



Pages

1. Community Information – Voice To Parliament
2. St Kilda Festival – First Nations Main Stage
3. St Kilda Festival – First Nations Main Stage
4. Karen Jackson
Ged Kearney
5. 15th Anniversary of The National Apology
6. 15th Anniversary of The National Apology
7. St Kilda Festival – O'Donnell Gardens Stage
8. Yes Picnic Euroa
Paul Paton
9. Selwyn Button
PAWA Cafe
10. Tom Mosby - KHT
11. DDACL Fun Run
12. Colin Mitchell
Dr Tanya Hill
13. Peter Cullen Reclink
CBAA Roadmap 2033
14. Ruth Limkin
Akosia
15. Roy Ah-See
Mob Walks
16. Lazarus Brown
Glyn Roberts
17. Friends With Wendy and Pete
18. Vic Health 3 Day Immersion Action Plan
19. Community Information – Voice To Parliament
20. Vic Health 3 Day Immersion Action Plan
21. Friends With Wendy and Pete
22. 3KND Volunteer Positions
23. 3KND Program Grid
24. Contact Us

3KND Newsletter

Community Information – Voice To Parliament

Today, 3KND broadcast live from Pender's Park in Thornbury to bear witness to a powerful [#YesToVoice](#) Community BBQ that was hosted by [Ged Kearney](#), the Local Member for Cooper and included two incredibly influential and powerful guest speakers. The Honourable [Linda Burney](#), Minister for Indigenous Australians, and Jill Gallagher AO, who is the CEO of [Victorian Aboriginal Community Controlled Health Organisation Inc.](#)

The day was well supported by many local community members, and organisations, who had a chance to come and hear what the Voice to Parliament is about. Members of the public had the opportunity to ask all three speakers questions about what the vote would mean, grab a photo, and the all-important sausage sandwich.

To hear these three amazing women, speak about what the Voice to Parliament would mean to First Nations Peoples was inspirational.

The Honourable Linda Burney talked about her visit to Flinders Island, as well as other towns and cities around Australia, and the importance of understanding that this voice is for all Aboriginal and Torres Strait Islander People.

Jill Gallagher AO, spoke of the important work that she has done as the Commissioner of the [Victorian Treaty Advancement Commission](#) and how that work that the Commission did, lead to the establishment of the [First Peoples' Assembly of Victoria](#).

Ged Kearney spoke of the shift in community, how proud she has been to engage with community, and hear their stories, and how she believes that the YES Vote will succeed. This was a day that was not to be missed, and 3KND were privileged to have been able to bring this momentous, and important conversation to our listeners who could not make it in Naarm, across Australia, and the world.

[The Honourable Linda Burney Minister For Indigenous Australians Talks To Gman](#)



St Kilda Festival – First Nations Main Stage

The [St Kilda Festival](#) has been going for 43 years, and for the first time ever, they have allowed a media outlet to broadcast live from the festival. 3KND have made history in being the first to achieve this milestone. 3KND broadcast on the first day of the festival, Saturday the 18th of February which also saw another first, a First Nations Day.

While over the years the St Kilda festival has seen First Nations artists perform at the festival, this year saw this first day, dedicated solely to First Nations artists on both the Main Stage, and the O'Donnell Gardens Stage.

The Main Stage was MCed by the beautiful and talented Monica Jasmine Karo and saw the Acknowledgement to Country performed by Josh West. The artists that performed were Loren Ryan, Dean Brady, Jungagi, Archie Roach Foundation presents Singing Our Future (Candice Lorae, Kee'ahn, Kiwat Kennell, Ridzyray, Maylene Slater-Burns, Madi Coleville-Walker), Gem Cassar-Daley, Lady Lash, A tribute to Archie Roach with his band (David Bridie, Helen Mountford, Steve Magnusson, Sam Anning, Erkki Veltheim) and Special guests (Emma Donovan, Sally Dastey, Dave Arden, Radical Son, Nola Lauch, Amos Roach, Rulla Kelly-Mansell, Loren Ryan), and Christine Anu ended the night on a high with her daughter Zipporah.

The O'Donnell Gardens Stage was MCed by the very professional, Eddie Bryant and Jessica Mobourne, and saw the Acknowledgement to Country performed by Aunty Judith "Jacko" Jackson. The artists that performed on stage were: Small Ant Brothers, Indigenous Youth Projects, Robert Bamblett, Loren Ryan, Dean Brady, Creedence Blanco and rounding off the day at 5pm was Caution.

Aunty Merle Roach Evans, Uncle Archie Roach's sister, gave a moving speech before the Archie Roach tribute band performed, surrounded by Archie's son Amos Roach, and her sons, Shane Evans, and Gregory Evans.

