

August 2025 Community Newsletter

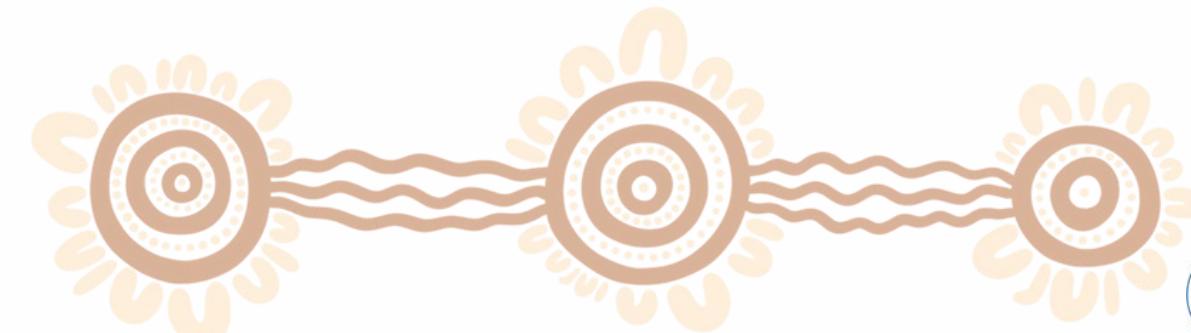
Board Report

I hope you all had a good NAIDOC week. There were lots of events on in East Gippsland and plenty to do.

This was a special NAIDOC week as it marked 50 years of honouring and elevating Indigenous voices, culture and resilience. The 2025 theme: 'The Next Generation: Strength, Vision and Legacy' focused on celebrating not just the achievements of the past, but the bright future ahead through the empowered strength of our young leaders. I had the opportunity to attend events and was able to catch up with friends and family – I hope you did too.

The Board will be consulting the new rulebook (sometimes known as the Constitution) with members in the lead up to the Annual General Meeting (AGM) later this year. The rulebook needed to be updated to support the organisation in achieving its goals and required compliances. We will host a few meetings in September for members to attend so we can take people through the suggested changes. Those dates will be provided to members in the coming week. If you can't make it to the consultations, you can contact Louise Carey to make a time that suits you.

At the Special General Meeting held on 24th July the members voted to pass the resolution to resume elections. At the next Special General Meeting on Thursday 14th August (at Stanley Street starting at 3:30pm) we will be holding elections to fill positions in readiness for the AGM. There are 2 vacancies to fill.



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Our commitment to your safety and care



If you are interested in nominating for the Board, please call into reception to pick up a nomination pack and if you have any questions, please give Louise Carey a call via reception or on 0497 943 700.

It's important to note that in order to vote on changes at the SGM and AGM that you need to be a current financial member. If you need to query whether you are up to date or want to pay your \$1 please speak to Ali in the clinic.

We still have firewood available for community, if you would like to receive a load, please call reception.

From time-to-time Cultural Heritage opportunities come up. If you are interested in participating in these activities, please let reception know. Moogji will help you get the required Working with Children Check and the National Police Check. There is an Expression of Interest process which is simple, but important because of the Occupational Health and Safety regulations. It would be great to have a pool of people interested in supporting this very important work.

Megan Solomon
Chairperson

CEO Report



Hi everyone

I want to start by thanking the Moogji team for organising 2 great NAIDOC events.



The Flag Raising ceremony was attended by about 35-40 people. The youth were very proud of their mural (more on that further in the newsletter) and it will make a great addition to the cultural trail at Bonang Road. Moogji proudly signed a MOU with Orbost Regional Health at this event. The purpose of the MOU is to demonstrate our commitment to work together in an Aboriginal led and self-determined way to develop and implement a range of activities to improve the health and wellbeing outcomes for Aboriginal and Torres Strait Islander peoples living in Orbost and the surrounding districts.



The NAIDOC movie night was a great event – about 60 attended. Despite having to move inside due to the wind and the rain, everyone gave us great feedback about what a good night it was.



We are continuing to be successful in our funding submissions and we are now proudly setting up a multipurpose 'hub' at Stanley Street that can be used as a youth drop in centre, for parents groups, mental health services etc etc. The works are in progress and when the space is completely fitted out please feel welcome to come and have a walk through. We'll keep you posted when it's ready.



