

Tenant News

June 2019



A recent success

Many Rivers staff visited Toomelah in the first week of April when a clean-up was organised for around the housing area.

The school, LALC and Work for the Dole all pitched in and helped, and it ended up being a great success with more than six skip bins of rubbish removed!



One of the skip bins on the day

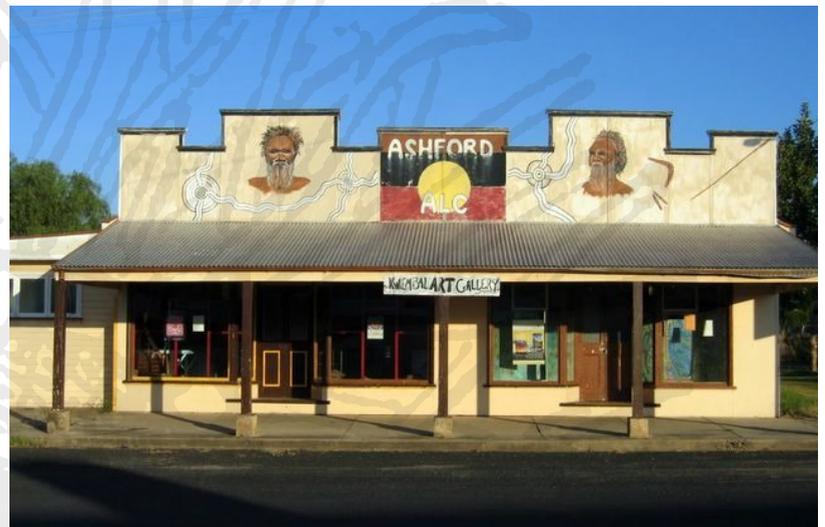
Could you be our lucky winner?

In the coming weeks Many Rivers will be asking for you to participate in a tenant survey.

We value your feedback, and in return are going to offer one lucky tenant a chance to win an amazing prize!

Look out for our next newsletter to find out what it is!

Welcome aboard Ashford



Ashford Local Aboriginal Land Council

Many Rivers is delighted to be working with Ashford Local Aboriginal Land Council. From the 1 July 2019, Many Rivers will be supporting their tenants and managing Ashford's properties. On Wednesday 26 June we're hosting a Listen&Yarn in Ashford for all tenants so we can get to know each other. Welcome aboard Ashford!

Where is Ashford?

Kwiambal





Community Board

Upcoming event? good news? something happening in your community? want to get the word out?

Why not contact us and see if we can put it in our newsletter for you.

Contact Des on 0418 436 023 or email desleys@mrrahms.com.au

Waste management a go ahead

Many Rivers together with the land council have secured a grant to carry out a waste management plan for the Toomelah community. There has already been talks about what would work best for your community. Some ideas suggested include moving the transfer station to a different spot or getting some of the car bodies taken away.

Do you have other ideas in what we can do? Complete the feedback form and return using the supplied envelope.



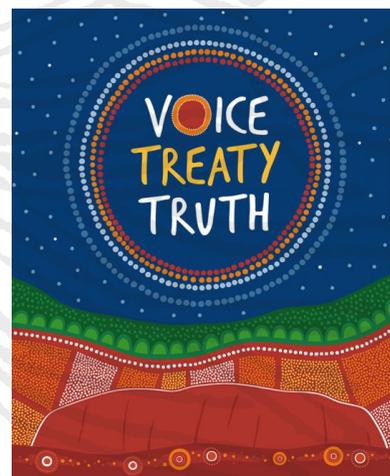
Many Rivers Regional Housing undertakes annual Tenant Surveys, covering a range of issues. The surveys are designed to provide Many Rivers with important feedback and data on our services, our tenants, their demographics and the issues they face with their properties and community housing. They provide an important communication, reporting, feedback and planning tool for Many Rivers.

Many Rivers Tenant Surveys are distributed and completed in two ways, posted with reply paid envelopes and face to face interviews. This enables maximum tenant participation and response. In addition, tenants are encouraged to participate through an incentive, being the chance to win a prize. Tenant privacy is protected throughout the collation and reporting of data and results, as individuals are not asked to provide their names and addresses on the survey.