The sun was shining, and the day was well attended by many people who stayed right through until the very end of the night. It was a huge success and one that 3KND were privileged to be a part of. 🖤🟡❤️



St Kilda Festival – First Nations Main Stage



Karen Jackson

Karen Jackson or KJ is Yorta Yorta – and so very proud of her Ancestors and Elders. For more than 20 years Karen have been involved in building relationships and communities with Aboriginal community members and service providers in the western suburbs of Melbourne. Karen lead and co-chaired organisations and programs that create a culturally safe, fair and opportunity-based environment for community that is embedded in relationships to land, culture, law and Elders. Karen is my guest around 8.30 this morning on Big Brekkie.

As Executive Director, Moondani Balluk Indigenous Academic Unit at Victoria University, I help develop the University Strategic Plan and the Bathelmun Yalingwa plan to grow the numbers of Aboriginal community engaging and partnering with us, sharing knowledge through teaching, learning and research and connecting the physical environment to Aboriginal spaces and to Melbourne's West to help epistemic justice.

Moondani Balluk is a culturally safe and supportive place for Aboriginal students and staff at Victoria University. Moondani Balluk means 'embrace people' in the Woiwurrung language of the Wurundjeri people.

I oversee a team that includes Aboriginal academic staff to deliver the Aboriginal Education Kyinandoo (AEK) units in Diploma, undergraduate and Master programs. My role also includes supporting and caring for Aboriginal and Torres Strait Islander students across the university, engaging with Aboriginal community and service providers in Melbourne's west including Wyndham, Melton and Footscray to improve services. I also work on designing and undertaking collaborative research projects.

To find out more information, click [Victoria University - Moondani Balluk](#)

[Listen here as Karen has a chat to Gman](#)



Ged Kearney

Nurse. Unionist. Grandma and now Assistant Minister for Health and Aged Care the Hon Ged Kearney ... her parents were the publicans at the Lord Raglan for over 35 years where her mum and dad worked hard.

Ged was educated by nuns at the Academy of Mary Immaculate - "commonly known as 'the Academy'" - in Fitzroy. "Like every young Catholic girl, at the age of nine or 10, I quite liked the idea of being a nun," she says, "mostly because you got to wear the veils."

Since March 2018 The Hon Ged Kearney MP has represented the people of Cooper as the first women to hold the seat and the first Victorian nurse elected to the Federal Parliament.

Minister Kearney joins me this morning around 8.30am to yarn about projects for 2023, the Voice Referendum, what's been delivered for Victorian Aboriginal mob, and what's going on locally for Cooper including women's health plus much more. For more information on [Ged Kearney](#)

Hear [Ged Kearny](#) have a chat to Gman



15th Anniversary of The National Apology

On the 15th of February, marked the 15th Anniversary of the National apology to the Stolen Generations survivors that was given by former Hon Kevin Rudd, MP, Prime Minister of Australia at Parliament House in Canberra in 2008.

Link Up Victoria, [Victorian Aboriginal Child Care Agency - VACCA](#) in partnership with [Connecting Home](#) and [Darebin City Council](#) held a community gathering at the Shire Hall, followed by a lunch and community gathering at the

Aborigines Advancement League for the Stolen Generations Survivors.

The Shire Hall saw the Welcome To Country by MC, Uncle Colin Hunter Jnr, Wurundjeri Woi Wurung Elder, followed by words from Councillor Julie Williams, Mayor, City of Darebin with guests' speakers Corey Harrison, the Director of Statewide Programs of VACCA with a minute silence for those who have passed onto the Dreaming and for those who were taken but never made it back home.

Kyle Vander-Kuyp Director of Connecting Home gave a heartfelt speech and message to the community, and we heard from Darren Lovett the Manager of the Health and Wellbeing Program, Victorian Aboriginal Health Service.

There was a smoking ceremony held at the Stolen Generations Marker where Elders met with a wreath of white flowers which symbolizes loss and grief, and all guests were invited to lay purple flowers inside the Coolamon that symbolises the strength and resilience of all Stolen Generations.

The lunch was held at the Aborigines Advancement League, and the Welcome To Country was once again performed by MC, Uncle Colin Hunter Jnr, Wurundjeri Woi Wurung Elder, and AAL CEO Esme Bamblett recalled seeing community gather 15 years ago watching the Apology on the TV by then Australian Prime Minister Hon. Kevin Rudd. She said it was great to see community come together today for this occasion.

The afternoon lunch was roast and vegetables enjoyed by all. The entertainment started with [Kutcha Edwards](#), cultural dancers by [Djirri Djirri](#) and [Madi Colville Walker Music Facebook](#)
[Madi Colville Walker Music Instagram](#)

For more information:

[National Indigenous Australians Agency](#)

[Parliament of Australia - National Apology to Australia's Indigenous Peoples](#)



15th Anniversary of The National Apology



St Kilda Festival – O'Donnell Gardens Stage

While the whole first day was a Cultural First Nations Feast, the O'Donnell Gardens staging area was dedicated to a family friendly activity centre that had many cultural performances throughout the gardens. There were arts and crafts, hip hop workshops, Torres Strait Islander performers, basketball, many community organisation information tents, a chill out zone, gaming area, as well as the deadly artists performing on the stage.

The Welcome to Country was performed by our beautiful Aunty Judith “Jacko” Jackson.



