Circular Head Aboriginal Corporation REFERENCE CHAC

MAIN OFFICE: 10 KING ST. SMITHTON HEALTH CENTRE: 165 NELSON ST. SMITHTON

PO BOX 335. SMITHTON TAS 7330

(03) 6452 1287





MAIN OFFICE & HEALTH CENTRE MON-THURS: 8:00AM-4:30PM FRI: 8:00AM-2:30PM

BOARD MEMBERS

CHAIRPERSON: Selina Maguire VICE CHAIRPERSON: Gypsy Draven TREASURER: Aaron Robertson SECRETARY: Steph Johnston DIRECTOR: Andrea Ling DIRECTOR: Luke McNamara DIRECTOR: Luke McNamara DIRECTOR: Jennifer Garnsey DIRECTOR: Kelli D'Monte DIRECTOR: Kelli Innes



ANNUAL GENERAL MEETING The Annual General Meeting is scheduled for Wednesday, November 6 at 5:30pm. Formal invitations, agenda and calls for

nominations will be released shortly.

ACKNOWLEDGEMENT OF COUNTRY

The Circular Head Aboriginal Corporation acknowledges and pays its respects to the traditional and continuing custodians of the lands on which we live. Our organisation pays our respects to the Elders – past, present and emerging and their continued cultural and spiritual relationship to the land, sky and seas. We acknowledge the 12 Tribes of the Northwest

The **tommeginer** people of Table Cape The **lowreener** people of Rocky Cape The **parperloihener** people of Robbins Island The **pennemuker** people of Cape Grim The **pendowte** people of Studland Bay The **peerapper** people of West Point The **manegin** people of Arthur River The **tarkiner** people of Sandy Cape The **peternidic** people of Pieman River The **mimegin** people of Macquarie Harbour The **lowgernown** people of Low Rocky Point The **ninene** people of Port Davey



What's happening

WELCOME PETER BENSON

We would like to welcome and introduce CHAC's interim General Manager, Peter Benson. Peter is a revered elder of the community, as well as previous Chair and employee of CHAC, with that he brings years of experience and wisdom. Thank you, Peter, for taking on the role of GM to guide our staff and community.



CALL FOR EXPRESSIONS OF INTEREST -CHAC LANGUAGE COMMUNITY COMMITTEE

Over the past few years, CHAC's research into the revival of Northwest language has gained significant momentum and depth. As a result, the research has advanced to such a point that the Board of Directors have called for an Expression of Interest process to join our newly formed **CHAC Language Community Committee**. Language belongs to the community, and thus key decisions about its development, and integration should be the right of the community to make.

We would like to form a committee made up of elders, community members, and CHAC staff to help make those allimportant decisions. The committee will meet **Quarterly** with a time and date to be confirmed, but likely after hours. They'll meet to discuss Northwest Language decisions such as policy, orthography and resource ideas. This is a **volunteer** committee.

If you have any experience with local language or Aboriginal languages more broadly, or simply a keen interest, we encourage you to put your name forth.

Please email Rochelle Godwin with Expression of Interest on: **r.godwin@chac.com.au**, with the Subject: *Language Community Committee Expression of Interest*. Please include your contact details and a short paragraph on why you're interested in joining our committee (for example, if you have had any experience with Aboriginal Languages). Submit by **Monday, November 11, 2024.**



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12

What's happening

INTRODUCING THE 12 TRIBES OF NORTHWEST TASMANIA

The Board have moved to formally acknowledge the 12 Tribes of the Northwest.

This decision has come from the extensive research into the Southwest by Dr. Ian McFarlane.

The research showed that:

- 1. Due to size of the Tribes, it was implausible to consider Southwest in isolation.
- 2. Of the original 4 Tribes, the 3 more northerly Tribes (mimegin, lowgernown, and ninene), showed close **cultural, linguistic and familial ties.** The 4th Tribe, the Neewonee of Cox Bight demonstrated closer links to the Nuenone of Bruny Island.
 - a.Linguistic research confirms close ties from Port Davey through to Robbins Island.
 - b.Evidence of several intermarriages between Northwest and Southwest tribes.
 - c.Robinson recorded evident animosity between the 3 more Northern tribes to the Neewonee and Nuenone tribes.
 - d. The cultural ties are through a shared/common spirituality, rituals, ceremony, resources, practices, tribal structure etc

The tommeginer people of Table Cape

The lowreenner people of Rocky Cape The parperloihener people of Robbins Island

The pennemuker people of Cape Grim The pendowte people of Studland Bay The peerapper people of West Point The manegin people of Arthur River The tarkiner people of Sandy Cape The peternidic people of the Pieman River

The mimegin people of Macquarie Harbour The lowgernown people of Low Rocky Point

The ninene people of Port Davey

What's been happening

NAIDOC WEEK Flag Raising Ceremonies

We launched our NAIDOC week with a Flag Raising Ceremony at both the Main Building in King Street and at the Circular Head Council Chambers.

