

Wilcannia Community Newsletter



What's Happening at WINGS?

On the 8th of April, the Central School held Harmony Day at their school hall which included dance and entertainment from each class, the community choir and dance routines from the WINGS Drop In Centre. The WINGS

dancers performed to "Time Warp" and "Memory" which were both sung by the choir. Well done to all of the kids involved!

On Tuesday the 22nd and Wednesday the 23rd of April, Heaps Decent visited WINGS and ran a music workshop with the kids. The workshop was very popular and the young boys enjoyed the opportunity to show off their rapping skills.



School Holiday Program

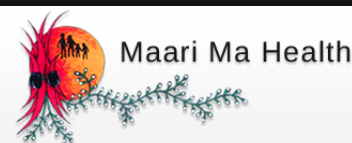


The first week of school holidays was a little quiet, with only 25 children attending WINGS so they decided to participate in activities at the school which were run by Sharing Stories Foundation. However, the second week was very busy and the kids had a number of different activities to have fun with.

Science at WINGS

On the Monday and Tuesday the kids were exposed to Science by Maari Ma's Early Years Project Leader, Lesley Harvey. Some examples of the science experiences included: exploring absorption using fake snow, magic spring flowers and water balls, chemical reactions with bicarb soda and vinegar to make rockets and to change the colour of water using colours from vegetables, exploring the power of the sun by melting chocolate and making jewellery with UV sensitive beads, floating ping pong balls using air pressure and gravity, and using the senses to explore goop (corn flour and water). The children became scientists and teachers in each activity, guessing what would happen, experimenting with measurements and ideas, and problem solving to find a solution. As teachers they would show others as they joined the activity what they were learning and include them as part of the science fun. It was a fun filled two days for all involved. The science activities were shared with the educators, children and parents at Little Darlings last year as part of the Maths and Science project with Macquarie University. There will be three parent workshops with the preschool this year with the first workshop to be held in early June.

On Tuesday and Wednesday of the second week of the holidays, Hepatitis NSW ran a Hepatitis education workshop for staff and youth at WINGS. The youth then began working on a design and a Hepatitis C prevention message for a mural.



Wilcannia

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REMINDER: Dance classes commenced on Tuesday 10th May from 4pm to 6pm at WINGS.

New Bubs!

Maari Ma would like to welcome two new bubs into the community.

Congratulations to **Valerie (Puddin) Bugmy** and **Michael King (Kiny)** on the birth of baby **Michael John King**. Michael was born on the 28th of April, weighing 2780 grams. He is the new little brother to Kieroa, Amelia and Miranda.

Valerie was cared for by community midwife, **Bryn Stables** and Aboriginal Health Practitioner, **Stevie Kemp**.

Welcome to the world **Norah Crystal Rose Sammon**. Baby Norah was born on the 22nd of April, weighing 3690 grams. She is the daughter of **Krista Tatt** and **Eamon Sammon** and is a new little sister to Shanayd.

Congratulations to both families and we wish you all the best!



Baby Michael



Baby Norah

What's On?

World No Tobacco Day

Tuesday the 31st of May

National Families Week

15th-21st of May

Wilcannia Community Dinner

Last Wednesday of every month at the Community Hall

WINGS Drop In Centre

Monday-Friday from 3pm-7pm

(Monday-Friday from 11am-5pm during school holidays)

Playgroup

10:30am-12:30pm

Tuesdays at St. Therese's School

Run by Save the Children and Maari Ma staff as a support

Contact: Valerie Bugmy

(Not on during the school holidays)

Little Kids & Books

10:30am-12:30pm

Every second Tuesday at St. Therese's School as part of Playgroup

Run by Lesley Harvey from Maari Ma with Susan Jordan as a support

(Not on during the school holidays)

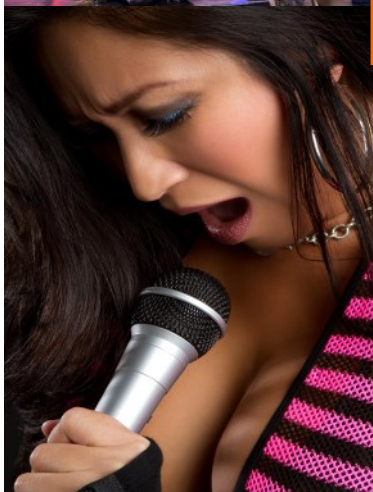
Staff Update



Elsie Patterson

Maari Ma would like to welcome one new staff member this month.

