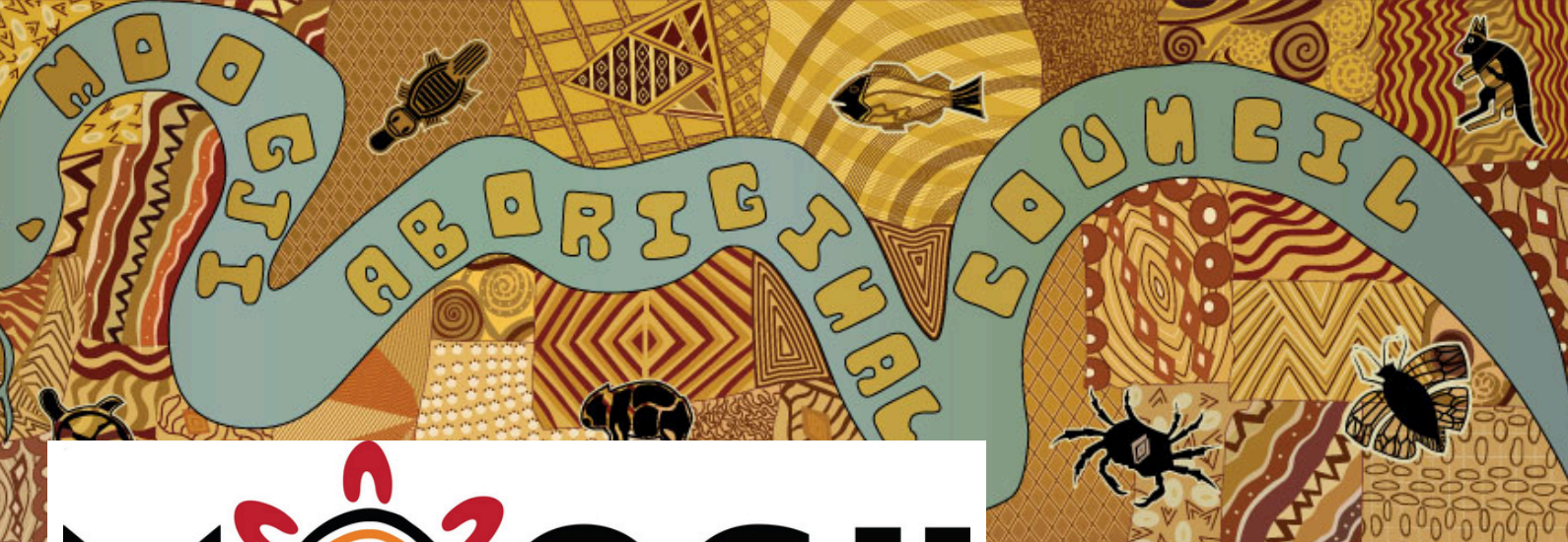




52-54 Stanley Street, Orbost

291 Bonang Road, Orbost

PO Box 617, Orbost

Ph: 5154 2133

Email: reception@moogji.com.au

www.moogjiaboriginalcouncil.org.au

May 2025 Community Newsletter

Board Report

Hi everyone,

I hope you are staying warm. Please remember to call reception to go on the waitlist if you are in need of a trailer load of wood.

Cultural heritage opportunities come up from time to time. If anyone is interested in participating in these activities, please let Reception know. Moogji will help you get the required Working with Children Check and National Police Check.

I attended two days of Board Training this week. It's always good to have a refresher as regulations continually change and new ones come up.

Brian Stevens is going to be spending more time in Orbost making himself available to talk to people about the Treaty process. We will have more details about when and where in the next newsletter.

For our members, we have two Special General Meetings coming up. If you are not a member and would like to be one, please call reception and we will help you with the process. If any members are interested in nominating for the Board elections, please call Louise (CEO) and she will provide you with the information. You don't have to have had Board training to nominate. We can arrange for that to take place after the elections. Louise will be able to give you a good idea of what is involved so you can think about it.

