

Circular Head

Aboriginal Corporation

NEWSLETTER

MAR - JUN 2022




CHAC



 MAIN OFFICE: 10 KING ST. SMITHTON

 HEALTH CENTRE: 165 NELSON ST. SMITHTON

 PO BOX 335, SMITHTON TAS 7330

 (03) 6452 1287

RECEPTION@CHAC.COM.AU



MAIN OFFICE:

MON-THURS: 8:00AM-4:30PM

FRI: 8:00AM-2:30PM



HEALTH CENTRE:

MON-THURS: 8:30AM-5:00PM

FRI: 8:30AM - 3:00PM

A LETTER FROM CHAIRPERSON SELINA MAGUIRE-COLGRAVE

It has been an eventful past 6 months at CHAC indeed.

We have welcomed a new General Manager on board – Paul Roberts. Paul comes with a wealth of organisational, governance and management experience and we are very lucky to have him. On behalf of myself and the board, I would like to thank him for the tough but essential changes

thus far, setting CHAC in good stead for the future. CHAC has put together a new

strategic plan that will be implemented in the coming months. The future looks bright as

we are venturing into new territories – tourism, retail, and cultural emersion. By

branching off into these areas, we can work toward becoming a more self-sustaining

organisation which would be less reliant on funding, whilst putting proceeds back into

CHAC for the delivery and continuance of culture at our forefront. Politically there has

never been a year like it, we believe that the North West region is finally getting heard

and we must extend our thanks to Minister Jaensch and MP Gavin Pearce for their

ongoing support and striving to make it equitable for all Aboriginal People in Tasmania

Members, your voice is essential, and I am requesting your support in the upcoming

weeks to give your feedback into the changes with the Aboriginal Land Council, – for

more details please see page 5. The proposed changes have been highly anticipated for

CHAC, and we will advise as soon as possible to when we will be getting community

feedback on this issue. Lastly, I would like to thank all the staff who have finished their

employment at CHAC, new staff and all existing staff. You are all at the coalface at a

time in the world that has so many challenges – COVID-19, cost of living etc, working in

an industry that can often be thankless. From me to you: you all do amazing jobs and

are valued.

- Selina Maguire-Colgrave, Chairperson

BOARD MEMBERS

CHAIRPERSON: Selina Maguire

VICE CHAIRPERSON: Gypsy Draven

TREASURER: Aaron Robertson

SECRETARY: Steph Johnston

DIRECTOR: Andrea Ollington

DIRECTOR: Darryn Grey

DIRECTOR: Malcom Wells

DIRECTOR: Sam Cleland

DIRECTOR: Robin Searle



CICURLAR HEAD ABORIGINAL
CORPORATION NEWSLETTER

CHAC & BRUMBY HILL INVITE YOU TO **COMMUNITY NAIDOC DAY**

WED 6 JULY 2022

TIME: 10:30AM - 2:30PM

TRAWMANNA - 73 MELLA RD, SMITHTON

SHUTTLES
AVAILABLE FROM
SMITHTON CLUB
CARPARK EVERY 15
MINUTES

TO RSVP:

1. BOOK ON EVENTBRITE:

@[HTTPS://WWW.EVENTBRITE.COM.AU/E/CIRCULAR-HEAD-
COMMUNITY-NAIDOC-DAY-TICKETS-358259362397](https://www.eventbrite.com.au/e/circular-head-community-naidoc-day-tickets-358259362397)

2. CALL CHAC ON 6452 1287

3. EMAIL RECEPTION ON

CHAC.RECEPTION@CHAC.COM.AU



GET UP!
STAND UP!
SHOW UP!
3-10 JULY 2022



CHAC INVITE YOU TO COMMUNITY NAIDOC DAY

Together with Brumby Hill, CHAC will host the Community NAIDOC Day on July 6. Expect many special guests and cultural activities for the day.

We welcome you between 10:30AM-2:30PM with shuttles running from the Smithton Club Car Park to help reduce cars out at Trawmanna. .

