

AFN - AUTUMN EDITION 1

All First Nations

Yarning with the Mob -
Brendan Moyle

Virtual Songlines - time
machine is here

Auntie Caroline - Ngunnawal
Elder

Protecting our IP our own
way

Meet the Editor - Julie Okely

RESILIENT by Terry Evans

Broken Heart Syndrome - do
we have it?

Terri Janke - True Tracks

Arika and her latest bush
recipe - Quandong and
Davidson Plum Cake

Indigenous Fashion

LORIANA
photography & editing ©2014

AFN is *the*
meeting place for
All First Nations
products
services
trades
artists
design and NFT's
partners
events
education
fashion
businesses
leadership profiles
mobs
socials
AFN Awards
AFN Magazine
and more....



allfirstnations.com.au

Julie Okely - Editor





Marketplace and Directory in 1



"Set up as a social enterprise to give back to community, the purpose of the AFN platform is to unite all First Nations peoples in one meeting place, and make it easier for you to find everything at your fingertips - searches include regions, categories, product, person or business. If there is something our first Nations people offer - you will find it here..."

Julie Okely - Kamillaroi - Founder and Supply Nation Indigenous Businesswoman of the Year, ACT NAIDOC Award recipient, and long-time business owner.

It's our meeting Place, the idea born on Ngunnawal Land, in Canberra.

ADVERTISE: WANT TO REACH OUR AFN MEMBERS?

If you're a business interested in connecting with All First Nations peoples, we offer cost-effective advertising and sponsored editorial packages. Email info@allfirstnations.com.au if you're interested in finding out more.

allfirstnations.com

features

From the Editor - Julie Okely	Page 5
Yarning with the Mob - Brendan Moyle	Page 7
Langarrama Journey Living In The Heart	Page 17
AFN Noticeboard	Page 23
Dreaming Story - The Giant Frogs	Page 26
Identifying your Cultural IP by using the FN mark	Page 28
Who is...? Deb Munson	Page 30
Book Extract - Resilient by Terry Evans	Page 31
Elder Profile - Aunty Caroline Hughes	Page 38
OPINION - My quarterly voice	Page 47
Our Sistahood	Page 51
Profile Feature - Bel Kendall-Barnes	Page 53
Dreaming Story - Namarrkon - The Lightening Spirit	Page 55
Profile Feature - Jenni Walke	Page 60
Yarn - Broken Heart Syndrome	Page 65
Sharing the Flavours of my Culture with food editor ARIKA	Page 75
Can you Manifest your Dreams?	Page 82
Dreaming Story - The Lizard man, Kandju or Linga	Page 84
Product Feature - Terri Janke	Page 85
Fashion News	Page 91
QR quick reference guide	Page 94

All First Nations Team

Brendan Moyle - Founder and Aboriginal Mentor

Julie Okely - Founder and Editor

Arika Errington - Food and Product Editor

Leanne Toohey - Fashion Editor

AFN CONTRIBUTORS NEEDED

Beauty, Culture, Finance, Budgeting, Business, IT, Life and more..

Our actions acknowledge the Traditional Custodians of the lands where we are based and all the First Nation lands in Australia, where we trade. We appreciate and respect that Aboriginal and Torres Strait Islander peoples are the first peoples and traditional owners of this country. We pay our respects to Elders- past, present and emerging.

We extend that respect to all Aboriginal and Torres Strait Islander peoples of this land.

We acknowledge and value the rich, diverse cultures and the long history connected to this beautiful country through Aboriginal Australians. We understand the important role of maintaining cultures and the ongoing relationship with the land and its peoples.

We choose to be an equal opportunity employer and support this through our actions.

Cover Model - Shaenice Miles. Photographer -Lori Cicchini (LORIANA|fotografia). Hair - Julie Okely MUA - Michele Gomez.



From the Editor - Julie Okely

Yaama!

And welcome to our first edition of All First Nations magazine. All First Nations magazine is part of our extensive portfolio of authentic indigenous providers. AFN is very different from Supply Nation, as we have flipped the system; to be the largest platform on the internet focused on Indigenous providers, suppliers and significant leaders in our communities. Also, the good news is that we are an Indigenous owned and run platform, helping our Indigenous communities.



I would like to introduce myself as the Editor of the AFN magazine, my name is Julie Okely and I am a proud Kamillaroi/Gomeroi woman, living and working on Ngunnawal land.

I have been in business since I was 19, where I purchased my first business and I have since been the owner of 15 businesses since that time.

I have experience in many areas of business, and I have built several properties during my lifetime. I have a variety of trademarks, and I am a published author, with qualifications in project management and T&A.

I have chosen the "education of life" as most entrepreneurs, and I have been blessed to have been under the guidance of some of the world's most influential business people during my lifetime.

I have won many awards both in Australia and overseas, and I have worked with many gifted photographers and artists, that have seen my creative work published alongside them, via Vogue and other international media platforms.

I have mentored, and worked alongside many female Indigenous entrepreneurs to assist them succeed in their chosen businesses and life paths.

I have written a fictional book that has been "optioned" to expand the story to become a TV series, which will be filmed in Australia.

Recently, I have fed my passion for art, and I have been very grateful to see Dilkara Art expand to use several mediums and techniques to create some amazing pieces.

But the biggest commitment to date has been the launch of the AFN website and AFN magazine. I hope you enjoy what we have compiled here for you and I ask, please reach out to me if you would like to be in our next quarterly issue.

Till then,

Julie x



Travelling overseas - time to pack your beachwear!



nativeswimwearaustralia.com.au

Yarning with the Mob

Brendan Moyle

Yarning with the Mob

with Julie Okely

I sit down with Gomeri man Brendan Moyle, who is an advocate for our people and I can gratefully say, who is one of my significant cultural mentors. My Brutha Brendan is a wealth of First Nations information, and I am blessed to sit and listen to his knowledgeable stories and cultural understanding, that he has accumulated over his lifetime.

His ability to pass on the wisdom of his connections to our peoples and advocate for the land rights of his First Nations peoples leaves me pleased to know that we all have such a positive presence, with a substantial voice. Brendan is a leader and has a proven track record of success helping his community. From my experience, Brendan is a humble and generous man that sees the value in every person he meets, and although his very top-heavy schedule keeps him busy, he has made time to yarn with me, because always has time for his First Nations peoples and he has a vision.

Let's Yam...

Hi Brendan. Thank you for sitting down with me today,

You're welcome Sis. Happy to sit here and have a yarn, it's been a while!

Where is your home?

I just moved back to Canberra (Ngunnawal and Ngambri country) after living on the Central Coast of NSW (Darkinjung country) for the last 16 months,



What is your totem?

I am a Gomeroi man and my totem is the Maliyaan (the Wedge Tailed Eagle). I watch for signs from our ancestors which talk to me through my totem. When I made the decision to move back to Canberra I saw Maliyaan flying over me more regularly on Darkinjung Country, then I saw six Maliyaan within five minutes as I came back onto Ngunnawal country over the festive season.



What do you do to reconnect with country?

Connection with country is part of culture and our culture has changed and adapted due to the trauma of historic government policies, and the progression of the modern world. For me I connect to country by spending time out in the bush, often looking for places that were and are still significant for our mobs. I practice some ceremony and celebrate the reverence of the old ways of my grandmother and our collective ancestors.



"Our communities are still among the most marginalised and vulnerable in Australia." – Brendan Moyle

What is your best memory about reconciliation?

Uncle Sol Bellear. He introduced Paul Keating for the infamous Redfern Park Speech in 1992 and was one of the forefathers of all that we now have in Australia - medical services, land rights, and legal services to name just a few.

Uncle Sol would often challenge the perception of 'reconciliation' raising concerns that reconciliation nowadays is more about non-Aboriginal people driving the agenda but leaving our communities behind. For all the Reconciliation Action Plans, acknowledgements of country, use of Aboriginal art what have we actually seen in terms of change?

Our communities are still among the most marginalised and vulnerable in Australia. We are still overrepresented across the youth and criminal justice systems, we are still poorer and have lower education and employment outcomes, and our grassroots communities are often still overlooked in the spin of 'reconciliation'.

Transformational change and real appetite for change is needed across governments and big business, which will lead to change in community.



How important are land rights to you?

I have been proud to be a part of the NSW Land Rights movement for over two decades, more if you look at the shades of grey that I now wear. Land Rights is more than just land. It is about heritage, identity; our past and the connection with country; our future through the protection and preservation of our cultures and the future of our communities; and it is about self determination through contemporary cultural practice and economic development for our communities not individuals.



What would you change for First Nations peoples?

Embedding our old lore into contemporary society. Base cultural values of respect, humility, integrity and striving for the benefits of the whole community are what makes us fundamentally different from other cultures in modern society. Then from this, the celebration of the oldest living cultures in contemporary Australia. Not through Reconciliation Action Plans or gestures that can be ignored, but true celebration and support as the foundation of what we now know as Australia.

Thank you for yarning with me Brendan, and at AFN, we are following your journey...

Partner Promotion

First Australians Capital

First Australians Capital is driving a new economy led by First Australians.

First Australians Capital (FAC) is a First Nations-led and run organisation focused on empowering Indigenous Australians to drive their own economic futures.

Through entrepreneurship, First Nations people become active participants in the Australian economy, and FAC believes that a vibrant and sustainable First Nations business sector will drive positive social and economic benefits for all Australians.

FAC provides a range of tailored solutions to build capacity and support the investment readiness of businesses.

They also provide access to "Right Capital" through its own catalytic and impact funds and, for those that are ready for mainstream finance, supports referral pathways to banks and financial institutions for co-investment.



Left to Right: Tiarne Shutt, Associate Director - Business Advisory, and Tarni Fisher, Associate Director - Operations, talking to Brian Wyborn, Director of JBWere at the Social Enterprise World Forum 2022.

Our purpose is to accelerate the Indigenous economy through unlocking capital and supporting Indigenous entrepreneurs to grow sustainable enterprises."

- First Australians Capital

What we offer:

- Investment readiness advisory services
- \$50k to 1m funding
- Range of products from Grant and debt funding to direct equity investment
- Access to our networks Equip business for mainstream finance

List of Financial products

- Working capital
- Term Debt
- Asset Finance
- Convertible and SAFE notes
- Direct Equity



Left to right: Jane Pound - Executive Director, Corporate and Head of Legal, Leah Armstrong - Chairperson / Managing Director, Steve Stanton - Executive Director, Investments

Accelerating the economy with Right Support and Right Capital

Founded in 2016, FAC utilises a unique matched investment model that aims to bring together the private sector, philanthropic, individual, and institutional investors to invest in high potential Aboriginal and Torres Strait Islander Enterprises.

FAC has a track record in providing critical operational and strategic advice to Indigenous businesses, unlocking access to markets and capital to grow.

Their strategy is to expand financing options for Indigenous businesses bridges critical gaps in investment markets, and by securing long-term market opportunity FAC aims to accelerate a new Indigenous economy.



FAC team at Reids Reserve Swansea

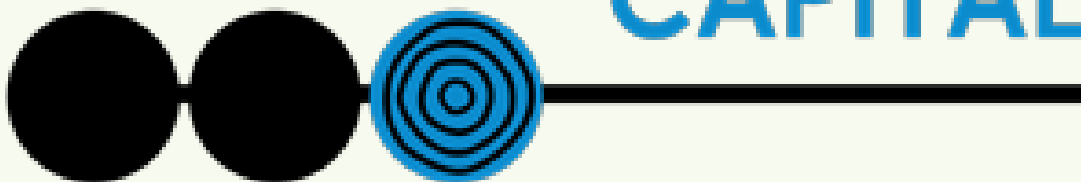
“The success of Indigenous business, against a backdrop of systemic and persistent barriers and bias, is testament to our resilience, the drive of entrepreneurs to find a way through, to innovate solutions and connect with culture.”

Leah Armstrong, Managing Director, and
Chairperson First Australians Capital



David Newham leading the FAC team in a Welcome to Country

FIRST AUSTRALIANS CAPITAL



firstaustralianscapital.org



Langarrama Journey

Living In The Heart

Langarrama Journey - Living In The Heart

4 days 3 Nights In the spirit of Wiritijin a journey has manifested, from Larrakia (Darwin NT) to Acacia , Litchfield, Talc Head, Mandorah , Belyuen, Waigait, & Bynoe Harbour.

This unique Journey is a Mini Langarrama & introduction to the full Langarrama Journey. Sacred sights, fishing , hunting gathering & dream time story sharing. 20 people Max per Journey. People now have the invitation and opportunity to unite with the Original Sovereign Tribal people.

This journey is one of peace and future prosperity for all life everywhere.

Langarrama also provides a preventive experience and cure for racism, stemming from ignorance & misinformation. Altogether those that share in the Mini Langarrama Journey will experience true love, wisdom, adventure, culture, mystery, connection and especially an intimate, personal understanding of nature and universal Ancient Lore.

WATCH MORE HERE: <https://youtu.be/MxgWTDgP9mo>

This experience will raise and expand your consciousness as well as opening your heart to life's full potential.

Experience the Original people , culture, Sacred sites, camping, hunting , dancing , music , singing , bush tucker & medicine. Fishing, basket weaving , jewellery making , spear making , work with fire , beach walking , turtle hatching, dream time stories , question & answer times. And much , much more. Nature - Crocs , Buffalo , Goanna , Dingo, Fish , Green Back turtles , Pigs , Horses , Crows , Hawks , Eagles , Lizards , Frogs , Crabs , Snakes , many bird & insect species , also both fresh & saltwater animal species plus infinite related / varied flora and fauna. Langarrama supplies - Tent , Mattress , Sleeping Bag , Torch , Plates, Cups, Cutlery, Meals & Drinks , Fishing gear , Boats & Vehicles. Travellers bring own, Clothes, Pillow & Toilet bag etc , only !

Return each year and grow friendships and family, truly becoming one with each other forever & always. Learn directly from Original Traditional people, dream together & unite with spiritual friendships & family. Enjoy connecting properly with nature and its ancient history , past , current & future truths. Expand your consciousness & open your heart forever.

Access & share in unique Ancient Sacred sites as well as authentic artwork & artifacts only available exclusively on the Langarrama Journey ! Welcome to the Mini Langarrama Journey / Wirittigin spiritual experience of a life time ! For further information and Journey details.



Langarrama is a Cultural immersion experience operating between the Larrakia and Ngukurr Tribal Councils, is an experience of a lifetime.....

Langarrama was run nearly twenty years ago in Ngukurr with the full support of the entire community. The tours were so successful, the people who attended the first Langarrama booked out the next three tours. The Experience has been reignited between Clarry Rogers and the Ngukurr community and Jimmy Fejo and the Larrakia Tribal Nation.

We are currently running a short tour due to the wet and when the dry kicks in we will offer an 8-day experience between Larrakia and Ngukurr which will be an incredible life changing experience.

The experiences the guests had from our December journey answers all questions about the value of this experience and the importance of continuing this incredible journey <https://youtu.be/KvocUJuMqwk> . Langarrama is about sharing the beauty and power of our Culture and building relationships and meaningful friendships for life.

The experience gained from all participants was overwhelming and humbling to know that this journey literally changed the lives of those who attended.

Those who attended left with a greater understanding of the beauty of our Culture and each person received allot of healing that has helped them on their own journey.

The friendships formed are genuine and the connections made are for life and we are proud to say this journey is a life changing experience that everyone should enjoy.

Langarrama is operating through the Balunu Foundation which is a Aboriginal Charity that offers healing programs to Aboriginal people and youth.

The profits derived from Langarrama go directly into healing programs in our communities and the healing footprint participants leave is for life.

It is an incredible opportunity to participate in a Cultural experience while you assist in the Healing of our youth and people. This is an incredible cycle of goodness in which everyone benefits, especially the children we offer healing to off the back of this journey.

We are looking forward to solidifying Langarrama in the NT and expanding across the Country, with positive talks in other regions with Tribal Groups to expand Langarrama and the much-needed Healing for our people across Australia.

We offer an experience of a lifetime, and we are excited for where Langarrama may go, for the goodness it creates is the very substance we need to grow from a Country into a Nation and offer Healing to all. Join us on Langarrama and change your life forever, I assure you, it's not an experience, it's a journey of a lifetime you will hold onto for life. Lurnpa Tjambatjimba

<https://www.facebook.com/Langarramajourney>

Want to know more about Langarrama Journey?

The Mini Langarrama Journey Family travels over 500 plus Kilometres, sharing the ancient stories & facts with all. We cover land , rivers , valleys , desert & seas ! Sacred sites , rock art , artifacts , cooboree , nature , hunting / gathering , sharing questions & answers with & for all. After spending time together on the Mini Langarrama Journey , we all have the opportunity to become deadly family mob forever with World Wide connections.