The Flag Raising at our Main Building was predominately attended by staff and members. Kelsie Kearnes welcomed attendees and delivered the Acknowledgement of Country at this ceremony.

The following ceremony at the Circular Head Council Chambers was attended by local community members, staff and children from Smithton Primary School. Cultural Manager, Camilla Woolley, delivered the Acknowledgement of Country at the Council Chambers and shared with the group her thoughts on this year's theme: Keep the Fire Burning – Blak, Loud and Proud.

"This year's theme reminds us of the enduring spirit of our First Nations people who have nurtured and protected these lands for millennia. The phrase Keep the fires burning encapsulates not just the practical importance of fire in traditional land management, but it also speaks to the metaphorical fire of cultural pride and resilience that burns brightly within our communities."



Celebration with Circular Head Saints Football

Smithton Library

On the Thursday, we provided two sessions at the local Smithton Library. The morning session was aimed at younger children and included story-telling and dance. There was also various activities including colouring of Aboriginal images.

The afternoon session was delivered by Jack Smith who provided the opportunity for local community to come along and learn the art of clap stick making.

Both events were well attended. We enjoy opportunities like this to collaborate with local stakeholders.

Sunday saw the Circular Head Saints play Penguin at home in their Indigenous Jumpers. This year's design of the jumpers was done by Camilla Woolley. The design centered the theme around women and their connection to Sea Country – in recognition of the Women's team's inaugural year. "The Northwest women were skilled divers, they collected resources from our coastline, which would have included an array of seafood, including crayfish which has been celebrated in the jumper's centre. The 9 women figures surrounding the crayfish represent, both the women as divers and collectors, but also symbolise the 9 Tribes (now 12) that make up our Northwest Nation. The wavy lines represent the sea kelp, another integral resource to the Aboriginal people of the Northwest. The women would have also collected the kelp, and used it as a resource to form baskets to carry water and foods. The yellow waved lines, represent the sand and the tides that batter and shape this rugged coastline that we so love".

Jack Smith launched official proceedings with a Smoking Ceremony and Acknowledgement of Country for those in attendance.



What's been happening

NAIDOC WEEK CONTINUED

Community NAIDOC Day

Our annual Community Day was held on the Wednesday of NAIDOC Week at Trawmanna.

This year's event was well attended by local community, service providers and stakeholders from along the coast.

The day began with an Acknowledgement to Country from Camilla Woolley. The festivities were then kicked off with a Smoking Ceremony that was performed by Uncle Leslie Dick.

This year we introduced the concept of a Tasting Trail, with a fun map to help guide participants around the Trawmanna grounds. This proved to be quite popular and gave people the opportunity to taste a wide variety of traditional foods – these included crayfish, oysters, abalone, pickeld neptunes necklace, pepperberry cheese, choc coated pepperberries, native icecream, bush tea, bush cookies, wallaby fillets and muttonbirds. We also had a variety of soups on offer for lunch.

The stage was filled with activities for the younger members of our community.

The hut hosted two screenings of local, Kirsty Slemint's film, Burnt Country - a short film that highlights the importance of cultural burning, also fitting with this year's NAIDOC theme.

This year also saw the introduction of our NAIDOC Week photography competition. The competition focused on the theme of fire which correlated with this year's NAIDOC Theme. We received a number of entries with Gaylen Norton being awarded the judges prize and the public vote prize for her photo. See the bottom right corner.



What's been happening

SMITHTON PRIMARY NAIDOC EVENT

The Culture Manager and the Early Childhood Team worked closely with the Smithton Primary Year 3/4 class to facilitate an all-school NAIDOC event. The team visited the class for several weeks teaching the class a number of different cultural practices, skills, knowledge and activities in preparation for the class to then host their event. The final event was inspiring and empowering to see young children take action on sharing culture with their peers with such pride.

The whole school met in the morning for a smoking ceremony and cultural dance and then it was hours of activities ran by the 3/4 students. "It was a rich learning experience for our whole school!" - says Principal, Josh Smith.



NATIONAL ABORIGINAL AND TORRES STRAIT ISLANDER CHILDREN'S DAY

This year our Early Childhood team celebrated National Aboriginal & Torres Strait Islander Children's Day in two parts.

