



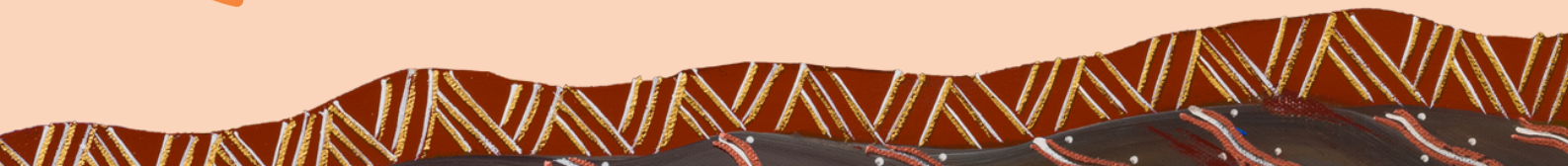
# National Reconciliation Week Party Program

## Party Host Activity Pack

**BE A VOICE** FOR GENERATIONS



**Merri Health**  
Healthcare that moves with you



# National Reconciliation Week

## What is National Reconciliation Week (NRW)?

NRW happens every year. It is a time for all Australians to learn about our shared histories, cultures, and achievements, and to explore how each of us can contribute to achieving reconciliation in Australia. Reconciliation means building positive, respectful relationships between Aboriginal and Torres Strait Islander peoples and other Australians. This enables us to work together to create a fair and equal society, and improve quality of life for Aboriginal and Torres Strait Islander people (including education, employment, health).

NRW runs from 27 May to 3 June. 27 May is the anniversary of the 1967 Referendum that saw Aboriginal and Torres Strait Islander people recognised in the Census. 3 June is the anniversary of the historic Mabo court case that recognised Aboriginal and Torres Strait Islander peoples' land rights.

## Who are Aboriginal and Torres Strait Islander peoples?

Aboriginal and Torres Strait Islander peoples are the traditional owners of Australia, having lived in Australia for over 65,000 years. Their cultures are the oldest living cultures in the world. There are hundreds of different Aboriginal and Torres Strait Islander countries across Australia, each with their own languages, traditions, laws and cultures. Aboriginal people are from mainland Australia and Tasmania. Torres Strait Islander people are from the islands between Cape York (Queensland) and Papua New Guinea. Aboriginal and Torres Strait Islander people can also be called Indigenous people or First Nations people.

## Why is reconciliation important?

Reconciliation is important because Aboriginal and Torres Strait Islander peoples often experience discrimination and disadvantage. This dates back to colonisation in 1788 and continues to have an impact today. Racism, dispossession of land and removal from family members continues to have negative impacts for Aboriginal and Torres Strait Islander peoples' human rights, physical and mental health, and education, employment and housing opportunities. Aboriginal and Torres Strait Islander peoples are also strong, resilient and proud. They have strong cultures and connection to Country, kin and family. We all have a responsibility to make Australia a place where Aboriginal and Torres Strait Islander peoples have equal rights and equal quality of life and their cultures and histories are respected and celebrated.


## Why is NRW important to you?

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# 2023 NRW theme

## BE A VOICE FOR GENERATIONS

What is this year's NRW theme?

The theme for National Reconciliation Week 2023 is 'Be a Voice for Generations'. This encourages all Australians to be a voice for reconciliation in practical ways in our everyday lives – where we live, work and socialise.

Reconciliation Australia's research shows large community support for the next steps in Australia's reconciliation journey, including the Voice to Parliament, treaty making and truth-telling. This year's National Reconciliation Week theme, 'Be a Voice for Generations', urges all Australians to use their power, their words and their vote to create a better, more just Australia for all of us.\*



How can you 'Be A Voice for Generations'?

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What do you want to learn or share about during NRW?

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\*From [www.reconciliation.org.au/our-work/national-reconciliation-week](http://www.reconciliation.org.au/our-work/national-reconciliation-week). Visit for more information.

# Planning your party

When will you have your party?

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Choosing a date.

Choose a date on or close to National Reconciliation Week [27 May - 3 June].

Think about which day and time suits the people you want to invite. 'Sorry Day' is on 26 May so we suggest not having your party on this day.

Where will you have your party?

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What will you do if it rains?

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Choosing a location

In your home or garden, in a local park (use the Merri-bek Council 'find a park' website).

