

# club create magazine



The Who Am I? Edition

# club create magazine



Hi clubCREATE-ers,

We're halfway through 2019 already! So many exciting things have happened so far this year, and there are still so many big things to come!

This edition of the mag is the Who Am I? edition. We let our Facebook Fans vote on our theme this time and they chose this special identity and culture edition! Check out our "Voice. Treaty. Truth." article to learn more about Indigenous language, or to read our interview on what culture means to clubCREATE member Jaham. You can also find out about the different cultures that make up Australia (and learn to say hello in different languages!), discover a new game to help you get to know new caseworkers, read our book review which was written by a young person, or enter one of our competitions for your chance to win some awesome prizes!

How amazing is the cover of this mag? A huge thanks to Charlotte Allingham, the talented digital illustrator, and proud Wiradjuri woman, who created it!

Happy reading,

*Jacqui Reed*

Head Honcho, CREATE Foundation

**We love your  
feedback!**

Send us comments and suggestions  
to [clubcreate@create.org.au](mailto:clubcreate@create.org.au)



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**JUNE 2019**

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### CLUBCREATE'S EDITORIAL POLICY EDITION 1, 2019

clubCREATE Magazine is produced by CREATE Foundation for children and young people in care. This magazine contains information about CREATE programs that create a better life for kids in care and also has articles and artworks by clubCREATE members.

The views expressed by these young people are not

necessarily the views of CREATE Foundation.

It's really important to us that children and young people in care are safe and protected and we do our utmost to ensure their privacy. For safety reasons state laws don't allow the faces of kids in care to be published without proper permission, so please understand if

sometimes we can't show faces in our pictures.

All contributions to be considered for the magazine can be submitted by email: [clubcreate@create.org.au](mailto:clubcreate@create.org.au) or post: Reply Paid 87694, Spring Hill QLD 4004.

If you do not want to receive newsletter and program

information from CREATE Foundation please email [clubcreate@create.org.au](mailto:clubcreate@create.org.au) or phone CREATE on 02 9267 1999 or 1800 655 105 to have your address removed from our mailing list.



# Who Am I?

This Who Am I? edition of the mag will explore and celebrate all the different identities and cultures that make up those with a care experience. Identity is what makes you, you. It's your beliefs, opinions, style, and everything else that makes you who you are. Culture is the beliefs, behaviours and values of a group you belong to, such as your nationality, religion, generation, or any other social group you belong to.

## Who Am I Competition!

We want to know what makes you, you! Fill in the spaces below and send it to us for your chance to win a gift card!

My name is .....

I'm ..... years old

I'm really good at .....

Three words I would describe myself as are .....,  
..... and .....

When I grow up I want to be .....

Send your answers, along with your name, age, state/territory and membership number, by post to: Reply Paid 87694 (means you don't need a stamp) SPRING HILL, QLD, 4004 or by email to [clubcreate@create.org.au](mailto:clubcreate@create.org.au)

Your name ..... Age .....

Membership Number: .....

Entries close July 26th 2019.

# YOU SAID IT, WE DID IT

We want to say a **HUGE** thank you to everybody who completed our national survey last year. This survey helped us create our report, *Out-of-Home Care in Australia: Children and Young People's Views After 5 Years of National Standards*.

## So, what does our report say?

- Most children and young people felt safe and secure and were happy in their current placements!
- Just under half of young people had lived in more than two places over their time in care
- About one in three young people with brothers or sisters in care didn't get to live with any of them
- Most young people don't know about their case plans



## What's a case plan?

A case plan is a plan made just for you that's filled with info on your health, education and other needs! Everybody in care should have their own case plan. If you're Aboriginal and/or Torres Strait Islander you should also have a Cultural Support Plan, which is a plan that helps keep you connected to your culture!

Head to [create.org.au](http://create.org.au) to check out our full young person's report!

# VOICE. TREATY. TRUTH.

NAIDOC Week is our national week to celebrate the achievements, history and culture of Aboriginal and Torres Strait Islander people. Running from the 7th to the 14th of July, this year's NAIDOC theme is "Voice. Treaty. Truth. Let's work together for a shared future".

To celebrate NAIDOC week, we've talked to Jaharn, a clubCREATE member who wanted to tell us how important culture is to them!

## WHAT DOES CULTURE MEAN TO YOU?

It is everything to me. It is who I am, it guides my beliefs and how I do things.

