

SISTER KATES HOME KIDS ABORIGINAL CORPORATION



BOOK  
OF  
*Affirmations*



# *Introduction*

Though we are a people interrupted in our collective and individual journeys through life, and though we still feel the deep hurt of our Ancestor's pain, we can, if we have enough faith, collectively rise above this adversity by working together to boldly embrace a new chapter as a unified group of strong, healthy Aboriginal people.

This booklet has been compiled by the Sister Kates Home Kids and their younger generations, to aid in the support and healing of the Aboriginal and wider community, who are struggling with transgenerational trauma.

On behalf of the Sister Kates Home Kids Aboriginal Corporation, we hope the words shared in this booklet help you with your healing journey.

***Tjalaminu Mia***

**Chief Executive Officer**

**Cultural Healing, Empowerment and Leadership Programs  
Sister Kates Home Kids Aboriginal Corporation**



*Love, acceptance and mutual respect  
is the essence of the Devine:*

*These three words,  
if put into positive action,  
can make all the difference to your life*

**Koort-ak-barang, warangan  
baal boola kadjan birdiya**

**Yeye dambart waangk moorditj koorl  
Noona kwoba yirang koorl**

*TJALAMINU MIA*



*You are special  
You are you  
and you matter*

**Noona kwobiny noona keyen  
wer noona birdiya**

*LYNETTE & MAXINE*

*We've all been hurt, it's up to us to  
make a decision to let go  
Focus on the present, enjoy your life  
Forgive – let it go, let it be!*

**Ngalang bandang koort bidji  
Ngala kaaditj yeye  
Nidjak ka kwobadjil koorl**

*AMY & DYLAN*

*Try your best,  
despite the odds*

**Nginda aliny warra  
Noonook moorditj waarn**

*MAEGHIN & HEATHER*

*Music expresses one's emotions of life's experiences,  
it ties generations together, music is universal  
Music in itself is healing,  
music is my medicine!*

**Mayar nyoondak bidi-maat koorl  
yoondanginy balang kora-kora  
yeyi baalap mayar  
wongin wer mabarn koorl**

*DEANNE*



*You need to nurture and love  
the child within,*

*to change the present  
and future adult*

**Djinang koorlang koort bwora'mila yeyi**

**Noongarang boordawan koorl**

*DEZERAÉ*

*To observe without judgement,  
is to be present without fear*

**Yoowart kaaditj wara-waangk  
Noona yoowart kweyiny nidjak**

*RONALD & KHYLE*

*I choose to be positive  
I choose to release all negative thoughts  
I choose to be happy  
and in harmony with the universe*

Ngany karny  
wara kaaditj bokert yen  
Ngan djoorap dandjoo bandang

*JESSICA & JOSHUA*

*Live free today, but give thanks  
to your ancestor's strength*

*Strive to overcome our struggles  
as if there is no option of defeat*

**Wininy yeyi noonada demangka  
moordawin djoorap**

**Arn winyaarn bidi koorl**

*ROBERT*



*The beauty of choice is that we get to choose  
I choose to respect, accept and love who I am*

Ngala kwobadjil kaadidjiny  
Ngan warangan  
Ngany woonya nganyba yey

*RACHELLE & HARLEM*

*Be thankful of what you have,  
because what you need will come*

**Djoorap ngala barang yey ka  
Nyoondal kenyak yoowal nidja**

*TYLER, JACINDA & KIMBERLEE*

*I am thankful for the land I walk on,  
for the sun shining on my face and  
for the air I breathe  
Today I choose to be happy  
and love being me*

**Ngal djoorap boodjera djen baam  
Ngaangk kanangkoor mirnitj baam  
Ba; ngan wowak yey  
Yeyi ngan koort-djoorap  
nganalang nidja**

*ANDREA & LAKITA*



*Be amazed every day by the  
miracle that you are*

**Moorditjabiny  
kaaditj—djinang  
noonadar nidjak yeyi**

*NOLA*



*To walk in truth  
is better than walking in untruth  
and coming undone*

**Bidi-maat kanarn koorl  
kwobadjil wara kaadidjiny koorl**

*GILLIAN & JONELLE*

*There is no love like the love of a mother  
Her sheerness alone can illuminate the night sky*

Yoowart koort-a-kwop  
Ngaangkan woonya-mokiny  
Baalang birikon moordang  
worl kanangkoor

*MELANIE & LEEARNA*

*The essence of Aboriginal spirituality is in the strength  
and connection to your family*

