

Our Golden Years

Dear Our Golden Years Readers

Welcome to Edition 54 of Our Golden Years. I hope that this finds you all well and safe despite the challenges of COVID – 19. The Winter 2020 Our Golden Years edition includes articles on physical exercises delivered online, activities of the Afghan Women's Organisation Victoria, and Honouring a Boon Wurrung Aboriginal Elder, Aunty Caroline Briggs.

As future editions of Our Golden Years publications move into ECCV's communication area, I would like to take this opportunity to thank our Aged Care Policy Officer, Nikolaus Rittinghausen who will be taking up the role of Victorian Co-ordinator of the "Speak My Language Project"

Since 2012, Nikolaus has provided effective secretarial support to both the Aged Care Policy Committee as well as to myself. He engaged well with ethnic seniors clubs, advocating on their behalf. He also planned and facilitated a number of ECCV's community consultations and information forums for seniors, including Multicultural Seniors' Conferences, and Forums on Aged Pension, just to name a few.

I commend Nikolaus for his dedication and commitment to senior Victorians from non-English speaking and diverse backgrounds. Both members of the Aged Care Policy Committee and I will miss him as our Aged Care Policy Officer. We wish him well in his new role and look forward to his liaising with the Committee, as together, we work to improve the health and wellbeing of our multicultural seniors.

Thank you Nikolaus.

I will conclude with this Chinese proverb:

"The journey of a thousand miles starts with a single step."

Best wishes, take care and be safe.

Marion Lau OAM JP, Convenor

INSIDE THIS ISSUE

- Page 2:* Keep Moving at Home with Moving For Life – Online
Page 3: Afghan Women’s Organisation Victoria Weekly Senior Group
Page 4: A Boon Wurrung Elder is Honoured

Keep Moving at Home with Moving For Life – Online

Australian Multicultural Community Services (AMCS) introduced Moving For Life – online classes offering a range of accessible physical activities to increase the physical activity levels of seniors, during the COVID-19 pandemic.

The exercises AMCS has shared online are easy to do, require no special equipment. We offer a basic, safe starting point to make sure seniors keep moving while staying at home.

The exercises will maintain independent living, reduce the risk of falling, and help seniors with daily activities that are important for them. Classes include Yoga, Tai Chi, Gentle Exercises and Line Dancing.

To join Go to: <https://www.facebook.com/MovingForLifeAMCS>

For more information contact Linzee Iffi: betterageing@amcservices.org.au



Afghan Women's Organisation Victoria Weekly Senior Group

Afghan Women's Organisation Victoria (AWOV) have been running weekly Senior Groups in Dandenong for the local elderly Afghan community for 5 years. Within the weekly groups, seniors are provided with exercise and dance classes, lunch, tea time, board games, information sessions (on concerns such as dementia, osteoarthritis, housing, Medicare and Centrelink to name a few).

Recently, AWOV have implemented a BeConnected technology initiative with the Seniors Group. The Seniors Group have been provided with tablet devices for their own use and are taught how to use the devices, how to play interactive games and also access health and Government webpages. This program has enabled many individuals to tackle isolation issues, mental health, entertainment and access to basic services.

The success of AWOV's various programs and initiatives are evident through the social engagement and sense of belonging that our weekly groups provide.

By Gulghotai Bezhan

Contact: Gula.Bezhan@ccam.org.au



A Boon Wurrung Elder is Honoured

N'arweet Carolyn Briggs is a Boon Wurrung Elder from Victoria and a language and linguistics expert. She was awarded an AM, a Member of the Order of Australia, in the 2019 Queen's Birthday Honours List for her service to Australian Indigenous culture. She has made it her life mission to preserve her native Boon Wurrung language.

The Yalukit Willam clan of the Kulin Nation around present day Port Phillip spoke the Boon Wurrung language. 'Boon' means no and 'wurrung' means language, lips or mouth, 'willam' means house, home or meeting place. Aboriginal languages were oral, not written. As a result there are many spelling variations of Indigenous names in Melbourne. For example, there are over 60 variations of 'Boon Wurrung' recorded.

As the founder and chairperson of the Boon Wurrung Foundation, Aunty Carolyn believes in the strength of families, in Aboriginal Australian heritage and a sense of belonging to place. According to the Foundation's webpage, "The history of the Boon Wurrung people dates back many thousands of years to a time when this land, that is now called Melbourne, extended right out to the ocean. Port Phillip Bay was then a large flat plain where the Boon Wurrung hunted kangaroos and cultivated their yam daisy."

Their traditional country "now consists of the great multicultural city called Melbourne, where people from many ethnic backgrounds, arts, culture and sports are appreciated".

When I heard Aunty Carolyn's "Welcome to Country" I was inspired. She explained how this land has always been protected by the creator Bunjil, who travels as an eagle, and by Waarn, who protects the waterways and travels as a crow. Her welcome was as follows:

Womin Jek mirambeek beek. Boo Wurrung Nairm derp Bordupren uther willam.

Welcome to my country, the land of the great bay of the Boon Wurrung people, our beautiful home.

N'arweet Carolyn Briggs, Boon Wurrung Foundation

Acknowledgements:

- Boon Wurrung Foundation website www.boonwurrung.org
- Yalukit Willam – The River People of Port Phillip (2014) by Meyer Eidelson, and accessible at https://issuu.com/cooponline/docs/yalukitwilliam_12_december

Dr Irene Bouzo

Temple Society of Australia

Republished, abridged article from: Bouzo, I. (2019). A Boon Wurrung Elder is Honoured. Templer Reflections, 782, 23-25.