NAIDOC Week Flag Raising Ceremony

Monday July 4

9am

CHAC invites members to the Flag Raising Ceremony at 10 King Street

10am

CHAC invites all to the Flag Raising Ceremony at the Council Chambers.

Morning Tea to follow





CICURLAR HEAD ABORIGINAL
CORPORATION NEWSLETTER

NAIDOC Week with Circular Head Saints Football Club

AFL LEGEND & ABORIGINAL ICON, NICKY WINMAR AS OUR GUEST

NICKY WINMAR



Announcement!

In late May, we proudly announced that AFL Hall of Fame Legend & Aboriginal Icon, Nicky Winmar, will be joining us for the Circular Head Saints Football Club's NAIDOC Round.

Fri 8th 3pm

CHAC members are invited to join us and Nicky Winmar in the afternoon for a meet & greet and some yarns at 10 King St, Smithton

Fri 8th 7:30pm

All are invited to witness Nicky Winmar's presentation of the inaugural NAIDOC jumpers designed by CHAC's Culture Coordinator, Camilla Woolley.

Sat 9th from 10am

All are invited to watch the NAIDOC matches where the Circular Head Saints will be wearing our inaugural jumpers. The Tunnermerwait Award presentation by Nicky Winmar to follow.

Camilla Woolley designs inaugural NAIDOC round jumper for Circular Head Saints

In late May, CHAC revealed the design of an inaugural guernsey for the Circular Head Saints Football Club for their match played in NAIDOC week on July 9.

We are thrilled to see our logo alongside the Saints as they honour and contribute to the NAIDOC celebrations. The team will join a number of cultural experience sessions throughout the week, including a team smoking ceremony. Here are some words, from



Camilla on the design: "...the motifs on the red and black are my interpretation of the petroglyphs found in various places along the NW Coast... The prints on the white through the centre pay homage to the magnificent Wedge-Tailed Eagle..."



Improved model for returning land - Consultation Paper **AND WHAT IT MEANS FOR CHAC**

In mid June, Roger Jaensch, Minister for Aboriginal Affairs, issued a Consultation Paper regarding the State Government's proposed changes for an improved model for returning land to Tasmania's Aboriginal people.

For CHAC, this is more than a Consultation Paper, it is a landmark decision by Government to allow all Aboriginal people in Tasmania a fair and equitable voice.

The proposals for change suggested in the Consultation Paper will offer all Aboriginal people in Tasmania an equal opportunity for

enrolment and election to the Aboriginal Land Council of Tasmania, and apply a method consistent with the Government's Eligibility Policy.

Most significantly, CHAC welcome the proposed amendments that would provide local Aboriginal groups, like CHAC, the option to manage, or co-manage with the ALCT, local Aboriginal lands - of most significance is Preminghana.

Ultimately, it is CHAC's hope that this marks the beginning of the realisation of the hopes and aspirations of all Aboriginal people in Tasmania, and the local



organisations that represent them, to continue our connection with the land on which we have been the traditional custodians for over 1500 generations.



WORDS FROM CHAIRPERSON, SELINA MAGURE-COLGRAVE

"Preminghana is arguably one of Tasmania's most culturally significant areas to Aboriginal People, and CHAC have had no say in the areas management, the Consultation Paper brings to the front what we have only ever wanted: a fair and equitable and inclusive land management process".

A SPECIAL THANKS

We would like to express our gratitude to Minister Roger Jaensch, as well as Premier Rockliffe and Gavin Pearce MP, for listening and truly heading regional Aboriginal issues and taking this directional change on our behalf - they might not have been easy decisions to make, but they were the right ones.



MEET GYPSY DRAVEN - VICE CHAIRPERSON

Gypsy is the Vice Chairperson on our board. Gypsy has been with CHAC for just over 4 years, 3 of which have been spent on the board. As well as volunteering her time on the board, Gypsy volunteers in many other programs, such as our Culture & Capability Program, Social Emotional Wellbeing Program and other youth programs. Gypsy is passionate about representing, teaching and learning about all cultural aspects and laws from this region and others. "I have the utmost respect for all our mobs both here and on the mainland, I believe all of us are here to help each other, to respect each other and to not only teach but learn from one another. I believe in community spirit and of acceptance of everyone", says Gypsy.