Note : Journeys are limited to 20 people and all monies go towards ensuring successful ongoing Journeys & community decided benefits. Guest are required to only bring 1 clothes bag, 1 pillow and 1 back pack or carry bag. Also include hat , long pants & sleeves with comfortable walking shoes. 4 days clothing including bathers & towel. Return each year and grow friendships and family, truly becoming one with each other forever & always.

Please send expressions of interest also including family & group bookings to -

<https://www.facebook.com/Langarramajourney/> Langarramajourney@gmail.com or call - 0432944219

*All Langarrama Journey Family trips are filmed, documented & professionally edited / presented. Each Journey participant takes home a copy for infinite memories & sharing.

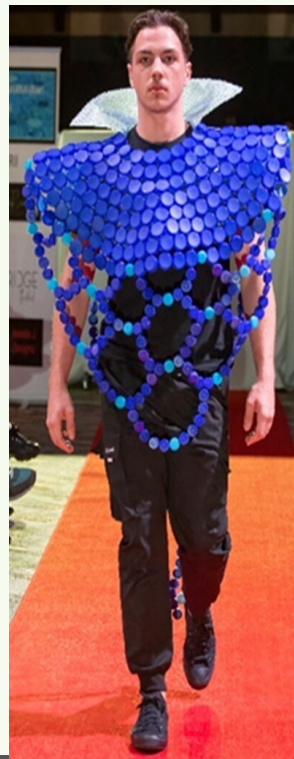
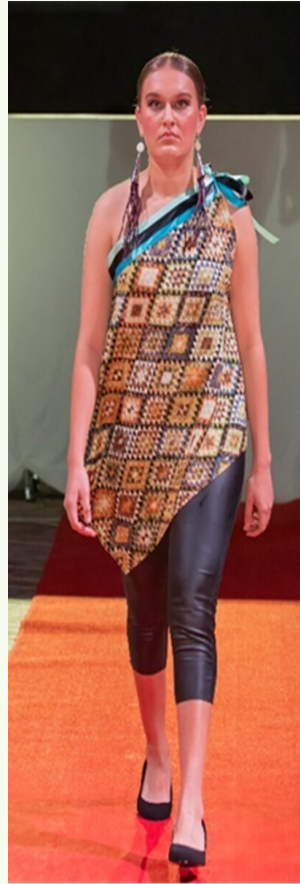
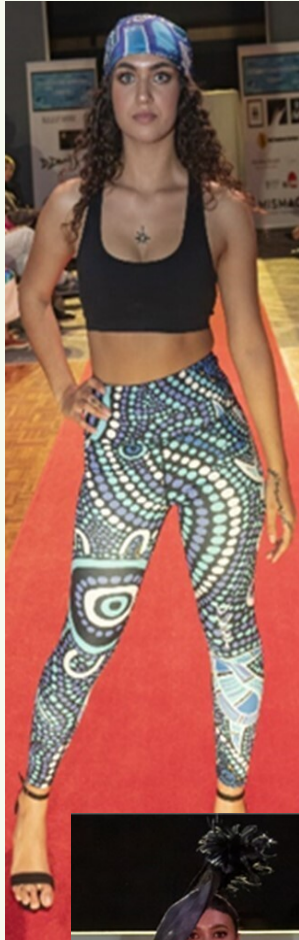
Guyamgan Bahna Fashion Show "Cultural, Social and Emotional Wellbeing"

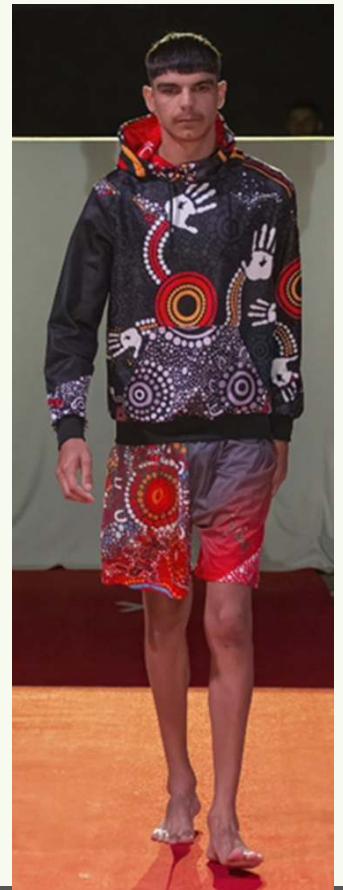


contributed by Sarah Bolt Leanne Toohey



[See fashion page - photo credits](#)







by Julie Okely

Support First Nations businesses.

First Nations businesses in Australia are an integral part of the country's economy and are an important part of the nation's cultural heritage.

There are a variety of Aboriginal and Torres Strait Islander businesses that include retail, services, tourism, arts and crafts, and more.

Many of these businesses are owned solely by First Nations Australians and provide employment opportunities for all First Nations peoples. These businesses also help to support the development of Indigenous culture and provide valuable resources to the First Nations community. Aboriginal and Torres Strait Islander businesses are an important part of Australia's economy and help to contribute to its economic growth.

Getting Jobs for First Nations peoples.

There are a number of programs in Australia that are dedicated to helping Aboriginal and Torres Strait Islander peoples find work and develop their skills.

For example, the Indigenous Employment Program provides First Nations Australians with access to job training, employment opportunities, and educational support to help them secure and maintain long-term employment. The Australian Government has also established the Indigenous Procurement Policy which encourages organisations to purchase goods and services from Indigenous businesses.

Additionally, many employers are offering flexible work arrangements in order to accommodate first Nations Australians who may need to work around family and cultural responsibilities.

If you would like to find out more about these programs and employment opportunities, please contact your local employment office.

Australia...Engage with First Nations peoples and watch them GROW...

Engaging with First Nations businesses and services is a great way to support and strengthen the local First Nations economy.

There are many ways to get involved and support First Nations businesses or services, such as attending events, purchasing products and services, and providing mentorship.

Additionally, connecting with Aboriginal and Torres Strait Islander entrepreneurs and business owners is a great way to learn more about the local First Nations culture and community.

It's important to remember to be respectful and supportive when engaging with all Indigenous businesses and to be mindful of the unique cultural values and protocols that may be present.

Create an Internal Economy - buy from friends and family.

Creating an internal economy can be a great way to build stronger relationships with friends and family. It is a great way for everyone to get involved and to practice budgeting and savings, while still having fun.

To get started, search where you can access products or services provided by fellow First Nations peoples. Then, set up a list of items that can be purchased and go shopping!

Buy your products directly from our First Nations site AFN.

Why?

At AFN are committed to helping our suppliers stay economically viable and we are proud to be able to offer our products directly from First Nations sites. Our online products and services are of the highest quality and are made with culture in mind, and you can be sure you are getting the best value for your money.

We are also dedicated to providing excellent customer service and helping our customers find the products that best meet their needs. That's why we are proud to support Aboriginal and Torres Strait Islander owned businesses. Please visit our website to browse our selection of products, and feel free to reach out if you have any questions or need help finding what you're looking for.

Thank you for helping us to support First Nations businesses!

Thank you for your interest in buying from our First Nations site

All First Nations.



Dreaming Story

The Giant Frogs

In the Dreamtime two giant frogs, who were then men, went on a long walkabout.

Leaving their country, Malooka, which is where Mataranka is, they travelled north until they came to the Katherine River where they met two other frog-men from a different country, also on a walkabout.

These four frog-men camped together.

Then the elder of the two Malooka frogs, whose name was Koit-nong-mee, asked the other two frogs to go and get them some water. 'We are old-men frogs,' said Koit-nong-mee, and you two are young-men. You should therefore carry water for us.'

But the other two frogs refused to carry water for Koit-nong-mee and his companion, and soon the four frogs were fighting. Koit-nong-mee and his companion killed the two younger frogs and then started the journey back to their own country.

After this some frog-men of the same tribe as the two who had been killed came to this place. When they found their two tribesmen lying dead, they picked them up and carried them back to their country. Then these frog-men began to gather an army together to go and make war with Koit-nong-mee and his tribe.



However Koit-nong-mee heard about the army that was being formed, and he too began to call and gather all his fellows into an army. Koit-nong-mee and his army of frogs travelled and met the opposing army on the plains called Jartee-kundar-wenai, which is near the Katherine River. As the two great frog-armies formed up into long lines across the plain to begin the battle, far out on the plain alone, sat an old woman, watching.

The frog-armies fought with stone-headed spears and with shields, with clubs and stone axes. And as the battle went on they fought in scattered groups, killing each other and falling backwards in heaps. They fought until all had been killed and were lying in lines and heaps across the plain.

The lines and heaps of these huge frogs who had slain each other were turned into stone and they remain on the plain of Jartee-kundar-wenai to this day.

And, far out on the plain sits the old woman who watched the battle and who also was turned into stone long ago.

Dieri, central Australia

This story from the Dieri tribe describes giant frogs, which were common in the Pleistocene era.



Source: AUSTRALIAN DREAMING 40,000 YEARS OF ABORIGINAL HISTORY compiled and edited by Jennifer Isaacs

Identifying your cultural IP by using the FN mark

Protecting your designs and your personal creations can create frustration, as there are numerous ways where we have all witnessed counterfeit, or fake, Indigenous art and designs.

So what can we do?



I recently had a yarn with [Brendan Moyle, former CEO of Darkinjung Local Aboriginal Land Council](#) - and a solution presented itself. Not before many questions came to the forefront.....

How do we identify authentic Indigenous Businesses, Services, Arts and Goods... and - is there a register where we can all list our names so we can identify the connection to our heritage, easily and quickly?

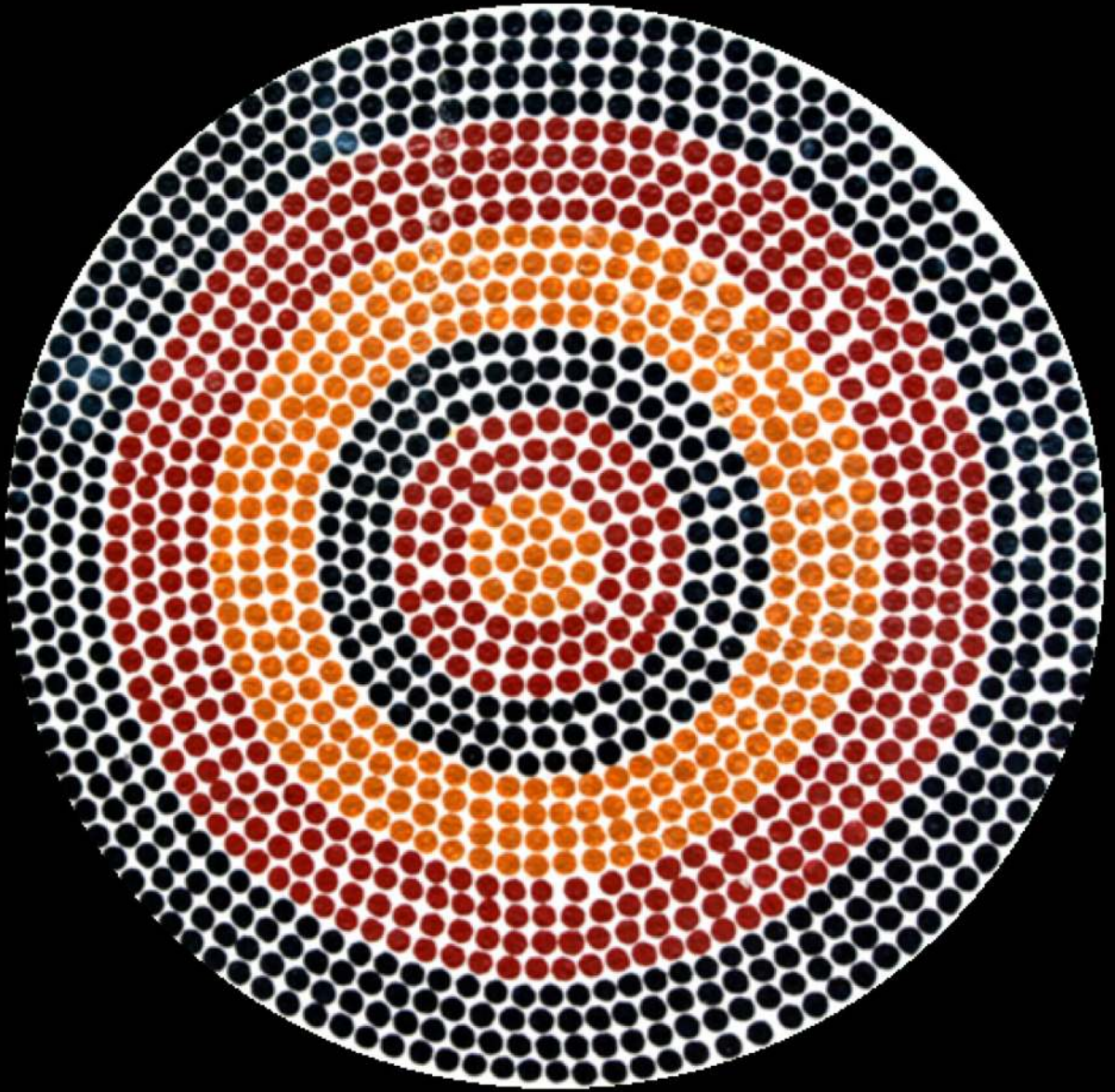
We have all been through the recent Aboriginal flag issue, where we still don't have ownership over the Aboriginal flag, which is unsettling.

Soon, on the AFN platform, any Indigenous First Nations identified person can list their basic details to use this mark - FN - and it won't cost the community, or individuals, a cent!

Once the identifying mark completes the IP Australia trademark process - as a community, we can monitor the use of the symbol and it will belong to us - our community. You just have to let us know if you see anyone using it inappropriately, so we can legally ask them to stop.

We would love to hear your feedback on this move forward - to help protect our communities and our history from fraudsters and fake money grabbers. And protect our heritage where possible.

by Julie Okely.



Who is... ?

Deb Munson

Deb Munson is a proud Gomeri woman from Coonabarabran. Living in the mid-north coast of Port Macquarie. Deb has extensive experience working with our sisters in wellbeing and have frequently been called upon by community to deliver workshops for our youth.

Where we target self-esteem, coming into womanhood, and standing in your power as a woman.

Including workshops at TAFE, jail, juvenile detention and NAIDOC gatherings.

Deb first started in the hair and beauty industry, where she has over 38 years' experience.

Her first two business were hair salons, founded with the help of the IBA, Deb's Shearing Shed in Coonabarabran in the 90's and Inspirations Hair Studio in Geurie in the 2000's.

With the success of these two businesses, she was able to dedicate time to her real passion of creating beauty products as well as providing beauty and hair services.

With the guidance from start-up workshops, Baagi Milaygiin started in 2009.



These products stem from the beauty, truth and healing knowledge of a strong ancestral line. We acknowledge and pay respects to Deb's Mother, Nana Leslie a proud Gomeri women and Nana Smith a proud Dhurag women.

They've passed down the healing knowledge to Deb Munson and her three daughters, who brought Baagi Milaygiin to life.

Using native plants known for their healing properties, these products have been adapted into modern day spa treatments while still encompassing the rich history and beneficial healing powers of these amazing ingredients. We harvest from our selection of native trees and created Bush Oil, Macadamia oil, Gumbi Gumbi, Kunzea & Emu Bush. Find our products at Trading Blak, Jarrin Street, Discovery Centre Baradine Warrumbungles, NAIDOC Sydney, Product Knowledge, Demonstration and Information available.

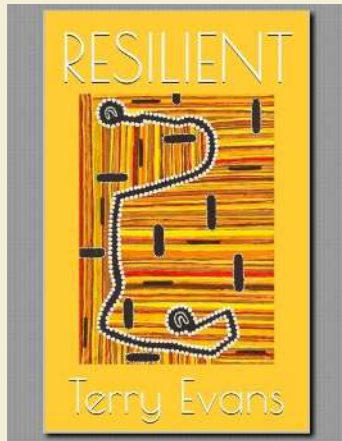
Deborah Munson - Founder - deborah.munson@me.com - Port Macquarie

baagimilaygiin.com.au

Book Extract

RESILIENT

by Terry Evans



Intro

'We the broken, we the brave' has always been a favourite saying of mine. It's been a mantra that has helped me through trauma, trials, temptations and any number of tests. I see it as a badge of honour - to have lived through terrible circumstances and succeed despite the crippling limitations such hardship inevitably brings - yet still have the ability to have compassion for others and a desire to see the beauty in everything around me. I hope the following pages inspire you.

Names of most places and people have been changed for privacy and respect reasons. But please know, this is all true.

