

VIBE ACTIVITIES

Healthy Vibe *Community Healing* page 20

HEALTHY VIBE

RUMBALARA ABORIGINAL CO-OPERATIVE AND YORTA YORTA NATION'S ABORIGINAL CORPORATION ARE WORKING TOGETHER TO ESTABLISH A TRADITIONAL HEALING CENTRE IN THE HUME REGION OF VICTORIA TO HEAL THE PAST AND PREPARE FOR THE FUTURE.

Project Officer Yasmar Lovett says the community recognised the need for a healing centre and successfully applied for funding through the Aboriginal and Torres Strait Islander Healing Foundation.

"Healing can be very sacred to an individual or family, and our community believed it was important to prepare something for the future. We recognised there were families under pressure and we decided it was an opportunity to create a Traditional Healing Centre that was a space to strengthen community,

families and individuals so they could heal themselves or each other," Yasmar says.

The project is community driven, with a series of community forums being held to guide the establishment of the healing centre and a community advisory committee to oversee the project.

Advice and traditional knowledge will be sought from traditional owners and the Aboriginal community on traditional healing methods, education and resources and healing services to be incorporated into the centre.

"The healing centre will be based on traditional Aboriginal values and will be located at Rumbalara, hopefully next door to our health service at Rumbalara Aboriginal Co-operative. Aboriginal art therapy, wild flower essence healing, and music/relaxation therapy will be some of the activities we hope to introduce," Yasmar says.

Addressing the painful legacies of the past through providing counselling for

grief and traumas will be a priority of the centre, and this includes helping the Stolen Generations. Other priorities include recording Elders' stories and re-introducing language where possible.

"They are very important to us. Without our stories or language we don't have a connection to our culture or land. Language and our stories keep our culture alive and strong," Yasmar says.

It's hoped the project will be up and running by the end of December 2013, then begin operations in 2014 and the committee is working hard towards that goal.

There are eight representatives from Yorta Yorta and the Elders' Council, Rumbalara Co-operative and the local Aboriginal community on the advisory committee.

The committee will advise on all stages of planning, implementation and evaluation of the project, as well as provide advice on traditional healing approaches to be used at the centre.

"It's important for the project to be community driven," Yasmar says. "Rumbalara Aboriginal Co-operative is a community controlled organisation and without the community we don't have anything."

She describes traditional healing as "knowing who you are, where you come from, and practicing traditional healing methods that benefit you so that your spirit is in a happy and better place."

A key feature of the centre will be the establishment of a Traditional Bush Medicine garden.

"It will create a peaceful and inviting environment as well as providing a source of healing ingredients. Activities will include: bringing young and old together to share their history, culture, language and traditions; and activities on the land of cultural, historical and spiritual significance," she says.

"We hope to identify plants that can be used for either food, craft, medicinal use or tool use."

Some of the healing treatments proposed for the centre also include singing from traditional song cycles, providing a sense of land ownership, smoking ceremonies, music and water therapy as well as dance (traditional and contemporary).

Among other priorities for the healing centre are Elders and youth connecting, men's and women's business, community input and 'youth, culture, respect and family'.

The Traditional Healing Centre will complement Rumbalara Aboriginal Co-operative's range of existing counselling and health services.

Community healing

Push for centre to heal the past and prepare for the future



TRADITIONAL HEALING CENTRE ADVISORY COMMITTEE: JESSICAH LOVETT, SONYA BRIGGS-PARSONS, AUNTY DENISE BORGAR BULLOCK, LYN THORPE, UNCLE COLLIN WALKER, AND COREY WALKER. APPEAR FROM PHOTO: ROBYNNE NELSON & NAERDA VELLA.



A FORUM WAS HELD TO DISCUSS ESTABLISHING A TRADITIONAL HEALING CENTRE. TRADITIONAL WALKER, THE RUMBALARA ABORIGINAL CO-OPERATIVE, DISCUSSED AT THE FORUM.

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A Healing Centre is being established as a joint venture between The Rumbalara Aboriginal Cooperative and the Yorta Yorta Nation's Aboriginal Corporation. The aim is to strengthen community, families and individuals through traditional healing methods and knowledge. Some of the activities offered at the healing centre include art therapy, natural bush medicines and music.

READ *Community Healing* on page 20

ACTIVITY 1

BUILDING READING SKILLS



- skimming and scanning for information.
- reading headings, sub-headings, text boxes and pictures.
- reading for meaning.
- making connections between the text and your world.

There are three levels of comprehension questions:

- Literal** The answer is located in one sentence in the text.
- Inferred** You need to make links between text and graphics (such as photographs, illustrations, maps and tables) and what you already know.
- Applied** The answer is in your background knowledge and what you already know or feel.

1 Where did the funding come from for the healing centre?


(inferred)

- Rumbalara Aboriginal Co-operative
- Hume Region
- Aboriginal and Torres Strait Islander Healing Foundation
- Yorta Yorta Elders Council



2 What is the purpose for establishing a Traditional Bush Medicine Garden? (inferred)

(inferred)



Write your answer on the lines.

3 What are some of the healing treatments proposed for the centre? (inferred)

(inferred)


- singing from traditional song cycles
- smoking ceremonies
- traditional and contemporary dance
- all of the above



Shade one bubble.

4 What is the overall purpose for writing this text? (applied)

(applied)



Write your answer on the lines.

5 How do the visual images support the message of this text? (inferred)

(inferred)

ACTIVITY 2

LANGUAGE CONVENTIONS – SPELLING

- 1** The spelling mistakes in these sentences have been underlined. Write the correct spelling for each word in the box.

The corporashon is working with the community.

People talk about their experieneses.



- 2** Each sentence has one word that is incorrect. Write the correct spelling of the word in the box.

They sucesfully applied for funding.

It is a great oportunitie.

ACTIVITY 3

LANGUAGE CONVENTIONS – GRAMMAR

- 1** Which type of word is *invited* in this sentence?

They *invited* us to tell our stories.

- noun
- preposition
- verb
- adjective



2 The text says: *Addressing the painful legacies of the past through providing counselling for grief and trauma will be a priority of the centre.*

The words *legacies*, *counselling* and *centre* are examples of

- nouns
- pronouns
- imperatives
- exclamations



ACTIVITY 4

LANGUAGE CONVENTIONS – PUNCTUATION

1 Write these sentences correctly, adding the missing punctuation.



its important for the project to be community driven yasmar says
 rumbalara aboriginal cooperative is a community controlled organisation and
 without the community we dont have anything



ACTIVITY 5 WRITING AN EXPOSITION



An Exposition is a type of ARGUMENT that states one point of view about an issue.

Argument type	Social purpose	Stages	Phases
Exposition	argues one point of view about an issue	Thesis Arguments	preview evidence statistics quotes examples elaborations
		Restatement	review conclusions

TOPIC – Traditional Indigenous healing can improve existing counselling and health services for Indigenous people.

Write an EXPOSITION to argue your point of view.



Think about:

- examples, statistics, elaborations and other evidence to support your ideas.

Remember to:

- research your topic and plan your writing.
- choose your arguments carefully.
- give reasons for your arguments.
- give examples to support your arguments.
- write in sentences.
- pay attention to your spelling and punctuation.
- use a new paragraph for each new idea.
- choose your words carefully to convince a reader of your opinions.
- check and edit your writing so that it is clear for a reader.

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