Gypsy brings smiles to many faces in the community in many different ways, but especially through her art. "I have a passion for art, nature and the beauty that lays around us".

Above all, Gypsy embodies what we strive for here at CHAC, acceptance, strength to ultimately empower Aboriginal people.



New to the Team **INTRODUCING PAUL ROBERTS - GENERAL MANAGER**

Paul Roberts, originally from Aotearoa, has had a wide ranging career having worked in TAFE as a lecturer in Hospitality and Patisserie at the Regency College of TAFE. Paul then commenced his progression on to Academic Leadership, first as a Campus Manager at the Wyndham Campus of TAFE in the Kimberley Region of WA and then as an Academic Director with the Central West College of TAFE at the Carnarvon Campus. In 2002 Paul commenced with A.T.S.I.C in the Malarabah Region (Derby) of WA as an Executive Policy Officer supporting the elected Councillors of the ATSIC Regional Council. During this time Paul developed a strong and enduring relationship with the Aboriginal People of the Derby Area. A highlight of Paul's time with ATSIC was the development of the first Strategic Plan produced with the Regional Council in response to Minister Ruddock's separation of powers to effectively end the ATSIC era. More recently Paul spent 11 years with a National Facilities Management Company as their National Health & Safety Manager, a key highlight in this time was the development and certification of the Companies AS/NZS4801 Health & Safety Management Program which was undertaken entirely by Paul without consultancy. In 2021 Paul took the Company forward to ISO45001:2018 Health & Safety Management, once again without external consultancy to ensure the Company was in the best position it could be to keep their workers safe.

Paul brings a wealth of knowledge and experience to his new position and is excited to work with such a great Team here at CHAC.





CICURLAR HEAD ABORIGINAL
CORPORATION NEWSLETTER

CHAC Program Updates



CHILDREN & SCHOOLING SMART, STRONG & PROUD PROGRAM

Our Smart, Strong and Proud program is aimed at young people aged between 12-18 years of age. The focus for the coordinators is to mentor and build the capacity of students who are particularly at risk of disengagement from education and improve their educational outcomes.

The coordinators have been working alongside Selina Maguire-Colgrave, who, as well as being the Chairperson for CHAC, is the Aboriginal Youth Specialist from Smithton High School, on a new program called 'Tiddas 4 Tiddas', which translates to 'sisters 4 sisters'. The program was developed to bring the young females from varying year levels together to build a sisterhood. The program encompasses culture, tiddahood, mental and physical wellbeing and a connection to other female 'aunties' in our community. The girls have been treated recently to a cultural experience at Cape Grim where they were able to immerse themselves right into the history surrounding our area.



EARLY CHILDHOOD PROGRAM

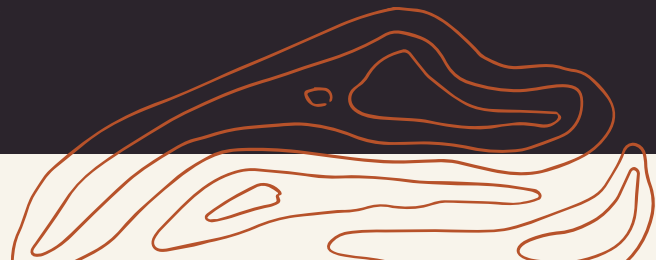
The Early Childhood Program is aimed at enhancing positive early development for the children of the Circular Head Community through interactive play that develops their social, emotional and physical skills. The program offers a number of free services for parents and young children to attend, that encourages learning through play. These sessions also become a space for parents and caregivers to develop social and support networks; knowledge, skills and a capacity for parenting; and sustaining family well being.

In the month of May we introduced two fresh faces to the early childhood program. Jackie Emmett and Ebony Fraser. Both ladies come from a schooling background, and they are excited to be bringing new ideas to keep our younger years busy and ensure they are ready for school.