Firstly, they were fortunate to be able to travel to Queensland to join the Gunya Meta Organisation for their NATSI Children's Day celebrations with their jarjums and community. This opportunity to learn and share culture with other mob was an extraordinary one for the team. They came back inspired and empowered but excited for how they could bring their learnings to our young people. Thank you Gunya Meta for hosting us, we look forward to welcoming you in the future!

Secondly, once back home, the team hosted a small yet popular cupcake stall for community in celebration of the day. It goes without saying, this was a hit! Thanks to all the smiling faces that celebrated with us over a cupcake or 2!



CHAC Program Updates

CIRCULAR HEAD ABORIGINAL CORPORATION NEWSLETTER

YOUTH MENTAL HEALTH AND FAMILY VIOLENCE



The Youth Mental Health & Family Violence team were extremely proud to bring the 'Be the Game Changer' Domestic Violence Awareness Football Round to the community. Mark Richards presented two engaging sessions for our community, one specifically for our local football clubs and an open community event. Following on from these sessions, the two local football games held on Saturday saw the players wearing 'Be the Game Changer' beanies and purple arm tape to show respect and acknowledge those that have been through or are currently on their own journey with Domestic Violence.

Kelsie joined in on the fun with the school holiday program ran by the Circular Head Council and their trip to Burnie. There was lots of fun to be had with a fierce game of laser tag and then a chill out at the cinema!

We have also been very busy with the Tiddas4Tiddas Group, learning gumnuts to buttons, talking about our families and creating our very own pebble rock families and creating shell mobiles!

- Kelsie Kearnes & Tess House

SOCIAL EMOTIONAL WELLBEING PROGRAM

Supporting Indigenous people and their families in understanding improving and maintaining a positive perspective on their emotional well-being is the goal of the Aboriginal Mental Health - Social Emotional Wellbeing Program (SEWB). In every facet of the program, SEWB promotes connection to one's family, country, and spirituality through a holistic approach. With the aim of empowering participants and minimizing social and emotional isolation, SEWB is an open and welcoming program. Age or gender restrictions do not apply to the program. People may relax, have someone to turn to when they need it, break away from their daily routine, and just be present when they take part in groups, courses, or expeditions. It's an opportunity to form positive relationships and friendships.

Men's Health Group (\mbox{ITC}/\mbox{SEWB}) Tuesdays at Trawmanna 10:30am-2pm

Women's Health Group (SEWB) Wednesdays 10:30am-2pm

Supports offered: ITC Men's Health Group Women's Health Group Art, Craft, Coffee & a Biscuit – Drop in stress management strategies diversion & distraction techniques referrals & links to other services

Other: Outings Excursions Creative Activities Cultural Education Workshops - Kelly Burke



Social Emotional Wellbeing

SEWB 2024

NEW DIRECTIONS

The New Directions program has been running steadily with its regular internal programs and support services. Kristy and Sav have been enjoying brining new activities, classes and outings to the programs.

A recent highlight was our visit to the Don River Railway for our Aligning Family Circles group. The day was enjoyed by all.

Our program also recently enjoyed hosting the Bunnings Activity Manager, Michelle, to put on a workshop for our clients. They enjoyed crafting a solar butterfly garden ornament together.

The Aligning Family Circle's Group also enjoyed putting together a Father's Day gift cup for the significant male caregiver in their household.

Most recently, the group put on a Lady's Night for our community mums. It was a night of relaxation with mediation and smudging with Di Baldock.

Upcoming:

·Water Awareness Program- Commencing on 2nd October for 5 weeks.

New Parents Group- Started on the 3rd of September for 8 weeks for all new parents with a new baby.

- Kristy Hyland & Sav Au













STRIVE2DRIVE -LEARNER DRIVER MENTOR PROGRAM

Strive2Drive has had a busy few months since the forum that was hosted back in July. Since then, Hannah has been going around and speaking to different community groups to promote Strive2Drive and to gain more volunteers for the program. The program has been very successful in obtaining more volunteers, resulting in an increase of drives and thus an increase in overall hours. In August we recorded our highest numbers of hours: **65.85 hours**.

It has also been Rural Road Safety Month, to celebrate, cupcakes are being shared around staff and close links to Strive2Drive as a thank you and to promote this important month. The coordinator will also be running Road Safety Bingo to staff during lunch and to our Aged Care clients.