Childhood

I solemnly believe it took me 38 years on this beautiful planet before I became the person I was destined to become, but I discovered along the way, as Kurt Cobain wrote many years ago, "I miss the comfort in being sad". During that time I have treated myself with disdain, contempt and self-loathing. I've poisoned myself with alcohol, slashed my skin, hung myself, hurt myself so many times. But I've survived and at times, even enjoyed myself. This story documents that journey. I hope it inspires you and motivates you.

Everything following is the life I have lived and is information told to me over the years by relatives and friends who knew the people and places involved. It is all true and is as accurate a memory as I have.

My journey starts at Camden Hospital on 5 October 1980; born to parents who didn't want me and left me early on to work out the rest of my life by myself. My dad was a surveyor who married an Aboriginal girl, my mother. I almost admire him for marrying a young, black girl in the late 1970s as I imagine, if today is anything to go by, that there was a lot of stereotyping, prejudice and uncertainty surrounding our First Peoples and their place in society.

Almost...

The three of us lived in a small house built by my parents in Buxton, which back then was the middle of nowhere. Dad worked in the city and caught the train to work every day, leaving at dawn and getting back home late in the evening. Mum didn't work but instead stayed home with me. Somewhere along the way the lonely days and nights got to her and she sought comfort elsewhere, which is where she met Logan, a man who would go on to fracture our peaceful lives and shape the rest of my existence.

Logan was a giant of a man. An alcoholic, cigarette-smoking behemoth who scared the shit out of me. My pint-sized dad was informed by our neighbours that a large, tattooed man was arriving at our house shortly after he left for work, hanging about all day and only leaving before dad got home at night. This was the beginning of the affair between mum and Logan. So dad did what any self-respecting husband would do; he confronted Logan. Unfortunately for dad, Logan was an ex-boxer and the altercation, which occurred down at the local pub in front of other patrons, ended up with dad sporting a broken nose.

This was the beginning of the end of my 'parents' marriage, but just the beginning of the trauma and abuse I was to experience for the next few years.

I don't know the details fully, but they separated and divorced soon after. Mum moved in with Logan and dad met and married a woman named Karen. My memories of living with Logan and mum are bleak. I don't even know where we lived. What I do remember is the stench of rollie cigarettes and beer permeating the entire house, my clothes, and my skin. It was awful. My time living there was also peppered with violent, alcohol-fuelled outbursts from Logan which happened on all too regular occasions. One time he chased us around with an axe threatening to cut our heads off. On several occasions I was given beer in my bottle instead of milk, presumably to shut me up from all the crying I was doing. This was deduced by a doctor after I ended up in hospital, who said my nappies stank like a drunk's. Even at that age I knew I wasn't safe.

Another time I ended up in hospital with clear bruises in the shape of handprints on each arm, which the doctor pointed out were in the perfect position for tug of war. I was a plaything for these two humans and treated like a schoolyard toy. I also sustained burns on my body from having cigarettes stubbed out on me on more than one occasion. I was so stressed that my hair was falling out in clumps and would easily come off if touched even gently.

In 1982 my mum and Logan had a daughter, my sister Lindsay. I was a big brother. My only real memory of that time with Lindsay was hiding under the house, scared about the yelling and fighting that was occurring above our heads. Still, the smell of alcohol and cigarettes remained. Logan was frequently violent with mum and beat the crap out of her and us on a regular basis.

At some stage mum made a break for it and we moved to Newcastle. Unfortunately, Logan followed. My memories of Newcastle aren't about where we lived but the women's refuges that we undoubtedly ended up in each weekend after Logan beat us and we escaped to the only place mum could find that would take us.

I'll likely never know the reasons behind these actions - and I probably don't need to know - but safe to say I was in danger by staying in this house.

Thankfully, dad's marriage was seemingly going well and I was shunted to his house. I'm not sure of the logistics of it but I was moved to Seven Hills with him and left Lindsay and mum to fend for themselves. Karen, who had two children she couldn't control from a previous marriage, was an evil psychopath who had some previous connection with a cult-like Baptist Church in the Hills District, but I never learned any more than that.

I was meant to feel safe in her house - removed from the domestic violence that plagued our lives with Logan - but she had other ideas. Her kids, Roy and Mitzi were a few years older than me and hated my existence from the moment I entered their lives. They were abusive to me from the beginning; telling me no one wanted me, that I was an outcast, and that I was responsible for my parents' marriage breakdown. They obviously learnt from the best. At this stage, I was four.

A vivid memory I have is at dinner time, being locked out on the balcony to eat my dinner alone while everyone inside, especially Roy and Mitzi, would laugh at me, taunt me and make faces while I wept and ate my dinner. I even remember one time it happened we were eating hot dogs. This was in winter and it was bloody freezing out on that balcony. I remember thinking that surely my dad was going to stop it at any moment; that he was going to call me back inside to eat at the warm table with the rest of them; that he would save me. But he never did.

Friends of his and people that knew him said that he changed the day he met Karen. Some say that he was so broken-hearted from mum's unfaithfulness that he clutched onto the first strong, independent woman he met. Unfortunately for me, she was a nutcase.

Karen would regularly starve me, where I would go for periods of days without eating. One time I snapped and was caught dipping slices of bread into a jar of honey and gorging myself on them as quickly as I could. She caught me and force-fed honey to me until the jar was finished. I went off honey for a while after that.

At this stage, because Karen was having such a 'hard time' with me [*her feral kids*], I was sent back to live with mum and Lindsay, who were going through their own hell with Logan. The next little while was toing and froing between both homes. I'd stay with mum until we needed to be rescued from the refuge, and then I'd be back with dad until Karen had had enough of me.

It came time for me to start school so I was sent to the local primary school, Seven Hills North Public School. My only memory of my time there was my teacher confronting Karen after school one day to question her about the bruises I had on the backs of my knees. One of Karen's favourite punishments was to beat me as hard as she could with the handle of a feather duster. That thing hurt! And when she was angry enough, it would bend in the air and makes that frizzing sound that plastic does when you whip it so aggressively.

I'll never know that teacher's name, but I will always thank her for being the first person to ever stand up for me. They caused a scene and it was amazing; Karen and this teacher arguing after the 3 o'clock bell over the small school fence about the welts on the back of my legs, why I was walking so gingerly and how the teacher 'had no right' to question Karen's discipline styles. I felt heard. I felt noticed. I finally felt accepted by someone. And naturally, once we got home behind closed doors, Karen whipped that duster harder than ever before.

This whole time my dad was so passive I barely remember him being there. I remember his psycho-wife and her feral kids, but not him. One time after we arrived home from church, to get some attention from him - or anyone - I grabbed one of Roy's goldfish out of the tank and squeezed it as hard as I could until it was dead. I instantly felt guilty and, placing the fish on the table, tried to convince everyone that I merely found it lying there, that it must have miraculously jumped out and that it was already dead when I noticed it. No one bought it. Out came the duster.

Yet again I was in danger.

Somewhere along the way dad's parents, my grandparents started to get worried about my welfare and safety. I don't know how it happened, but we all ended up in a children's court where my fate was decided. The truth was that neither mum nor dad wanted me. I don't know if this was their deluded way of protecting me, but I had nowhere to go. I remember the raised voices and arguments in the courtroom and the fact that the arguments were about who wanted me, and the answer was...no one. Thankfully, my grandparents saved my life and decided to raise me as their own; their sixth child, from the age of four onwards. That was the last time I saw my mum for 15 years.

Moving in with Grandma and Grandpa also meant moving next door to Sam, a girl a year younger than me who had experienced her own heartache not long after we met. Her dad died of heart complications when she was five and the pain, anguish and sorrow I saw in her eyes and body was so familiar to me that I knew I wanted to help her, protect her and comfort her from that moment on. Thirty-four years later and she's still my best friend, going on to marry my cousin Chris and give me one of the most stable, loving and supportive relationships I've ever had. She too was an only child and we would spend almost every afternoon, night and weekend together watching TV, swimming in summer, playing video games and just hanging out talking and listening to music. Her calm demeanour and gentle voice was just what hyperactive me needed. She was also the best at finding just the right Lego piece I'd been searching for ages. It was the closest I ever got to experiencing what having a sibling would be like, and I loved it. And her.

I taught her how to bowl a cricket ball and ride a bike and in return, she introduced me to all her female friends, something which I appreciated all the more as I got older! Even as a young child I could empathise with Sam's loss and we connected on a deeper level than I've ever achieved with another person. Being broken at any age is hard. Experiencing trauma as a child is particularly tough. But, having someone to share your pain with makes it that little bit easier to overcome. We didn't need to explain ourselves to each other, we just knew what the other had gone through and were there to help. Her quiet, calm demeanour and soothing voice offset my often-hyperactive behaviour which came because of me getting so excited to finally have someone to play with. We grew up together and I deeply cherish the times we hung out. Her Elvis-loving mum Kylie made the best tacos and invited me over for dinner so often that they used to set a place at the table for me.

My own dad's court-ordered visitation rights were to have 'access' four times a year. This meant that once every three months I got to spend time with my dad, but he nearly always brought Roy along with him, so I never had time with just the two of us. On the days when he was due to visit, he was generally two to three hours late, indicating just how much he looked forward to hanging out with me. I would sit in the front lounge room, in my Sunday bests, waiting for him to come; my face pressed against the window until I saw his car finally turn into our driveway. As soon as I got in the car there was an excuse and an apology, but that was quickly covered up by him telling me to keep my voice down (Grandpa had industrial deafness so I guess I spoke too clearly for his liking). On one occasion for my birthday, the three of us went to the movies to watch one of the Die Hard movies, all because Roy wanted to see it. I was scared stiff. Dad had to cover my eyes and tell me it was just a movie several times over. Who takes a child under ten to a film like that? My dad, that's who. Another time our outing was simply a drive into the city, catching a ferry to Manly and returning home again. Apparently, the big swell was enough of an attraction to sate my appetite for quality father-son time. I don't even think we stayed long enough to get fish and chips.

And that was our relationship. No visits to school events. No Father's Day invites. Nothing. No connection whatsoever. And the kicker? He lived ONE suburb away from me. It was a ten-minute drive, if that. This clearly showed me that a) he wanted nothing to do with me and b) his wife *really* didn't want him spending time with me. So, he chose her and his step kids in my place. I tried to like him as a person, but he was such a stranger to me that, even as a young child, I recognised that it felt so forced. A relationship is challenging when 50% of the equation can't be arsed.

So why start a book with such a downer of a chapter? I want this to be a reference to keep coming back to. A starting point from which all my achievements have stemmed. It is from this extraordinary beginning that I have become the person I am today. Not a single day of my life has gone by where I haven't thought about the events just described. Sometimes they're a fleeting thought brought on by the smell of rollies or cheap wine. Other times they are a crippling reminder of what I've been through, cemented in my mind, to be replayed ad nauseam. Either way, they've shaped me, and I want to share with others how you can overcome trials in life and become the person you were destined to be.....

You are worthy.



Buy **RESILIENT** by Kamiaro man, Terry Evans on **AMAZON** to read more ...

https://www.amazon.com.au/dp/B0BQHV612Q/ref=mp_s_a_1_12?

[crid=2IPC58IJRZAL&keywords=resilient&qid=1671435040&srefix=resilien%2Caps%2C426&sr=8-12](https://www.amazon.com.au/dp/B0BQHV612Q/ref=mp_s_a_1_12?crid=2IPC58IJRZAL&keywords=resilient&qid=1671435040&srefix=resilien%2Caps%2C426&sr=8-12)

Elder Profile

Aunty Caroline Hughes

Dr Caroline Hughes is a proud Ngunnawal woman and the Executive Director, Collections Services Group. She has made significant contributions to the field of education throughout her career, which spans over 30 years. She came to AIATSIS from the Canberra Institute of Technology (CIT) where she was the Director of the CIT Yurauna Centre of Educational Excellence for Aboriginal and Torres Strait Islander Peoples.



Aunty Caroline empowers others to achieve their dreams through the power of education and employment. As practitioner, manager and leader of VET programs in community development and client support services she ensured that cultural heritage has been the essence of all.

Aunty Caroline has led the design and delivery of cultural programs that have strengthened the cultural capability of individuals and teams across organisations - within government and private sectors. Aunty Caroline grew partnerships and improved engagement with governments, private sector and community to improve business outcomes as well as increased the commercial income to support profitable operations and outcomes. Her leadership has contributed to policies, strategies, compliance and business acumen.

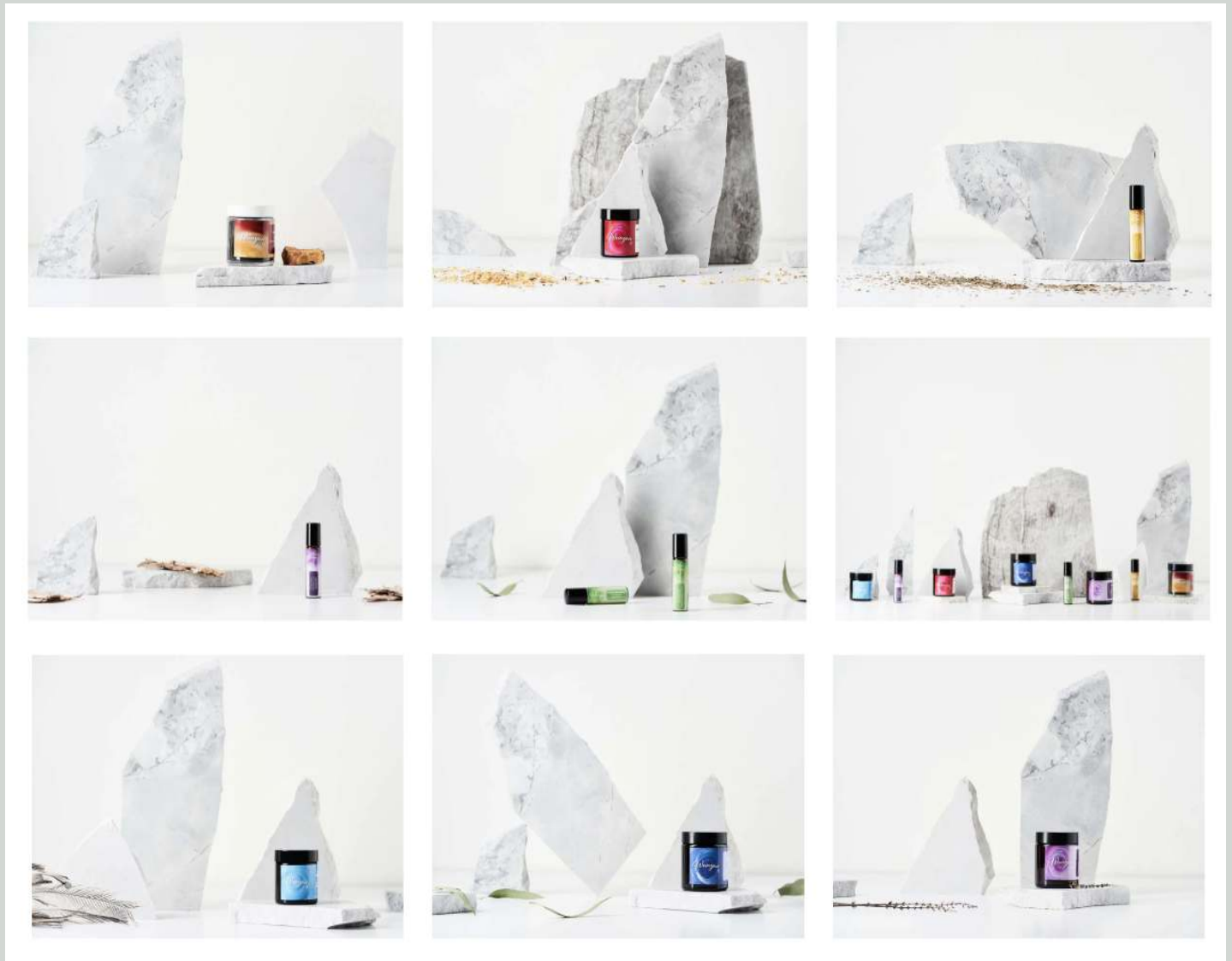
Under Aunty Caroline's leadership she established long standing respectful partnerships that were formed with Indigenous culture at the foremost of all activities, an example is the establishment of an Early Learning Centre in partnership with Northside Community Services – winning national awards in the early child care sector. These initiatives reduced barriers to education for parents and caregivers to improve employment outcomes. Aunty Caroline has been awarded an Honorary Doctorate of University of Canberra, a Bachelor Adult Education as well as Graduate Certificate in Leadership & Management and Graduate Certificate Leadership in the VET Sector. At AIATSIS Caroline plays a leadership role ensuring that the institute is a responsible custodian of all items held in the unique and diverse AIATSIS Collection, guiding the strategic management and long-term safekeeping of all materials held in it.

Caroline was shortlisted as a nominee for 2021 ACT Australian of the Year and was a recipient of the ACT Women's Honour Role in 2018.



