

Noongar seasons

Birak

December - January - The hot easterly winds blow during the day. Noongars would burn sections of scrubland to force animals into the open for hunting.

Bunuru

February - March - It is very dry and during this season Noongars moved to the coast and estuaries to catch fish which formed a large part of their seasonal diet.

Noongar youth involved in coastal activities - surfing, standup paddle-boarding, fishing, snorkeling and bush walking.

Djeran

April - May - The weather becomes cooler with winds from the south-west. Noongars continued to fish during this season and also collected plant bulbs and seeds for food.

Makuru

June - July - During this time, Noongars moved inland to hunt once rain had replenished inland water resources.

Noongar youth involved in inland activities - mountain biking, planting, fauna surveys, identifying Indigenous artifacts, archery, orienteering and bush survival skills.

Djilba

August - September - The weather becomes warmer. Traditionally roots were collected and emus, possums and kangaroos were hunted for food.

Kambarang

October - November - Noongars moved onto the coastal plains where frogs, tortoises and freshwater crayfish were caught.

Noongar youth involved in waterway and coastal activities: canoeing, fishing, seed collection, water monitoring, bush walking and learning about fish traps.



The Strong & Proud program, Wumbudin-koul-yee-rah, provides disengaged Aboriginal youth between the ages of 11-17 years old with alternative activities that connect them to their culture and country.

Its aim is to build self-esteem, identity, cultural awareness, community connection, wellbeing, and healthy lifestyle benefits, as well as improved school attendance.

The program is developed around the six Noongar seasons and locations where Aboriginal people would have traditionally moved. This provides a focus for each semester and provides active outdoor sport and recreation, environmental and cultural activities that build self-esteem and teamwork skills.

The program is led by the Cultural Team at South Coast Natural Resource Management Inc., Albany, WA in partnership with Indigenous and educational organization's.

The Strong & Proud program has been made possible through grants from WA Police, Department of Local Government, Sport and Cultural Industries and State NRM.



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Strong & Proud

Wumbudin koul-yee-rah



After school program for Aboriginal Youth



"The program builds self-esteem and helps youth become more involved in the community. The combination of outdoor, cultural and environmental activities works well."

Dan Pinner- previous Strong & Proud Co-ordinator



Strong and Proud receives support from Noongar Elders, families and communities and High Schools in the Albany Region with Noongar mentors providing support to participants.



Strong & Proud turned out to be the perfect way to connect a group of young Aboriginals to their community, culture and country in Albany, WA.

Sustainable Communities Program Manager at South Coast NRM, Karen Herlihy said, "It has been so rewarding to see the positive growth in the youth participants. The program is built on the foundation that being strong in culture and connection to country assists Aboriginal youth to have pride in themselves and their community. They have been challenged beyond their comfort zones which has helped build self esteem, confidence and leadership skills."

"I really enjoy being a part of the Strong & Proud program. My favourite part is definitely the camps because I get to learn about Noongar culture and we do lots of fun activities."

*Shantay Gray
Strong & Proud
participant*

