



Coota Girls
Aboriginal Corporation

COOTA GIRLS YARN

CONNECTION | CULTURE | TRUTH TELLING | HEALING

WALKING OUR SONGLINES TO MEET THE SOCIAL, EMOTIONAL, SPIRITUAL
AND HEALING NEEDS OF OUR STOLEN GENERATIONS SURVIVORS,
FAMILIES AND COMMUNITIES

www.cootagirls.org.au

We respectfully caution First Nations viewers that images, names and content of deceased persons appear in this newsletter

YABUN 2023!

On January 26th, the Coota Girls Aboriginal Corporation team enjoyed an amazing day with mob at Yabun on Gadigal Country. Thank you to everyone who braved the heat and came out to yarn and connect. And a big thank you to the beautiful Jo of Balgarra Designs for facilitating a deadly painting activity for the jarjums. We can't wait to see you all next Yabun!



From top left: Alicia Bairle, Katrina Ball, Alex McWhirter, Rebecca House. Pypah and Alanah Scholes. Balgarra Designs - Joanne Cassady, PJ Townsend and mob. CGAC temporary tattoo designs.



ABSEC FORUM

At the Aboriginal Child, Family and Community Care State Secretariat (AbSec) Forum on Gadigal Country, Coota Girls Survivor Aunty Valerie Linow and Kinchela Boys Home Survivors Uncle Michael and Uncle Bobby (pictured below with CGAC CEO Alicia Bairle) shared openly and candidly about their experiences of being stolen from family and community as children and the ongoing impact of forcible removal practices.

We thank our amazing Stolen Generations Survivors for continuing to advocate for self-determination, community-led solutions for the safety and wellbeing of our children, and a stronger future for generations to come.



NATIONAL APOLOGY ANNIVERSARY - GADIGAL COUNTRY

On the 13th of February, we commemorated the 15th Anniversary of the National Apology to all Stolen Generations Survivors. Coota Girls Aboriginal Corporation and Kinchela Boys Home Aboriginal Corporation joined together on Gadigal Country with a group of beautiful Stolen Generations Survivors, their families and descendants.



JOIN US AT OUR COOTA GIRLS SORRY DAY EVENT!!!

On the 26th May each year, our Stolen Generations Survivors, families, descendants and the broader community commemorate National Sorry Day.

This year on the 27th May, we are aiming to raise more awareness than ever before, honour our Stolen Generations Survivors and provide an opportunity for the broader community to come together with our families to mark this significant day.

At this event, we will enjoy live music performances by Uncle Buddy Knox and his Blues Family Band and Uncle Kutcha Edwards. We will be providing many beautiful cultural immersion experiences such as dance, weaving, plant-knowledge workshops, traditional First Nations games and plenty of food and drink options. We will also be holding a truth-telling educational walk along the Tarpeian Walkway, where information displays will share the Coota Girls story.

We are so excited that many of our Coota Girls Survivors and Kinchela Uncles will be coming together on this day. We invite all Coota Girls family members, descendants, and supporters to join us! The event is free and we encourage you all to come and enjoy the day together.

NATIONAL APOLOGY ANNIVERSARY - NGANNUWAL COUNTRY

On the 12-13th February, a small number of Coota Girls Survivors were invited to attend the 15th Anniversary of the National Apology in Parliament on Ngannuwal Country. The Healing Foundation were granted 1.5 million dollars to host the event, and although the feedback from our Survivors was not all positive, they did enjoy coming together and yarning with Hon Dr Kevin Rudd and Prime Minister Anthony Albanese.



From left: CGAC Chairperson and Survivor - Aunty Robyn Lowe with Prime Minister Anthony Albanese, Aunty Jean Carter and Prime Minister Anthony Albanese

WE ARE CALLING FOR DIRECT SUPPORT FOR STOLEN GENERATIONS ORGANISATIONS

Direct financial support for Stolen Generations Organisations means that we can provide genuine Survivor-led outcomes, through direct engagement with our Stolen Generations Survivors.

So often, our Survivors are requested to represent the Stolen Generations community at significant events that are deemed Survivor-led – when in-fact – our Survivors and SGO's have had no input or involvement in decision making processes. As a result, many of our Survivors are left feeling unheard, so we raise the question; "why aren't our invitations to come to our table being heard?"