## HOW IS YOUR CULTURE PART OF WHO YOU ARE?

My culture is not just part of me, it is me. I am guided by my ancestors and Elders. My cultures, both Italian and Aboriginal, are strong in family, community, respect and protocols, which make me the strong person I am today.

## WHAT DOES THIS YEAR'S NAIDOC THEME "VOICE. TREATY. TRUTH" MEAN TO YOU?

For me it means to come as one and to talk about the Aboriginal and Torres Strait Islander people and pay respect.

## DID YOU KNOW THAT THERE WERE ORIGINALLY OVER 250 ABORIGINAL AND TORRES STRAIT ISLANDER LANGUAGES?

We thought we would look at the meanings of some Australian places with Aboriginal names:

### CANBERRA

"Meeting place" in Ngunnawal



### KALGOORLIE

"Place of the silky pears" in Wangai

### KADINA

"Lizard plain" in Narungga



### BONDI

"Water breaking over rocks" in Darug

### GOONDIWINDI

"Resting place of the birds" in Bigambul

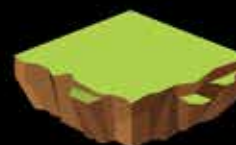


### MARRAWAH

"Eucalypt tree" in Peerapper

### MATARANKA

"Home of the snake" in Yangman



### GEELONG

"Tongue of land" in Wathaurung



# Multicultural Australia

Australia is made up of all different cultures. In 2016, 49% of Australians were either born overseas, or had at least one of their parents born overseas! There were also more than 300 different languages being spoken the country, and 21% of people spoke a language other than English as their main language at home!

To celebrate how diverse Australia is, we thought we would find out where Australians born in another country are from and learn to say "hello" in that country's main language:

**Philippines**  
"Kamusta"

**Vietnam**  
"Chào"

**China**  
"Nǐ hǎo"

**India**  
"Namaste"

**England**  
"Hello"

**New Zealand**  
"Kia ora"



## STICKY MANGO RICE RECIPE

**Sticky mango rice is a Thai dessert that's super easy to make!**

Be careful, cutting mangoes can be tricky so be sure to ask for help doing it! This recipe makes 6 servings.

### INGREDIENTS

- 1 cup short-grain rice
- 400ml water
- 1/2 cup white sugar
- 1 1/2 cups coconut cream
- 3 Mangoes



### STEPS

1. Place the rice and water into a medium saucepan. Bring to the boil. As soon as the rice boils, reduce heat to low and cover, cook for 10 mins.
2. Stir through sugar and only 1 cup of coconut cream.
3. Cut off the cheeks (the sides) of the mangoes, leaving a centimetre or so in the middle so you don't hit the stone. Cut each mango cheek into a criss-cross shape and scoop the squares of mango out of their skin.
4. Spoon the rice into bowls and serve with the mango, and drizzle with the rest of the coconut cream.



# ICEBREAKERS!

Something we found from our big report on the out-of-home care system, was that some kids had many different caseworkers! One teenager told us that she never got to form good relationships with caseworkers because they change so often. A way you can get to know your caseworker is through icebreakers! Icebreakers are games that can help you get to know someone. You can play them with caseworkers, carers, friends, or even teachers.

You'll need a dice for the icebreaker we're going to show you today. To play, write "**getting to know you**" questions next to each of the die faces below.



You and your caseworker (or whoever else you're playing with) then take it in turns to roll the dice and answer the question next to whichever die face it lands on.

Examples of questions are;  
**are you a dog or a cat person**  
or if you could be any fictional character, who would you be?



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# Book Review

This book review was written by the awesome clubCREATE member **Robbie!**

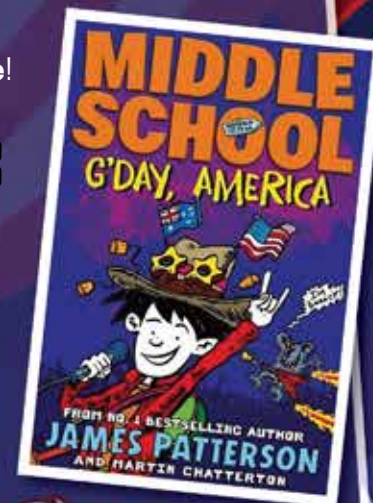
# MIDDLE SCHOOL: G'DAY, AMERICA

## By James Patterson

I really like James Patterson books. Rafe Katchadorian has lived in Hills Village, America, for a long time. Then an Aussie comes to live there. So Rafe helps the Aussie with his shop called "Gudonya". Rafe gets paid good money and also gets annoyed about a yoga class in the middle of Hills Village. Rafe then gets in the habit of doing all the hipster stuff.