Wunyun – ancient traditional First Nations & Indian healing

Wunyun offers ancient Victorian aroma products that have been passed down from generation to generation. Wunyun also offer a range of cultural healing services.



wunyun.com.au

OJ's Aboriginal Art and Workshops

by Sarah

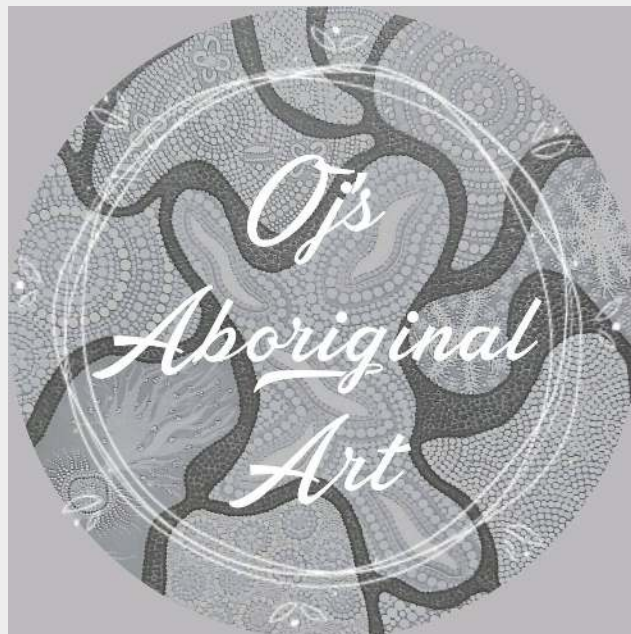
100% Aboriginal owned by my mum and I.

Mum has been painting since she was little but in the last 15 years started painting to heal and has taught me all I know. We paint to heal, to reach out to our ancestors, for guidance, and to escape the chaos around us.

Ojs has quickly become a safe place for men and woman to yarn in a non judgemental environment. We run mental health art therapy workshops and the outcomes have been amazing! - These are booked by organisations.

The connections and the healing is so powerful we can't wait to see what 2023 brings. We worked in 2022 with an amazing group of woman who suffered similar events of trauma throughout their life, some who have painted and some who have not and some who haven't painted in 30 years and started again with the help of some amazing caseworkers and myself. *This group has come so far it still brings tears to my eyes...*

"... But all in all Ojs ultimate goal is bringing mob back to mob, breaking negative cycles, and creating safe spaces for Yarns with no filters and no judgement..."



We are focusing on **mental health art therapy programs** in 2023 this is where my heart is this is why Ojs exists and healing through art is what brought me and my Mum back together and is the reason why our bond is so strong today.

We work with, men, woman, children, youth and elderly.

The possibilities are absolutely endless in art therapy ! We are hoping this year that Ojs can bring love, light and healing to as many as we can.

It's why we are here we strongly believe that our ancestors have guided us to where we are now and this is the oath we are meant to be on.

Helping our mob is our ultimate goal ! We work closely with our local community and are now opening our books regional and interstate and we are beyond excited...

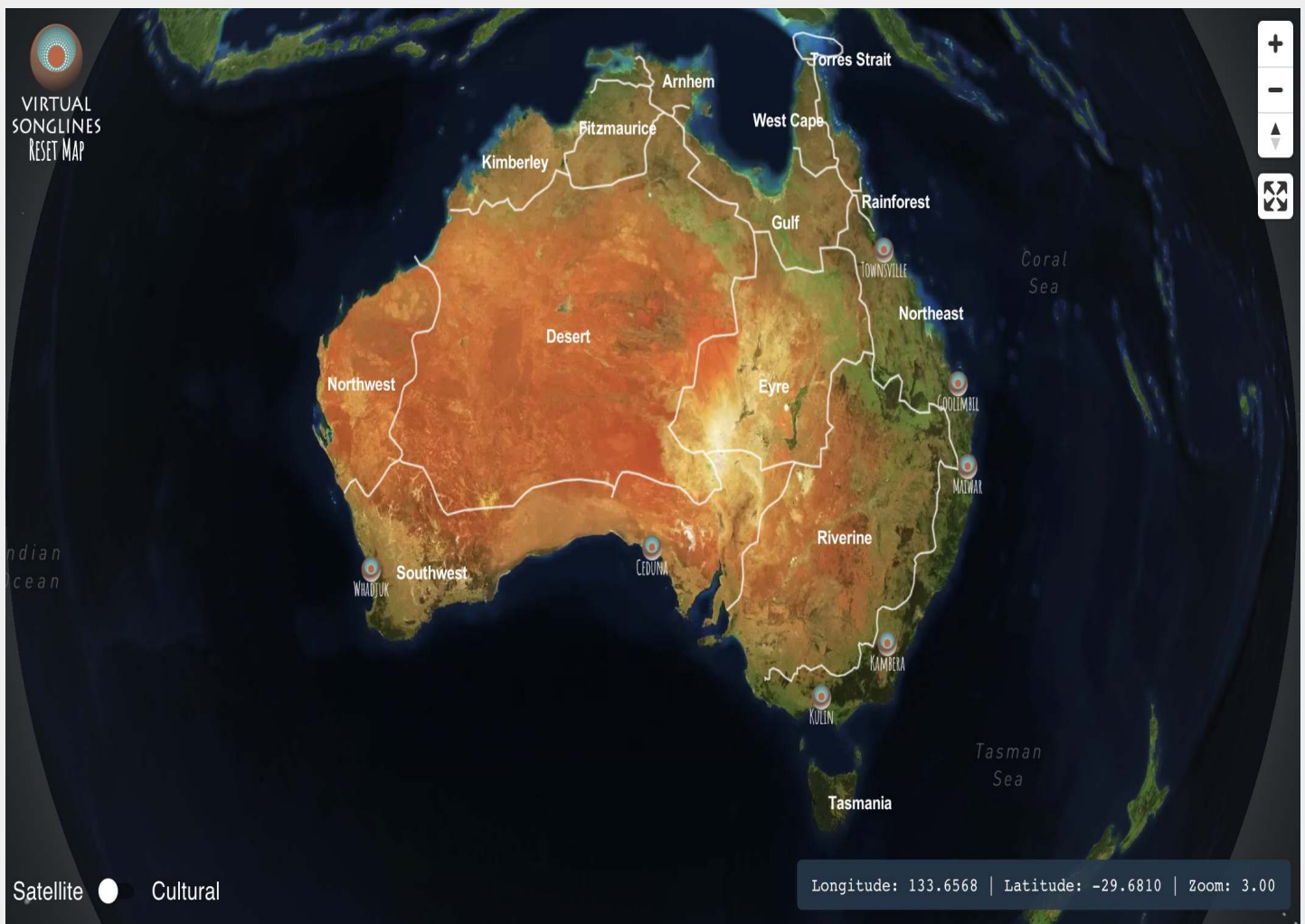
"... An environment mob can take the Armour off they wear day to day to protect themselves from pain, fear, and, negativity. We are here to help and to heal those who are willing to give us a go..."



ojsaboriginalart.com.au

Brett Leavy builds a time machine

Virtual Songlines is an initiative of Kooma man Brett Leavy, Bilbie XR Labs, a social enterprise, dedicated to the reimagining of the traditional homelands, campsites, significant sites, hunting and gathering places, spiritual space where our cities and towns now exist. This interactive site respects the traditional connection and ongoing bond of First Nations as custodians of the land since time immemorial. This interactive and immersive 'digital twin' shows significant sites of the original custodians where our capital cities and regional towns now exist - in essence, a portal transporting users to historical sites in a virtual heritage dreamtime.



All First Nations



We value the courage, unity, design excellence and resilience of our people and acknowledge the traditional owners of this land. We value the courage the elders, past present and emerging. We honour our people striving, through our work and play, facilitating the greater understanding, respect and recognition of our traditional lands, knowledge & cultural connection.

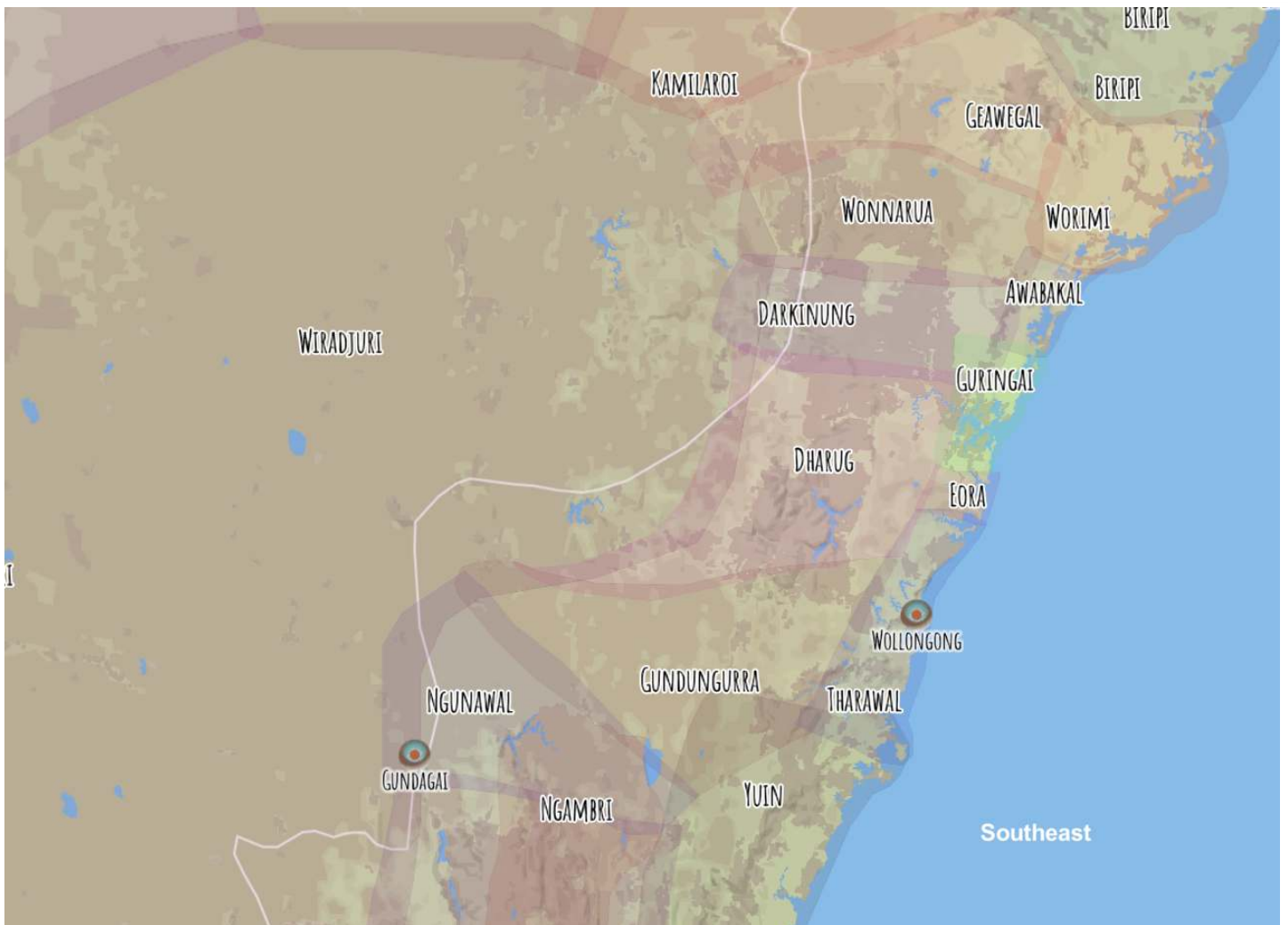
If you a member of our community and have important historical information that you would like to contribute, contact Brett Leavy at Bilbie XR Labs.



BRETT LEAVY IS A DESCENDANT OF THE KOOMA PEOPLE WHOSE TRADITIONAL LAND BORDERS MAROANO RIVER AND THE TOWN OF ST GEORGE TOWARDS THE WARREGO RIVER IN THE WEST NEARING THE TOWN OF CUNNAMULLA, NORTH TOWARDS THE CARNARVON RANGE NEARING THE TOWN OF MITCHELL AND SOUTH TO THE QLD AND NSW BORDER. HIS KOOMA PEOPLE WON THEIR NATIVE TITLE RIGHT TO THIS TRADITIONAL COUNTRY WAY BACK IN 2014.



All First Nations



virtualsonglines.org

allfirstnations.com.au

SupplyAUS



MEET THE TEAM

The idea was born out of the Murra Indigenous Masterclass Program delivered by Melbourne Business School, where like minded business people combined experience and passions to develop a business that would provide supply and service solutions to Corporate, Government and Private Enterprise.



Shawn Andrews

CEO

Shawn Andrews is a descendant of the Mununjali people of South East Queensland and the Palawa people of Tasmania. Shawn is a graduate of Monash University with a Bachelor Education and Sport and Outdoor Recreation, recently graduated Murra Indigenous Business Masterclass at Melbourne Business School and is currently a MBA Candidate at the Australian Graduate School of Management at the University of New South Wales.

Shawn has held positions across National Australia Bank, Melbourne Grammar School and Indigenous Accountants Australia. He is currently the director of Indigicate, Australia's leading majority Indigenous owned education company. Shawn is a highly respected Indigenous educator, renowned public speaker and keynote presenter, a thought leader and passionate advocate for equality.

Shawn's life and career has been shaped by his commitment to educate Australians with the truth about Australian history and the desire to demonstrate that Indigenous Australian culture is sophisticated, strong and beautiful.



Adam Williams

FOUNDER

Adam is a Wiradjuri man who grew up on Darug land and now resides in Quandamooka country. Adam has a graduate degree in Business and Education, through the Koori Centre at Sydney University. Adam was awarded the Charles Perkins Memorial award for study, and also a founding member of the University of Sydney Indigenous Games committee.

Adam has an established career in FMCG and Pharmaceutical products gained over 25 years in this industry. He has launched successful brands and developed sales strategies for large and small business. In 2018 completed the Murra Indigenous Masterclass program and is proud to be part of Supply Aus and its direction.

supplyaus.com.au

OPINION

My quarterly voice

**Are there large bluechip companies that are Gammin?
I am not saying they are at all.
Here's my experience...**

2 of the world's largest companies trading on our land

by Julie Okely

****This is my disclaimer - this is my perspective and it is up to the reader if they decide whether this is truth or fiction.****

BIG MINING

Recently, I was asked to present an RFQ to A BIG MINING COMPANY. This wasn't something I had pursued, they had reached out to me after voicing my concerns with one of their key management at a function here in Canberra, in 2022. I was curious why the tender had been pushed out to the mainstream community when there are procurement policies in legislation outlining the IPP?

I requested his contact information and I emailed him a letter asking him why????

I asked many questions about this company. A company that has billions of dollars of assets in tangible and non tangible assets and has been trading on Australian resources since the 1800's? And in that time there has been less than 10 procurement engagements with Indigenous suppliers. Aren't they meant to assist Indigenous businesses and not value on price only, but bring culture, experience and quality into the project...I am confused.

Yes - I am going to ruffle some feathers here, but I am only asking what most of my fellow Indigenous suppliers are silently asking.

So, as most of you know, I am a single Mum, working 3 jobs and am launching the AFN Marketplace and Directory in 1 - website, and the AFN Magazine - in March 2023. And I will be the ONLY meeting place of all First Nations peoples - their voices included. Since we believe in free speech in Australia - right?!

I got declined on cost. It's the "value" clause.

Yes - BIG MINING can't afford my business.

Look at the current position of China and place the considerations that the timeline for this project is to be delivered before NAIDOC Week 2023.

This wasn't an easy RFQ to reply to. Many of my bro's that have very successful garment and PPE gear companies, did not want to deal with them. With the recent mistakes made by a mining company, it hurt our culture spiritually, and took away history that can never be seen again.

What is SORRY, really? A MISUNDERSTANDING?

How do you undo the recent events and help our Indigenous community, and help the traditional custodians of the land that was affected?



Juukan Gorge in Western Australia. Rio Tinto says it has 'taken accountability' for destruction of 46,000-year-old Aboriginal site.

Photograph: PKKP Aboriginal Corporation/AFP/Getty Images

...We have decided not to proceed with your proposal as your commercial offering was not inline with what we are currently seeing the market...Due to the sheer volume of interest in this RFQ, we have had to short list suppliers.*my quote...* was around double the price of comparable products in the market, and we have reviewed based on what was submitted.

All First Nations

".....I do understand. There were many factors to consider in presenting this tender to you, once you reached out for a RFQ from my supply chain and First Nations company.

I look forward to seeing your success, and I hope the current COVID crisis in China does not interfere with your time frames - as we had accounted for the upcoming manufacturing alerts - sent to us via our manufacturers.