At a venue: eg. Neighbourhood House, Fawkner Bowls Club, Glenroy Hub. Online with video conferencing.

It's important to check the weather forecast and have a back-up plan in case it rains.

Who will you invite?

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Inviting people

It would be great to make sure you invite 10 or more people. Ideas:

- Friends and family
- Your neighbours
- Workmates
- Parents carers and children from your play group, kinder or school
- Sports teammates
- People from local services or groups
- You can register your event at the Reconciliation Australia website

How will you promote your party?

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Promotion

The sooner you promote your party, the more likely people will be able to come.

Ideas:

- Share an invitation on social media
- Put posters up on local noticeboards
- Ask local services to share your poster
- Ask your guests to 'bring a friend'
- Do a letterbox drop in your street

# NRW activities

## Activity Ideas

Activities help people to get to know each other, learn, share and have fun. Ideas:

- Do an Acknowledgement of Country [see the 'on the day' page for more information]
- Learn some words and place names in Aboriginal and Torres Strait Islander languages.
- Take a group photo holding a poster with a message about reconciliation.
- Do a quiz about Aboriginal and Torres Strait Islander peoples and achievements.
- Share recommendations for TV shows, books or music about different cultures (ABC and NITV have free TV shows)
- Listen to Aboriginal and Torres Strait Islander music (Spotify has free playlists).
- Make some Aboriginal and Torres Strait Islander flags and share their meanings.
- Learn about how Aboriginal and Torres Strait Islander people used plants for food and medicines.

There are some activities at the end of this pack that you are welcome to use:

- The Flags
- NRW Trivia
- Who Am I Quiz
- Aboriginal place names
- Hokey Pokey

What NRW activities will you do at your party?

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How will you spread your message?

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Spreading the message about NRW

Sharing your message can help promote equality and inspire people. Ideas

- Share a message on social media
- Write an article in your local newsletter.

Remember to get photo consent first with the form provided.

# Party activities

What will you do about food?

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Things to consider about food

Having food at your party is optional. If you do, there are some things to consider:

- Allergies
- Will you provide food or will your guests?
- Preparation and cleaning up
- Using eco-products like paper plates
- You could look up Aboriginal and Torres Strait Islander suppliers at [www.supplynation.org.au](http://www.supplynation.org.au).

What will you need to bring to your party?

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Choosing a location

Making a list of what you need can help you prepare. Some ideas:

- Water
- Sunscreen
- Bin bags and toilet paper
- Games, sports equipment, music
- First aid kit
- Picnic rug, chairs, table
- National Reconciliation Week activities from this booklet.

What do you plan to buy with your \$100?

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Keep your budget in mind

We will provide you with \$100 for your party. This can be spent on anything [except alcohol]. It is important to keep this amount in mind when planning what food, activities, decoration or other things you will buy. You might like to consider purchasing from Aboriginal and Torres Strait Islander suppliers, which you can look up at [www.supplynation.org.au](http://www.supplynation.org.au).

Will you need anyone to help you?

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Who will you ask?

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Asking for help

Hosting a party is rewarding and fun but can be a lot of work. It can be easier if you ask someone to help you.

You might also be able to borrow some things from friends or ask guests to bring some food to share, this helps keep costs down.

# On the day

How will you welcome everyone?

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Welcoming guests

Some of your guests may not know anyone at the party and may feel nervous about meeting new people. Think about some ways you can help your guests to feel welcome. There are name tags in your pack.

If you do an Acknowledgment of Country, what will you say/do?

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Acknowledgment of Country

An Acknowledgment of Country is a way to respect Aboriginal and Torres Strait Islander peoples and culture and it can be a nice way to start an event.

- You could say it aloud at the start (you might like to mention why you chose to hold this event)
- You could write it on a poster to display
- You could ask everyone to write their name and message on a poster

Example: "I would like to acknowledge the Wurundjeri People of the Kulin Nation as the Traditional Owners of the land on which we meet. I pay my respect to their Elders past and present."

Tip: The Reconciliation Australia website has more resources around Acknowledgements of Country.

What activities will you do at your event?

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Party activities

Look back at your ideas from the previous pages of this booklet. Do you have everything you need? There are many activities you can choose from in this booklet. Which might you do? Who will run the activities?

How will you share about the significance of the day?