- Hannah Boatwright









EARLY CHILDHOOD PROGRAM

Earlier in the year, the ECP and Culture manager, Camilla, were approached by Smithton Primary School to mentor their Grade 3/4 classes in their dream to host their own whole school NAIDOC event. In June, we put in the prep work, and in July we got the pleasure of watching these three classes present their own NAIDOC event to their entire school. The quote "Let the child be the scriptwriter, the director and the actor in his own play." ~ Magda Gerber – was at the forefront of our minds through this experience and to see something come together which was solely student-led was incredible and kicked off NAIDOC celebrations here in Circular Head (read more on Page 4).

The week of NAIDOC was jam packed for the ECP team, starting with the Raising of the Flags and a visit to Giggles Early Learning on the Monday, Community event at Trawmanna on the Wednesday (find out more on pages 2-3) and finishing with an event at the Smithton Library on Thursday celebrating with a Rock n Rhyme session sharing cultural stories, song and dance.

In August, we celebrated National Aboriginal and Torres Strait Islander Children's Day. This year Ebony and Shae flew up to Logan in Brisbane and celebrated with the Gunya Meta team who hosted their first NATSI Children's Day event. After arriving home, we got busy in the kitchen baking over 200 cupcakes and spent Monday the 5th distributing them to our community. This was a reminder of the true meaning behind NASTI children's day. Starting back in 1988, August the 4th was the chosen day to celebrate the birthdays of Aboriginal and Torres Strait Islander people who were taken at a young age from their families - The Stolen Generation (read more on Page 4). Our session times are:

Tuesday - 9.30am -11.00am – Anzac Park Playrooms OR Wednesday – 9.30am -11.00am – Anzac Park Playrooms - Shae Tonks & Ebony Fraser

INDIGENOUS AUSTRALIANS HEALTH OUTREACH PROGRAM

The Indigenous Australians 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 futured engagement in health.

The program continues to enjoy to assistance of the part time contribution from Kerryn. The time has allowed for the facilitation of more transports, and for program coordinator, Niki, to have more time to support clients holistically. - Niki Hunter



CULTURE PROGRAM

The Culture Program has continued to visit a number of schools around the region including, St Peter Chanel Catholic School, Sacred Heart Catholic School, Boat Harbour Primary School and Smithton Primary School.

Culture, alongside our Early Childhood Program, worked closely with Smithton Primary School over a number of weeks to help the Grade 3/4 students run a NAIDOC event for their whole school. All students got to attend the event and participate in a variety of activities. The Grade 3/4 students each picked an activity that they would like to present, they then researched and prepared the activity and then ran the activity on the day. Activities included dance, food, art, clapsticks, ochre and tools. The whole school also participated in a smoking ceremony to start the day. An Acknowledgement to Country was delivered by Layla McCormack (read more on Page 4).

Culture recently spent the day at St Peter Chanel teaching some Aboriginal Dances. Students learnt how to do the Cleansing Dance, the Welcome Dance and the Emu. The students had a great day and really enjoyed these sessions. We were lucky enough to be taught these dances from Craig Everett and Trish Hodge from NITA Education.

Culture also recently hosted 14 State and Regional managers from Bunnings for two days of Cultural Immersion. This included and On Country experience and a visit to the Kelp Sheds to see the kelp and learn the process of production that goes into our tarkiner product. They were also taken to West Point and learnt about the peerapper People of the region. They also spent a morning at Trawmanna where they participated in clapstick making and shell stringing activities.

- Camilla Woolley



CHAC

CIRCULAR HEAD ABORIGINAL CORPORATION NEWSLETTER

HEALTH CENTRE

The Health Centre continues to source a range of services and practitioners to meet the needs of the Circular Head area. The changes and expansion in our services/offerings are listed below.

Private Footcare Nurse

The Feet2U team have offered to service the wider Circular Head community by offering private footcare clinics. More details on the Feet2U service provision on the Feet2U website: https://feet2u.com.au/

- Cost to Clients: \$60 per session, payable on the day, unless covered by an aged care or NDIS package.
- Aged Care/NDIS: Referrals must be submitted to the Feet2U team before the clinic so they can invoice the clients' Package Coordinator.
- Private Health Insurance: Clients might be able to claim up to \$50 through their private health insurance, reducing the cost of the visit to around \$10

Feenikx Counselling & Mediation

Rosey and the team at Feenikx Counselling and Mediation will be hiring a room for Counselling Services. Feenikx Counselling will be beginning service from our rooms on Tuesday 1st of October.

Loowunna Tarla-burra Breathing Study

The Loowunna Tarla-burra Breathing study has now been handed over from Kori Keny to the Health Centre team. Recently, the Circular Head Christian School got on-board and a further 8 children were tested over the 16th and 17th of September.