Also, the backlog with the shipping processes occurring in China at the moment was a large consideration within our quote, in reference to import time frame and customs delays.

I do hope you have success with the logistics needed with the short run, online order portal in Australia.

I am Producing an online magazine - And I would like to write an article about this process, could you please quote me on why you reached out to myself for a RFQ in the first instance?

That said, I wish you well!..." Julie Okely

NO REPLY....yet....

I am still waiting on a full written evaluation. I actually think I could be waiting for some time before I receive a valid response..... ***but I do hope the contract went to a First Nations business.***

FUN FACTS ABOUT BIG MINING

- We delivered largely flat production and solid financial results, with underlying EBITDA of \$15.6 billion, free cash flow of \$7.1 billion and underlying earnings of \$8.6 billion, after taxes and government royalties of \$4.8 billion.
- Rio Tinto delivers underlying EBITDA of \$15.6 billion and an interim dividend of 267 US cents per share
- We delivered largely flat production and solid financial results, with underlying EBITDA of \$15.6 billion, free cash flow of \$7.1 billion and underlying earnings of \$8.6 billion, after taxes and government royalties of \$4.8 billion. As a result, we are paying our second highest ever interim dividend of \$4.3 billion, a 50% payout, in line with our policy.
- "We are committed to making lasting, long-term change to our culture, including to our workplace culture, and to building better relationships with Indigenous peoples, communities and partners. The progress we are making will ensure we continue to deliver attractive returns to shareholders, invest in sustaining and growing our portfolio, and make a broader contribution to society in the drive to netzero carbon emissions."

source: [https://www.riotinto.com/-/media/Content/Documents/Invest/Financial-news-and-performance/Results/RT-Half-year-results-2022.pdf?](https://www.riotinto.com/-/media/Content/Documents/Invest/Financial-news-and-performance/Results/RT-Half-year-results-2022.pdf?rev=269da2285f3b4ec0909281a4ced0ee22#:~:text=We%20delivered%20largely%20flat%20production,government%20royalties%20of%20%244.8%20billion.)

rev=269da2285f3b4ec0909281a4ced0ee22#:~:text=We%20delivered%20largely%20flat%20production,government%20royalties%20of%20%244.8%20billion.

COMPUTERS

The engagement with COMPUTERS was very different.

I experienced my first "ghosting" experience outside the online dating sites.

I reached out to COMPUTERS with an enquiry to assist another Indigenous and I was contacting them in the role of a consultant, and genuinely needing asset support to help this business.

I originally messaged them on through an internal communications portal on another site. And a discussion began.

I was seeking support for computers - and I "assumed" that this is part of their member commitment. What I found was that it actually didn't matter if you were an Indigenous business.

To seek assistance, you had to be a NON-PROFIT and be operational for 4 YEARS.

This was confronting to me, as I was under the understanding that as a listed member, they had committed to the partnership of any Indigenous person/company/service listed as a supplier on the platform.

So, not only did we, as First Nations peoples, have to go through the loopholes to be listed as a supplier - and supply the credentials to quantify our presence on the platform, there were further conditions and hoops to jump through.

Who actually benefits?

FUN FACTS ABOUT COMPUTERS

- Record full-year revenue of \$101.2 billion, up 17%, fueled by continued growth across all business units and record PC shipments
- Record full-year diluted earnings per share of \$6.26, up 114%, and non-GAAP diluted earnings per share of \$6.22, up 27%
- Announcing a quarterly cash dividend policy, with an initial quarterly dividend of \$0.33 per share and expected aggregate fiscal 2023 dividends of approximately \$1 billion



Our Sistahood is an Indigenous owned and facilitated workshop and program to empower our Sistas to be job-ready, or job current, with a focus on employment and therefore feel equipped and empowered. Indigenous Businesswoman Julie Okely facilitates it through her Indigenous Business based in Canberra.

Understanding the complex Indigenous cultural models and values

has led us to facilitate this workshop and offer further mentoring to our members.

This project targets many KPIs that are not available within the current networking platform based in Canberra. The key components are:

- Self Care and Emotional intelligence.
- Human Behaviour and effective communication.
- Fashion – dressing for success on a budget.
- Personal Styling and finding value when shopping.
- Online Profile and Safety when actively engaging with others.
- Presentation Skills and Interview processes.
- Internal Awareness and understanding your mental health.
- Confidence in budgeting, finances, superannuation and business fundamentals.
- Home space - creating a safe space that is fun, fashionable and reflects your personality.

Julie Okely, our Indigenous Female Founder heads our Indigenous Consultancy and Education Arm in Canberra.

Our services include mentorships, workshops, education, hair and beauty services and manufacturing consumer products education.

Our Sistahood – our affiliate cultural education brand is the platform for Indigenous community engagement, education and career pathway planning.

Our Sistahood supports Closing The Gap, Community Safety, Culture, Economic Development, Education and Employment, Empowered Communities and Health and Wellbeing.

By providing the platform for learning, we are able to address current gaps in our Female- led Indigenous sector, assisting in areas such as mental health, economic sustainability, business start ups, employment opportunities, an understand on online safety, protocols that protect your reputation, create networking opportunities and other ways to promote yourself on the digital landscape safely.

Join our FB group:

https://www.facebook.com/groups/2509010679371463/?ref=share_group_link

Profile Feature

Bel Kendal-Barnes

Sitting with Bel and having a Sista chat...

Hi Bel! I have been wanting to sit down with you and find out more about you for so long, and now I am happy to have you here so you can update me with your latest achievements.

So, without any further delay, tell us all about you....

Where is your home and how do you connect to country?

I'm a proud Barkindji, Worimi, Wailwan, Wiradjuri woman, and a mum of three gorgeous children.

Connection is significantly important, I regularly connect with my family and visit country as often as I can. Spending time with family and camping is what fills my cup. I truly believe that our people need to be walked alongside to right the wrongs, land rights and healing are so important. I love spending time with family exploring new places and I enjoy a little bit of fishing.

Where does culture influence you in your everyday?

Connection to country, culture and community is the foundation of healing and the barriers for our people to do this need to be removed.

Western practices and our Aboriginal cultures don't align and we need flexibility for our people to be able to connect.

The people who have come before us have fought and paved the way for where we are today. We have the role of continuing the fight for the next generations of our people.

I would love to see our First Nations communities across the country thriving and the statistics on our people being greatly improved.

What does Healing mean to you?

It is fundamental that racism and bias is addressed. Unfortunately, we live in a racist country and this impacts our peoples well-being. We need genuine allies to walk alongside us for healing.

I have seen change over the years and will continue to push for further change.

I teach about diversity and inclusion and see the shift in people when they self reflect on what they've been told about our people and its these times that always give me hope for a more equitable country.



curijo.com.au

Yaye - Bath Body Beauty

Welcome to Yaye.

My name is Melissa. I am a Warumungu and Luritja woman from Central Australia. I grew up in Alice Springs and through my many years working in Education I have had the opportunity to collaborate with, and learn from many incredible women. I regard these women as my Yaye's, my sisters, who have always supported me. That's why I proudly named my business Yaye in honour of these women.

Together with my husband Anthony, an Arrernte man from Alice Springs, we have created this amazingly unique Aboriginal bath, body and beauty range. Our signature bush medicine ingredients are ethically sourced from the cellular extracts of plants native to Central Australia. As such, our products are a celebration of cultural knowledge and a showcase of ancient wisdom. Yaye's products include our Aboriginal Body Scrub, Body Wash, Bubble Bath, Bath Crystals and Body Butter. We are 100% Aboriginal owned and 100% Australian made. Our products are like no other. Thank you for sharing the Yaye experience.



1. Native Silky Lemon Grass

or *Cymbopogon ambiguus*

Arrente Name: Aherre Aherre

Pronounced - A harr a - A harr a



2. White Cypress Pine

or *Callitris glaucophylla*

Arrente Name: Irlweke

Pronounced - ee look



3. Emu Bush

or *Eremophila longifolia*

Arrente Name: Utnerenge

Pronounced - Ort na rung

yaye.com.au



Dreaming Story

Namarrkon – The Lightning Spirit

LIGHTNING NAMARRKON, THE LIGHTNING SPIRIT

Namarrkon is the Spirit of Lightning of the Gunwinggu of western Arnhem Land. He is often depicted in cave art and on bark paintings and is greatly feared.

He causes severe tropical electrical storms, which tear through the countryside, causing damage everywhere, destroying camps and even killing people. Indeed it is widely held that the 'Marrkidjbu' or 'clever sorcerers' have the power to call on Namarrkon to strike a particular person whom they wish to have killed.



Cave painting of Namarrkon, the Lightning Spirit. When angered, he hurls the stone axes from his knees and forms lightning. photo R. Edwards

Namarrkon is always depicted with a circuit around him, which is sometimes interpreted as thunder clouds or lightning. Stone axes are attached to his elbows and knees and it is by hurling these with tremendous force that Namarrkon causes lightning to strike.

.....if the sacred Dreaming site of Namarrkon is disturbed by man, he will send a violent storm which will most definitely result in severe disruption of the people's camps.....

It is believed that if the sacred Dreaming site of Namarrkon is disturbed by man, he will send a violent storm which will most definitely result in severe disruption of the people's camps and may even cause death. An incident which involved a wild buffalo serves as a reminder to the Gunwinggu of the power of Namarrkon and the necessity to preserve his sites from trespassers. About thirty miles east of Oenpelli there is a taboo dreaming site called Namarrkon which was the camping place of this Dreamtime hero as he came towards Oenpelli from the east.

It is a sacred site, which is rarely approached by the Aboriginal people who fear the wrath of the Lightning Spirit living there. Once a buffalo was speared in the vicinity and the wounded animal ran towards the taboo site and died in a nearby creek.

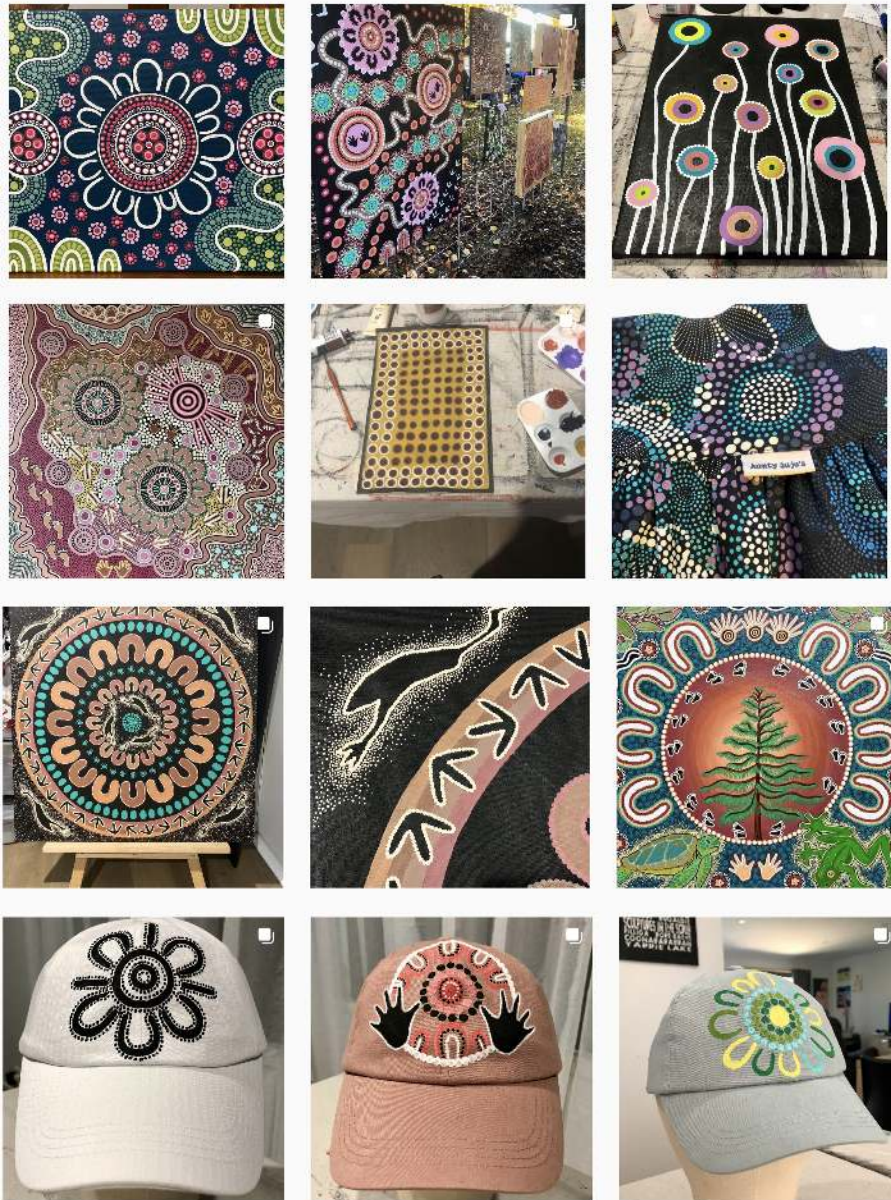
The water was discoloured with the blood of the dying animal, thus disturbing the site of the Spirit Being. Suddenly a violent tropical electrical storm sprang up and the wind, rain, lightning and thunder inflicted terrible damage, destroying camps and causing trees to fall.

The storm confirmed and strengthened traditional taboos and this site is still today one of the most feared and respected sites in the area.

Source: AUSTRALIAN DREAMING 40,000 YEARS OF ABORIGINAL HISTORY compiled and edited by Jennifer Isaacs

Indigenous Art

Jules Ruttlely



Aunty Jujus
based NSW south coast

Partner Promotion

Ausmate



Ausmate is bilaterally based, consultancy organisation, in China and Australia, and operates overseas branches in Fiji, Papua New Guinea, Korea, France, Italy and more.

We have established a strong network and resource foundation in meeting the dynamic business demands and political collaborations in taking advantage of the accelerated globalization.

Empowered by our online and offline assets, we are dedicated to consolidating and sharing firsthand global business opportunities with clients in across various industries, including supply, procurement, and project investments at a multilateral level.

Our online platform integrates international business resources for showcasing domestic and overseas goods and projects in driving precision business matching with active procurement enquiries and project investment opportunities.

We provide one-stop supply chain and client management support in sustaining client's success for the long-term, including market entry planning, import and export handling, bonded warehousing, international logistics, trade agenting, sales and event promotions, corporate registrations, factory investment, team assembly, and other bespoke services.

We are an unprecedented one-stop B2B platform envisioned for establishing a global sustainable business ecosystem, and actively engage with the "Belt and Road" framework in taking advantage of the bonus free trade policies throughout China.

Ausmate consolidates commercial resources and political supports from all bonded/free trade zones across China and aims to pave a "Green Avenue" for facilitating industrial collaborations between Chinese and Australian companies covering trade, investment, education, tourism and etc.

Ausmate Pty Ltd.

Ausmate Pty. Ltd. operates in three strategic sectors centred around China-Australia bilateral markets, from where expanding business operations to Western China, the Pacific region, Asia and Western Europe. With a corporate vision of "Innovation Forging Opportunities" Ausmate, since its inception, has been committed to cross-border business bridging and matching for domestic and overseas brands/manufacturers, investment and immigration, cultural and educational projects, and other industrial collaborations. We strive to open a new era of global business collaborations forging lifetime corporate partnerships!

Corporate Vision

Bridging Multilateral Markets, Forging Lifetime Partnerships.

Mission

Facilitate global integration of commercial services and resources in building a shared future for all people and businesses.

Want to see your products in the China market?

**Contact our Indigenous Agent – Julie Okely
julie@allfirstnations.com.au**

Profile Feature

Jenni Walke

Jenni Walke, Author, Speaker, Coach, Leader.

Jenni Walke is a proud First Nations Bundjalung woman, Founder of Elephant in the Room Consulting, and co-Founder of the B Impact Collective and INDIGImesh Pty Ltd.

Jenni works with businesses and leaders to understand how they work and develop strategies to solve complex problems through new and innovative solutions.

Through her coaching and consulting programs, Jenni inspires leaders to gain clarity about their purpose and create businesses that positively impact the world.

Her mission is to create and impact change for her clients.

She enables transformation in small businesses, through providing clarity, and helping to create systems and processes, while also creating massive change in large complex organisations ready for monumental growth.

Jenni is a published author, accomplished facilitator, MC and speaker, and works with clients in Australia, Singapore, Germany, the United States of America, and Canada.



Where is your home?

Home is Bundjalung country in Northern Rivers, NSW, however I live in Southeast Queensland, on Turrbal/Jagera country with my partner and stepchild.

What do you do to reconnect with country?

I moved to SE Queensland so I could be closer to home and my family. As soon as I cross over the border into Bundjalung country I feel at home, connected and so I try to visit home every few months. One of the reasons I choose to run my business mastermind in Cabarita is that it is on my country. There is nothing more powerful than being on country and being able to share knowledge and story with others.