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Survey

In your 'Agreement Form' you agreed to provide Merri Health with information about your party. This helps us to make the program even better and to keep it going! After your event we will send you a short survey asking for:

- How many people attended
- One photo from the party
- Signed photo consent form



# The flags

Draw a line matching the colour to the meaning behind the Aboriginal and Torres Strait Islander flags.

The Aboriginal Flag  
Designed by Harold Thomas



The sun, the giver of life and protector

The earth and spiritual relationships to the land

The Aboriginal people

Black

Yellow

Red

The Torres Strait Islander Flag  
Designed by Bernard Namok



The seas

The Torres Strait Islander culture

Peace

The Torres Strait Islander people

The land

The five major island groups of the Torres Strait  
and their ties to navigation by sea

Green

Black

Blue

White

The star

The Dhari  
(headdress)





# National Reconciliation Week trivia

Today is about learning and sharing!  
See how many answers you know.

1. What is the 2023 National Reconciliation Week theme?
2. What does Mabo Day celebrate?
3. What did the 1967 Referendum change?
4. What year did The National Apology take place?
5. What does NAIDOC stand for?
6. Who lead the Freedom Rides?
7. Who is the song From Little Things Big Things Grow about?
8. What does The Long Walk commemorate annually during the AFL Indigenous Round?
9. What area of Australia are Koorie people from?
10. What year was the Uluru Statement from the Heart made?

Do you want to learn more?

Visit these websites:

<https://www.reconciliation.org.au/>  
<https://aiatsis.gov.au/>  
<https://www.commonground.org.au/>

Visit these free exhibitions in the city:

Bunjilaka, Melbourne Museum  
Koorie Heritage Trust, Federation Square  
Indigenous Art, National Gallery of Victoria

Watch free Aboriginal and Torres Strait Islander TV shows and movies:

NITV: <https://www.sbs.com.au/nitv/>  
ABC: <https://www.abc.net.au/indigenous>



# Who am I?



Today is about celebrating Aboriginal and Torres Strait Islander people and achievements. See how many answers you know.

Match the names to the descriptions below:

Nova Peris      Neville Bonner      Jessica Mauboy      David Unaipon      Larissa Behrendt  
Deborah Mailman      Ash Barty      Eddie Mabo      Aunty Pat O'Shane      Vincent Namatjira

I am a Kuku Yalanji and Wakaman woman. I am 33. I am a singer and actor. I am one of Australia's most successful musicians, I have 6 top-10 albums. I was a guest performer at Eurovision. I rose to fame on Australian Idol.

Who Am I?

I was a Ngarrindjeri man. I passed away in 1967. I was an inventor, I invented the modern mechanical sheep shears and components for helicopters. I was also a preacher and an author. I am featured on the \$50 note.

Who Am I?

I am a Torres Strait Islander man. I passed away in 1992. I campaigned for land rights. I am known for a landmark court case that overturned 'terra nullius' and established Native Title. This paved the way for many Land Rights victories.

Who Am I?

I am a Kiga, Yawuru and Muran woman. I am 52. I was the first Aboriginal woman elected to federal parliament. I competed at the Olympics in hockey and running, I was the first Aboriginal person to win a gold medal.

Who Am I?

I am an Eualeyai/Kamillaroi woman. I am 54. I am a lawyer, academic, researcher, professor and Indigenous rights advocate. I am an award-winning writer and filmmaker. I have been the Chair of NITV and Bangarra Dance Theatre.

Who Am I?

I am a Bidjara and Māori woman. In 2017, I received the Order of Australia Medal for Services to the Arts and as a role model for Indigenous performers. I am the first Aboriginal actress to win a AFI Best Actress Award. I starred in 'The Secret Life of Us' and 'The Sapphires'.

I was a Jagera man. I passed away in 1999. I was the first Aboriginal person to become a member of the Parliament of Australia [1971]. I was Australian of the Year in 1979. Before that I was a ring barker, cane cutter and stockman.

Who Am I?

I am a Kuku Yalanji woman. I am 81. I was the first Aboriginal teacher in Queensland, the first Aboriginal person to earn a law degree, the first Aboriginal person to be head of a government department and the first Aboriginal magistrate.

Who Am I?

I am a Ngaragu woman. I am 27. I have been a cricketer and golfer. I have 3 singles tennis Grand Slams, 1 double Grand Slam and an Olympic bronze medal. I was tennis world number 1 in 2019, 2020, and 2021.