The study team have recently announced that there are prizes to be won for participation.

Also, keep an eye out for our 'Splat For Science' campaign – you won't believe the locals willing to cop a pie to the face for science!

Details to come 😌

Tonometer Training

On a recent TAZREACH clinic, Total Eyecare found the time to show Niki Hunter and the Health Centre team how to use the new Tonometer provided to CHAC by TAZREACH funding.

General Services

Please view our flyer for a full list of the services offered0 within our Health Centre.

- Jo Jolly, Michelle Gale & Jade Gray







INTEGRATED FAMILY SUPPORT SERVICES

The IFSS program has been moving along well and is currently supporting 6 families with the opportunity to support 5 more local families, Jess is available to chat if you have need for supports contact CHAC on 6452 1287 or Strong Families, Safe Kids on 1800 000 123 and we can support in getting a referral. - Jess Miles

AGED CARE CATERING, LIFESTYLE & LEISURE

The Aged Care team have been very busy with Katie's Corner due to the continuous increase in participation and commitment to provide a healthy nourishing meal. We have also assisted other programs with food going to people who are struggling during these times, particularly with the recent severe weather in the area.

As always, it has been a great time doing social support and seeing our consumers laugh and telling their stories.

As we can probably all agree, the year that has been going so fast, and now we are planning and working on Seniors Week and Christmas celebrations.

Together with the Integrated Team Care Program, the program recently facilitated a successful Pain Management Program. The program ran over 6 weeks in 2hour sessions. We have enjoyed hearing the positive feedback and are already receiving interest for the next program session times. We hope to bring this back in early 2025.

- Marion Blake

ALCOHOL & OTHER DRUGS

September was a particularly busy but fantastic month for the AOD Program. Kristy, and the Youth Justice Coordinator, Dani, travelled to Kingscliff NSW for the Youth Justice 24: Prevention Not Detention Conference. The conference was a great training opportunity for both coordinators to be trauma informed, Fetal Alcohol Spectrum





Disorder informed, and human rights informed. The speakers at the conference were from all over the world, which gave an insight into how justice works in different parts of the world.

The coordinators came back from the conference full of new knowledge and ideas to implement across CHAC programs.

- Kristy Clarke







SMART, STRONG & PROUD

The Smart, Strong & Proud Program continue to be busy working with local schools from along the coast to bring culture as a tool to engage students in their schooling to thus increase attendance and overall wellness in the schooling system.

Recently, the team took a group of Year 10 students from Penguin High School on Country at Stanley. The team were able to share some native bush foods in the area, undertake a cultural activity and engage in conversation about Aboriginal history and culture from our Country.

The program looks forward to introducing a new 8-week program next term with a group of Year 6 boys from Smithton Primary School. The program will include activities such as a fishing trip, making and decorating clap sticks, making bush donuts, cooking wallaby, and some On Country trips.



- Jack Smith & Mel Pfeiffer

YOUTH PREVENTION & DIVERSION PROGRAM

The Youth Prevention & Diversion Program (YPDP), has had a busy couple of months.

In July, Dani supported multiple young people to obtain legal support through the Tasmanian Aboriginal Legal Service and providing transport and support at Court. With majority of court proceedings being adjourned, this meant multiple trips and court dates for the one offence. Youth Prevention was able to offer continued support after the court proceedings were finalised and provided tailored anger management sessions as part of the Re-negotiating Angry and guilty emotions (RAGE) anger management program. As part of this continued support, referrals were also made on behalf of these young people to connect them to the Youth Mental Health and Family Violence Program as well as the Smart, Strong & Proud program as a way of empowering social emotional wellbeing with a holistic approach. During the NAIDOC week, Dani accompanied the Prisoner Rehabilitation & Post Release Program to the Men's and Women's Prison in Hobart to host a cultural session and BBQ for those inmates.



In August, Dani collaborated with the Smart, Strong & Proud program to bring together an 8-week Connection to Culture program. The program spent time On Country collecting resources to then make their own clapsticks and waddies. Once the group have completed their clapsticks, they were able to participate in a cultural dance session.

In September, Dani has continued to provide one-on-one supports, and the delivery of Anger Management sessions. Together with the Alcohol & Other Drugs coordinator, Dani attended the Prevention not Detention Conference where they were able to takeaway a great deal of knowledge of how the justice system interacts with people and how it works across the world. Dani continues to transport clients along the coast for appointments and court appearances. Dani also enjoyed supporting the On-Country trip with Penguin High School alongside the Smart, Strong and Proud coordinators as detailed above.

- Dani Hanson