Elsie Patterson is our new Dietitian and will be replacing **Kalynda Powell**. Elsie has been living on the Sunshine Coast for the last 10 years and is originally from the South Island of New Zealand. She will be working on the Wilcannia Community Dinners, the after school cooking groups and helping fellow Dietician, **Jessica Hung** plan a new after school physical activity program. Welcome Elsie!



Wilcannia's 29th June Got Talent! 2016

**Can you dance, sing, make people laugh, tell stories,
do a puppet show, or have another great talent??**

Calling all community groups, individuals, organisations, families to join us, showcase your talent and enjoy the night.

This is a community event.

FOR MORE INFORMATION PLEASE SEE

**Foketi CRC 80838960 & Jane CENTACARE 80915639 to register
your talent**

Categories: FUNNY, BOLD, ENTERTAINING, MAGICAL, AMUSING, HEART
FELT, AWESOME! Let's make it a community event to REMEMBER. Come'
on Wilcannia, lets show other communities that
"WILCANNIA'S GOT TALENT"



Legal Aid
New South Wales

2016

**Legal Aid Civil Law Clinics
Broken Hill & Wilcannia**

**BROKEN HILL
LIFELINE**

194 Argent Street
ph: (08) 8087 7525

2:00pm—5:00pm

**WILCANNIA
Men's Shed**

mob: 0416 885 303

10:00am—2:00pm

**BROKEN HILL
Aboriginal Legal Service**

35 Sulphide Street
ph: (08) 8087 3233

10:00am—1:00pm

Month	Tuesday	Wednesday	Thursday
May	10	11	12
June	14	15	16
July	12	13	14
August	9	10	11
September	13	14	15
October	11	12	13
November	8	9	10
December	13	14	15

For any further enquiries / clarification, please contact either:

Mukesh Mahajan (Solicitor)

ph: (02) 9219 5091

mob: 0416 885 303

email: mukesh.mahajan@legalaid.nsw.gov.au

or

Ms Sam Dauniika (Secretary)

ph: (02) 9219 5795

Introducing the Wilcannia River Radio Crew



You know our motto, "**Wilcannia River Radio 103.1 FM Keeping It Alive**". Well this is exactly what the 7 broadcasters are doing. Bringing music, stories, language, sports and community together in one little building.

Introducing the Business Manager, **Lyndon Pace**, updating our radio station with today's technology and also networking with broader communities. We also have a Team Leader, **Brendon Adams** who has 26 years of experience with radio, tourism and programs. Brendon assists the trainees with skills and development.



The Crew!

No radio station is complete without the talents of the broadcasters:

- ★ **Radio Mour** is our Leading Broadcaster and she lives and breathes for this station and the music
- ★ **Alley from the Mallee** is our Community Programs Officer. If there is any news or programs in Wilcannia, Alley is onto it (she is the Wilcannia version of 60 minutes—just joking Alley!).
- ★ **DJ Smack** is The Sportser. He will keep you up to date with the Sport News, especially the NRL and Outback League. Could he be our next Rabbs?
- ★ **The B-Man**. He does Language and Culture and has great passion and personality which every radio station needs! He loves to play Aussie Rock and is pure entertainment for our listeners.
- ★ Our newest edition to the team is **Lil' Smurf, Synitta Adams**. Synitta will be bringing today's hits and all the gossip to the station and boy this lady can talk!

So remember to tune into 103.1 FM or go online and listen to us

www.wilcanniariverradio.com.au

You can also join our Facebook page, Wilcannia River Radio or give us a call to make a request or have a yarn on (08) 8091 5501. You can also visit us - just follow the Barrier Highway until you see our logo!

Tenant Support & Education Project

On Wednesday the 11th of May, Maari Ma, along with Mid Lachlan Aboriginal Housing, Warra Warra Legal Service, Save The Children and Mission Australia participated in the Tenant Support and Education Project in Wilcannia.

The event was run in partnership with the Wilcannia Radio Station and was attended by over 110 community members. The event included traditional dance, performances of original music with cultural messages by Indigenous hip hop artist's, Street Warriors, attendance by sportsman **Anthony Mundine**, kids engagement activities and a community BBQ.

Anthony Mundine's key messages to the community, in particular the kids, was that anything in life is possible if you make choices and are willing to put in the hard work you can be anything you want to be. Anthony talked a bit about his experiences in life and the choices he made to achieve his goals and the vision he had for his life.



The project involves five initiatives designed to support Aboriginal housing tenants to strengthen and sustain their tenancies through the provision of community education, case management, service collaboration and community engagement. The events aim to bring communities together and provide an informal opportunity for community members to engage with Aboriginal housing and community service providers. The events are also an opportunity for services to network and build relationships with each other. Wilcannia was the 11th and final event for this round with additional events being planned for the coming financial year.