What is my totem?

This is an interesting question for me. I have always been an elephant – even as a child. While not a totem from my country, it is one that has resonated with me. My Aunty would say I am an echidna, I think.

I am told when Echidna appears, it symbolizes resolving issues, learning from them; it represents a great warrior, despite being docile in the bush.

How important are land rights to you?

Very. Recognition of the enduring connection First Nations peoples have to the land, sea and sky is critical to our long term prosperity. What I have observed though, is the challenge and heartache that comes with having to prove connection to gain recognition.

The system feels to have been designed for us to fail.

It sees land in a western context as a possession and power, rather than as identity and connection.

**In a better world, where do you see the Indigenous communities?
Empowered and reconnected to customs, traditions, and lore.**



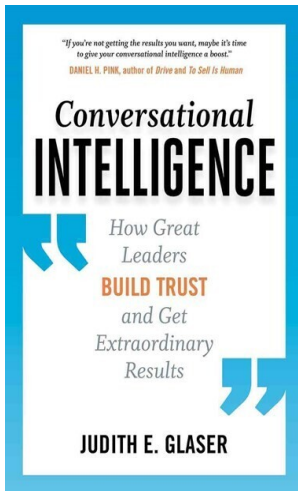
What would you change for First Nations peoples?

I have been blessed the last few years to be able to work with companies to change leaders, teams, and organisations' perceptions of First Nations peoples. In delivering training across all levels of corporate, not for profit and some government agencies, my approach is one of connection and reconciliation. What I mean by this is, cultural learning is about sharing knowledge and bridging the gap between how people see the world.

The *values, beliefs and attitudes* people have about First Nations people and the beliefs that First Nations peoples have about themselves are learnt behaviour – shared by their parents, aunts, uncles, grandparents, friends, policy, government, and the environment they have existed in, so often I see that people are not even aware of the underlying beliefs that drive their behaviour and thoughts.

So, what I would like to see change or differently is how both First Nations and non-Indigenous peoples show up to the discussions on things like land rights, reconciliation, treaty, and a **Voice** – starting with understanding their beliefs structures and the way they view the world. Recognising the inherent bias that clouds their views and beliefs and working to bridge the gap of understanding about the many First Nations cultures that exist in Australia. This is beginning to happen.

The dialogue is changing.



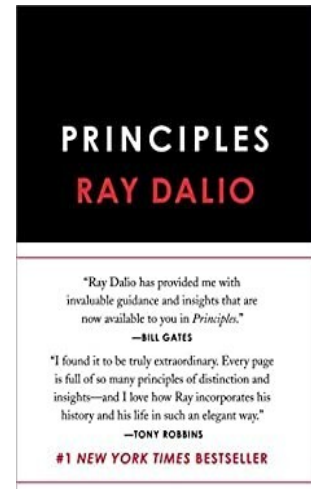
What are you reading right now?
Conversational Intelligence by Judith E. Glaser
Principles Ray Dalio (re-reading this!)

Favourite things to do?

Walk, read/listen to audio books, learn....

What is your best memory about reconciliation?

Hm....



Anything else to add?

Over the past few years the work I have done has changed. Originally starting Elephant in the Room Consulting as a coaching business, I have been pulled into the space of Indigenous engagement and development of programs to empower and support Indigenous peoples and businesses grow.

This work has enabled me to speak with leaders from corporates, non profits, government and SME alike – through this work I have invited them to see the world through a new lens; one that is neither black nor white, but rather one that is based on shared understanding and acceptance.

“ **For me, it is only through changing our lens’ that we will be able to truly be reconciled.** ”



elephantintheroomau.com



Yarn

Broken Heart Syndrome

BHS - What is it and can it be fixed?

by Julie Okely

I had never ever heard of this condition until I was in my hair salon and I had just finished a friends' hair, she was so upset by her daughters behaviour recently and mentioned this condition. It caught my attention so much that I forgot about rebooking her hair for 2023, and I swivelled around at my desk to hear exactly what she was trying to tell me.

A mother in pain isn't a good thing. It is even worse if it is one of our Sistas, because inwardly, we know that we spend our lives proving ourselves to the other 97% of Australia. I say this loosely, cause I do know some of our 3% don't even care what society thinks - and EITHER is okay!

But being a Mum, I heard what she was trying to say and it was profound.

I thought that broken hearts were just a urban myth backed up by Disney and other animations where the Prince never fills his promise, or even the Reality Shows, where the humiliation is televised for the whole of Australia to watch.



But my Sis went on... she told me of her past 6 years trying to help her daughter and the guilt she felt, and her mental state was in tatters, her marriage was getting tested, as her and the Hubbie were now fighting over it - a daughter that biologically wasn't his, but he had supported over the years in the best way he knew how. It was sad hearing about what this girl had put her mum through and was still doing it to her Mum, at 25 years old.

Like most people, I tend to hide behind the old saying..."oh, they'll grow out of it.. just give it time..." But some don't. It travels through the honeymoon, naughty fun times, to become a habit, and to the place of - One Day.



.....One day I will quit, one day I will get my crap together, one day, you will see. Have some trust in me Ma, they say.

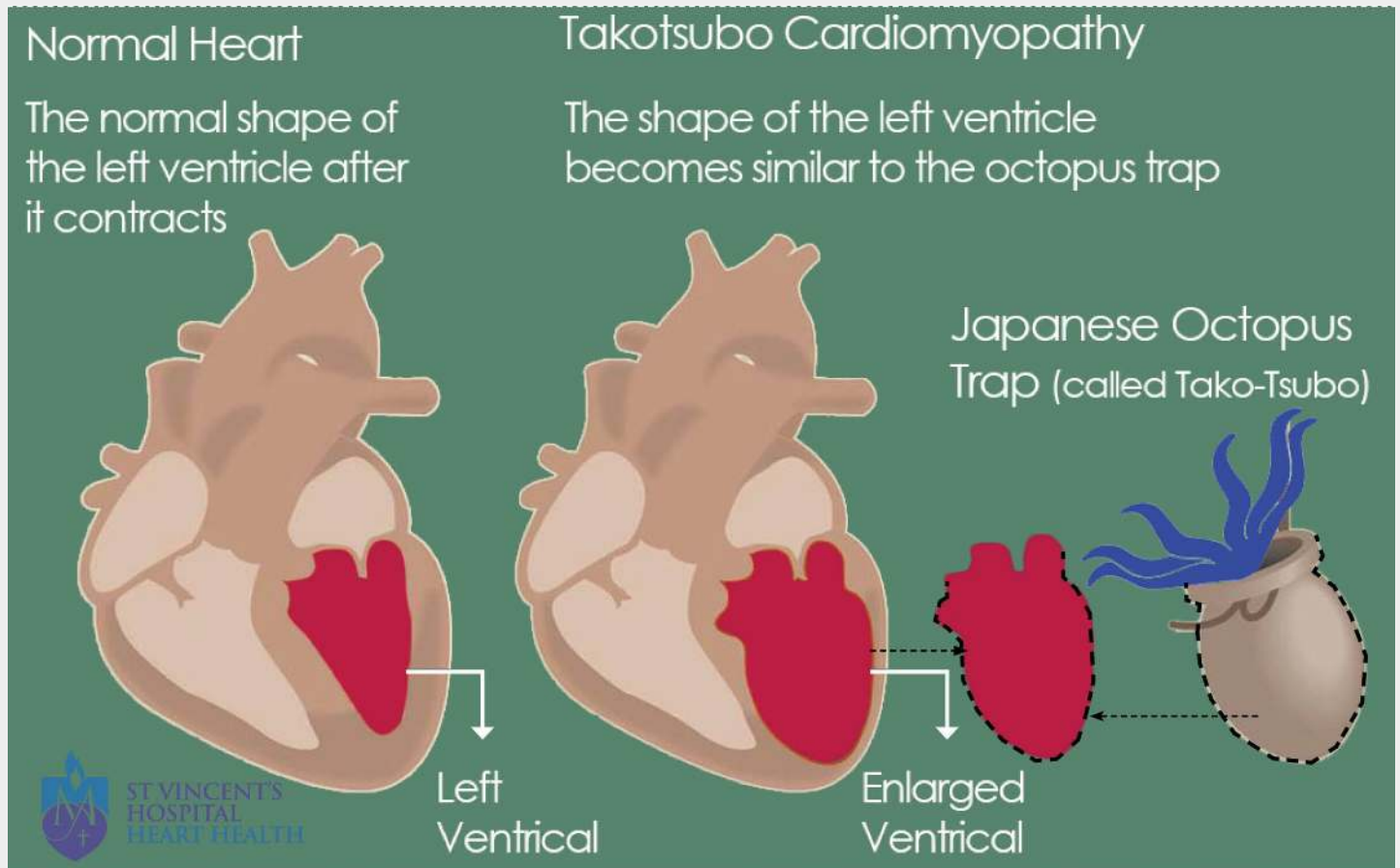
All the time, our hearts are cracking, just a little at first, but then the light starts to glimmer ever so slightly, till the point that the Broken Heart can't be ignored. It's there.....

And then comes the self blame, as a Mum, as a parent, as a mentor.

And the jealousy of other families, who are happy and don't suffer with the same trauma that you've had to live with.

Living a life on "the edge", waiting for the next call to react, and go and fix something that may never want fixing.

I could see it in her eyes, she was broken, but I did also notice something else, she had released it.



My Sis had decided to stop trying to help her daughter and hand it over. A call to a property management company will see her let go - maybe a little. The property manager was instructed to go in and attend to the damage at the property, and get it ready for new tenants and evict. Her daughter had threatened to leave and move out with her boyfriend anyway, so should Mum accept her empty threat or bluff and have her take some responsibility for her daughter's actions?

Having been her hairdresser for over 30 years, I had seen her journey and I had "her back". I wasn't going to tell her that my life was a rose garden. I wanted her to see that I was there, a spiritual Sista, where life had not been kind to me during my lifetime either.

And I wanted her to know that I ACTUALLY CARED!

"I didn't want or need to be one of those Sistas that only told the beautiful happy stories about my kids, I have had my share of challenges too - especially being a single parent for the past 7 years." - julie x

Broken Heart syndrome is very real, and here is the explanation about it....

*Broken heart syndrome is defined by the Cleveland Clinic as "a group of symptoms similar to those of a heart attack, occurring in response to a physical or emotional stress. Most people affected by broken heart syndrome think they are having a heart attack" because its symptoms may include shortness of breath and chest pain, which are similar to both conditions. Cardiologist Holly Andersen, MD, scientific adviser for the Women's Heart Alliance, said that the condition can be treated and even heal untreated, but it can also cause heart arrhythmias and sudden death. She said, that "you don't have to have any predisposing disease, and you could still be susceptible to sudden death...because of overwhelming emotional stress."

This led me to question the Generational Trauma of our First Nations Ancestors, our Stolen Generation sufferers, the Missing years that many are still trying to find.... and it lead me to ask some serious questions. - julie.

Are we a Broken Hearted generation?

Is this why we have a low mortality rate?

Because we carry a Generational OR personal trauma with us, like someone would carry the shopping, and we are told just to **get on with it?**

I think that is the toughest thing to hear. I am sure the Jews are not told to **recover** from the generations of **genocide** they suffered at the hands of the Germans?

Genocide definition: *the deliberate killing of a large number of people from a particular nation or ethnic group with the aim of destroying that nation or group.*



What about Ukraine now? In this age - where we are very aware of the repercussions to Mother Earth, why are people still being killed for ownership, control, greed - or is it power?

Why is the Aboriginal Embassy and it's peoples ignored?

Why are we, as a race, forced to cope with such racism and hatred when we were the first and original custodians of this land?

Surely, that has to have a certain level of influence/impact on why our mortality rate is so low.

I actually believe it. do you?

If any species in this world is born and raised and exposed to constant trauma and humiliation, what would its internal organs react like?

Isn't there evidence that generational trauma can be found in DNA?

Maybe that is our topic for our next Yarn....

**I am keen to hear from all of you. Tell me what you have to say about with this "thought" of mine.
Had you ever heard of Broken heart Syndrome before?**

Tell us your thoughts here:
<https://www.facebook.com/allfirstnations>

Quitting the Boondah

If you would like information about Winnunga's 'No More Boondah' quit smoking program, call the Winnunga Social Health Team on 02 6284 6222

by Julie Okely

Is it really that hard?

We all know the bad news of smoking, but that doesn't help us to kick the habit. It can be hard, even if you're an occasional teen smoker or a lifetime pack-a-day smoker. Face it, quitting can be really tough. The nicotine and other ingredients, provides a temporary—and addictive—high. Eliminating that regular smoke, causes physical withdrawal symptoms and cravings. Because of nicotine's "feel good" effect on the brain, many use cigarettes as a quick and reliable way to "help" your outlook, relieve stress, and unwind. For some, smoking is a way of coping with depression, anxiety, or even boredom. Smoking is both a physical addiction and a psychological habit.

Quitting is "crap" for everyone involved

Quitting means finding different, healthier ways to cope with those feelings of "crap". Smoking can be a daily ritual. It may be a habit to smoke a cigarette with your morning coffee, on a break at work, or with a drink. Do your friends, family, or colleagues smoke, and it's the way you relate to them.

Where to get help

To successfully stop smoking, you'll need to address both the addiction and the habits and routines that go along with it. But it can be done. With the right support and quit plan, any smoker can kick the addiction—even if you've tried and failed multiple times before.

Smoking is responsible for one in five Aboriginal and Torres Strait Islander deaths and is the most preventable cause of poor health and early death among Indigenous people.

winnunga.org.au

Partner Promotion

Australian Owned

Australian Owned – have you registered yet?



by Julie Okely

*AFN

#08106

Australian Owned. Invest in Australia.

Australian Owned™ is cause-driven with a mission to support the Australian business community. We want to give businesses the tools to grow, assisting to strengthen communities through jobs and investment, contributing to the long-term prosperity of this country.

The Australian Owned™ certification trade mark is a high value asset to business and industry and obtaining your certification evokes trust and confidence. With a team of qualified compliance & marketing professionals, Australian Owned™ are proud to extend to you an invitation to join our national, market leading and cost-effective certification program.

There are memberships for all First Nations new registrations. Register, and you will become an Indigenous listed member, with the logo specifically allocated for First Nations members.

ausowned.com.au



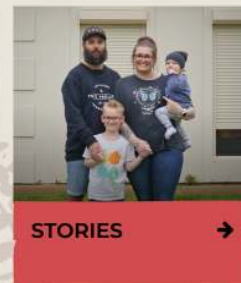
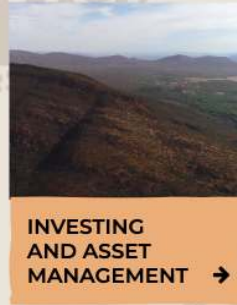
Partner Promotion

Indigenous Business Australia



IBA's objective is to provide quality leadership in facilitating and enabling Aboriginal and Torres Strait Islander engagement in the wider economy. IBA is an integral partner within the Government's Indigenous Economic Development Strategy, which seeks to close the gap between Indigenous Australians and other Australians' standard of living. The aim of this strategy is to increase the wellbeing of Indigenous Australians by supporting greater economic participation and self-reliance.

HOW CAN WE HELP YOU?



IBA's principal legislative basis is the Aboriginal and Torres Strait Islander (ATSI) Act 2005 under which IBA is established:

- (a) to assist and enhance Aboriginal and Torres Strait Islander self-management and economic self-sufficiency; and
- (b) to advance the commercial and economic interests of Aboriginal persons and Torres Strait Islanders by accumulating and using a substantial capital asset for the benefit of the Aboriginal and Torres Strait Islander peoples.

In meeting our objectives we are guided by: Our Values Our Corporate Plan – which maps our direction and articulates our vision, values and strategic pathways.

Our Customer Service Charter – which states our commitment to providing our clients with the highest level of quality service, and details our process for receiving and handling feedback and concerns.



iba.gov.au

Sharing the Flavours of my Culture with AFN Food Editor ARIKA

Quandong and Davidson Plum Cake

Everyone loves a beautiful mix of culture to use at your next dinner or gathering around the BBQ. We have a little yarn with Arika from *Tukka by the Bush* - and we ask her to give us one of her favs...



Ingredients

- Butter/oil spray, for baking
- 1 cup milk/substitute of choice
- 2 cups self-raising flour
- 1/2 cup sugar/substitute
- 1 beaten egg
- 1/4 cup macadamia oil/substitute
- 1/4 cup pre-soaked quandong skins (boil in shallow water to make skins soft) or add 2 tablespoons quandong powder
- 1/3 cup desiccated coconut
- 1 teaspoon of Davidson Plum powder

Method

- Turn oven to 180°C
- Line cake/bread tin or muffin tray with butter/oil spray
- Mix all ingredients in a bowl
- Pour into tray/tin and bake for 20 minutes or until cooked through.