'YES' Picnic - Euroa



Former Treaty Advancement Commissioner Jill Gallagher and Uncle Herb Patten have delivered powerful speeches at the Euroa 'Yes' Picnic on Taungurung Country over the weekend.

Aunty Jill implored all Australians to do the right thing and vote with their conscience when they head to the ballot box in September.

Uncle Herb Patten inspired the crowd with an emotional speech followed by an iconic gum leaf performance.

Former state and Federal Labor MP and Minister Barry Jones AC threw his weight behind the 'yes' vote telling the Euroa crowd "that the constitution of Australia cannot continue to be the constitution of white Australia."

A huge thanks to the community of Euroa for their support and engagement.

Paul Paton

Paul Paton is a Gunnai and Monaro man with a long involvement in reconnecting individuals and communities with language, culture and identity. He has held several executive roles and directorships including CEO of the Federation of Victorian Traditional Owner Corporations.

Most people wouldn't have cause to stop and think about speaking their own language. Because they are.

For centuries, language has been used to form communities, create social cohesion and to mark outsiders. For Aboriginal people it has marked us as outsiders on our own Country and its removal has been used as a way to colonize us.

This is because language is more than communication, it is cultural identity. It enables you to share and be known to one another.

Passed through generations, language connects us to our land, culture and ancestors. It is through our language that we see and describe the world around us. Each language has a unique way to see the world, when a language is no longer spoken, we aren't just losing the language we are losing a way to see the world through that language.

Today we mark International Mother Language Day during the second year of the International Decade of Indigenous Languages.

Indigenous languages in Australia comprise only 2% of languages spoken in the world but represent 9% of the world's critically endangered languages. We must do better.

If you want to hear Aboriginal Languages spoken on the street and shown on street signs, respect the Traditional Owners of that language, support our efforts to revive them and our right to determine their future.

But we also need more than just government support, we need each and every one of us to understand the importance of our languages, respect the custodians and value their place as part of the social and cultural fabric of this great land. Reconciliation is a word we must speak in many languages.

Paul is committed to building on the Federation's success as a key organisation that strengthens the voice of Traditional Owners in Victoria. He brings his knowledge, skills and networks to work closely with Traditional Owners across the State to support their aspirations for community and Country whilst taking up the challenge for self-determination and Treaty.

<http://www.fvtoc.com.au/>
[Paul Paton Yarns With Gman](#)



Selwyn Button

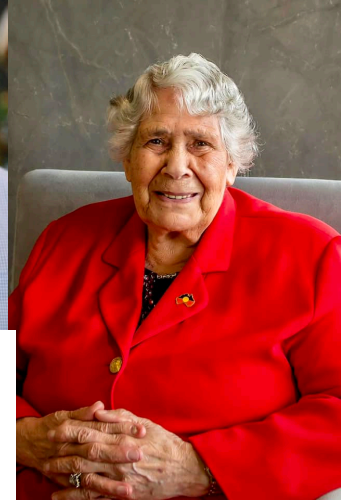
Selwyn Button is a Gunggari man from south-west Queensland, Selwyn was raised in Cherbourg and for many years has led policy, service delivery and legislative reforms to support improved outcomes for Aboriginal and Torres Strait Islander peoples. Selwyn is currently Chairperson of the Lowitja Institute,

The Lowitja Institute, like its namesake and patron Lowitja O'Donoghue, is a small yet powerful organisation exploring research questions that seek to improve the health and wellbeing of our people across the country and, at the demand of our communities, traversing paths that no other research institutes follow.

Lowitja Institute has welcomed the Australian Government's action to accelerate work on the four Priority Reforms in the National Agreement on Closing the Gap and provide additional funding for critical issues, including housing, water and food security that impact on the health and wellbeing of Aboriginal and Torres Strait Islander people. The Australian Government on Monday delivered its second Closing the Gap Implementation Plan, alongside the Coalition of Aboriginal and Torres Strait Islander Peak Organisations (Coalition of Peaks) annual Implementation Plan. It will also restore the Closing the Gap statement at the start of the parliamentary year.

[Listen here to Selwyn chatting with Gman](#)

Click here, for information on [Lowitja Institute](#)



PAWA Café at Hamer Hall

Gunditjmara and Yuin culinary entrepreneur Niyoka Bundle and head chef husband Vincent Manning from the Isle of Man, have opened Pawa Café and Bar at Hamer Hall on Southbank Promenade. Arts Centre Melbourne welcomes the new permanent offering from the Pawa Catering team who join neighbouring restaurants Saké and Teatro.

Pawa means 'to cook' in the language of the Gunditjmara people and like their catering company, the café and bar will introduce Indigenous ingredients to modern Australian dishes to create unique and exciting flavours. With a focus on ethical and sustainable practices right through the supply chain, the team works with a network of Indigenous native food growers, farmers and foragers. Melbourne's abundance of local native plants and ingredients are used whenever possible to support local produce suppliers.