*Knowing who you are and where you've journeyed  
strengthens your sense of cultural belonging*

**Nyoonak Noongaral wirn moordawin  
moortang dandjoo koorl**

**Kaadadjiny noonadar maat-bidi baalang  
djinang noonook nyin**

*CHERYL & CARMEL*



*Look to nature that surrounds us  
It can heal and its free*

**Djinang boodjera, keba, marlak-ngat  
wer worl nidja ngalang koranganan**

**Baalabiny kwobinyarn waarn Kadjin**

*BERYL*



*Positive thought, right choices  
and good decisions  
make powerful outcomes*

**Moorditj kaadadiny  
kanarn maat**

**Kwobadjil koorliny**

*CHRIS*

*The joy of life is in the wonder of creation*

**Kwobadjil ngandabat  
oonak kadjin boodjera waarniny**

*LINDSAY*



*Healing Homees – together again, all one family © 2015*

*This book is dedicated to all  
Sister Kates Home Kids  
and their Descendants*

*both past and present*

*Whom have worked hard to heal  
themselves and their families*

*and to aid others  
in their healing journeys*

**End Note:** The tree on the front of this booklet reflects the strength and resilience of the Sister Kates Home Kids and their families.



# Coolungar Thieves

Nih! Listen! Can you hear  
the anguish cry of a mother's tears  
streaming down a face contorted with fear

Shoosh! Hear her now plead  
to hard men in black suits  
who invaded her womb  
to steal her precious fruit

Be quiet! And you will hear  
a breeze whispering through ghostly trees  
'Tis the whimper of stolen children  
who have vivid memories  
of poor mummy and daddy  
falling to their knees  
begging the Wajella's God  
to please – set our Coolungars free

Bellai Manatj! Beware  
of their bold cold stares  
those icy snake eyes  
are looking down there  
little sister and baby brother  
lay hidden, right there  
don't move, don't breathe, be still  
the Devil is near

Mummy! Daddy! Here they come – run!  
scattered seeds in the breeze  
Head for Yonga creek  
where Great uncle will be  
Great uncle won't let the Wajella's take thee  
he'll fight to the last  
like he did at Gallipoli,

but even uncle couldn't beat  
this force mightier than we  
could ever imagine  
in our wildest dreams  
thus, with batons they sunk  
proud Unc' to his knees  
into the belly of the beast they flung  
brother boy and me



Nyorn! My poor uncle laying sprawled  
by the sacred waterhole  
blood dripping from a wound  
that cut deep to his soul  
He once fought for freedom  
in another's country  
now laying broken in his heartland  
denied justice and dignity

Shhh! Quiet now coolungars -  
don't fret for mummy's song  
the briddea will hear you  
and preach that 'tis wrong  
to pine for lesser beings  
with paganistic ways  
he'll flog us, in the name of Jesus  
then for our souls he will pray

Faraway, camp quiet, no children  
like a midnight cemetery  
tears hard like gravel  
too painful to set free  
vacant stunned faces  
still unable to believe  
the evil, cruel arrogance  
of those demonic  
Coolungar Thieves

*GRAEME 'BINDARI' DIXON*

*(B. 1955 – D. 2010 – R.I.P. BROTHER BOY)*

**End Note:** The poem is one of many that Graeme has written over several decades, to both share his perspective on the Stolen Generations – a Sister Kates Home Kid and survivor himself; and to aid those who suffer the impact of intergenerational trauma from that part of Australia's dark history.



*Breaking the Chains of Silence* © 2006

I will not be bound by the injustice of the past  
I am here in this moment  
I will not be chained or stand silent  
I have a voice  
I will not look back with regret  
I stand up and face my actions  
I will not shed tears of defeat  
I will shed them to heal your hurt  
I will break the chains that bind me silent  
I will speak up  
I fight for you

**Artist/Author:** Alta Winmar

# Acknowledgements

The intent of this publication is to highlight both the Sister Kates Home Kids and their descendant's healing, empowerment and leadership progress, by rising above negative adversity and how they are collectively addressing the intergenerational trauma that has and is still impacting their lives.

The Book of Affirmations is a collaboration between the Sister Kates Home Kids families, staff and supporters of SKHKAC, which hopefully displays a positive example to other Stolen Generations groups and the wider Aboriginal and Torres Strait Islander community – that by closely working together in harmony as a united group on community programs that are based on acceptance, respect and acknowledgement of the contributions of others, can manifest into a way forward in not just their healing, but aiding others in their healing journeys too.