NAIDOC WEEK 7-14 JULY 2019

Every year Many Rivers participates in many NAIDOC activities, this year is no different, and we are proud to announce we are sponsoring Purfleet in their NAIDOC week celebrations.

Be sure to keep an eye out for our staff at your local events.



Staff training

This month, staff at Many Rivers completed Governance and Financial reports training delivered by Russel Styche from ATSI ICT.

LIVELIGHTER®

JUNK FOOD HEALTH FACTS FOR ABORIGINAL PEOPLE*

| | | | |
|--|--|---|--|
| <p>↑↑↑ TWO IN THREE ABORIGINAL PEOPLE HAVE RISK FACTORS FOR HEART DISEASE</p> <p><small>EATING AND DRINKING TOO MUCH JUNK BRINGS HEART DISEASE, CANCER, TYPE 2 DIABETES AND FATTY LIVER DISEASE CLOSER. THERE IS NO ROOM FOR JUNK FOOD IN A HEALTHY DIET.</small></p> | <p>41% OF ABORIGINAL PEOPLE'S ENERGY INTAKE COMES FROM JUNK FOODS AND SUGARY DRINKS</p> <p><small>↑↑↑</small></p> | <p>CANCER CAUSES ONE IN FIVE ABORIGINAL DEATHS</p> <p><small>↑↑↑↑↑</small></p> <p>of Aboriginal children have had a sugary drink by age three</p> | <p>36% of Aboriginal children have had a sugary drink by age three</p> |
| <p>6.5KG WEIGHT GAIN IN ONE YEAR</p> <p><small>is attributed to one can of soft drink is consumed per day (if those drinks are consumed in addition to the food your body needs and you don't increase your physical activity)</small></p> | <p>58 CENTS OF EVERY FOOD DOLLAR IS SPENT ON JUNK FOOD AND DRINK</p> | <p>THERE ARE ABOUT 16 TEASPOONS OF SUGAR IN A 600ML BOTTLE OF REGULAR SOFT DRINK</p> <p><small>↑↑↑</small></p> <p>TWO IN FIVE ABORIGINAL PEOPLE DRINK SUGARY DRINKS ON ANY GIVEN DAY</p> | <p>ONE MEAT PIE IS 3 SERVES OF JUNK FOOD 4 TEASPOONS OF FAT</p> <p><small>↑↑↑↑↑</small></p> <p>Nearly half of an adult's daily salt limit</p> |

↑↑↑ TWO IN THREE ABORIGINAL ADULTS ARE OVERWEIGHT OR OBESE
↑↑↑ ALMOST ONE IN THREE ABORIGINAL CHILDREN ARE OVERWEIGHT OR OBESE

*1 teaspoon sugar = approximately 4 grams
 ↑↑↑ 1 teaspoon fat = approximately 5 grams
 †The junk food term is equivalent to HFCS, as per the Australian Dietary Guidelines. These foods should only be consumed occasionally and in small amounts for good health.
 ‡The term 'Aboriginal' includes Torres Strait Islander people.

Winter tips



Wash hands

Sounds simple but it's the number one way to stop the spread of germs. Experts recommend washing hands every few hours and in particular after using the toilet and before meals.



Get vaccinated

The seasonal flu jab provides 12 months of cover against the major strains of flu. If you're considered at risk (for example over 65, pregnant, or have a chronic illness), the government picks up the tab



Rest up

Regular sleep is vital to staying healthy. Don't let yourself get run down. Those who aren't well rested are more likely to get sick.

Good news

It's great to be able to let everyone know about the good news stories for Toomelah Community

First off is the warm welcome we have been given by the LALC and Toomelah community, granting us access to properties and joining us in community engagements, we really appreciate the chance to work with the LALC, Medical Centre and School to coordinate and advertise events

Recently, Many Rivers advocated on behalf of a tenant. They had made several attempts to have electricity connected to their house without success. Many Rivers supported the tenant by calling on their behalf. The electricity was put on the same day. This was a great outcome for the tenant and their family. Is there something related to your property that we can help with? Contact Michelle on 0429 182 819 or 026562 2576

We also had some deadly artwork gifted to us from the school that we will be displayed in our office. Keep an eye out in our next newsletter to check them out.

Water usage and billing



Tenants are required to pay for their water usage. This charge is in addition to your rent and can be managed by setting up a payment plan. You can contact your housing officer to get help setting this up.