During the day Pawa will operate as a café with a menu that includes Lilly Pilly Danishes, muntrie berry pain aux chocolat, strawberry gum brownie and native grazing boards, featuring red wine kangaroo salami and native cheese. Then at night will convert into a bar where visitors can enjoy a selection of share-style food options and drinks including their Taka Gin, a native lemongrass and lemon scented gum leaf alongside cocktails from Home Grown and The Everleigh Bottling Co. as well as an all-Australian wine list.

The culinary entrepreneur says she is determined to showcase the incredible flavours of native ingredients through Australian fare. She learnt to use native ingredients by combining Western cooking with native plants and foods. Together with her husband, Head Chef Vincent Manning she created a menu which fused the two. Warrigal greens or saltbush are used to replace salt, Lilly Pilly can be used as a tart sweetener and native lemongrass brings a fresh flavour.

Arts Centre Melbourne Head of Customer Experience Design Blake Oliver said Arts Centre Melbourne was thrilled to welcome Niyoka and Vincent to Hamer Hall.

[Arts Centre Melbourne](#)

[PAWA Catering Facebook](#)

[Hamer Hall Facebook](#)



ARTS CENTRE MELBOURNE
CONFERENCES, MEETINGS & EVENTS

100 St Kilda Road
Melbourne VIC 3004
T 03 9281 8350

E events@artscentremelbourne.com.au



Tom Mosby – Koorie Heritage Trust

Tom Mosby (Torres Strait Islander) is Chief Executive Officer of the Koorie Heritage Trust, Melbourne. Beginning his career as an art conservator with the Art Gallery of Western Australia and later with the National Gallery of Victoria, in 1998 Tom curated the highly- acclaimed Ilan Pasin (this is our way), Australia's first major survey of Torres Strait Islander art. Tom returns to 3KND to yarn about KHT taking over the Yarra Building in Fed Square.

The Koorie Heritage Trust (KHT) is delighted to announce that from August 2023 it will take up all three floors of the Yarra Building at Fed Square to create a stand-alone First Nations arts and cultural centre in the building – a first of its kind in an Australian capital city.

The Koorie Heritage Trust was established in 1985 by Ron Merkel QC, the late Ron Castan AM QC and a respected Koorie Elder with a commitment to protect, preserve and promote the living culture of the Aboriginal people of south-eastern Australia.

The Trust emerged from a need for greater awareness, understanding and appreciation of Koorie culture throughout the community, and the immediate need for Koorie cultural heritage material to be controlled, managed and curated by Koorie people. Since then, the Trust's activities and programs have expanded and include:

- addressing a need in the community for the collection and preservation of Koorie oral histories for future generations
- a family history service that connects members of the Stolen Generations and their descendants to family, culture and community
- expanding the collection of Koorie art and artefacts that reflect the historical and contemporary artistic practices of south-eastern Australia
- exhibition programs with a particular focus on showcasing new and emerging artists; cultural education programs and activities
- a retail outlet for the creative art and design expression of our Koorie Community.

This is a significant announcement for First Peoples of Southeast Australia. An expanded footprint in the heart of the Melbourne Arts Precinct recognises the importance of First Nations peoples, culture and community as central to Naarm as a modern contemporary city.

Internal building works will commence April 2023 with an estimated 17-week construction schedule. KHT expects minimal disruption to its programs and services during this time, so visitors can continue to meet, enjoy and learn about the First Peoples of Victoria.

From 1145 sq metres, KHT will expand its offerings to 1740 square metres. This expansion will introduce new exhibition galleries, community engagement and education spaces, and an expanded retail experience, amongst others, that will enable KHT to grow its programs.

Koorie Heritage Trust, Yarra Building, Fed Square. Open daily, 10am – 5pm.

www.koorieheritagetrust.com.au

[Tom Yarns About The KHT Upgrade](#)



Dandenong District Aboriginal Co-operative (DDACL) Tackling Indigenous Smoking Fun Run

The Dandenong District Aboriginal Co-operative Tackling Indigenous Smoking Team held a community Fun Run and Walk today at the Gunn's Road Reserve in Hallam.

Starting the morning off with speeches from Jenny Ockwell CEO of DDACL and Manager Minh Nguyen.

Other organisations that attended the event:

Derimut Wellam, Casey Library, Diabetes Victoria, Monash, Dental Department of Health, VACCHO, NDIS, KMS, and VAHS.

Thank you to our guests that come and had a chat. It was great to see the community come together for the fun run and see families enjoying the day also the pets tagging along on the walk.

Thank you to all the event organisers and the stall holders, Coffee and food vans for such a wonderful day.

[Dandenong District Aboriginal Co-operative \(DDACL\)](#)

[DDACL Tackling Indigenous Smoking Team](#)



Colin Mitchell

Colin Mitchell Aboriginal Development Program Lead Dental Health Services Victoria. Colin is a Wemba Wemba/Goring Goring man from Echuca. Colin's main role is to keep DHSV Culturally Safe & Appropriate.