Who Am I?

I am a Western Aranda man. I am 39. I am a painter known for my subversive portraits. I was the first Aboriginal person to win the Archibald Prize. My paintings are in galleries worldwide. My great-grandfather was a famous painter too.

Who Am I?

# Traditional place names

Draw a line matching the Aboriginal or Torres Strait Islander place name to the English name.

Naarm	Richmond
Merri Merri	Sydney
Birrarung	Thursday Island
Gulumerrdgen	Brunswick
Bulleke-bek	Hobart
Waiben	Fitzroy
Meeanjin	Tasmania
Warrane	Merri Creek
Ngar-go	Adelaide
Tarndanya	Yarra River
Nipaluna	Perth
Quo-yung	Melbourne
Boorloo	Darwin
Iutruwita	Brisbane



Draw a line matching the Melbourne Council name to its Aboriginal meaning.

Banyule	It flows/the river flows
Booroondara	Throwing, leaves
Cardinia	Hill
Dandenong	Rocky country
Darebin	Where the ground is thickly shaded
Maribyrnong	I can hear a ringtail possum
Maroondah	Swallow (bird)
Moonee Valley	Look to the rising sun
Nillumbik	High mountain
Yarra	Shallow earth
Merri-bek	Name of an Aboriginal man who died in service with the Native Corps in 1845

Want to learn more Aboriginal words? Listen to this free podcast from ABC Kids:

<https://www.abc.net.au/kidslisten/little-yarns/>

# Hokey Pokey

The Hokey Pokey is a fun game to play with children. Try this version using Aboriginal words. You can watch a video of the song and actions at <https://youtu.be/C3MICSLtNLM>

Foot: Djinang [silent d - Geenung]

Hand: Marnong

Bottom: Mum [Moom]

Body: Marram [roll the r]

Song:

You put your right Djinang in  
You put your right Djinang out  
You put your right Djinang in  
And you shake it all about  
You do the Hokey Pokey and you turn yourself around  
That's what it's all about!

You put your left Djinang in  
You put your left Djinang out  
You put your left Djinang in  
And you shake it all about  
You do the Hokey Pokey and you turn yourself around  
That's what it's all about!

Repeat for each hand, your bottom and your body.

This song uses shared Language Words of Woi Wurrung, Boon Wurrung and Daung Wurrung [Kulin Nation], It comes from Annette Sax, a Taungurung woman of Yarn Strong Sista. Annette was given permission to use these languages from Aboriginal language specialists at the Victorian Aboriginal Corporation for languages. It is recommended that this song is shared on the lands of the nations listed above '

For more information and free resources like colouring sheets and kits activities visit:  
<https://www.yarnstrongsista.com/>



# Uluru Statement from the Heart

This fact sheet is designed to help you to have a conversation about the Uluru Statement from the Heart, an Indigenous Voice to Parliament and the upcoming referendum with your guests.

Asking simple questions like 'What do you know?', 'How do you feel?' and 'Where might you go for information?' are simple ways to get people talking.

The 'Uluru Statement from the Heart' is an invitation to the Australian people from First Nations Australians. It asks Australians to walk together to build a better future by establishing a First Nations Voice to Parliament enshrined in the Constitution, and the establishment of a Makarrata Commission for the purpose of treaty making and truth-telling.

## Why is this important in 2023?

'Voice' refers to a First Nations Voice enshrined in the Constitution.

'Treaty' speaks to the process of agreement-making between First Nations peoples and governments.

'Truth' asks us to talk openly about our shared history.

A First Peoples Voice to Parliament is the first reform called for in the Uluru Statement from the Heart. This is a constitutionally enshrined body of First Nations People with a direct line to Federal Parliament, able to influence laws and policies that affect First Nations communities. There is going to be a 'referendum' later this year, and all eligible Australian citizens will vote on whether they think that this should happen.

## Want to learn more?

- Read the Uluru Statement from the Heart. It is available in 64 languages on the [ulurustatement.com](http://ulurustatement.com) website
- Undertake the short online course on the [fromtheheart.com](http://fromtheheart.com) website (approx. 20 mins)
- Keep an eye on the news
- Visit the Reconciliation Victoria website

## Want to get involved?

If you wish, you can also show your personal support for the Uluru Statement by signing the online canvas or becoming a volunteer.