Be Water Wise

Laundry: Choose a water efficient washing machine. It can save up to 11,000 litres a year.

Taps: Stop taps from leaking by replacing washers as soon as they begin to drip.

Bathroom

Turn off the tap when you brush your teeth.

Take shorter showers. If all households in Sydney took three minute showers, we could save 67 billion litres of drinking water a year.

Dual flush toilet: Using the half flush button on your dual flush toilet saves up to 5 litres per flush. Over a year this could save you 23,000 litres of water per household.

Repairs and maintenance on your property

Please ensure if you have any repairs or maintenance that require attention, no matter how small, please ring the property team on



026562
2576





CEO

Whose WHO ?



Megan Lawrance

Megan Lawrance has been given the job of CEO at Many Rivers. Megan has been acting in the role since March this year. Megan has worked with Aboriginal communities in the Northern Territory and on the North Coast of NSW. Her background is in health, social services and research. She is passionate about the potential of quality housing to improve people's lives. Megan lives in Port Macquarie and is travelling regularly to meet with tenants and property owners. Keep an eye out for Megan to say G'day.

Advisory Board



Betty Vincent:

Betty is a Mardigan woman. She has served on two boards and has a career as a CPA and auditor with organisations including Charles Sturt University, the Australian National Audit Office and the Aboriginal and Torres Strait Islander Commission. She holds a Bachelor of Business in Accounting & Public Administration, completed her CPA at Deakin University and has a Graduate Certificate in Wiradjuri Language. She also has experience as a Housing Loans Officer (with ATSIC) and assisted Wagga Advancement Aboriginal Corporation with their PARS housing registration.

Tim Allen:

Tim, a Yuin man, is Programs Manager at Werin Aboriginal Corporation Medical Centre, a Board member of Biripi Aboriginal Corporation Medical Centre and a former Board member of Werin Aboriginal Corporation Medical Centre. He was Lecturer of Aboriginal primary health at TAFE NSW and earlier, a Youth Worker with Mission Australia and Indigenous Youth Employment Coordinator with Wesley Uniting Employment. Tim has Diplomas in Business Management and Practice Management and a Cert IV in Aboriginal Primary Health Care.



Daniel Morrison:

Daniel, a Murriwarri man, is Manager of Aboriginal Programs Service Delivery at TAFE NSW and a Board member of Biripi Aboriginal Corporation Medical Centre. He is a member of numerous committees including Chronic Care for Aboriginal People, NSW Aboriginal Mental and Wellbeing Reference Group, APHRA Accreditation Committee, Mid North Coast Aboriginal Cultural Safety & Security Reference Group and MNC Healthy Communities. He has a Master of Health Service Management, Master of Health Service Administration and a Bachelor of Health Sciences.

Whose WHO?

Advisory Board



Robert Skeen:

Mr Skeen, a Gubbi Gubbi and Waanyi man, is CEO of Biripi Aboriginal Corporation Medical Centre with a senior career background in Aboriginal health leadership. He is a member of the Australian Institute of Company Directors (MAICD), a member of the NDIS policy subcommittee of the National Aboriginal Community Controlled Health Organisation and a member of three committees of the Aboriginal Health & Medical Research Council. Robert holds a Graduate Certificate in Not-for-Profit Management and three Diplomas (and a Cert IV) in Community Service.

Dane Zeeman:

Gamilaroi man Dane is a CPA and director of Zeeman Accounting, which provides accounting, audit and business services in NSW and QLD. He has 20 years of accounting experience servicing small business and not-for-profit clients. Dane has served on a number of boards, including ANTaR and an Aboriginal Family Legal Service and as a member of Indigenous Accountants Australia and the SE Queensland Indigenous Chamber of Commerce. He has also been involved with the Indigenous Accountants Australia project, which seeks to promote careers in accounting and finance in our communities.



Alex Fisher:

Alex has served as chair, director or member of twelve boards and committees. She is a Port Macquarie local with a prior senior executive career in local government, public utilities and government agencies. She began her career in the Army and is qualified with a PhD, MBA and Bachelor of Engineering. She is a Graduate and Member of the Australian Institute of Company Directors.