Megan Solomon
Chairperson





CEO Report

The NAIDOC flag raising and movie night events are coming up fast and I'm looking forward to them both, especially the movie night. The movie 'Emu Runner' is a great film, and with four emus at home myself, I am a bit biased.

I'm very pleased to say that we have been successful in some of the funding submissions we have been writing. The contracts should come through soon and then we can advertise the roles for Aboriginal youth workers for our Wellbeing team.

The Victorian Aboriginal Legal Service came to Orbost last week to talk about the Public Intoxication Reforms which have finally been made. The date clashed with many other events in Orbost so if you couldn't attend and would like more information, please visit their website at www.vals.org.au.

We also had Black Wattle come and consult with community on climate change risks. There was a lot of good conversations around the table. Thank you to those who were able to participate.

We have three accreditation audits coming up later in the year. Whilst they take a lot of work to gather all the evidence for, they are an opportunity to show off the amazing work everyone does at Moogji. We have 9 Audits by external auditors across each 3 year cycle. I want to congratulate the staff for finding the extra time to ensure we meet each and every one of the 100's of standards we are assessed against every year.

I am continuing to keep Thursday afternoons free for a cuppa if anyone would like to come and meet me in person.

Stay warm and I hope to see you at the NAIDOC events.

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

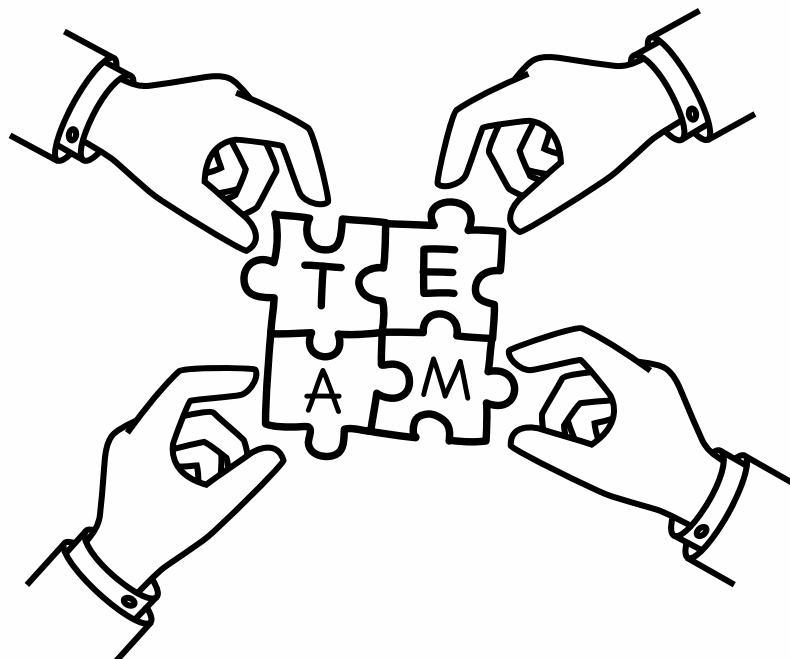
Moogji will be recruiting soon for our Aboriginal Wellbeing Team

Over the next couple of weeks, we will be 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.

Keep an eye out for when the positions are advertised!



National Careers Week – Angie Blackburn



National Careers Week has arrived for 2025 and Australian Athletics is shining the spotlight on athletes extending their dedication beyond the track, with the initiative celebrating careers and career development.

A series of Q&A's will provide an insight into what Australia's best athletes are achieving in their chosen fields, beginning with Olympian Angie Blackburn – the Program Officer Aus Govt – Department of Climate Change, Energy, the Environment and Water

Introduction:

Tell us about where you're currently at with your career and the tools you have used to get there-