Dental Health Services Victoria (DHSV) provides quality public oral healthcare for Victorians. These services are provided through the Royal Dental Hospital of Melbourne and through community health agencies throughout Victoria, from whom DHSV purchases dental services for public patients.

Create better Pathways for Aboriginal people to access oral health. Current Programs:

Launch their Cultural Protocol Guide, Fluoride Varnishing for Medical Practitioners, Little Koorie Smiles, Healthy Families, Healthy Smiles, Oral Health Education for Midwives

Services provided: Bulk-billed dental care for children, Free dental work performed by undergraduate dental students. Eligibility criteria apply, Free dental treatment. Eligibility criteria apply.

For a full list of eligibility criteria regarding free dental treatment, visit <https://www.dhsv.org.au/patients-and-public/who-is-eligible>

If you have a Dental emergency, call 1300 360 054.

General dental, call (metropolitan) (03) 9341 1000

General dental, call (rural) 1800 833 039

Visit the [Dental Health Services of Victoria](https://www.dhsv.org.au) website.

[Colin Mitchell Talks About The Importance of Dental Health](#)



Dr Tanya Hill



Dr Tanya Hill is Senior Curator, Astronomy at Museums Victoria....I develop award-winning planetarium shows for the Melbourne Planetarium, working with a creative team of people to tell the stories of the universe. The planetarium shows we produce are licensed to planetariums around Australia and across twenty countries world-wide.

You can regularly hear Tanya on the radio inspiring people to look up and explore the night sky. Tanya presents talks and lectures including Melbourne Planetarium's popular Discover the Night Sky series. I also write an astronomy column called 'Look Up' for The Conversation.

The comet C/2022 E3 (ZTF), dubbed "the green comet", is making its closest approach to our planet in 50,000 years, having last done so when Neanderthals and homo sapiens co-existed.

The comet really is only just at the limits of being visible to the naked eye – even under a dark country sky, at best it will be a small fuzzy blob if you know exactly where to look. But it's still great to talk about and lots of things could be discussed about the Comet and the incredibly images that amateur astronomers have been making.

Tanya Hill joined Museum Victoria in 1999 and was part of the team that opened the Melbourne Planetarium at Scienceworks. Prior to that, Tanya carried out research in the field of extra-galactic astronomy, where she hunted for supermassive black holes using a variety of Australian telescopes.

Dr Tanya Hill is an Honorary Fellow in Physics at the University of Melbourne and an Honorary Fellow of the Astronomical Society of Australia.

Tanya is the Australian representative for the European Southern Observatory's Science Outreach Network.

Listen in to Gman have a talk with [Dr Tanya Hill Senior Curator of Astronomy at Museums Victoria](#)

[Museums Victoria](#)

[Museums Victoria Dr Tanya Hill](#)

[Astronomical Society of Australia](#)

[European Southern Observatory's Science Outreach Network.](#)

Peter Cullen - Reclink

THE POWER OF A FOOTBALL How Football Saves Lives...

Peter Cullen AM is the Founder of Reclink Australia and has served as a Director since 1990. Having initially trained for Catholic Priesthood and working for the Sacred Heart Mission for over 15 years, Peter has always been passionate about improving the lives of people experiencing disadvantage through sport and arts.

Reclink began, with the kick of a football, on the streets of St Kilda 30 years ago – “30 years ago, I began to think about social welfare. Welfare often stopped people from “drowning”, but it did not teach them how to swim. At that time, daily in the cities of St Kilda and inner Melbourne, many people were isolated. It occurred to me how much contact there was through “community”. A defining moment for him, after what had been a difficult day, was when he spoke to a homeless man and said, “it had been one of those days”. His response was “I have had one of those lives. Peter introduced, and provided access to, Aussie rules Kick to Kick, it was small in the beginning but came to be a driving power to motivate people to participate.

A long-term drug addict who came along, said “doing it reminded him of his better life memories”. From Kick to Kick, to social games to a League, the game came to life. He has gone on to meet so many people who had experienced “one of those lives” and introduced them to Reclink Football and other programs, which have literally “saved their lives”.

The Power of a Football is a riveting collection of over 30 personal stories from all walks of life in the 30 years of Reclink footy.

Testimonials inside from Rev Tim Costello AO, Andrew Gaze, Doug Hawkins, Andy Maher, Tim Watson, Sam Kekovitch and more (reclink.org).

[Peter Cullen Talks With Gman](#)



CBAA Roadmap 2033

Community broadcasting leaders meet at Leadership Forum.

Thirty-two community broadcasting leaders and other stakeholders travelled from across the country and met at the [Roadmap 2033](#) Leadership Forum on February 23 in Sydney.

The Forum was the capstone event of the Discovery Phase of this eight-month project. Participants agreed the sector's purpose is to serve their communities. The group rated the environmental issues that have the potential to impact the community broadcasting sector, positively or negatively, over the next ten years.

They also heard the results of the extensive consultation that has already taken place, including 22 one-on-one interviews and ten focus groups. The participants engaged in co-design discussions around four draft themes: identity, impact, innovation and collaboration.