# Answers



## The Flags

### The Aboriginal Flag

The sun, the giver of life and protector = Yellow

The earth and spiritual relationships to the land = Red

The Aboriginal people = Black

### The Torres Strait Islander Flag

The seas = Blue

The Torres Strait Islander culture = The Dhari (headdress)

Peace = White

The Torres Strait Islander people = Black

The land = Green

The five major island groups of the Torres Strait and their ties to navigation by sea = The Star

## National Reconciliation Week Trivia

1. Be a Voice for Generations
2. The Mabo v Queensland [No 2] landmark court case that overturned 'terra nullius' and established Native Title, lead by Eddie Mabo. This paved the way for many Land Rights victories.
3. The Australian Constitution was changed so that Aboriginal and Torres Strait Islander peoples would be counted as part of the population (in the Census) and the Commonwealth Government would be able to make laws with respect to Aboriginal and Torres Strait Islander peoples.
4. 2008
5. National Aborigines and Islanders Day Observance Committee
6. Charles Perkins
7. Vincent Lingiari
8. In 2004 a group of people lead by AFL football Michael Long, walked from Melbourne to Canberra to meet the Prime Minister and raise awareness about Aboriginal and Torres Strait Islander rights and equality.
9. Koorie people are Aboriginal people from Victoria and New South Wales.
10. 2017



# Answers

## Who Am I?

1. Jessica Mauboy
2. David Unaipon
3. Eddie Mabo
4. Nova Peris
5. Larissa Behrendt
6. Deborah Mailman
7. Neville Bonner
8. Aunty Pat O'Shane
9. Ash Barty
10. Vincent Namatjira



## Aboriginal Place Names

Naarm = Melbourne  
Merri Merri = Merri Creek  
Birraring = Yarra River  
Bulleke-bek = Brunswick  
Waiben = Thursday Island  
Ngar-go = Fitzroy  
Quo-yung = Richmond  
Iutruwita = Tasmania  
Meeanjin = Brisbane  
Warrane = Sydney  
Tarndanya = Adelaide  
Nipaluna = Hobart  
Boorloo = Perth  
Gulumerrdgen = Darwin

Banyule = Hill  
Booroondara = Where the ground is thickly shaded  
Cardinia = Look to the rising sun  
Dandenong = High mountain  
Darebin = Swallow (bird)  
Maribyrnong = I can hear a ringtail possum  
Maroondah = Throwing, leaves  
Moonee Valley = Name of an Aboriginal man who died in service with the Native Corps in 1845  
Nillumbik = Shallow earth  
Yarra = It flows/The Yarra River  
Merri-bek = Rocky country





Ngi-a-Gat Balit-Djak Yirramboi – Building a Very Strong Tomorrow.

You might have noticed images throughout this Activity Pack. Artist Simone Thomson created the artwork titled 'Ngi-a-Gat Balit-Djak Yirramboi' below for Merri Health's Reconciliation Action Plan.

Simone is a proud Wurundjeri and Yorta-Yorta woman. Her website is <https://simonethomsonart.com/>

"In an evening sky, Bunjil flies across a crystal moon staring out over country, his great creation. Stars fill the night with golden light, they are the old ancestors keeping watch over their people ensuring our culture is continuing and thriving, just as it has for thousands of years. The moon represents Merri Health's commitment to shine a light on Reconciliation at all times of the day and night." - Simone Thomson



Merri Health acknowledges the traditional owners of the land on which we work and we pay our respects to their Elders past and present.

You can read more about Merri Health's commitment to reconciliation at [www.merrihealth.org.au/get-involved/health-initiatives/closing-the-health-gap](http://www.merrihealth.org.au/get-involved/health-initiatives/closing-the-health-gap)

# Invitation templates

Here are some invitation templates that you may like to use, or you can make your own. You can print copies at your local library for a small cost. We will also email you a digital version that you can share online [and save on printing].

## You're invited to my National Reconciliation Week Party

To:

From:

Date:

Time:

Venue:

RSVP:



**BE A VOICE FOR GENERATIONS**



## You're invited to my National Reconciliation Week Party

To:

From:

Date:

Time:

Venue:

RSVP:



**BE A VOICE FOR GENERATIONS**