Life for Rafe just has to get weirder!

**I rate this book a 4 star book!**



**For your chance to win a book pack and get your review in our next mag, send your review, along with your name, age, state/territory and membership number, by post to:**

**Reply Paid Reply Paid 87694 (means you don't need a stamp)**  
**SPRING HILL, QLD, 4004 or by email to [clubcreate@create.org.au](mailto:clubcreate@create.org.au)**

Your name	Age
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**Membership Number:** \_\_\_\_\_

**Entries close July 26th, 2019**



# MOVIE REVIEW

## SHAZAM!

**Movie Review**  
**Written by CREATE**  
**Youth Facilitator Hope**

*Warning, this movie does have a few difficult themes, some bad language and fight scenes. It may be best to check with an adult if this is okay for you to watch!*

Shazam! is a fun and uplifting movie based on the DC comics. The main character is a young person in foster care named Billy, who has been moved from placement to placement. He is moved to a foster home with carers who have had experience in the out-of-home care system when they were younger and can understand that Billy feels out of place and can relate to him running away.

Throughout the movie Billy becomes close to his foster brother, Freddy. We see Billy stand up for Freddy against bullies, and as their friendship develops, so does the trust that Billy has for Freddy. It's Freddy who Billy turns to when he magically gains the ability to turn into the superhero Shazam. In this movie, we learn through Billy and Freddy's relationship that friendship



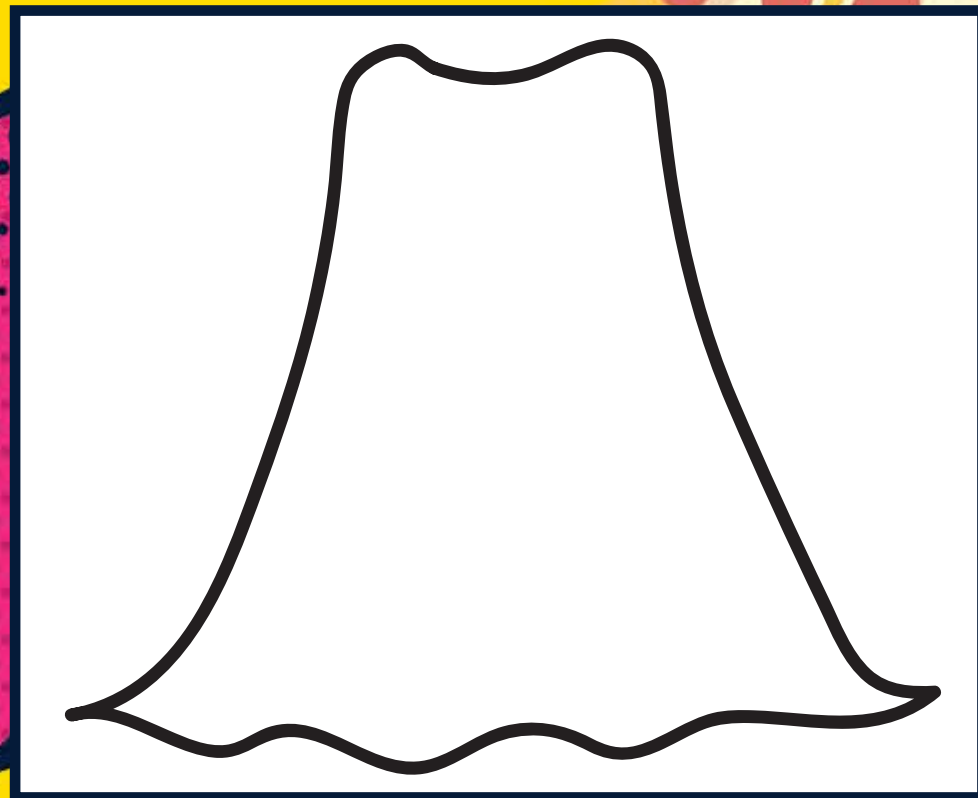
and family are very important when it comes to battling evil. We see the power of family when they join together to fight off evil.