Ruth Limkin



Ruth Limkin is the CEO of The Banyans Healthcare Group and considers it a privilege to lead a team who embody the values of care, respect and joy. The Banyans Health and Wellness provides a recovery program that supports guests to achieve long-lasting, measurable results. Our comprehensive medical and biopsychosocial approach makes The Banyans Health and Wellness Australia's premium residential recovery program.

Anxiety can be extremely complex to navigate, particularly when it comes to identifying symptoms, triggers, and understanding how to deal with those emotions. It's estimated that over two fifths (44%) of Australians aged 16-85 had experienced a mental disorder during their lifetime, with anxiety disorders affecting one in six (17%) Australians.

The Banyans Healthcare Group saw enquiries for anxiety increase by 278% in 2022 compared with 2021. Interestingly, research reveals only 3.4 million Australians aged 16-85 see a health professional for their mental health.

By being familiar with the symptoms of ongoing stress and anxiety, individuals can be equipped to identify these mental health issues if they begin to impact them.

Symptoms of anxiety include a constant sense of nervousness, regular sense of panic, doom or imminent danger, increase in heart rates, hyperventilation, increased sweating trembling and challenges in concentration, insomnia, or sleep challenges.

Ruth is passionate about creating a better tomorrow. She has extensive experience starting and leading organisations that contribute to health and wellbeing.

Her interest in health and holistic wellbeing springs from many years of working with those experiencing a need for support. Having researched and written about community and social health, personal wellbeing, nutrition and food security, Ruth has also worked with those experiencing stress, substance misuse or searching for a greater sense of meaning and purpose.

[The Banyans Health Care Group](#)

[Click here to listen to Ruth Limkin have a chat to Gman](#)

Akosia

Akosia is a Melbourne based musician pushing boundaries and expressing her creative self to give empowerment and freedom to those who listen to her music. She once worked as an electrical engineer but her musical background gave her inspiration to follow her heart and create music that connects on a deeper level.

She is a proud Ghanian women, but she explains that growing up in Melbourne she was exposed to different types of music and experiences that help form her expression of who she is giving her the opportunity to connect with others.

Akosia explains that her father had a wide range of music, playing artists like Miles Davis while her mother would play music from back home. One thing that is apparent is that Akosia is giving life through her music but also if you have seen her music video's they are stunningly captured. She really delves into her storytelling through the lens singing songs about love, life and loss.

She is not an artist to be confined to one genre but can easily shift through genres depending on what type of energy or feeling she maybe creating weather that be writing or putting together a few beats in her head it's all a creative process.

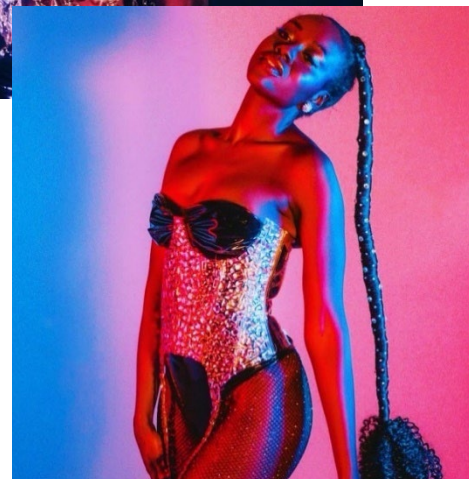
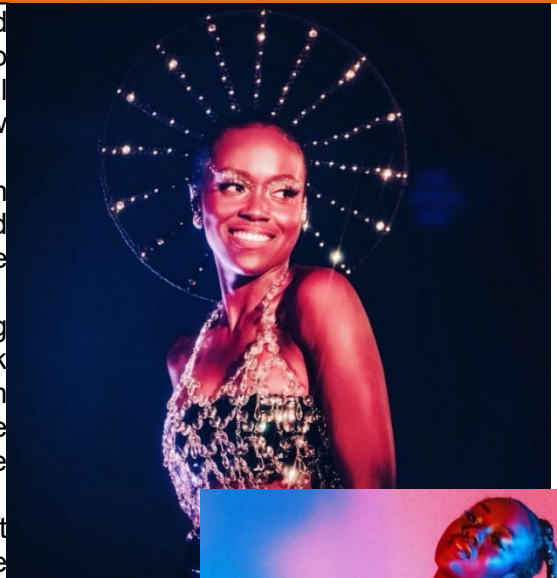
Akosia released her debut single Don't Say in 2020 and since then has really been on the grind song writing, performing, travelling, directing and collaborating and releasing more music. Some of her songs include Better, ISO, Help Me and The Weekend just to name a few.

[Listen to Akosia have a talk with Lorena Walker](#)

[Akosia Sabet Facebook](#)

[Akosia Sabet YouTube](#)

[Akosia Sabet Instagram](#)



Roy Ah-See



A Wiradjuri man who was born and raised on Nanima Reserve, near Wellington. Roy Ah-See grew up with a single Mum and eight siblings in a welfare dependent environment. He became a product of that environment, which lead to antisocial behaviour and alcohol abuse. At the age 18 Roy was incarcerated and looking at a long custodial sentence.