The children and parents have been enjoying the newest of our programs, Play Life. Introduced for a trial period at the beginning of the year, this program has found its success to cement itself as a permanent program for Early Childhood along with the popular Play Group and Play Gym programs. Play Life is aimed at developing children's life skills through play; creating a basis and framework that parents can implement in their own homes. Approached in a Montessori-style of learning, the program is an excellent opportunity for the children to grow and develop their resilience, independence and self-reliance.



*Welcome Jackie
& Ebony*





CICURLAR HEAD ABORIGINAL CORPORATION NEWSLETTER



NEW DIRECTIONS PROGRAM

The New Directions program is to engage Aboriginal and Torres Strait Islander people and the wider community of Circular Head. We focus on parents and their children being active in supporting maternal and child health.

In the past months, the New Directions Program successfully launched a 6-week swimming program for their clients. This program hosted at SWIRL gave children free water awareness lessons with the SWIRL Instructors. It was immensely popular, as it gave families a chance to access services that are otherwise costly and challenging to manage with multiple young children. The program will re-commence another block soon. New Directions has also recently facilitated a New Parents Group, which is a program designed to bring together mums with young babies. They met every Tuesday morning for 7 weeks to facilitate informative sessions to help educate our parents in the community. Examples of topics we covered are: breastfeeding, first aid, baby milestones, introducing solids, postpartum physio, massage techniques, mental health and contraception.

The New Directions' Ladies Lounge Program continues to be popular. The fortnightly program engages parents in culture activities and self-care awareness all while building connections within the community. Recent sessions have included mini health checks, self-care DIY exfoliate scrubs, children's craft and Mother's Day Bunnings activities. Additionally, the programs' in-home individual and family support services continue to be successful, which help families with a plethora of maternal health needs, as well providing transport for families needing help to get to maternal and postnatal appointments.



YOUTH MENTAL HEALTH & FAMILY VIOLENCE PROGRAM

The Youth Mental Health & Family Violence Program coordinator provides one on one support to young people, aged 12-25 who identify as Aboriginal and Torres Strait Islander within the Circular Head community. This support includes assistance with the referral process for mental health professionals, including transports and visits to appointments. The coordinator works closely with Smithton High School to provide support where needed as well as facilitate groups that work on life/social skills. This includes on-country experiences that aid in the recovery process from past and current trauma.

Recently the program arranged for the team from Speak Up, Stay ChatTY to come and speak to the Year 9 students at Smithton High School. The team work to promote positive mental health and prevent suicide by normalising conversations about mental health and encouraging people to seek help when they need it. It was a great initiative to increase the awareness within our youth and to get them talking about the importance of mental health.





LIFESTYLE AND MIND BALANCE PROGRAM

The Lifestyle and Mind Balance Program (LAMB) is funded by the Healthy Tasmania Fund through the Tasmania Government. The program aims to increase the mental capacity and health and well-being for participants throughout the community. The program enables confidence building through active participation, in sport and physical recreation activities. We encourage engagement of all abilities.

We've had a lot of success in the program so far and our participant numbers have sky rocketed, thanks to an increased variety of activities.

To accompany the availability of recreational style activities in the program, we also offer Healthy Eating Sessions which cover budget, ingredients, meal planning, labels, avoiding additives, fresh home grown produce benefits, plus more.

Furthermore, as part of Health & Wellbeing, we hold group activities which may include relaxation techniques, mind activities, excursions, art or pet therapy. At the moment the popular Knit, Crochet & Macrame group is growing momentum and is enjoyed by all participants.

Everybody is welcome & encouraged to the groups and suggestions welcomed.