We wish to thank and acknowledge our supporters and allies for the continued direct support we do receive – where Survivors are leading the conversations – as they advocate for the social, emotional and spiritual wellbeing of our Stolen Generations community.

SORRY DAY

WALKING OUR HEALING JOURNEY
STOLEN GENERATIONS
COMMEMORATIVE WALK AND GATHERING

10AM – 2PM \ SATURDAY 27TH MAY 2023

TARPEIAN PRECINCT, ROYAL BOTANIC GARDENS

LIVE MUSIC, SPEAKERS & ENTERTAINMENT

WELCOME TO COUNTRY – STOLEN GENERATIONS SURVIVORS

BUDDY KNOX BLUES FAMILY BAND – KUTCHA EDWARDS

BUUJA BUUJA BUTTERFLY DANCE GROUP

NESSA TURNBULL ROBERTS – JANE YETTICA & more

CULTURAL ACTIVITIES AND WORKSHOPS

DENNIS GOULDING – SPEAKING IN COLOUR – BLACKFIT FITNESS

FIRST NATIONS RESPONSE – WANYARA – MALIMA

BALGARRA DESIGNS – FRASER AND FELT

MARARA DESIGNS – NATIVE FOODWAYS – WALKABOUT COFFEE & more

SEE YOU IN THE DREAMING AUNTY JANET SMITH

28 August 1942 - 24 December 2022

On the 24 December 2022 we farewelled our beautiful Coota Girl Survivor and long standing Board Member, Aunty Janet Smith.

Aunty Janet played a big part in Coota Girls Aboriginal Corporation's business; where she served as Chairperson, Treasurer and Director.

We will remember Aunty Janet's vivacious presence, her cheerful yarns, straight shooting personality and caring and cheeky ways.

The Board and Team at Coota Girls Aboriginal Corporation send our love to Aunty Janet's family and friends. We know Aunty is resting in the Dreaming with that beautiful smile of hers.



COOTA GIRLS COMMUNITY FELLOWSHIP RESEARCH PROJECT

We are very excited to announce that Meagan Gerrard and Alex McWhirter have been accepted into the Melbourne Social Equity Institute's Community Fellowship Program. Meagan and Alex will be partnering to conduct critical research looking at First Nations Stolen Generations Intergenerational trauma and healing. Through this Fellowship, Meagan and Alex will undertake research which is community-based and community-led, with a focus on truth-telling and self-determination.

This research will allow us to address existing gaps in research specific to Intergenerational Trauma for Stolen Generations Survivors and descendants. Meagan and Alex aim to create a strong evidence base emerging from lived experience and voices within our community which have not yet been heard. Our evidence base will help us to ensure that Coota Girls Aboriginal Corporation is sufficiently resourced to undertake effective and impactful healing projects for our Stolen Generations Survivors, their families and descendants.

Later in the year, we will be conducting one-on-one interviews and focus groups exploring our community's experiences of Stolen Generations trauma and healing. If you are a Coota Girls Survivor or descendant who is interested in participating in our research, please reach out to us at meagan@cootagirls.org.au

COOTA GIRLS ABORIGINAL CORPORATION DIGITAL ARCHIVE UPDATES

We are so excited to announce that Coota Girls Aboriginal Corporation digital archive is now active and will be launched in the coming weeks. This allows us to archive all Coota Girls related materials, with direct access for families and access to public materials for the broader community. Our digital archive is hosted on Mukurtu, a platform built with First Nations communities to manage and share digital cultural heritage.

If you would like any Coota Girls related documents, photos, and articles to be stored safely on our Digital Archive, you can visit the Coota Girls Office and Keeping Place on Gadigal Country to have your items scanned. Alternatively, we can arrange to visit you depending on your location.

For the broader community, it is critical that all existing items are returned to our Survivors as the rightful owners, to support in healing, truth-telling and conservation of Coota Girls story.

COOTA GIRLS ABORIGINAL CORPORATION'S DAWN MAGAZINE EXHIBITION ANNOUNCEMENT - CALLING FOR ARTWORKS!

Coota Girls Aboriginal Corporation is delighted to announce that we have been successful in securing funding to support our first exhibition which will – expose the tactics used by the Aborigines Protection Board (1909-1939) – to progress the agenda of assimilation of First Nations people, through the Dawn Magazine. This will not be possible without support and involvement from our Survivors and families. If you are interested in becoming involved in or having your artwork as a part of the exhibition please reach out to Meagan at meagan@cootagirls.org.au or by phoning the office on (02) 8004 6162.