Roy is a First Nation's story telling expert and a proud descendant of the Wiradjuri Nation.

A successful entrepreneur, a storyteller, a social and emotional wellbeing advocate, a survivor of welfare dependency.

His story is to inspire others. As a life coach and a recognised international speaker, Roy has presented and spoken to audiences as large as 65,000 people and has represented Australia's First Nation Peoples at the United Nations in both New York and Geneva.

If you have a dream, you have a vision.

The architects of the Uluru Statement and First Nations leaders have launched Start a Yarn, a national program which invites the Australian public to participate in online Yarning Circles to increase awareness and understanding of the First Nations Voice ahead of the referendum.

Start a Yarn sessions have commenced from Saturday 18 February and run intensively during the Voice Week of Action, then on demand until the referendum. Each session will run for around 70 minutes and are suitable for individuals, workplaces and community groups.

"Through Start a Yarn, we hope to be able to give people a better understanding of what the Voice is all about while also providing a genuine cultural experience.

"This referendum is not about politicians, it's not about government. It's about every Australian. You will decide. So, if you would like to know more, register your interest and let's start yarning". Anyone interested in taking part can register at <https://ulurustatement.org/education/start-a-yarn/>.

For more information on the Uluru Statement from the Heart, visit <https://ulurustatement.org/>

[Click here to hear Gman yarn with Roy Ah-See on Big Brekky](#)

Mob Walks – Wollert Community Farm

The 3KND team went out on a field trip today joining Mob Walks and Whittlesea Community connections team Cultural Lead proud Gunditjmara women Sharna Brown and Viktor Faulknor at the Wollert Community Farm to take us through their planning stage of the community farm and nursery in its early stages of development. Both Sharna and Viktor were keen to show us the maps and what will eventually be a gathering place for people to come visit and learn about the native plants and waterways.

Thank you to all the people we met on the tour: Michelle, Robert and Belinda from Bunnings; Lisa and Carla from Connecting Homes; Ant from Salvation Army; Gavin Williams from Victoria Police; Mel from Yarra Valley Water; and Sharna and Viktor from Whittlesea Community Connections.

For more information on [Whittlesea Community Connections - Wollert Community Farm](#)



Lazarus Brown



Lazarus Brown, also known as Laz was born in Kempsey, NSW and am one of seven kids. Laz is a proud Goori man with family ties to the Gumbaynggirr people of the mid North Coast of New South Wales through his dad and the Arrernte people of Alice Springs through his mum. Laz, Mum and Dad are very proud Aboriginal People , which has been instilled in all their kids.

Generation Australia is a non-profit organisation that help train, place and support adults into life changing careers, specifically in the tech and care sectors where we know there is high job-demand.

They work specifically with First Nations people and provide mentorship and specialist support to help them get started and succeed. Thanks to their funding partners, they provide our 12–16-week bootcamp style training programs for free. Generation Australia are running course in web development with a prep program beforehand that will start at the end of February, and they are keen to get the word out to as many First Nations people as possible. There are courses starting soon in Salesforce, Cloud Computing, Data Analytics and Cybersecurity.

Lazarus Brown shares his story...I studied a Bachelor of Health Science (2016) at Western Sydney University but found myself in Indigenous Employment Services to begin my professional career and loved supporting Indigenous people through employment. More recently I have worked at Western Sydney University in Indigenous Employment which was nice to go back and be an employee, and now found myself at Generation Australia

I am employed at Generation Australia as the First Nations Industry Engagement Manager- where I am supporting First Nations participants within our programs to source employment support/opportunities. On the other side of this work, I work with employer partners on making sure they are putting their best foot forward to employ First Nations people from our training programs. I know great employment changing lives and as such I bring this mindset to my role each day.

[Generation Australia](#)

[Lazarus Brown joins Gman on Big Brekky](#)

Glyn Roberts

Glyn Roberts is the Festival Director and CEO of the Castlemaine State Festival, Australia's longest running regional multi-arts festival, spanning over 17 days, 100 events and 56,000 visitors and every artform. In parallel to the festival, he has been leading a highly successful multi-stage capital expenditure project through the development of a large heritage site as multi-use arts and cultural space and HQ for the organization.

Before arriving in Castlemaine, Glyn worked as the Creative Producer for Brisbane's La Boite Theatre Company and as a curator of contemporary performance for Brisbane Festival. He is well known for working across the Australian and international creative industries with a unique capacity to translate creative strategy into financially sustainable arts programs.

The Castlemaine State Festival began in 1976 through the vision of founder Berek Segan AM OBE and has now grown to become Australia's longest running flagship regional arts festival. The Festival preceded any other Victorian arts festivals and has been unique in its scope and diversity, and in its impact on the social and cultural fabric of central Victoria and environs.

The biennial Festival commissions, develops and presents a thrilling program of events encompassing performance, music, literature, visual arts and film and is known as major contributor in connecting people and developing social wealth within the regional community.

