



MAKING TIME

9 DECEMBER 2022

CAN COMMUNITY
ARTS
NETWORK

CAN acknowledges the Noongar people of the
Bibbulmun nation as the traditional custodians of
the land and waters on which we live and work.
We pay our respect to Elders past and present and
honour all Aboriginal and Torres Strait Islands as the
first people of this nation. CAN is proud
to work with people from all cultures, but
we do so on the understanding of
First People's, first.

Kalyakoorl Kwadja Be, Kalyakoorl Boorda Be.

Always Was, Always Will Be.







K A Y A

WELCOME FROM CAN'S ABORIGINAL ADVISORY GROUP

We welcome you today to *Making Time* - a wellbeing event presented by CAN for those working in arts, culture, and community. CAN's work is based on **wandjaneen** - healing with **moorditj koort** - strong hearts, having a **moorditj kaartadjin** - strong mind, to focus on a **moorditj wirrin** - strong spirit.

Today is about healing ones self, strengthening ones mind, strengthening ones heart and strengthening ones body and soul through the arts, language, music, performance, songs and storytelling - which are all reflections of our Noongar cultural values through our lore.

Geri Hayden
Chair, CAN's Aboriginal Advisory Group

A B O U T C A N

CAN unlocks Western Australia's untold stories through community participation in art. Giving voice to the hidden histories of this land and all of its people, stories and art in all their forms are shared to create positive social change, building inclusion and understanding between people.

The stories made visible through CAN's work with Noongar communities and with culturally and linguistically diverse people continue to challenge the historical assumptions and biases that shape Australia's dominant culture.

CAN.ORG.AU



MAKING TIME

Take a deep breath and make
some time for yourself
in the Perth Hills.

We welcome you to a day
full of creativity, connection,
reflection and inspiration,
as we come together in a
celebration of stories,
cultures and wellbeing
in the arts.



MAKING TIME

SUPPORTED BY

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Department of
Local Government, Sport
and Cultural Industries





CATERING

Caterer Nimrod Kazoom brings imagination, innovation and flair to nourish your body and senses with food inspired by the Middle East, North Africa and Spain.

Any **dietary requirements** noted in your registration have been taken into consideration. The food is labeled, but if you have any questions please reach out to one of our event staff.

For gluten intolerances; please note that although the utmost care is taken, there cannot be a guarantee that there are zero traces of gluten in the gluten-free catering, due to the food being prepared in a kitchen with gluten containing items.

SAFETY AND COMFORT

Sunscreen is available at the registration desk. Please use **sun protection** when outside the venue and stay hydrated.

There will be slightly **uneven ground** on the external pathways so please be aware and take care on any walks.

If you feel unwell or start displaying any signs of cold and flu like **symptoms**, inform an event staff member.

ALERT!

The beautiful Birak season in the Perth hills also brings a higher population of **snakes** in the area. We ask that you have comfortable closed in shoes and preferably long trousers when out in the bushland surrounding the venue for the Welcome to Country and Cultural Walk, and follow all direction to be respectful and safe while in their habitat.

SCHEDULE

MORNING SESSION

- 9:00am** **Registrations Open** **ENTRANCE**
Ephemeral Artwork (throughout the event) **BALCONY**
Sandy McKendrick
- 9:30am** **Welcome to Country** **MEETING PLACE**
Culturally connecting to Wirn, Gnaark, Boodja
Sister Kate's Home Kids Aboriginal Corporation
WELCOME TO COUNTRY

MORNING TEA

MODJAM / DORDONG

- 10:55am** **Introduction to Making Time** **MIRDA-YOONT**
CAN & CACWA
Monica Kane and Kim Jameson
- 11:00am** **Looking After Yourself** **MIRDA-YOONT**
Dr Shona Erskine

CREATIVE LUNCH

MODJAM / DORDONG

12:00pm

Interactive workshops

Doll Making | Geri Hayden

BALCONY

Weaving | Sharyn Egan

BALCONY

Cultural Walk & Talk | Nick Abraham

MEETING PLACE

Connecting to culture on country

12:30 - 1:30pm (30 spaces available)