AQUA ZUMBA

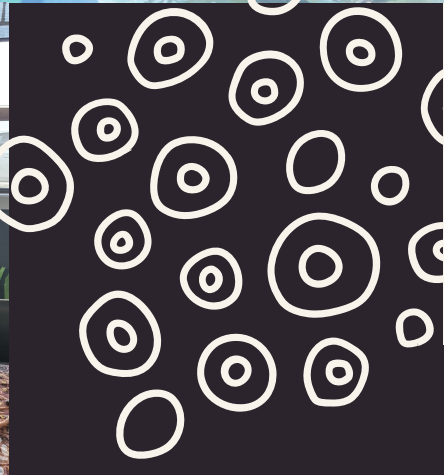
5 WEEKS ONLY, TUESDAY MORNINGS
8:15am- 8:45am

21ST, 28TH JUNE
12TH, 19TH & 26TH JULY

\$2 per session (includes entry + Zumba Class)
ONLY 8 SPOTS AVAILABLE PER WEEK

Contact Sav: 0423 344 905 to secure your spot

Logos for healthy Tasmania and CHAC are also present.



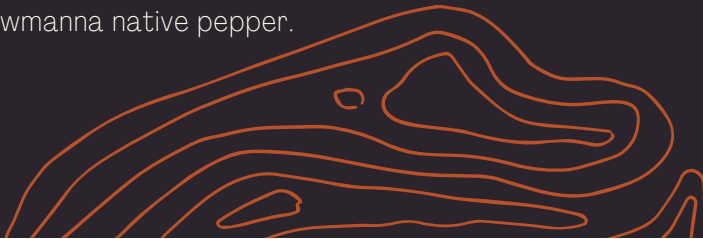
PRISONER REHABILITATION & POST RELEASE SUPPORT PROGRAM

The Prisoner Rehabilitation Post & Release Program provides Aboriginal and Torres Strait Islander peoples exiting the prison system with person centred pathways.

These pathways include: Strengthening social and emotional wellbeing, support with employment and housing, referrals to Tasmanian Aboriginal Legal Service, legal aid, connection to community, mentoring and more.

After 11 years of service to CHAC the program has said goodbye to Kristy Wilson. Kristy has played a major role in the Adult through Care model and will be sadly missed. Replacing Kristy will be Mathew (Wak) Walker who will be a great asset in his new role.

With NAIDOC week fast approaching Jarrod and Mathew are taking the opportunity to cook a barbecue for male and female inmates at Risdon Prison Complex. The menu will include mutton-birds, and wallaby sausages with Trawmanna native pepper.



YOUTH PREVENTION DIVERSION PROGRAM

In the Youth Prevention Diversion program we work with Aboriginal and Torres Strait Islander children from the ages of 12-24 that may be at risk of entering the justice system. Our program coordinator Mathew Walker has now moved internally to another program, but during his time in this role he has witnessed many positive outcomes for his clients. "I would like to thank everybody in our great community for their help and assistance in my time as Youth Justice Officer and I am looking forward to what the future holds in my new role", says Mathew Walker.



SAFETY & WELLBEING DRUG & ALCOHOL AWARENESS SUPPORT

The Alcohol and Other Drug Awareness (AOD) program is designed to deliver education, referral pathways and advocacy to the Aboriginal and Torres Strait community of Circular Head.

The program provides a culturally safe, confidential environment that aims to increase the level of awareness of the impacts of Alcohol and Drug addictions. The main aim is to close the gap of drug and alcohol abuse within men, women and young people in the community while working collaboratively with other key stakeholders to ensure the

client is receiving maximum provisions for their individual complex needs.

In May, Scoutt Winter from Tasmanian Council on AIDS, Hepatitis and Related Diseases (TasCAHRD) travelled to Smithton to deliver training on Hep C to staff. The training took about an hour and a half and provided 10 staff with up to date information and practical strategies to enhance support and referral opportunities for service users living with, or at risk of hepatitis C.



SOCIAL & EMOTIONAL WELLBEING & CANCER AUSTRALIA SUPPORT

The Social & Emotional Wellbeing Program (SEWB) delivers activities based on mindfulness and strategies to understand preventative measures for addressing mental health. Participants undertake on-country visits and various activities to learn strategies and create tools to take home.

In May, the SEWB Program hosted a Cancer Council's Biggest Morning Tea, which was tremendously successful. Program coordinator, Kelly Burke wishes to extend her thanks to everyone who came along to support the wonderful work of Cancer Council Tasmania. Over 40 people attended to have a cuppa and a chat as well as share stories and smiles. Thank you to the volunteers that helped make the event such a success as well as our guest speakers, Stan and Sarah from the Cancer Council. Thank you to all those who donated to this great cause.