Louise Carey



NURSE PRACTITIONER

We currently have Shona, our female Nurse

**Practitioner onsite Tuesdays
and Thursdays at Moogji.**

What can a Nurse Practitioner do?

- Order Imaging requests (X-ray, ultrasound etc) and act on results
- Order Pathology and act on results
- Prescribe medications
- Manage chronic conditions e.g. Diabetes and high blood pressure
Womens' Health
- Perform procedures such as suturing, vaccinations, mole removal, etc.
- Order and perform tests such as Cervical screens, prostate exams, etc.

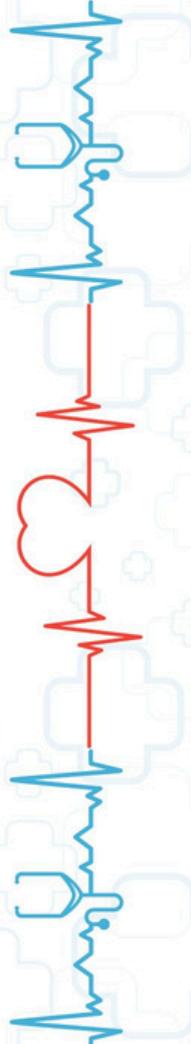
HAVE YOU MET THE CEO YET?

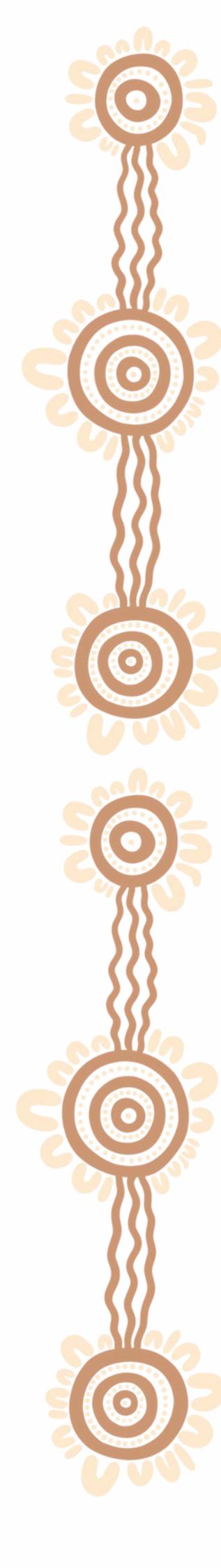


Would you like to learn a bit more about Louise, hear what's happening at Moogji, the plans for the future and the improvements we are working on?

Louise will be hosting afternoon teas every Thursday afternoon at 2.00pm so people can drop in and have a yarn.

If you can't make a Thursday afternoon, but have some burning questions, just give her a call on 0497 943 700 and Louise will work out a time that suits you best.





Jobs at Moogji

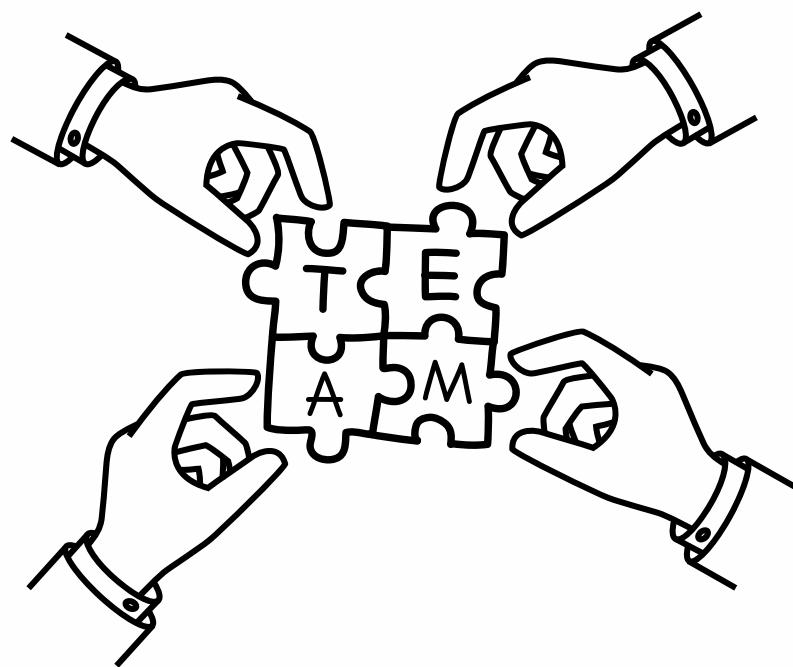
Moogji are recruiting now for our Aboriginal Wellbeing Team