The Affirmations and content reflect the aspirations and creative expressions of the individual authors ranging in age from 14 to 90 years old; displaying at various levels, their healing words of hope, that if used daily, can help to fade negative self-talk and low self-esteem and replace it with positive thought and action.

## AUTHORS:

Tjalaminu Mia, Lynette and Maxine Ingram, Amy and Dylan Groves, Maeghin and Heather Western, Deanne Tann, Dezerac Miller, Ronald Ronan and Khyle Salis, Jessica Lister and Joshua Hopes, Robert Ronan, Rachelle Eldridge and Harlem Kopa, Tyler Ronan, Jacinda and Kimberlee Blurton, Andrea and Lakita Kean, Nola Earnshaw, Gillian King and Jonelle Blurton, Melanie King and Leearna Salis, Cheryl Phillips and Carmel Culbong, Beryl Dixon, Chris Dixon and Lindsay Dixon.

SKHKAC acknowledge both Graeme Dixon for his inspiring and storytelling effectiveness via his powerful use of words, and Alta Winmar for her artistic expression in painting a story that effectively details a visual account of the trauma surrounding our collective peoples as Stolen Generations.

A special Thank You to aunty Beryl Dixon; a SK Homee parent who has celebrated her 90<sup>th</sup> birthday, and who has supported the SK Home Kids and their programs over the last decade. A very special Thank You to aunty Roma Winmar, who supports the SKHKAC Vision and who has so kindly interpreted all affirmations into Nyoongar language.

**The SKHKAC members as a collective, hope that the booklet helps to generate a sense of hope, peace and wellbeing in all who read it.**



# SKHKAC

## FACT SHEET



### VISION

An important aspect of our aims and purpose is the Sister Kates Home Kids Aboriginal Corporation's Vision to build a Healing and Remembrance Centre of Excellence that is an economically sustainable enterprise, with its focus on cultural learning and healing, physical and mental health care, empowerment, capacity building, leadership, reintegration into families and communities as well as suicide prevention. The Centre and Corporation generally will be showcasing innovative and progressive programs at the local, regional, national and international level.

### AIM

Since 2011 SKHKAC provides programs that address the intergenerational trauma and recovery of the Sister Kates Home Kids and their descendants, other Stolen Generations groups and the wider Aboriginal and Torres Strait Islander community; with an emphasis on generating a sense of hope, connection to culture, country and place of belonging, and a strong focus on cultural, social and emotional wellbeing.

### PURPOSE

The SKHKAC programs provide culturally dynamic vehicles across a wide range of initiatives; extending their purpose to include education, training and employment that includes a focus on rehabilitation and reintegration of our clients by delivering services in prisons and juvenile detention centres as well as LINK-UP programs when clients are released back into society.

A major aim is to work holistically with our families, their children and our collective clients, including initiating collaborations with other service provider agencies, state/federal and local government departments and community grass-roots organisations in collective advocacy for individual and family empowerment and wellbeing, community reconciliation and unity. The programs are specifically designed to help strengthen self-esteem, resilience and capacity building for self-determination.

Strengthening cultural identity and pride is another factor in the SKHKAC programs and through healing and empowering our people and nurturing leadership within individual and collective community members (succession plan for younger generations), SKHKAC are committed to working together in alliance with the wider community, to build positive cultural pathways that lead to a better future for all our peoples.



## SKHKAC

### HEALING AND EMPOWERING OUR PEOPLE

Cultural Healing  
and Cultural Recovery

Strengthening Cultural Identity  
Pride and Self-determination

Capacity Building, Empowerment  
and Leadership

Family and Community Unity

Addressing Incarceration  
and Suicide Prevention







## CONTACT INFORMATION

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## SKHKAC PROGRAM HISTORY

SKHKAC has developed and delivered a series of programs since 2011 and have been acknowledged for the benefits provided to both the Sister Kate Home Kids and their families, and the wider Aboriginal and Torres Strait Islander community.