Kerrin Anderson:

Kerrin is a corporate lawyer and non-executive director who has served as member, director or president on eleven boards and committees. Her law practice is focused on not-for-profits governance and she has worked closely with the Queensland Aboriginal Islander Health Council (QAIHC) since 2012. She holds a Master of Laws and Certificate of Governance and is a Member of the Governance Institute of Australia and Graduate of the Australian Institute of Company Directors.



How to tell us apart

So much more..

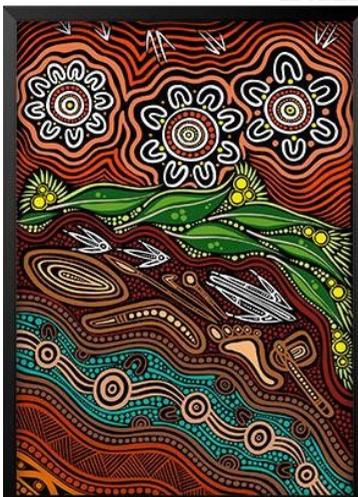
People often ask, "Is Many Rivers is a Real Estate Agent?" Many Rivers provides all the services of a Real Estate Agent but much more on top.

If you want to know more about Many Rivers, speak to one of our team



Our deadly new uniforms are designed by Bundarra. The design was picked because of the riverbank which flows through.

The river represents a flowing River. without Water there is no life. Many days where spent along the rivers edge Swimming or fishing.



Artist: Nathan Patterson
Story: Bush Camp

| | Many Rivers | Real Estate Agent |
|--|-------------|-------------------|
| Property repairs and maintenance | ✓ | ✓ |
| Property inspections | ✓ | ✓ |
| Rent collection | ✓ | ✓ |
| Culturally safe service | ✓ | ✗ |
| A focus on tenant wellbeing | ✓ | ✗ |
| When tenants have a hard time, support them to connect with services that can help | ✓ | ✗ |
| Partnering on community development projects | ✓ | ✗ |
| Money made is reinvested in community (a not-for-business) | ✓ | ✗ |
| Increase Aboriginal employment and training opportunities | ✓ | ✗ |
| Support tenants to private rental and home ownership | ✓ | ✗ |

Kids corner

Tiddalick the Frog

Once upon a time, a long, long time ago in the Dream Time there was a greedy frog called Tiddalick. Tiddalick wanted to be the biggest frog in all the land.

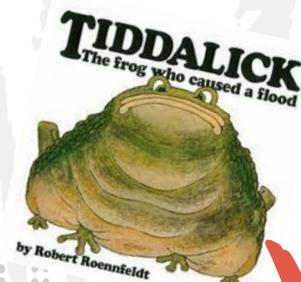
One very hot day Tiddalick was very thirsty so he began to drink and drink and drink until the whole billabong was all dried up. When all the other animals came to the billabong to drink there was no water. They knew it was the greedy frog who drank all the water. They were very angry at him. If the animals wanted to get all the water out of Tiddalick and back into the billabong they would have to make Tiddalick laugh until all the water came out.

The echidna tried to make him laugh by rolling down the hill into the dried up billabong but Tiddalick didn't laugh. Kookabura was perched high in the gum tree, he pretended to fall out but Tiddalick still didn't laugh! Wombat started dancing but Tiddalick still didn't laugh! None of the animals knew what to do and they were still very thirsty. When the snake was dancing he tied himself into a big knot, Tiddalick could not stop laughing at the snake. He laughed so much that all the water came out and ran back into the billabong. From that day on Tiddalick was never greedy and only drank what he needed.

Do you know what animal makes this print?

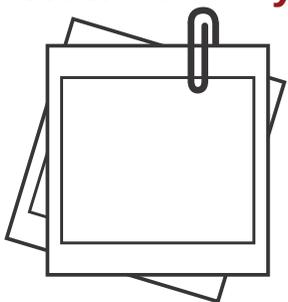


Look out for our next newsletter to find out



WIN!

Want to see your picture here?



Tell us why you love living in your community?

Send your name, age, address in reply paid envelope

For a chance to win, colour in the picture and post back using the prepaid envelope. winners announced in the next newsletter. Ask mum or dad if we can print your name.

Competition time

Name: _____

Age: _____ Can we print your name ? YES/ NO

Address: _____

Mum/dad /guardian signature _____