We are currently advertising for two Aboriginal positions to join our Aboriginal Wellbeing Team. These positions will involve wellbeing activities as:

- Working with all Community
- Planning and coordinating community events
- Working with youth in the Education, Justice and SEWB space (Social and Emotional Wellbeing)
- Mentoring- working 1 on 1 and in group settings
- Occasionally assisting across other programs at Moogji

This is just a basic summary. Positions will be open to Qualified and non-Qualified people, with study to gain a Qualification supplied.

Applications close 15th August





Take Charge of Your Life

Moogji hosted our Amazing Counsellor Jeff Steedman (here every Wednesday for private appointments) who taught us how to Take Charge of Our Life!

The Take Charge of Your Life workshop introduces participants to the core principles of Choice Theory, Reality Therapy, and Lead Management. Powerful frameworks for understanding and changing human behaviour. Based on the belief that most behaviour is chosen and that individuals are responsible for their choices, these approaches offer practical tools for personal growth, effective counselling, and quality leadership. Reality Therapy focuses on present choices and future goals, helping individuals solve problems without dwelling on past issues. Lead Management applies Choice Theory to build strong, positive relationships and help build continuous improvement in workplaces, schools, and families. Throughout the workshop, participants will learn how to understand themselves and others, improve relationships, identify behaviours that support or harm connections, and explore the five basic needs that drive all human actions. They will also gain insight into real motivation, emotional intelligence, and strategies for managing challenging relationships. By applying these concepts, attendees will enhance their mental health, creativity, and leadership capabilities, and will leave with a practical model for ongoing self-evaluation and personal development.



NAIDOC WEEK

NAIDOC events this year were held at The Block and what a week it was! Starting off the week we held our Flag raising event and it was great to see so many people come out to celebrate. This year's theme was "The Next Generation: Strength, Vision & Legacy," and there was no better way to show this than our Koori youth stepping up and become leaders to provide us with an acknowledgement and raising the flags.

We would like to give a special thank you to Tilly Hambling, Izzy Palmer, Amara Martin, Hayley Martin, Liam Hambling, Maleluka Viti.

At the flag raising the youth unveiled their Mural which they had been working hard on in the weeks leading up to NAIDOC with the help of Aunty Aileen Blackburn, Uncle Alan Solomon, and his wife Tracey. Moogji are very proud of what youth have created and we can't wait to display this on our Cultural trail for all to see.

To finish of the week of celebrations Moogji hosted an outdoor movie night which despite the weather was a great success. It was great to see around 60 community members and their family come out and enjoy the night with lots a laughs, chatting and enjoying some great food from Orbost Rotary, Doin' Dumplings, Mini Dutch pancakes and milkshakes from Boy Pours.



School Holiday Program highlights

Tuesday, July 8 – Buchan Caves Adventure

We kicked off the week with an amazing trip to Buchan Caves. With 30 people joining us, it was a great day of exploring nature, learning about the caves, and just enjoying the fresh air together. A real highlight for many!

Thursday, July 10 – Chill Day at Moogji

Back at Moogji, we had a relaxed and fun day. We got creative in the kitchen, played some games on the new Nintendo Switch (which was a big hit!), and ended the day with a movie.

Monday, July 14 – Arts & Crafts + Movie Time

Another cozy day at Moogji! We spent the morning getting crafty with some hands-on art activities. Everyone got stuck in and created some awesome pieces. In the afternoon, we wound down with a movie and some snacks.

Thursday, July 17 – Movie Day in Bairnsdale

To wrap up the week, we headed out to Bairnsdale cinemas to watch the new How to Train Your Dragon movie. We had a great turnout with 50 attendees, and the movie was a hit with everyone. Lots of smiles and popcorn all around!