INTEGRATED FAMILY SUPPORT SERVICES

Integrated Family Support Services (IFSS) is a program that assists any parent or guardian of a child that feels there are things in their life that have a negative effect on their children, that they cannot handle alone. Support is given to the parent/guardian to strengthen their abilities to manage these situations themselves and into the future. The program works on drawing out the strengths they already have and building further resilience, confidence and self-esteem. Areas for support include, but are not limited to, health, school, behaviour, financial, employment, legal, social and cultural connection, in both the parents/guardian's life and/or the child's. In the last three months, 4 families have finished their time in the program having built confidence and resilience during that time. Each family is connected to the program for 3 to 12 months, and in some cases longer. Every family is aware, that after exit, if in the future they have further troubled times they can reach out again and be re-referred to the program for further assistance.

INDIGENOUS AUSTRALIAN HEALTH OUTREACH PROGRAM

The Indigenous Australian Health Outreach Program endeavours to engage the Aboriginal and Torres Strait Islanders community in Circular Head to be active in utilising health services. The program works to help people engage with health services by assisting with transport, accessing referral pathways, and identify any barriers that may impact continued or future engagement in health.

Additionally, the program is part of the Red 25, Australian Red Cross Blood Service Campaign that aims to get 25% of all blood donations needed in Australia to come from groups. Forming 'a group' the program helps to provide transport to blood donation facilities to help save the lives of other Aboriginal and Torres Strait Islanders. Thanks to donating blood, the program has had clients who have found underlying conditions that they otherwise would not have known about, or would have learned of when it has become more serious.



CHAC Health Centre

The Health Centre is coming to the end of another successful 12 months of its TAZREACH funded allied health services, all services ran at full capacity with many successful health outcomes achieved. We are looking forward to services being re-contracted for the 2022-2023 financial year. There are 8 ongoing outreach allied health services visiting the Health Centre, benefitting the whole Circular Head community, helping them access high quality health services that they otherwise would have to travel at length to access, these services include, but are not limited to: Podiatry, Physiotherapy, Chiropractic, Audiology, RFDS Dentist & AOD Counselling

NATIONAL DISABILITY INSURANCE SCHEME SUPPORT

The National Disability Insurance Scheme (NDIS) program provides support for Australians, their families and carers with disabilities, the NDIS supports people with a disability to build skills and capability so they can participate within their community and to assist in engaging with employment opportunities.

Our NDIS support staff continue to excel as they function at capacity within the program. Community need is high, as are the praises the clients give to staff.

For some clients, it's simply getting out of the house and having someone to talk to, for others its finding employment pathways and for others it can be a way to learn new life skills.

Our support staff have taken clients to fitness and parenting classes while also receiving help with cooking and cleaning skills. For most, its not necessarily about the skills learned but more about the opportunity to socialise and feel part of something, often coming along to other programs like Early Childhood's Playgroup, to lend a hand, have a chat and feel connected with the community.

STRIVE TO DRIVE - LEARNER DRIVER MENTOR PROGRAM

The Learner Driver Mentor Program endeavours to engage the disadvantaged community members of Circular Head in helping them to achieve the hours needed to attain their provisional driver's licenses.

This program depends on the help of a team of volunteers, without whom, the work we do wouldn't be possible. So thank you.

In May, during Volunteers Week we took the opportunity to recognise the amazing individuals who help make this program happen.



INTEGRATED TEAM CARE PROGRAM

The Integrated Team Care Program (ITC) is designed to support individual who identify as Aboriginal or Torres Strait Islander that have a chronic illness, to manage and understand their condition. Through ITC you have access to a registered nurse that can provide guidance and support in a team arrangement with your chosen general practitioner. ITC can arrange and coordinate appointments as well as transport and support. ITC will advocate and help you navigate the complexities of the health system.