Read the full article here: <https://www.canberra.edu.au/uncover/news-archive/2022/october/sharing-the-flavours-of-my-culture>

tukkabythebush.com



Member profile

Little Rocket

Little Rocket is an experienced team, passionate about delivering quality-marketing services across a broad range of disciplines and mediums.

Consider us your crack team of specialists that can assist you with anything from strategy, planning, creative, branding, digital, advertising, public relations and loyalty solutions.

We work to brief and consult in a collaborative process to ensure you get the best experience and execution available.

Our solutions are delivered in a timely manner, with clear communication and accountability paramount.

....We are a full service strategic and creative agency....

Little Rocket is proud to work with a diverse range of clients who share our commitment to reconciliation and making a positive impact in the world. We have experience working with NGOs, corporate businesses, community organisations and state and federal government departments. VICTORIAN DEPARTMENT OF HEALTH Stronger together Helping children and their carers navigate COVID-19 challenges.



littlerocket.com.au

Member Profile

Dreamtime Tuka - Herb Smith

Our ingredients are grown
right on this land

and have been growing here
for over 60,000 years

Proud Wiradjuri man, Aboriginal Elder and business entrepreneur, Herb Smith, has always believed in the power of good food and good stories to bring people together. Now a leading supplier of native Australian flavoured snacks in Australia, Dreamtime Tuka's vision and values lie in the continued desire to create wholesome and delicious food that satisfies our loyal customers. As a majority owned Aboriginal company, Herb believes each product provides an opportunity to share a special understanding of native Australian ingredients we've nurtured for thousands of years whilst delighting hungry bellies across the nation.



dreamtimetuka.com.au

Member Profile

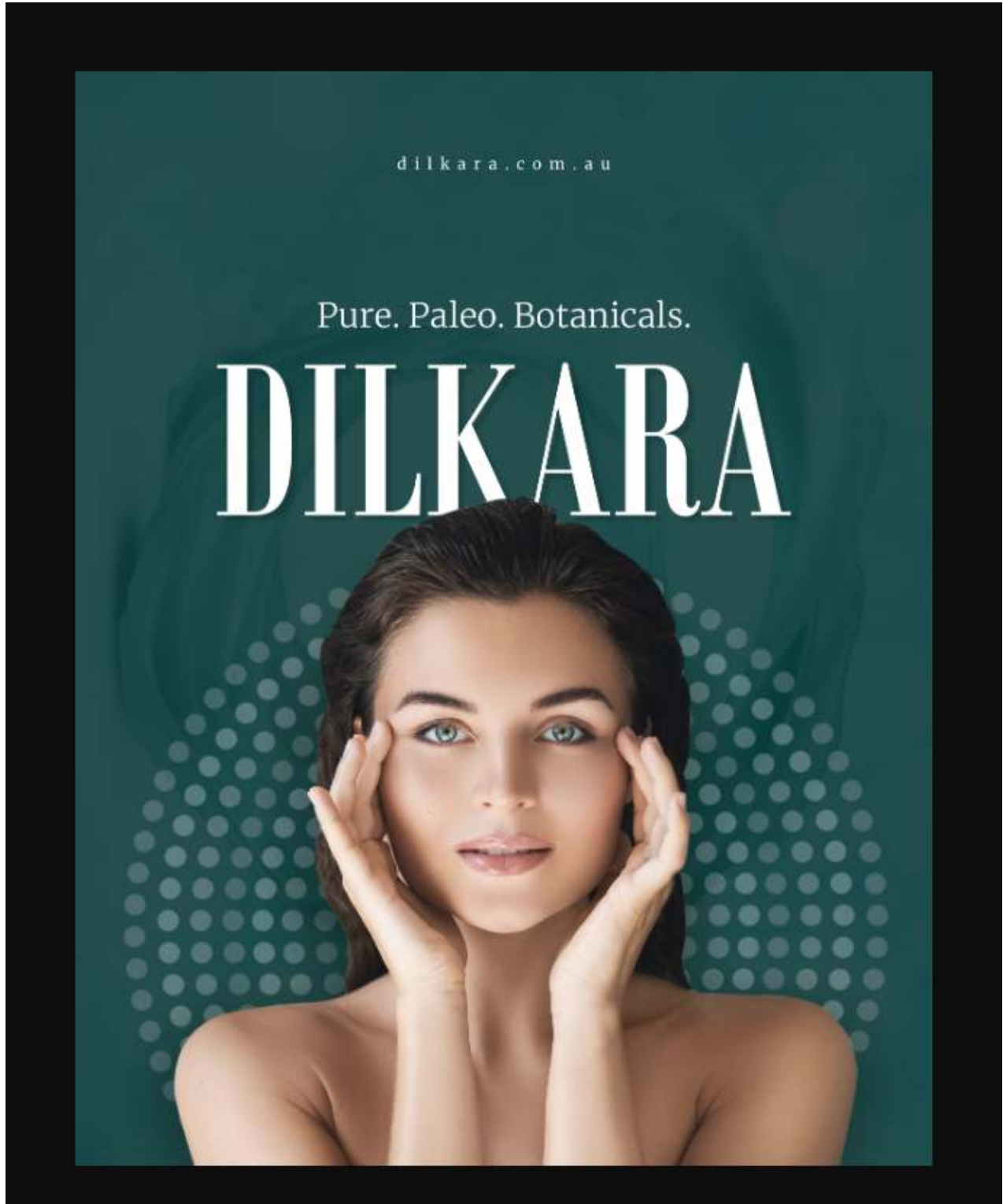
Outback Global – Jasmin Herro



Jasmin Herro was born in Cairns and is a descendant from the Torres Strait Islands. She has always been entrepreneurial from an early age started selling mandarins from a box out the front of her father's service station to now conducting international business from her suppliers in the worlds manufacturing hub of China and the Asia Pacific to the America's, Canada and the Middle East. She is the CEO and Founder of the multi award winning; Outback Global Australia and Vice President of Outback Global USA. Jasmin was named one of Westpac and AFR's 100 Women of Influence in 2014 and is the winner of the 2014 "Most Outstanding Alumni" award from the prestigious Melbourne Business School. Jasmin believes that giving Indigenous and non-Indigenous people the opportunity to start a conversation is the first step in building relationships and to change the stereotypical thinking about Aboriginal and Torres Strait Islanders, their culture, art and people. She works tirelessly to promote diversity and inclusion around the world and delivered speeches in USA, Canada and China. Jasmin encourages the young and young at heart from all backgrounds to have big dreams and follow them.



outbackglobal.com



Pure - Paleo - Botanicals



Can you MANIFEST your dreams?

What is your dream list and how do you pull them into your reality?

by Julie Okely

1. Keep the END in mind.

To take this process seriously, you will need to find a quiet spot where you can take the time to go into your subconscious thoughts and ask yourself, what do you really want? Grab a pen and paper and start writing it down. Be honest to yourself, and remember - nothing is out of reach, so be bold!

2. IDENTIFY what you want.

Imagine you are throwing darts at a dartboard, or shooting hoops. If you don't focus, you can't get the shot, or the points! Imagine it's a catalogue from a greater power, whether it is the Universe, your Ancestral Spirits, or you believe in another source, just focus! Write them down.

3. EXPECT your dreams to come true.

Think of it this way, if you order online from a website, do you question if the order has been placed? Of course not, you know it's been ordered. Now you just need to see when it has been delivered.

4. IMAGINE it in the now.

Believe it is happening in the now, bring and attract it to you, and keep the faith! Start a vision board and create one that has your every desire, goal or dream pictured, right there in front of you. It will help you feel emotions and be in the moment, feeling what it would be like living in that moment.

5. Be ENERGY efficient.

Focus your energy where it will help you bring your dreams to you in real-time. Wasting energy on negative or situations that don't push you towards your dreams - are they worth it? No, keep your energies for your path.

6. Maintain a LASER FOCUS on what you want. Give it your attention.

As I have said, it is so so important to keep on track. Many times we get distracted and we help others, that's okay, but are you refocusing on your dream path and where you want to be?

7. Be UNATTACHED.

I once was told by a friend, when you hold money tight in your fist there is little room, but if you open it up, there is more abundance to be found. Trust in your energy and your forward steps to keep moving forward. We don't order 10 times from a website for the one item we want, do we?

8. Go on an APPRECIATION RAMPAGE and preserve an ATTITUDE OF GRATITUDE.

Enjoying a life of good energy and happiness is the way to bring more fortune to you, so keep that positive energy flowing and appreciate those who have helped you, and thank them for it.

9. Let Go of the PAST and follow your HEART! Once and for all.

The past hasn't got you where you want to be, so focus on what you can do to draw your dreams closer by actions that you do in the present.

10. DREAM BIG!

Do not limit yourself! Let your dreams have wings and see them fly!



Dreaming Story

The Lizard man, Kandju or Linga

While the snakes and wallaby were camped at Ayers Rock, a little lizard man lived alone, somewhere to the west.

One day, while he was trying out a boomerang, the weapon spun away and buried itself in the soft sand of the mound which later turned to rock.

Kandju, upset over his loss, dug everywhere in the sand until he found it. Many of the spectacular features in the Kandju Gorge are the result of his desperate search — the holes and gutters he dug in the sand are now the deep potholes and vertical chasms of the gorge.

The lizard stayed in this area for a while, and then moved to another side of Ayers Rock, near Taputji, the camp of the Mala women, and here the Yangkuntjatjara call him Linga.

Linga lived mainly on honey ants, but the worker ants chased and bit him every time he stole the honey.

As he was unable to find any other food, he became very hungry, and almost starved to death. One day he saw a young carpet snake girl asleep in front of her wet-weather shelter and killed her to eat.

The body of the Kuniya girl changed into a boulder, the wound in her neck into a rock fissure. Having eaten the girl, Linga left the area and travelled away into the distance towards the Musgrave Ranges.

Pitjantjatjara-Yangkuntjatjara, central Australia

Source: AUSTRALIAN DREAMING 40,000 YEARS OF ABORIGINAL HISTORY compiled and edited by Jennifer Isaacs

Product Feature

Terri Janke

True Tracks®: a pathway to Indigenous Engagement


True Tracks® is a unique professional development workshop that will enhance your Indigenous engagement and increase your understanding of Indigenous Cultural and Intellectual Property (ICIP), or Indigenous cultural heritage.

Do you need guidance with: Engaging Indigenous suppliers? Employing Aboriginal or Torres Strait Islanders?

Utilising Indigenous knowledge and cultural heritage material (e.g. visual art, plant knowledge, languages), but not sure who to ask or how to do it? Reproducing an Aboriginal or Torres Strait Islander artwork, but want to know the best approach?

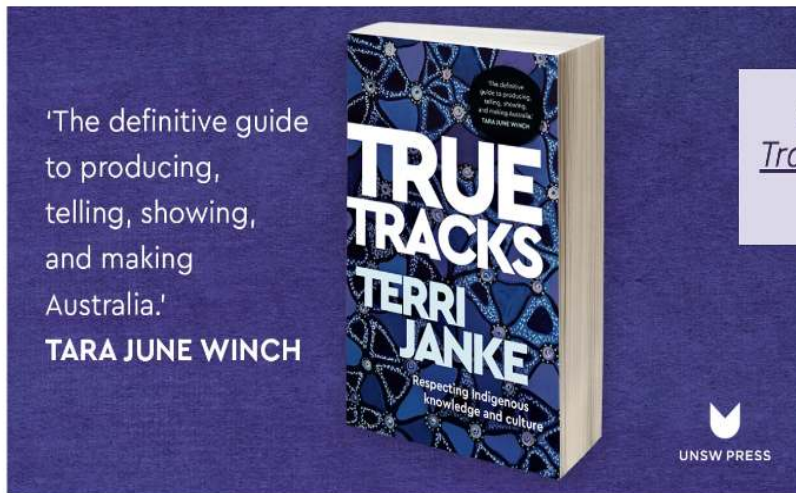
Understanding how the leading agencies and corporates are managing their Indigenous engagement?

Realising a calm, holistic and proactive approach to Indigenous issues will be more effective than an urgent, stressed, band aid approach?



Terri Janke and Company
is an award-winning Indigenous law firm
that empowers clients to achieve success in
business and innovation.

...increase your understanding of Indigenous Cultural and Intellectual Property (ICIP), or Indigenous cultural heritage...



terrijanke.com.au



Tales of Cinderella is a collection of dating experiences to entertain and enlighten women about online dating in the modern age.

The central character, Cinderella, is a sensitive woman with love in her heart and a desire to find her soul mate to complete her future. Hopefully, within her story, you will be motivated to find the courage inside of yourself to find your True Love.

Each chapter concludes with advice from our relationship expert Simone Hamilton who gives her insights from each encounter to help understand and learn why things happened as they did.

All names have been changed to protect the innocent... and the guilty.

talesoftinderella.com



Editor Feature

Julie Okely



"My latest project is very exciting, All First Nations is set up as a social enterprise, to give back to community, the purpose of the AFN platform is to unite all First Nations peoples in one meeting place, and make it easier for you to find everything at your fingertips – searches include area, region, product or person. If there is something our First Nations people offer – allfirstnations.com.au ..."

Julie Okely – Founder and Supply Nation Indigenous Businesswoman of the Year, ACT NAIDOC Award recipient, and long-time business owner.

Who am I?

I am an Independent woman, with many facets to my person. I am a Published Author, Speaker, Advocate, Manufacturer and Mother.

I have had many lessons in my life, and some I listened to early, and others I have had to experience many times over before learning from them. I was born into a bi-cultural family with my Mother being a proud Kamilaroi Indigenous woman, and my Father being of English Heritage.

I come from a fractured family where losing my Mother at a young age set the precedence for my ability to grow up fast and strong.

It was more of a necessity than luxury. I learnt early that there is resilience in myself that I had to rely upon to see me achieve the visions and goals I mapped out for myself, in my life.

My most recent achievement was seeing my book Tales of Cinderella be “optioned” by a successful Production Company, to become an Australian TV Series, where the lead character is an independent Indigenous woman.

It is a story I am proud of, with many roller coasters in her story.

I am always the eternal optimist and I look for the positives in every day. And I am trying, in every way to do the best by listening and learning from my community mentors and respecting culture.

I always look for the rainbow, which is fitting, since Dilkara means rainbow in Aboriginal language.

julieokely.com.au

Coolamon Advisors



Katrina Fanning



Coolamon Advisors have the experience and capability to support your program and policy objectives Coolamon Advisors have the experience and capability to assist Government and Commercial Organisations to deliver greater value and benefit to all Australians.

Katrina Fanning AO PSM

Director Katrina is a Wiradjuri woman and a director at Coolamon Advisors, she provides a broad range of expertise across Government Policy and Operations, including a deep understanding and proven capability across Indigenous areas. Katrina has deep public sector experience at SES levels and has been responsible for leading complex operational and policy activities for a number of organisations. Coolamon Advisors is focused on specialist support in the design, management, delivery, and evaluation of Government Policy and Programs. The team has a strong capability in Government Operations, including Procurement, Monitoring and Evaluation, Stakeholder Engagement, and Negotiation. Coolamon Advisors have a particular interest and a proven capability in Indigenous Programs and Policy and bring a rare level of experience and credibility in all areas of Indigenous Policy. Most recently, Katrina was the General Manager of Operations and also the General Manager of Strategy, Innovation, and People at Aboriginal Hostels www.ahl.gov.au. In these broad roles, Katrina supported the board and CEO in undertaking the planning and execution of activities for AHL across Australia. Key to these roles was the continual innovation and improvement of the AHL delivery model through the identification of new business opportunities, enhancement of staff capability, the continual management of risk, and effective engagement with a broad stakeholder group. Awards and Recognition Include Officer of the Order of Australia (AO), for distinguished service to the Indigenous community through education and health initiatives, and to sport, 2023 Australian Capital Territory Australian of the Year, 2020 Public Service Medal (PSM), for outstanding public service in Indigenous affairs, 2015 Australian Capital Territory Woman of the Year, 2014

coolamonadvisors.com.au

Kamberra Indigenous Cleaning



Kamberra Indigenous Cleaning are proud to advise that we are extremely focussed on using only the best environmentally friendly products, machinery and cleaning systems to achieve our high standard of services. After many years of research, we are now able to provide our clients with a select range of environmentally friendly products to meet their cleaning needs, whilst minimising our impact on the environment. Our integrated management system has been certified to the following standards.

WELCOME TO KAMBERRA INDIGENOUS CLEANING

In 2017, the Rolfe Group, Canberra's largest commercial cleaning providers established Kamberra Indigenous Cleaning, a dedicated and now proven commercial cleaning company delivering quality cleaning services and promoting Indigenous awareness through employment opportunities, sponsorship, and community engagement.