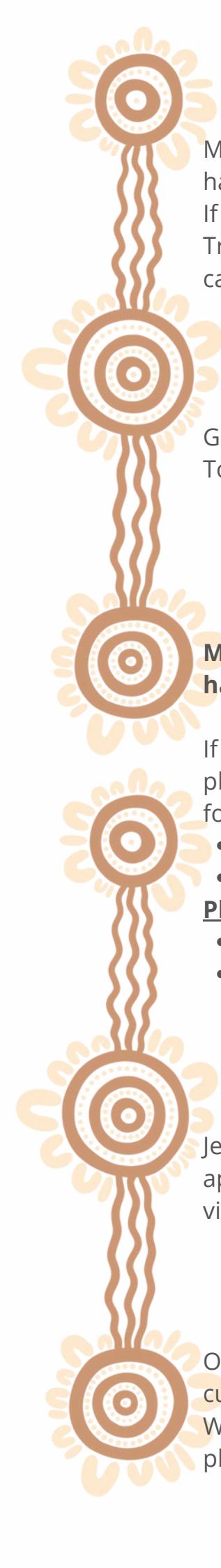
Brush Tailed Rock Wallaby Release

Last week two of our Moogji crew were privileged to assist with the release of the critically endangered Brush Tailed Rock Wallabies. Wildlife Unlimited, DEECA and Parks Victoria have been running a conservation program where they are breeding the wallabies at Mt Rothwell conservation centre and then selecting suitable males and females to translocate to the little river gorge area to hopefully breed with the current population and enhance the genetics of the species.

It is currently estimated that there is only around 45 individuals in the little river gorge, which is the only wild population in Victoria. The program has been successful as in the 1990's their numbers had dropped to eight individuals.

Along with introducing new animals, a predator control program is in place to control the foxes and cats in the area that pose a large treat on the wallabies.





Doctor Sessions

Moogji has a doctor onsite every Monday, Wednesday and Friday. We also have a nurse onsite daily. Please call reception to book an appointment. If you have not yet completed your New Patient Registration Form and Transfer of Medical Records Consent form, please ask reception and they can assist you with this.

GEGAC Dental

GEGAC Dental visits Orbost Regional Health every second Tuesday. To book an appointment, please call GEGAC on 5150 0700

Medical Transport

Moogji can help clients get to and from medical appointments, if we have a driver available.

If you require travel assistance for an out-of-town medical appointment, please give Moogji reception a call. Please be aware that Moogji requires the following:

- Appointment time confirmation
- At least one weeks' notice to organise a driver where possible

Please note:

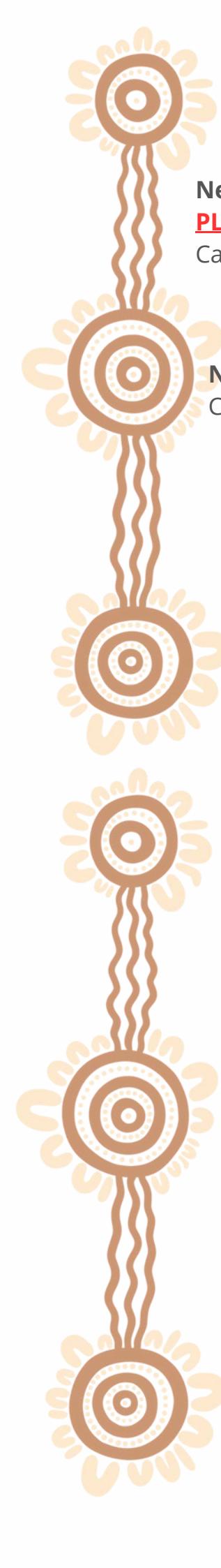
- We require at least 24 hours notice for transport cancellations
- If you do not give enough notice (unless outside of your control), you may be declined transport in the future

Riviera Counselling Service

Jeff Steedman from Riviera Counselling is onsite every Wednesday. An appointment with Jeff can be help onsite at Moogji, via phone or a home visit. For an appointment, please call reception.

AOD Services

Our AOD team are on-site at Moogji from Monday to Friday. Drop in for a cuppa and a chat anytime, our door is always open and open to everyone.. We can also come to clients homes. If you are wanting an appointment, please call reception and ask for Margie or Courtney.



Optometrist

Next visit to Moogji: 7th October

PLEASE ENSURE PAYMENT IS MADE ON THE DAY

Call Moogji reception to book.

