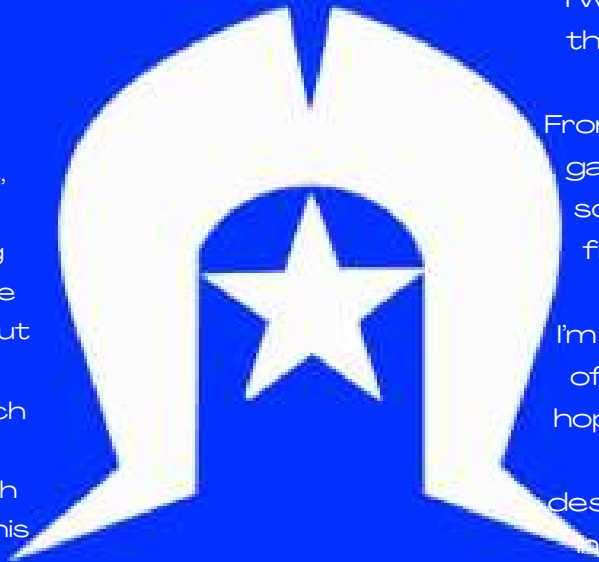
**Torres Strait Islander,
Norie Bero,
is known for her
passion for Indigenous
cuisine and storytelling**

What's on SBS - Norie Bero's Island Echoes



Norie says ...

"As an island girl, this series is incredibly close to my heart. Island Echoes is a chance to share the beauty of my home, the Torres Strait. It's not just about the stunning oceans, the lush scenery, or the rich history of the place, it's about the people. The Torres Strait is home to such incredible individuals, whose knowledge, culture, and warmth are a big part of what makes this place so special."



I want viewers to experience that magic firsthand, and of course the food. From the reef to the backyard gardens, we have access to some of the most delicious, fresh produce right at our doorstep. I'm so excited to showcase all of this in Island Echoes, and I hope that it inspires people to explore this amazing destination and learn from the incredible people who call it home."

**LET'S GO SHOPPING
AT → GAB TITUI**

FOR AN AMAZING RANGE OF UNIQUE AND TRENDING GIFTS

SUPPORTING OUR ARTISTS

Gab Titui online Gallery Shop showcases intricate lino-prints, carvings, magnificent ghost net creations, breathtaking jewellery and sculptures.

The Gab Titui Cultural Centre supports the work of artist and cultural practitioners of the Torres Strait.

**ARTWORK
CLOTHING
JEWELLERY
ACCESSORIES**

EMFs are no joke

A QUICK OVERVIEW

TERMS

EMFs = ELECTROMAGNETIC FREQUENCY

ELFs = ELECTROMAGNETIC FIELDS

RF = RADIO FREQUENCY

EMFs are frequencies emitted from power points, power lines near your home, cell phones, wireless ear phones, wifi routers, computers, microwave ovens, hairdryers, and blue tooth / smart devices

**OUR
PHONES
ARE
HANDS DOWN
THE BIGGEST
GENERATORS
OF EMFS**

There is not enough research right now. What we do know is that EMFs heat up body tissues, affecting hormones like low sperm count. There are many other symptoms such as fatigue, headache, depression, decreased learning ability, and cognitive impairment.

WHY IS IT THAT PEOPLE YEARN
TO GET OUT IN THE BUSH?
WHY DOES CAMPING FEEL
DIFFERENT TO EVERYDAY LIFE?
WHY DOES IT FEEL SO GOOD?

UNTIL WE LEARN MORE ... HERE ARE SOME TIPS TO BE MINDFUL OF:

- TURN YOUR WIFI OFF AT NIGHT - press the off button on your router
- Keep your phone 2 metres away when not in use, if possible
- Try to have a phone free or screen free day once a week
- Don't stand in front of the MICROWAVE when it's on
- WIRELESS HEADPHONES give off more radiation
- Try not to use earphones for too long
- Cell phones aren't toys for kids to play with
- install ethernet it's a healthier alternative
- Swap L.E.D. lights for incandescent or halogen lights

WHEN THE
RISK is high,
EMF blocking clothes
are available.
... expensive
but worth it!

If you have concerns, a hand held FREQUENCY METRE will measure how much radiation is coming from your devices.

PUT IT IN FRONT OF YOUR PHONE OR MICROWAVE to get an accurate reading.

You may be surprised!

The NDIS logo is displayed in a stylized font with the letters 'n', 'd', and 'i' in blue and 's' in yellow, all contained within a purple rounded rectangle.

@ **THE GP CLINIC**

PATTERSON ST
RINGWOOD EAST

Natalie and Sontakke are experienced NDIS employees

An orange arrow pointing to the right, located on the left side of the page.

**They can support and guide you in a culturally safe space
with any questions you may have.**

Natalie Thomas

Natalie.Thomas@ndis.gov.au

Sontakke Dhanashree

Sontakke.Dhanashree@ndis.gov.au

Community Vaccinations


Saturday 10 May 2025

Enquiries: To Tash

Each - Freeman Street Hall, Ringwood East

Tash.Harney@each.com.au

Acknowledgement of Country

A decorative scrollwork element located in the bottom left corner of the page.

*Our team acknowledges
the Traditional Custodians of the land.
We live and work on the Kulin Nations.
We pay our respects to all Aboriginal
and Torres Strait Islander people
across our beautiful sacred land.*

SIGNIFICANT CULTURAL DATES 2025

26 January	Anniversary of the Aboriginal Tent Embassy Survival / Invasion Day
12 February	Anniversary of the Freedom Ride
13 February	National Apology Day
21 February	International Mother Language Day
20 March	National Close the Gap Day
21 March	International Day for Elimination of Racial Discrimination Harmony Day
26 May ...	Uluru Statement from the Heart Anniversary National Sorry Day
27 May	Anniversary of 1967 Referendum
27 May - 3 June ...	Reconciliation Week
3 June	Mabo Day
1 July	Coming of the Light Festival
6 - 13 July	NAIDOC Week
4 August	National Aboriginal and Torres Strait Islander Children's Day
9 August	GP Clinic Launch Anniversary International Day of the World's Indigenous Peoples
23 August	Anniversary of the Wave Hill Walk Off
6 September	Indigenous Literacy Day
13 September	Anniversary UN Declaration - Rights of Indigenous People
26 October ...	Anniversary of the Uluru Hand back
20 December	Anniversary of the Barunga Statement
24 December	Anniversary of Native Title Act

OTHER SIGNIFICANT DATES 2025

8 March	International Women's Day
20 March	World Oral Health Day
21 March	International Day
23 March	National Eucalypt Day
7 April	World Health Day
21 April	World Creativity and Innovation Day
22 April	International Mother Earth Day
12 May	International Nurses Day
17 May	International Day Against Homophobia, Biophobia, Interphobia and Transphobia (IDAHOBIT Day)
8 June	World Oceans Day
20 June	World Refugee Day
23 - 27 June	World Wellbeing Week
31 July	National Tree Day
12 August	International Youth Day
12 September	World Autism Awareness Day
6-10 October.....	Australia Wildlife Week
10 October	World Mental Health Day
14 November	World Diabetes Day
20 November	World Children's Day
3 December	International Day of Persons with Disabilities
10 December.....	Human Rights Day



*Aboriginal
Proverb*

Learn from yesterday

Live for today

Hope for tomorrow