We extend a warm welcome to you for visiting Kamberra Indigenous Cleaning.



kamberraic.com.au

Blak Fashion

by Sarah Bolt & Leanne Toohey - Guyamgan Bahna Fashion

Fashion is a statement that showcases the individuality of a personal passion, dreams, aspirations and storytelling. A statement of style, comfort and a person uniqueness. Fashion can be a harness to an individual person identify. You don't have to be creative to design a thought, a dream and to tell a story of historical culture or personal upbringing. This is a cultural gift in our Aboriginal and Torres Strait Islander culture and people. Us, our mob, our community, our families.

The beauty of Aboriginal and Torres Strait Islander fashion that it is a representation for our mob to showcase and demonstrate the importance of culture. Within the cultural story of each Aboriginal and Torres Strait Islander Designer, they apply their own individual artistic and creative thought, to develop a visual concept that is imbedded into each of their garments with this cultural power, and pride.

As one of the co-founders of the Guyamgan Bahna Fashion (Star Rise Fashion) corporation - Leanne Toohey and I, both Bundjalung women, work closely with First Nation Designers and First Nation models, who have shared their stories and highlighted how cultural, social, and emotional wellbeing has played a major factor to the method of their "beautiful madness." Combining this creativity and cultural storytelling together, it inspires their ongoing achievements within the fashion industry, through the world of modelling and fashion storytelling.

Who is...

Guyamgan Bahna Fashion corporation was established in 2021 by Leanne Toohey and Kathleen (Sarah) Bolt. Guyamgan Bahna is a Fashion corporation that considers the health and wellbeing of our mob, focusing on the younger and emerging generation.

Guyamgan Bahna Fashion corporation provides an opportunity, support and a platform to encourage change for our younger generation to move forward in life and **to step out of their comfort zone.**

Our Business Plan aims:

- ♥ Enhance identity and wellbeing.
- ♥ Fostering community bonding, Knowledge and understanding of First Nation Culture.
- ♥ To present, promote and nurture all aspects of traditional and contemporary Culture.
- ♥ Building stronger community connections and relationships.
- ♥ Promoting and encourage mentoring and leadership.
- ♥ Increased confidence and self esteem.
- ♥ Learn more about balance and a healthier lifestyle.
- ♥ Identify ways to self-care in relation to physical, mental, emotional, spiritual health, financial, cultural, political and social inclusion.

Guyamgan Bahna Fashion Corporation will be delivering workshops in cohort with many stakeholder/partners

to:

- ★ *Identify the needs and and challengers of our youth of today society who struggle with every minute of their day and to provide a pathway and tools that will enhance their wellbeing.*
- ★ *Empower young people to take control of their lives, by giving them the opportunity and to develop skills that will enhance their self-esteem, confidence and play a positive role within their own life and community.*
- ★ *Inspire and support young First Nations to use their energies for positive change, promote and encourage leadership.*



Blak Bold Brave

All First Nations

Our team work closely with First Nation Designers to promote their Business and Garment on a runway. The youth have the opportunity to walk down a runway with courage and confidence and showcasing the amazing storyline through fashion of our First Nation Designers and the **Guyamgan Bahna Fashion Show** held annually.

Guyamgan Bahna Fashion corporation has the pleasure to work with amazing First Nation Designers, such as

- 👤 Colleen Tighe Johnson (First Nation)
- 👤 Darin Dunn (First Nation)
- 👤 Cheryl Creed (Murrui Quu Couture)
- 👤 Jolonzo Goldtooth (International First Nation, Mexico)
- 👤 Sherleen Yellowhair (International First Nation, Mexico)
- 👤 Amelia Jan Tahere- Angus (International First Nation – New Zealand)

How can you help us grow?

Donating to our business your support will enable us to deliver workshops based on mental health and suicide prevention, leadership and confidence building that will provide tools to strengthen their self-esteem and to challenge themselves to move forward.

Your support will help us to provide the much needed resources for us to **give back** to the First Nations youth and community.

[Donate here:](#)

Guyamgan Bahna Fashion

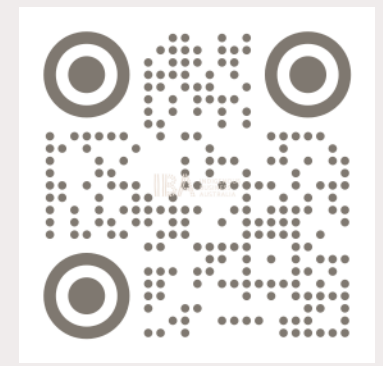
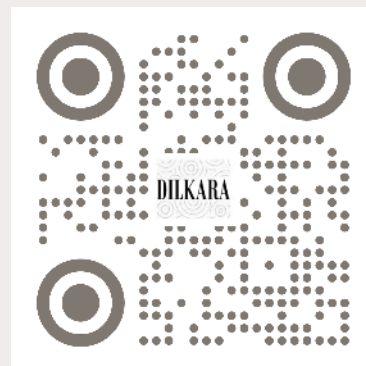
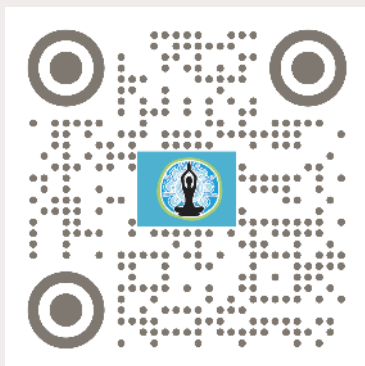
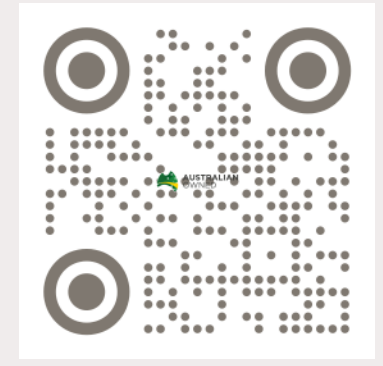
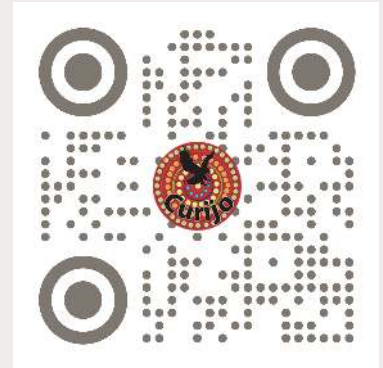
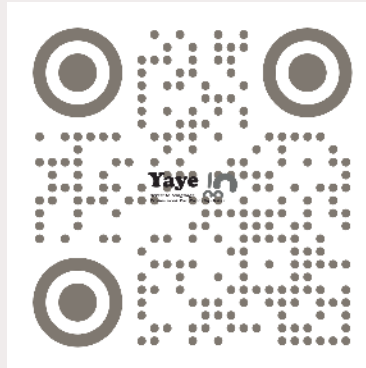
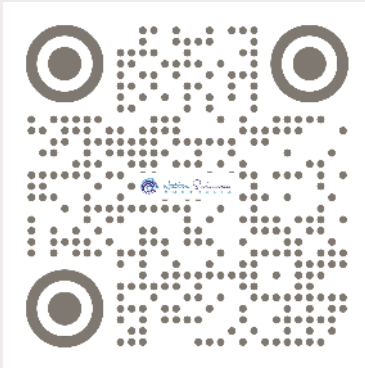
BSB 084-004

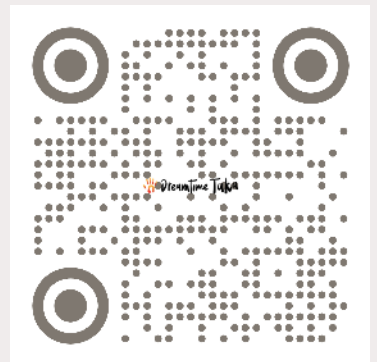
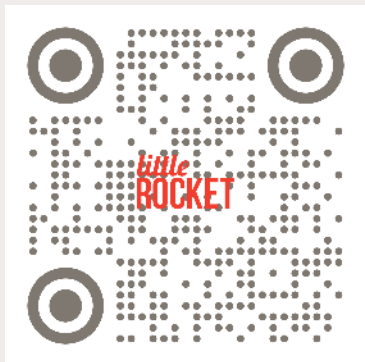
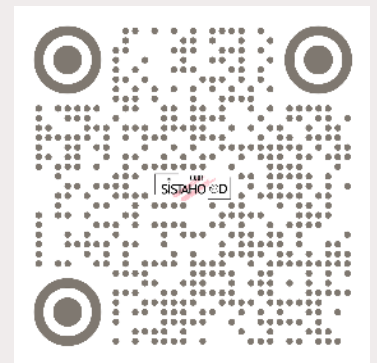
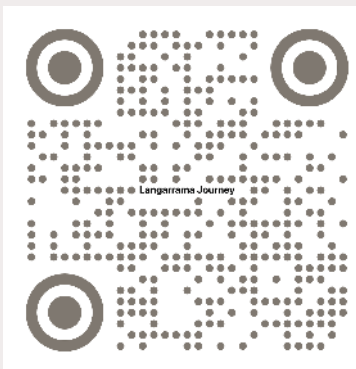
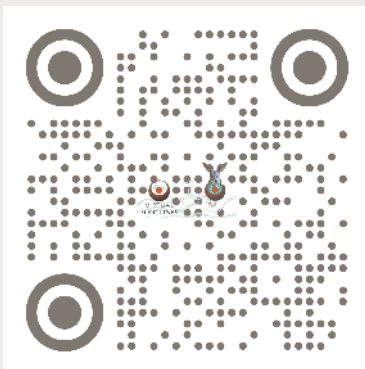
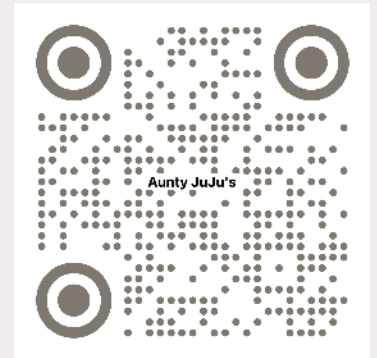
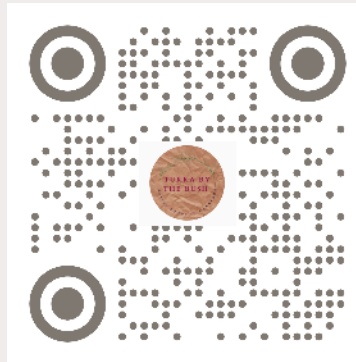
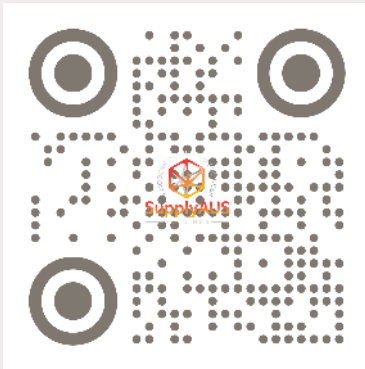
Acct No 189627279

(NAB Business Account)

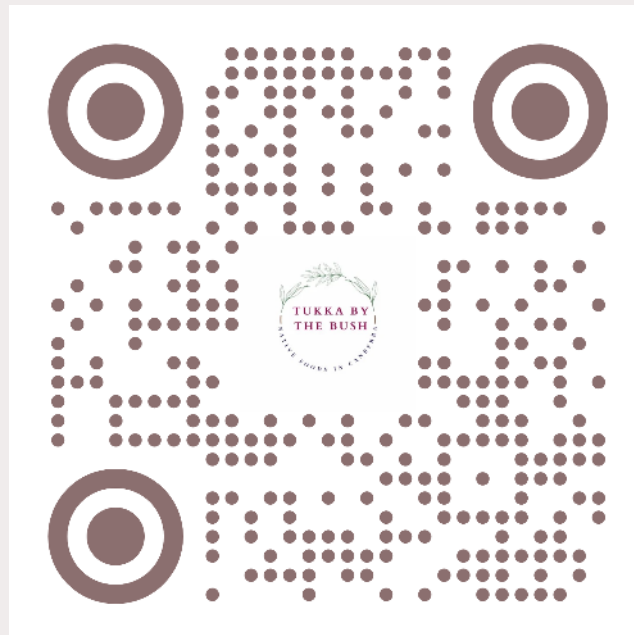
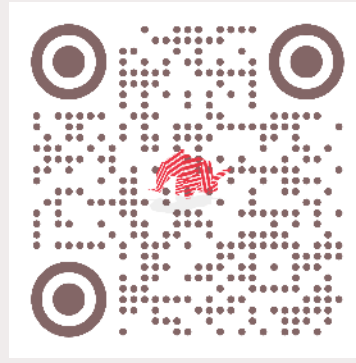
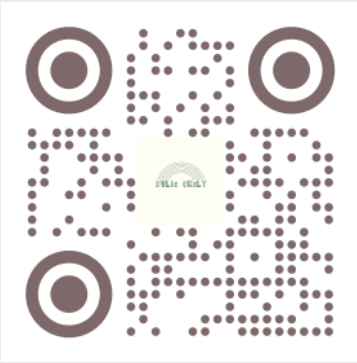
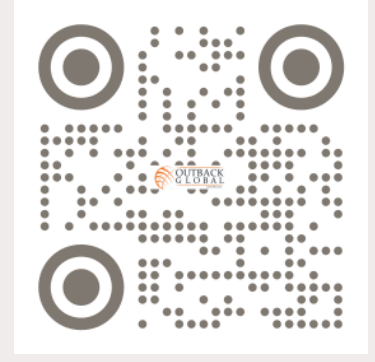
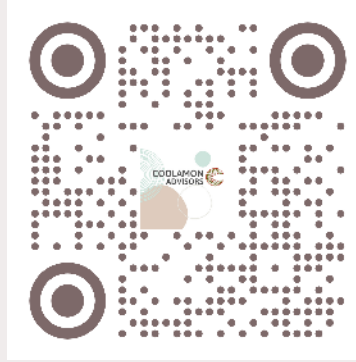
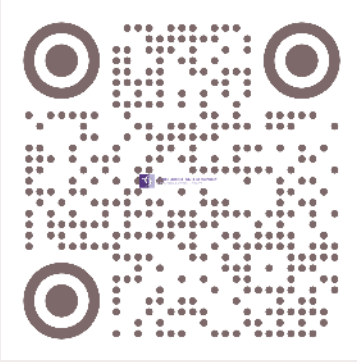
Quick QR Codes

AFN quick reference QR code pages offer an easy way to find all of the contributors from our Autumn issue.





Would you like to feature your business, service or product in
AFN?
Reach out to us and be featured in our next quarterly issue.



The team at AFN would like to thank the following First Nations contributors who were part of our Autumn Issue 1 of the AFN Magazine.

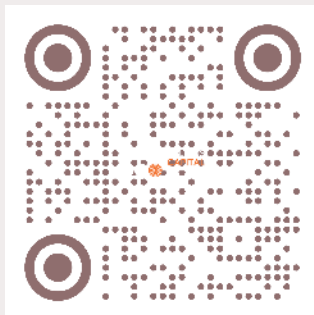
Native Australian Swimwear
Langarrama Journey
Deb Munson
Wunyun
Aunty Caroline Hughes
OJ's Aboriginal Art
Brett Leavy -Virtual Songlines
Bilbie XR Labs
SupplyAUS
Our Sistahood
Katrina Fanning - Coolamon Advisors
Belinda Kendall-Barnes - Curijo
Juju's Indigenous Art
Winnunga Nimmitjiah Aboriginal Health Service

Little Rocket
Dreamtime Tuka
Outback Global
Dilkara Australia
Terri Janke
Coolamon Advisors
Kamberra Cleaning
Jenni Walke
Elephant in the Room Consulting
Fashion
Yaye
Arika Errington - Sharing Cultural Recipes

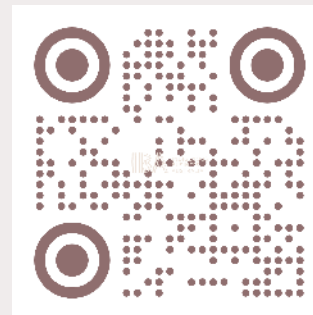
Brought to you by the AFN Team:

Brendan Moyle - Aboriginal Advisor
Arika Errington - Food Editor
Sarah Bolt and Leane Toohey - Fashion Editors
Julie Okely - Editor

Gold Partners



First Australians Capital



Indigenous Business Australia

Our Back Cover Feature

virtualsonglines.org

Virtual Songlines - a time machine by Bilbie Labs XR - Brett Leavy.



Copyright © AFN - Julie Okely - AFN Founder and Supply Nation Indigenous Business woman of the Year, ACT NAIDOC Award recipient, and long-time business owner.