Hearing

Next visit to Moogji: 4th September

Call Moogji reception to book.

Expression of interest

Moogji has been working with Gippsland Lakes Complete Health's Maternal & Child Health team and we are looking to start holding a regular playgroup session for parents and young children, which was formerly known as mums and bubs. We encourage all families with children aged 0-6 years to attend. During this group we can cover a range of topics that anyone may need some extra support in.

This may include:

- Your child's growth and development
- Your child's nutritional needs
- Sleep and settle
- Lactation
- Parenting and family issues
- Any concerns you may have about your child
- Opportunities to meet other parents and access community groups

And most importantly, it will be a safe place for the little ones to interact. If this is something you'd be interested in participating in, please give reception a call and ask to speak with Ali.



LET'S YARN ABOUT DIABETES

WHEN: 26TH AND 28TH AUGUST 9AM-12PM

WHERE: 52 STANLEY STREET (CLINIC BUILDING)

Join us for a yarn about diabetes, get checked and learn more about diabetes prevention, management and general wellbeing.

Why should I come along?

Early detection of diabetes and related conditions can help you stay healthier for longer. Even if you feel well, regular screening is important – especially if you have risk factors such as family history, being over 40, or leading a busy lifestyle.

What you can expect:

- Blood Sugar Level Testing
- HbA1c Testing
- Blood Pressure Checks
- Height, Weight & BMI Recording
- Diabetes Info & Resources
- Friendly Staff Available for Questions



All clients welcome – whether you have diabetes or not!



Drop In Center For Koori Youth 10 YRS +

EVERY WEDNESDAY
AFTER SCHOOL- 5PM
52 Stanley St Orbost



any enquires call Zack
0499 856 861



Community Drop In Counselling Session

When: Tuesday 5th August 10am-3pm

Where: Moogji board room - 52 Stanley St
Moogji Aboriginal Council is offering free, confidential counselling sessions for our

community, held once a month.

Whether you're going through a tough time, need someone to talk to, or want to improve your mental and emotional wellbeing, our qualified counsellor is here to support you in a safe and respectful space.

We will have the fire going, provide a feed and have a safe space for all. This will be a great opportunity to meet Jeff as we will have appointments available for all those who need.

**Don't feel shame,
it's okay not to be okay**





Connect and Thrive: Join a SMART Recovery Meeting

Bec from Aboriginal Housing Victoria will be visiting Moogji every 3rd Monday of the month.

What can Bec do?

Assist with Aboriginal Housing matters for *current* AHV renters including;

- Rent charges and payment enquiries - including CPAY deductions
- Rental arrears
- Transfer application requests VHR priority forms to be submitted - this is limited but can help start the process
- Provide subsidy forms for Rent Review to update or add household members and information on current tenancy agreements
- Forms of Authority - to assist with making enquiries and support on tenancy and property related matters
- Maintenance enquiries
- Complaints
- Feedback
- Limited information on checking with AHV's allocations officer if listed on AHV's waiting list
- Provide contact details for VHR and other housing providers and support

Upcoming Visits

19th May

16th June

21st July

18th August

15th September

20th October

17th November

15th December



Begins
June 20th

“ I love these groups! There is not one strict way that we are told to do things – it is whatever works for you and that is okay! ”

– EVERYONE WELCOME!

What is SMART Recovery?

Free, practical, peer-led, evidence-based support groups that enable you to champion your own behaviour change around alcohol and other drug use, gambling or any behaviour of concern.

Why SMART?

1. Set weekly goals that work for you
2. No stigma, labels or judgement
3. Learn practical self-help tools
4. Attend as you need
5. Learn strategies that actually work from peers who understand.

RUNS FOR APPROX 60 - 90 mins

Find a Meeting

Choose your own path to a healthier future.
Meet online or in person.

WHERE: 52 STANLEY ST (moogji)
WHEN: FRIDAY'S AT 2:00PM

REGISTER: 5154 2133 & ASK FOR
MARGIE OR COURTNEY
Remember, your recovery matters, and
support is just a meeting away!

For more information, visit
smartrecoveryaustralia.com.au

SMART Recovery Australia
+61 2 9373 5100
www.smartrecoveryaustralia.com.au

Call Moogji reception to book in with Bec.

smartrecovery@srau.org.au