The ITC program facilitates a Men's Group Program that meets weekly. The group provides a place where men can feel included and safe, with the aim to improve health and wellbeing, while also making friends and sharing meaningful activities and stories. "I am so pleased to know I have somewhere to go and people to talk and joke with", one participant attested.

POOLISTIC HEALTH & WELLBEING
@ SWIRL

Every Monday for 10 weeks
starting 11 July - 5th Sept 2022
11am - 11.30am

for bookings call Krista or Cheryl from ITC program
@ CHAC on 64521287

Ideal for people who have limited mobility, chronic health conditions, and for seniors, non-swimmers, people in search of healthy relaxation, stress reduction, improved mental and physical wellbeing.

FREE

Register now





Aged Care Services

COMMONWEALTH HOME SUPPORT PROGRAM

The aim of CHSP is to help provide low level support service to older people aged 65 years and over (50 years and older for Aboriginal and Torres Strait Islander people) who need assistance to living independently as possible – with a focus on working with you, rather than doing for you. It is about working on your strengths, capacity and goals to help you remain living independently and safely at home.

The program offers services such as social support, home maintenance, garden maintenance, transport and assistance with specialised support services.



HOME CARE PACKAGES

A Home Care Package (HCP) is a coordinated package of care and services to help you to live independently in your own home for as long as you can. Some people receive services through the Commonwealth Home Support Program and are then assessed for a home care package. Others will start with a Home Care Package. The benefit of a Home Care Package is that your home care provider will work with you to choose care and services that best meet your needs and goals and to manage your care and services



Welcome Sandra Schuurring

A warm welcome to Sandra, who has recently joined our team as Home Care Coordinator.



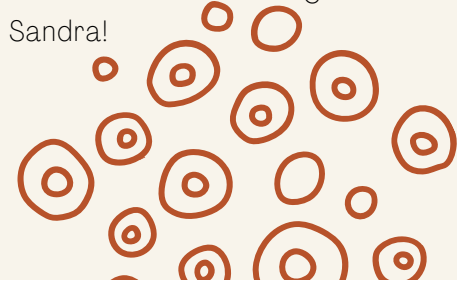
Sandra has joined us after 23 years at the Smithton Hospital. Sandra brings with her a wealth of knowledge from her time working with the elderly, focusing on listening to, and assisting with their needs and goals. Good luck Sandra!

Katie's Corner

We are excited to announce that we recently secured a sponsorship from Greenhams. This sponsorship will add Cape Grim Beef to the menu for participants to enjoy. With rising costs of food products, particularly in the meat industry, meeting the demand on the program budget has been increasingly challenging. This sponsorship will not only allow for participants to enjoy a higher quality meat product, but will also provide the room for fresh vegetables and other nutritionally valuable menu items. Greenhams is a central part of the Circular Head community, it is so incredibly humbling to see community helping community, so that we can continue to deliver these critical programs.

HOME AND COMMUNITY CARE PROGRAM

The Tasmanian HACC Program provides funding for basic community care services that support persons who are under 65 years or Aboriginal and Torres Strait Islander people aged less than 50 years of age living with disabling conditions and their carer. Services are targeted towards people who live in the community and whose capacity for independent living is at risk, or who are at risk of premature or inappropriate admission to long term residential care.





NATURE CLAIMS ITS OWN

Flames leapt with angry tentacles
Winds played their games with glee
Tree burnt in agony, despair
A roar of thunderous pain
The land no longer free.

Towns choked in blinding smoke
Their homes and treasures burnt
And hell evoked its wrath
No time to gather memories
Mercy, that fire had never learnt.

Stormed forth through forests proud
and tall
And fields there plagued with drought
Like Satan claiming with hell-fire
His promise there fulfilled
Death and ruin lay about.

No homes where laughter filled the air
Or smiles to greet the dawn
Untold misery there beneath the sun
A holocaust of life
Just tears from those who mourn

Time and tide and night and day
Will come and pass at will
Through life's forever changed
And spirits there now lie beneath the
dust

Of loved ones - ever still
- **Ruth Poke-Moore**