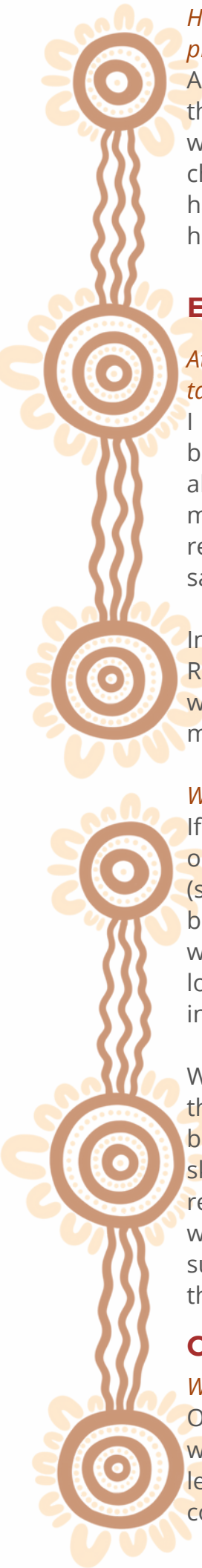
I am currently working as a Programs Officer on the Saving Native Species Program for the Australian Government Department of Climate Change, Energy, the Environment and Water. I work remotely from Wollongong where I am based for Athletics.

Career Transition Questions

What motivated you to pursue a career outside of athletics and how did you navigate that transition?

I'd always known that it was important to build a life outside of sport, but the real catalyst was injury that put me out of the sport when I was 20 years old. Afterwards, I focused on graduating from ANU with a Bachelor of Arts/Science, with the goal to securing a job at the end. Admittedly, I was a little lost after university – I had the choice to do further study and undertake a Masters in Archaeological Theory or find a job in a different field. I hadn't planned on applying for the Australian Public Service Graduate program, but it offered an opportunity to build my professional skills and make relationships. I was also keen to earn a living!

Since joining public service, I have worked in a variety of areas from International Environmental policy working on Convention on International Trade in Endangered Species of Wild Fauna and Flora, the 2030 Agenda for Sustainable Development and the International Union for Conservation of Nature to working on programs such as the Bushfire Recovery Program, the Remote Engagement Program and the Saving Native Species Program. I've enjoyed being able to build relationships with government, state and territory, non-government organisations and First Nations peoples. I've also really enjoyed developing core skills such as communication, relationship building, strategic thinking and problem-solving.



How did the skills or mindset you developed as an athlete help you in your current profession?

As an athlete, you need to be adaptable and good at focusing/completing the small things that lead to our long-term success. We are willing to risk failure and have a try when faced with new unfamiliar tasks. My willingness to improve and try jobs that challenge me is because of my mindset that developed through Athletics. My ability to have a goal and long-term vision and plan for how I can make that happen has also helped me grow and move through my career outside of sport.

Exploration & Decision-Making

At what point did you start thinking seriously about life after sport, and what steps did you take to prepare for it?

I started seriously thinking about my career during the time I had two operations on both of my feet to fix navicular stress fractures. I had always hoped that I would be able to return to Athletics, but I knew that I would need to find a way to support myself to compete at a higher level and after sport. My surgeries were the first time I really understood the costs of being an athlete and the importance of building up savings to travel/compete, but also just in case injuries do occur.

Initially, I focused on completing university and undertaking an internship in Human Resources at the Australian National University to help me transition into professional working life. I also spoke to friends and family and university career coaches to help me find what I was interested in outside of sport.

Was there a specific moment or experience that influenced the career path you chose?

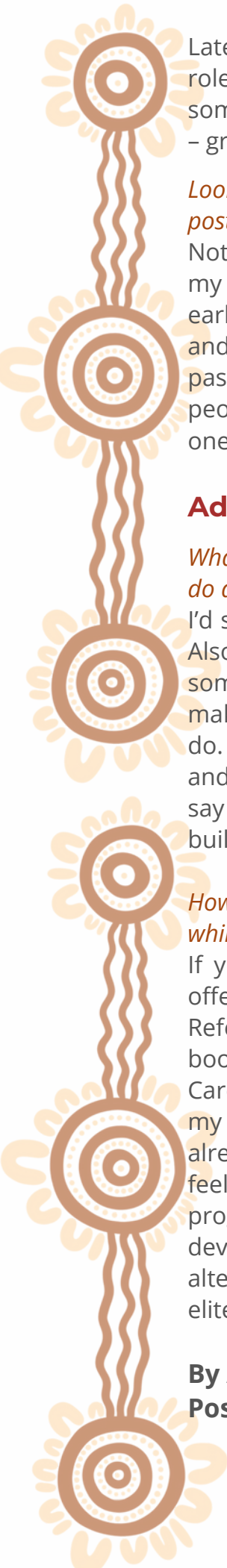
If anything, there has been a lot of luck involved with opportunities that have arisen outside of my sport. I didn't really think about what I wanted to do outside of sport (sport has always been my one true passion). I studied a Bachelor of Arts/Science because I enjoyed English, Sports, and Health at school. But I didn't really think about what job my degree would lead to...However, I look back on my university with a lot of love because I made some amazing friends, and I also studied something I found interesting.