AFTERNOON SESSION

2:00pm

The Power of Sharing Stories

MIRDA-YOONT

Centre for Stories

Nadia Heisler & Sisonke Msimang

2:45pm

Rest & stretch

3:00pm

ARCO Discussion and Showcase

MIRDA-YOONT

Western Australian Youth Theatre Company

Adam Kelly & James Berlyn

SUPPER

MODJAM / DORDONG

4:00pm

Salama - Maloya Music performance

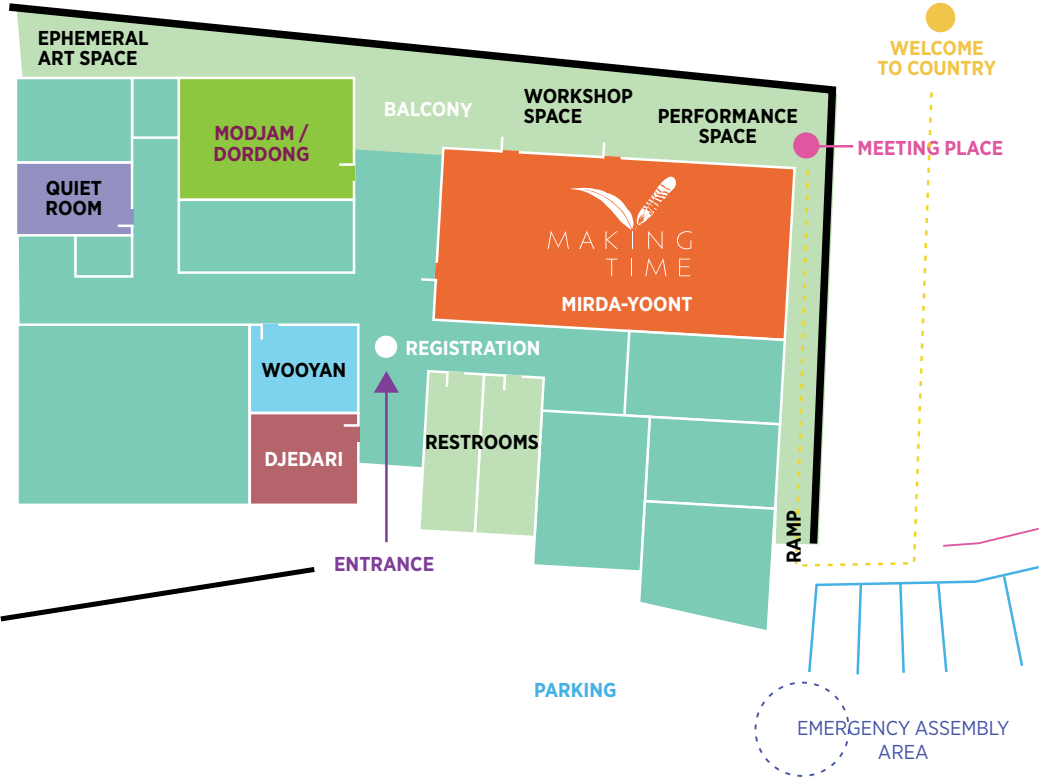
BALCONY

World Music Cafe | Interval at 4:50pm

5:30pm

End

KALAMUNDA COMMUNITY CENTRE



WELCOME TO COUNTRY



Culturally connecting to Wirn, Gnaark, Boodja.

Sister Kate's Home Kids Aboriginal Corporation

Be welcomed to the land with a special immersive cultural healing experience. Sister Kate's Home Kids Aboriginal Corporation will lead you through Noongar practices that enrich your experience and connection to each other and the natural world.

Please gather at the Meeting Place on the balcony by 9:30am to be guided down to the bushland for the Welcome.

EPHEMERAL ARTWORK



Sandy McKendrick

Visit artist Sandy McKendrick and her collection of natural materials echoing the beauty of the landscape, taking time to add to the artwork over the course of the day in this tactile exploration of our Boodjar.

Find Sandy on the balcony during the session breaks

LOOKING AFTER YOURSELF



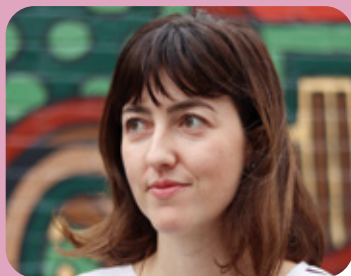
Dr Shona Erskine

Our psychological boundaries let us know where we begin and end.

They are not as easy to spot as colourbond fences or the edge of the escarpment, but just like physical boundaries, they let us know what we are responsible for and what is not our responsibility.

Join psychologist Dr Shona Erskine on a mental wandering around psychological boundaries. We will find out what they are, how they can be injured, and how we might begin to pay more attention to them.

THE POWER OF SHARING STORIES



Centre for Stories

Nadia Heisler & Sisonke Msimang

Nadia Heisler will showcase her storytelling performance, followed by an interview with Sisonke Msimang as she takes you through the yarning and healing process that helped Nadia tell her story.

Content Warning:
Abortion, miscarriage, mental health.



DOLL MAKING WORKSHOP



Geri Hayden

Noongar Elder and textile artist Geri Hayden will guide you through making your very own story doll. Stitch and relax as Geri shares the history of Noongar doll-making - from handmade dolls on the missions and reserves, to cultural artifacts in museums all over Australia.

TOTEM WEAVING WORKSHOP



Sharyn Egan

Acclaimed Noongar artist Sharyn Egan invites you to create your personal totem - a plant or animal that connects you to the environment. Under Sharyn's guidance, use raffia and wool to build your very own Bibbulmun Bush Creature.

CONNECTING TO CULTURE ON COUNTRY



Nick Abraham

Walk with Noongar guide Nick Abraham as he leads you through the culturally significant bushland around the top of the Bibbulmun trail. Nick will share stories of how the Noongar people lived, the importance of culture, language, values, relationships, responsibilities, wisdom and social structures.

Those registered, head to the Meeting Place at 12.30pm.

ARCO SHOWCASE AND DISCUSSION



Western Australia Youth Theatre Company (WAYTCO)

Adam Kelly & James Berlyn

Neurodiverse performer Adam Kelly and WAYTCO's Artistic Director James Berlyn share details about their collaboration in the award-winning production ARCO, including a sneak peak of the performance. Now touring, ARCO is a heartfelt look at the life and struggles of an autistic gentleman trying to make connections with the people and world around him.

SALAMA - MALOYA MUSIC PERFORMANCE



World Music Cafe

Round out the day on the balcony with supper and a performance by the vibrant Salama Maloya Music band. Experience powerful live music and dance, catchy melodies and upbeat rhythms, and singing in Malagasy and Creole languages.





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