This movie is a fresh reminder that family is who and what we make it and that it's okay to ask for help when we are unsure of ourselves. This movie is empowering as we watch Billy learn who he can trust and find himself fitting in at his new home. We see the length that Billy's new carers and siblings will go to make sure he is safe, protected and happy.

Shazam! is funny as well as being a movie with a good message about the "out-of-home care" experience and the importance of connecting with the people around us. It's a movie that everyone could find something to enjoy about.

## DESIGN YOUR OWN CAPE COMPETITION!

We want you to design your own superhero cape! Use the blank cape below to draw, paint or decorate your superhero cape and you could win an awesome prize pack!



Send your entry to: Reply Paid Reply Paid 87694 (means you don't need a stamp) SPRING HILL, QLD, 4004

Your name \_\_\_\_\_ Age \_\_\_\_\_

Membership Number: \_\_\_\_\_

You can also scan your entry and email it to [clubcreate@create.org.au](mailto:clubcreate@create.org.au) with your name, age and membership number. Entries close July 26th

# LOL Mania

**Q: WHAT ANIMAL SHOULDN'T YOU ENTER A CONTEST WITH?**

**A: A cheetah**

**Q: WHY DID THE COOKIE GO TO THE DOCTOR?**

**A: Because he felt crummy**

**Q: WHAT DO YOU CALL A FLY WITH NO WINGS?**

**A: A walk**

**Q: WHAT KIND OF CHEESE ISN'T YOURS?**

**A: Nacho cheese**

**Q: WHAT DO YOU CALL A SLEEPING BULL?**

**A: A bulldozer!**

Do you have a funny joke to share with us?  
Send them to CREATE and you could win a gift card!

Fill out your details below and send them, along with your joke, to:

Reply Paid 87694 (means you don't need a stamp) SPRING HILL, QLD, 4004

Your name \_\_\_\_\_ Age \_\_\_\_\_

Membership Number: \_\_\_\_\_

You can also scan or type your answers and email them to [clubcreate@create.org.au](mailto:clubcreate@create.org.au) with your name, age and membership number. Entries close July 26th

# Dot to Dot!

Can you tell what this iconic Australian animal is? Follow the numbers and join all the dots to find out what it is!



Complete this dot to dot and send it to:

Reply Paid 87694 (means you don't need a stamp) SPRING HILL, QLD, 4004

Your name \_\_\_\_\_ Age \_\_\_\_\_

Membership Number: \_\_\_\_\_

You can also scan or type your answers and email them to [clubcreate@create.org.au](mailto:clubcreate@create.org.au) with your name, age and membership number. Entries close July 26th



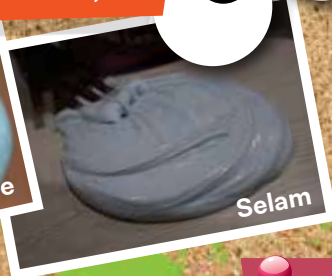
# YOU ROCK SPOT!

Edition 1, 2019 COMP WINNERS

Slime competition:  
Charlee, 9 & Selam, 10



Charlee



Selam

Find-a-word:  
Stani, 9

Review:  
Robbie, 11

Birthday card  
competition: Basira, 10



Survey:  
Kailan, 4

Lol-mania: Molly, 10

TODAY AT THE BANK AN OLD  
LADY ASKED ME TO CHECK HER  
BALANCE - SO I PUSHED HER OVER!

**create**  
FOUNDATION

CREATE  
Foundation Limited  
National Office  
12 Union Street  
Parramatta NSW 2150  
Tel 1800 655 105  
ABN 69 088 075 058

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phone CREATE on (07) 3062 4860 to  
have your address removed from the  
mailing list.

## HOW TO STAY CONNECTED WITH CREATE

If you want to attend awesome events with CREATE make sure you are a clubCREATE member so you can automatically receive invitations and information.

### Other ways to contact CREATE:

1. Become a clubCREATE member and join up at [www.create.org.au](http://www.create.org.au)
2. Call your local CREATE office on 1800 655 105 and talk to one of the team about what's coming up.
3. If you are already a clubCREATE member – make sure your clubCREATE membership details are up-to-date.
4. Visit [www.create.org.au](http://www.create.org.au) to find out more about how we can support you.