Thank you to everyone who organised and participated in this event!



Wilcannia Community Dinner

Last month's dinner was Elsie's first Community Dinner as Maari Ma's new Dietician and it was a great opportunity for her to meet the community. The menu consisted of shepherd's pie, chicken and vegetable filo triangles, fruit sponge with custard and ANZAC biscuits.

Stevie Harris, Dana Newman and **Kevin Bates** helped out in the kitchen and it was the first time Dana and Stevie had cooked with filo pastry. They both did a great job folding the very fiddly pastry into triangles.

Frances Lawson and a few of the students from Central School made some delicious ANZAC biscuits for us to enjoy and they were literally gone in seconds when the sweets were brought out! Evelyn, one of the students, helped out in the kitchen during the day and she was also our main server when people started to arrive at the hall.

We also had a few Maari Ma employees, including **Alex Page** and **Michael Porter**, helping with the clean-up at the end of the night.

Overall, it was a great turn out with around 50 people attending. *Thank you to everyone who helped make this night another successful Community Dinner for the Wilcannia community.*



The kids at WINGS recently cooked:

Cornflake Cookies

Ingredients:

125g butter
2/3 cup (firmly packed) brown sugar
1 teaspoon vanilla essence
2 eggs
1 ¾ cups self-raising flour
1 cup sultanas
1 ½ cup cornflakes, lightly crushed

Method:

1. Preheat oven to 180°C. Line 2 baking trays with non-stick baking paper. Use an electric beater to beat together the butter, sugar and vanilla in a large bowl until pale and creamy.
2. Add eggs, 1 at a time, beating well after each addition until combined. Fold in flour and sultanas until combined.
3. Place the cornflakes on a plate. Use your hands to roll tablespoonfuls of the cookie mixture into balls, then roll in cornflakes to coat. Place the balls, about 3cm apart to allow room for spreading, on prepared trays.
4. Bake in preheated oven, swapping trays halfway through cooking, for 18-20 minutes or until golden. Remove from oven. Set aside on the trays for 5 minutes before transferring to a wire rack to cool completely.



GP Review

During the year you should see your doctor to see if your **GPMP or medication** needs to be changed. You may also need some **tests**.

START: Your cycle of care starts with a twelve monthly **CTG/IPIP sign up**. This includes an **ATSI Health Check and followup** by a health worker.

Followup care
Our health workers will visit you to talk about your **health** and see how you are going with your **medications**.

You should see your doctor regularly and develop a **care plan** to manage your health. This plan is called a **GPMP**.

Maari Ma's Cycle of Care

GPMP & Medication

You will be looked after by our **Keeping Well team** and other specialists like our dietitians, podiatrists and eye specialists. The Keeping Well team and **pharmacist** will help you with your medications which could include a **Home Medication Review and a Webster Pack**



Kaylene Kemp
Manager:
Community
Engagement

Kendy Rogers
Practice Manager:
PHCS Broken Hill



Maari Ma Primary Health Care Service

"Improving Aboriginal health and closing the gap"

About MMPHCS

Maari Ma Primary Health Care Service aims to provide culturally appropriate health services to Aboriginal people living in Broken Hill and surrounding communities.

We are governed by an all Aboriginal Board of Directors, who are deeply committed to providing an holistic approach to Aboriginal health that includes physical, emotional, spiritual, cultural and environmental dimensions.

Our health workers, doctors and nurses are committed to providing you with the highest quality care. If you ever feel that this has not been achieved, please contact the manager, **Kendy Rogers**, on 8082 9777 to discuss the matter.

Maari Ma : Winner of Far West Business Excellence Awards for our successful service to the Aboriginal communities of the Far West.

Regular services

Doctors
Nurses
Health workers
Child health nurses
Midwives
Dietician
Primary mental health workers
Alcohol and other drug staff
Psychologist
Kids dentist
Adult dentist
Women's health
Pharmacist
Social Worker

Occasional services

Heart specialist
Kidney specialist
Diabetes specialist
Child health specialist
Eye specialist
Alcohol specialist
Smoking specialist
Podiatry



Primary Health
Care Service
Broken Hill:

**2439-443 Argent Street,
Broken Hill, NSW 2880**
Phone: 08 8082 9777 **Fax:** 08 8082 9778
Web: www.maarima.com.au

Wilcannia
Health
Service:

**14 Ross St,
Wilcannia, NSW 2836**
Phone: 08 8091 5122 **Fax:** 08 8091 5911
Web: www.maarima.com.au