When it comes to my public service life, it's been my willingness to try new work roles that has led me to discover jobs that I didn't even realise existed. My northern star has been knowing myself and purposely pursuing areas that can help me improve my skillset. I've also been really lucky to find great mentors and supervisors who have recognised and nurtured my strengths. They have provided me with job opportunities where I would strive and gain confidence. So, if it's anything, it's really important to surround yourself with people who have a willingness to help you grow, especially in the earlier part of your career.

Challenges & Lessons

What were some of the biggest challenges you faced and how did you overcome them?

On the work front, a challenge was working on a government program that I felt wasn't aligned with my values. I also felt I was unable to make a real impact at my level. Initially, I focused on where I could add value (even if it was small) and how I could support and upskill my team members.



Later, I reached out to mentors to assist me with transitioning into a different role/department that was better suited to me. I think it's okay to recognise when something, whether it be a job, a relationship, or location is no longer working for you – growth is a natural transition in life. Not all change has to be scary or bad.

Looking back, is there anything you wish you had done differently while preparing for your post-athletic career?

Not really, I've already had a mini post-athletic career in my 20's. But in prepping for my next post-athletic career (whenever that may be), one thing I wish I had done in my earlier years, was reach out to Australian Sports Commission (ASC) career coaches and athlete wellbeing officers to help me 1) balance sport and career 2) find my passion outside of sport. I've found that we've got really good support out there and people who are passionate about helping us build all parts of our identity, not just the one related to sport.

Advice for Current Athletes

What advice would you give to current student-athletes who aren't sure what they want to do after graduation?

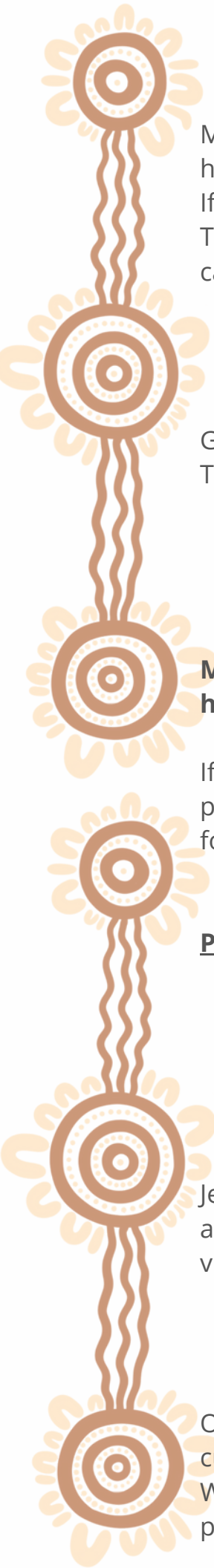
I'd say don't stress about it. It's okay to try a variety of jobs to work out what you like. Also don't compare yourself to other people – some of us have it all worked out and some of us are working it out as we go. I don't really believe whole-heartedly that we make wrong choices because often a wrong choice can tell you what you don't want to do. A wrong choice is like a detour that can help you understand what it is you need and will redirect you to what it is you want. Also, don't be afraid to try new things and say yes to opportunities, even when you don't feel quite ready. A lot of skills can be built on the job with the right support.

How can student-athletes start building a professional network or exploring career options while still competing?