HEALTHY FOOD DELIVERIES

The team has tried extremely hard to secure additional Food Security funding, we have been able to fund three healthy food deliveries for our registered Coota Girls Survivors wishing to access this. Please contact Rebecca our deadly Office and Keeping Place Coordinator on 02 8004 6162 so she can confirm your details.

COOTA GIRLS SURVIVORS ENCOURAGED TO ACCESS FUNDS FOR PRACTICAL HEALTH EXPENSES!

Coota Girls Aboriginal Corporation currently has funding to support Coota Girls Survivors health related expenses, that are not covered by Medicare or Private Health funding. You can use this funding for services including but not limited to:

- Physiotherapy eg. Physical exercise support
- Podiatry eg. Caring for your feet
- Orthopedic eg. specialised foot supports
- Occupational Therapy eg. Assessment or equipment to help you at home or when going out into community
- Alternative Therapies eg. Massage and acupuncture
- Dental eg. Dentures or other dental related support
- Optometry eg. Prescription glasses
- Audiology eg. Hearing aids
- Dietitian eg. Healthy eating advice and support

If you need any of these or if you have questions regarding if we can assist in any other way with your health and wellbeing, please contact the Coota Girls team to have a yarn (02) 8004 6162. We can help and work directly with the health professional or service to obtain invoices directly to Coota Girls Aboriginal Corporation.

JOIN US IN WISHING KATRINA ALL THE BEST IN HER FUTURE ENDEAVOURS!

It is with great sadness that Katrina Ball our DCJ Case worker has made the difficult decision to move on from Coota Girls Aboriginal Corporation. Katrina has been a joy to work alongside over the past year, she has had significant personal and professional growth in her time with us. We cannot thank Katrina enough for the support she has provided to Coota Girls Survivors, descendants and the corporation. We wish you the very best for the future as you continue your journey. Katrina's last day was 13 April 2023.

The recruitment process to fill our DCJ Coordinator role has commenced. Please continue to contact Coota Girls team for your support needs.

DAMIENS DAMPER RECIPE (WARNDU)

PREP TIME: 15 MINS

COOKING TIME: 15 MINS

INGREDIENTS

- 2 tablespoons macadamia or lemon myrtle infused oil
- 300-350ml water
- 500g self-raising flour, plus extra for dusting
- pinch of salt
- 2 tablespoons roasted and ground wattleseed (or lemon myrtle, strawberry gum, bush tomato, or saltbush)

METHOD:

1. IF USING THE OVEN, PREHEAT TO 220°C.
2. MIX THE OIL AND WATER IN A JUG. SIFT THE FLOUR INTO A LARGE BOWL, AND MIX THROUGH THE SALT AND WATTLESEED (SPICE). SLOWLY POUR IN THE OIL AND WATER, AND MIX TO MAKE A DOUGH.
3. TURN OUT THE DOUGH ONTO A FLOURED SURFACE AND KNEAD UNTIL SMOOTH. DUST WITH FLOUR, PLACE ON A BAKING TRAY AND BAKE IN THE OVEN FOR 15-20 MINUTES, OR IDEALLY WRAP IN FOIL AND COOK ON A FIRE IN THE ASHES. DAMPER IS ALWAYS BEST EATEN HOT WITH LASHINGS OF BUTTER.

"To all my beautiful Aunties,

I would like to give you all a token of my love and appreciation to you all. It has been an amazing journey to travel along side of you. You inspire me to become a stronger Aboriginal woman and to start the process and unpacking of my own healing journey. I have loved my time here with Coota Girls and getting to hear your stories and getting to know the backbone of our people. I will miss you all.

Love Katrina"

ARE YOU INTERESTED IN YOUR TRADITIONAL LANGUAGE?

For the final stages of Coota Girls 2023 Languages Project, we have a fun and interesting opportunity for a Coota Girls Survivor, or descendants from each of our communities language groups.

If you are interested in learning some greeting words in your language and be filmed while doing so, please reach out to Meagan by email at meagan@cootagirls.org.au or by phoning (02) 8004 6162. You will have the opportunity to represent your Language on our website and across social media. You **do not** need to have any experience or prior knowledge of your language!