<https://castlemainefestival.com.au/welcome/>



Friends With Wendy and Pete



Wendy and Pete from [Friends With Wendy and Pete](#) had a great yarn with Linc Yow Yeh from The Deans of Soul. Linc Yow Yeh, is a proud Aboriginal South Sea Islander Murri man from Queensland and of Goreng Goreng/Gunja heritage, where his Great Grandmothers' traditional countries are situated. Goreng Goreng country is located in Bundaberg to just south of Rockhampton Central Queensland, and Gunja country, Cunnamulla southwest Queensland. He was born and raised in Jagera/Turrabul Country, Brisbane, and graduated in the early 90s' as a Physical Education/English teacher at Queensland University of Technology. The Deans Of Soul combine soul, funk and old school R & B influences to create a modern Melbourne soul sound, with velvet smooth vocals, sweet harmonies, soaring heartbreak guitar, deep Motown bass grooves and hip-shaking rhythms. The Deans also feature the heartbreaking vocals of soul divas Sophie Dickson & Sophie Agostinello, the melodic keys of Phoebe Elsworth, and horn players Emelia Wilmot and Basil Byrne.

[Listen here to Linc having a yarn with Wendy and Pete](#)

Check out The Deans of Soul links for further information and their music:

[The Deans of Soul](#)

[Facebook - The Deans of Soul](#)

[Instagram - The Deans of Soul](#)

[Youtube The Deans of Soul](#)

Wendy and Pete had a chat with the beguiling Lisa Mitchell on Friends With Wendy and Pete. Lisa is an Australian singer-songwriter, although born in the UK, grew up in Albury, New South Wales. Lisa was a contestant on the 2006 season of Australian Idol where she finished sixth.

At 31, and with six years between albums, the shift from ingenue to powerful truth teller and weaver of magic is complete. Her new album, which is out now "A Place To Fall Apart", is a transition that calls to Mitchell's Celtic origins, whose roots can be seen, heard and felt across her latest body of work. This is an album that breathes, and a listener can almost sense Mitchell's ancestors breathing alongside it.

To quote Lisa: 'I recommend supporting your own unravelling'. Ostensibly a specific direction to the listener to unlearn the legacy of white privilege that exists within white settlers on stolen Aboriginal land, it is also a plea for surrender. Surrender what you think you know about history. Surrender what you think you know about power. Surrender what you think you know about yourself.

Once you've allowed yourself to be unraveled by Mitchell, you'll want to return again and again. [Wendy and Pete chat with Lisa Mitchell](#)

For more information, check out Lisa's socials: [Lisa Mitchell](#)

[Facebook - Lisa Mitchell Music](#) [Instagram - Lisa Mitchell](#)



Nicole Dynan, who is an Accredited Practicing Dietitian, Accredited Sports Dietitian and the Founder and Director of the [Good Nutrition Co](#) and [The Gut Health Dietitian](#) had a talk with Wendy and Pete. When Nicole established the business nine years ago, she had a simple goal: To help people navigate the science to fix their gut issues and feel happy and healthy again. Nicole's business has a team of twelve dietitians and is recognised as one of Australia's largest telehealth nutrition providers, having consulted to over 30,000 individuals and hundreds of organisations. Nicole is the Gut Health Month spokesperson and is working with the Poowong community for [Gut Health Month](#) 2023 to improve their gut health, turning Poowong to Poorright.

Poowong Gut Health Challenge

In an Australian first, the Gut Health Month team undertook a gut health community study with the residents of [Poowong](#) – which included South Gippsland Shire Mayor, Nathan Hersey. Dietitians provided personal guidance to households to make simple changes to their diet and lifestyle to help improve their gut health and overall wellbeing. The Poowong Gut Health Challenge is a way to demonstrate to the nation how simple dietary and lifestyle changes can make a massive difference to gut health and overall wellbeing. We're aiming to create the healthiest guts in Australia! Or, as we like to say, Poowong is on a mission to become Poorright!

[Nicole Dynan talks about Gut Health Month](#)

3KND Are Looking For New Volunteer Broadcasters

3KND are currently looking for volunteer broadcasters for the following shows:

- **Gospel**
Sundays 6am – 9am
- **Classic Gold**
Tuesdays 2pm – 3pm
- **Koorie Music Mix**
Mon to Fri 10am – 11am
- **Reggae**
Thurs 7pm – 10pm

Looking for someone who is enthusiastic about radio. No experience required. On air training will be provided. For expression of interest, contact Communications Officer Erica Higgins on communication@3knd.org.au Or call (03) 9471 1305.



3KND Program Grid

[illegible]

Contact Us



Address: 35 Copernicus Crescent, Bundoora VIC 3083

Mailing Address: PO Box 112, Preston VIC 3072

Email: reception@3knd.org.au **Ph:** (03) 9471 1305

Freecall: 1800 KOORIE (566 743)

Website: www.3knd.org.au and [3KND Facebook](#)