If you're unsure how to build your own career, the Australian Sports Commission offers career coaching and support to athletes through the Career Practitioner Referral Network (CPRN). Also, if you want to do a trade or study, I highly recommend booking into to use free TAFE Counselling and Career Development Services or Careers & Employability consultants at your university. I started my first job working at my local bakery, so just asking friends and family if they know of a job going. If you're already established in a work career, I've found career coaches useful for when you're feeling stuck. Also, look for development programs. Often there are leadership programs aimed at driven people such as athletes which offer free learning and development opportunities such as funding for courses and travel. Also, look at alternative ways you can share, inform, and inspire people on what it takes to be an elite athlete. There's a lot of unique job opportunities for athletes.

By Australian Athletics

Posted 12/5/2025



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 Orbest 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: TBC

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.



Call Moogji Clinic on 5154 2133 to book

Ends 30th June 2025



**Complete your annual
Aboriginal Health Check – 715
for your chance to win!!!**

Weber Q

Nintendo Switch

NINJA Woodfire Oven and Stand



NAIDOC MOVIE NIGHT EMU RUNNER

FRIDAY 11TH JULY

STARTS AT 6:00 PM

THE BLOCK - 291 BONANG ROAD

PLEASE REGISTER WITH RECEPTION TO
RECEIVE A NAIDOC SHIRT ON THE NIGHT
51542133

BRING YOUR CAMP CHAIRS & BLANKETS
TO SIT ON.

BBQ, DUMPLINGS, PANCAKES,
POPCORN, COFFEE'S
& HOT CHOCOLATES

OUTDOOR
MOVIE



THIS IS A DRUG & ALCOHOL FREE EVENT
FOR MORE INFORMATION CALL
RECEPTION ON 5154 2133



NAIDOC FLAG RAISING THE NEXT GENERATION: STRENGTH, VISION & LEGACY

PLEASE JOIN MOOGJI FOR OUR 2025
FLAG RAISING, FOLLOWED BY MORNING
TEA AND THE UNVEILING OF OUR NAIDOC
YOUTH MURAL

MONDAY JULY 7TH
291 BONANG ROAD
10.30AM-12PM

To RSVP or more information, please
call reception on 51542133

Connect and Thrive: Join a SMART Recovery Meeting



“ 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!”

Begins
June 20th

– 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.

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 AT: 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

RUNS FOR APPROX 60-90 MINS

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

smartrecovery@sr.au.org.au



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
- Tenancy transfers - submit transfer request forms for manager of housing approval
- Complaints lodgement assistance - need to be in writing so they can be submitted to complaint department
- General Advice - happy to chat about what we could do to assist

Bec does not have access to VHR or Housing Organisation Providers list. Bec cannot provide or obtain addresses or information to anyone not listed on a tenancy with AHV or does not have a Form of Authority.

Upcoming Visits

19th May
16th June
21st July
18th August
15th September
20th October
17th November
15th December

Call Moogji reception to book in with Bec.

Gunaikurnai Cultural Tourism & Tour Guide Introduction

*Join us for this **FREE** exciting and informative 2-day workshop*



Hosted by GLaWAC & Visit Victoria

Date: Tuesday 24 & Wednesday 25 of June

Time: 9:00am-3:30pm Both Days

Where: Forestec, 27 Scriveners Road, Kalimna West Victoria 3909

Catering: Provided

Day1 Workshop includes:

- Welcome to Country GLaWAC Amphitheatre
- Tour of GLaWAC and update on GK Tourism Development
- Panel discussion with GK Tour guides, Cultural Hub, Rangers
- Cultural Safety and Cultural Intellectual Property
- Who can be a tour guide, Role of a Tour Guide, Pathways to Tour Guiding

Day2 Workshop includes:

- Bus Transfers Provided from Forestec 9am to Paynesville
- Paynesville Neighborhood Centre – Introduction to Raymond Island Cultural Tour
- Tour Gragin (Raymond Island) Koala Trail (**bring sunhat, walking shoes, raincoat & warm clothing, insect repellent and water bottle**).
- Visit and tour of the Keeping place, Bairnsdale
- Future planning and opportunities in Gunaikurnai tourism – Forestec

To register for the workshop or for enquiries, please contact Heather Hood from GLaWAC on 0447199574