### CURRENT PROGRAMS:

#### (Healing, Empowerment and Leadership)

- Elders and Community Yarning Circles (metro area and regional WA)
- NAIDOC Week Events
- Art and Creative Expression Workshops
- Wildflower Essence Workshops (mind-body medicine to alleviate acculturative stress and stress related illnesses)
- Food as Medicine: Self and Family Care Workshops
- Cultural Healing Bush Camps (metro area and regional WA)
- Men and Women's Business and Community Gatherings (metro area and regional WA)
- Bibbulmun Healing Pits - traditional Noongar healing practice
- Series of Collective Programs – For Stronger Homee Families (bush block initiatives)
- Stolen Generations Gatherings (metro area/regional WA)
- Creative Writing and Media Initiatives (DVD productions and published books)
- SKHKAC Communities for Children Program
- SKHKAC School and After-School Care – cultural teaching/learning/sharing Programs
- Cultural Component – HIPPY Program
- SKHKAC/NEP Program – Northam/Toodyay sites (social and emotional wellbeing and suicide prevention focus)
- Collaboration Research and Evaluation Projects – (metro area and regional WA)
- Local, National and International Exchange and Community Engagement Initiatives
- Fee for Service: a series of programs that are specifically developed and delivered to a range of clients (service provider agencies/government/other)

### FUTURE PROGRAMS:

- Train the Healer: Holistic Counselling and Mind-Body Medicine – a SKHKAC and LIFE Academy initiative
- Healing the Stolen Generations: Intergenerational Trauma and Recovery Program
- Healing the Stolen Generations Psyche: Succession Plan for SK Homee Descendants – enabling for stronger leaders in our younger generations within the SK Homee Family
- Healing Our Collective People Behind Prison Bars – Inside/Out Program
- SKHKAC Publication: Wounded Heart Healing
- SKHKAC Film: The Untold Story of the Sister Kates Home Kids
- National and International Healing Centres Alliance: SKHKAC Healing Centre as an International Healing Hub
- National and International Health and Mental Health Care Research Alliance Program
- National and International Cultural Exchange and Gatherings Program

## EMERGENCY CONTACTS

### **EMERGENCY 000**

#### **Fire, Ambulance, Police**

Aboriginal & Drug Services (AADS)	(08) 9221 1411
Aboriginal Hostels	(08) 9349 2548
Alcohol and Drug Information Service (ADIS)	(08) 9442 5000
	Toll Free: 1800 198 024

#### **Department of Human Services (Aboriginal & Torres Strait Islander)**

Centrelink	Toll Free: 1800 136 380
Medicare	Toll Free: 1800 556 955
Derbarl Yerrigan Aboriginal Medical Service	(08) 9421 3888
Champion Centre (Seville Grove)	(08) 9399 0820
Child Protection Unit	(08) 9340 8222
Coolabaroo (Thornlie)	(08) 9459 3868
Crisis Care	(08) 9223 1111
	Toll Free: 1800 199 008
Health Direct (24 Hour Service)	Toll Free: 1800 022 222

#### **Hospitals**

Armada Health Service	(08) 9391 2000
Fiona Stanley Hospital	(08) 6152 2222
Joondalup Health Campus	(08) 9400 9400
King Edward Memorial Women/ Women & Newborns Health Service	(08) 9340 2222
Peel Health Campus (Mandurah)	(08) 9531 8000
Princess Margaret Hospital for Children	(08) 9340 8222
Rockingham General Hospital	(08) 9599 4000
Royal Perth Hospital	(08) 9224 2244
Sir Charles Gairdner Hospital	(08) 9346 3333
St John of God Midland Public Hospital	(08) 9462 4000
St John of God Murdoch Hospital	(08) 9366 1111
Family Help Line	Toll Free: 1800 643 000
Jacaranda Community Centre	(08) 9477 4346
	(08) 9478 1219
Grandparent Advisor	Toll Free: 1800 245 965
Karnany Aboriginal Centre (Midland)	(08) 9274 4929
Kids Helpline	1800 551 800
5-12 years; 13-25 years; For Parents/Carers	
Lifeline	13 11 14
Mensline	1300 789 978
Mental Health Services (24 Hour Service)	(08) 9224 8888
Emergency Response Line	Phone: 1300 555 788
	Toll Free: 1800 676 822
Outcare (Prisoner Accommodation/Programs)	(08) 6253 8627
Parent Drug Information Service (PDIS)	(08) 9442 5050
Parenting WA Line	(08) 6279 1200
People Who Care (Elderly)	(08) 9379 1944
Samaritans Crisis Line	(08) 9381 5725
Sexual Assault Resource Centre (SARC)	(08) 9381 5725
Youth Link	(08) 9227 4300
Womensline	(08) 9223 1188
Womens Health and Family Services	(08) 6330 5400

PERSONAL INFORMATION

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OTHER:

## PUBLICATION INFORMATION

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