



TRANSCRIPT OF RECORDING – Anita Mobourne

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<THE RECORDING COMMENCED

STEVEN: So, yeah. Thanks for having us here, Anita. To start off with your personal story do you want to share your full name, who you are, where you come from?

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ANITA MOBOURNE: Yeah.

STEVEN: Just the introduction of you.

10 **ANITA MOBOURNE:** All right. So Anita Mobourne. So I'm a Wamba Wamba, Yorta Yorta, and Gunditjmarra and Wotjobaluk. Dad's a Mobourne, so dad's from Gunditjmarra country. But the Mobournes were taken and put to Lake Tyers, so historically we're connected to Lake Tyers, Bungyarnda. So my people have been down Bungyarnda for generations. I think about three. But we were originally taken from Gunditjmarra country and removed, and then everything we had, any connection we had - all the Mobournes, there was 15 only two of them, brothers and they were taken from down there and put down Lake Tyers. And they were buried in Bairnsdale, but their stories - if you look up the Mobourne letters and this story of, you know, he used to be a - an agitator. They - you know, they call them agitators back then, but he was a - you know, and he would get the mobs to fill in - what is it 20 called when (audio drop).

SHARON: So can I ask how - hang on. I don't know if this is working yet. You know, you - you sort of talked to your grandma. Was it two grandmas or the one grandma particularly?

25 **ANITA MOBOURNE:** Yeah. Yeah. Both. Yeah.

SHARON: And when they were talking to you about their childhoods and that did - what was the - like, what was the differences or how did they become so strong and (audio distortion)?

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ANITA MOBOURNE: You know what I think it was? It was - it was the - the humbleness.

SHARON: Yeah.

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ANITA MOBOURNE: You know, I think - I don't, you know, like - you know, I don't - I don't know. They - our old people are very humble too, you know, like, it's like they took everything with a grain of salt. You know, like, you know, they fought quietly or, you know, if was just - it was just different, you know. Like, I - always I - like, when we used to go to Moonacullah with, you know, nanna and we - she'd always walk us around. You know there was a scar tree up there that she took us to, that she showed us that her - she sat there and watched her grandfather cut, you know.

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SHARON: Wow.

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ANITA MOBOURNE: Yeah.

SHARON: Yeah.

ANITA MOBOURNE: Like, things like that. Like, you know, there's these beautiful parts of history and – and I used to think, you know, was it because they was so connected in ways that were different to us, you know? They – you know, the old people, you know, grew up in a time before white people too, like – well, some of them. You know, like, I remember asking Nanna, “When is the first time you saw white people?”

SHARON: Yeah.

ANITA MOBOURNE: You know, like, she remembers there being a little – she was telling me. She was sitting on a basket, on the thing, weaving with all the aunties and the white people come over the hill. And they called them a certain name, like, she had a name for them and it wasn't, you know – and I was, like, “What? What was it”. “I forgot” and I was so fascinated in her recollection of that story being a little girl, saying, “Yeah. When I spoke” – and I said, “What was it like, Nanna?” I said, “What was you – was” – you know, I said, “You know, tell” – and she goes, “We were just fascinated that, you know, they were just white skin, different people”. Was like, “Wow”. She remembers being a little girl and, like, those stories are just here. People, you know – they're not – they're not ancient. They're not –

SHARON: No.

ANITA MOBOURNE: - years ago, you know. They're just here. They're right here. They're alive. Like, a lot of our old people are still alive with these stories, you know. It's not ancient, it's not old and that there – that's what I loved about it the most is that this stuff is, you know, it's only just here and that – and for me it helped to explain how a lot of the trauma still impacted the work when they – the work we do and how we exist in this space, and, you know, and, you know, and what we were dealing with and what was coming through, you know. Like, when I worked in the sector of, you know, family – well, child and family welfare.

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SHARON: Yeah.

ANITA MOBOURNE: So for me it was, you know, looking at all of those bigger things and always to figure out how do I help my people. How do we build resilience?

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SHARON: Yeah. Yeah.

ANITA MOBOURNE: You know, how do we – what are – what language do we need to have to help our people heal? You know, what tools do we need to create and develop or – or bring from our old ways to share and – and teach for our people to heal?

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SHARON: Yeah.

ANITA MOBOURNE: You know, and build that resilience that we need to continue this world, you know. Like, I mean, this weekend alone shows you what – how much resilience it takes just to exist in Australia. It's – just exist in this society.

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SHARON: Yeah.

ANITA MOBOURNE: You know? The exposure, like, that we go through from the minute we're born, you know, like, the moment we are put out into that world is – it – it's non-stop, you know.

5 **STEVEN:** What would you say are those sort of tools from your perspective that we could – that we should focus on?

ANITA MOBOURNE: Probably more listening. Sitting and listening with our old people, like, you know. I think about the tools, you know, the – what I've learnt. If anything what
10 I've learnt is to truly want – understand all the different perspectives of how we exist. You know, the – there are so many ways in which we celebrate being Aboriginal and what we, you know, feel are our connections to ourselves, our people and our culture, our land, everything. And we all have these different perceptions or views on how that is for us, but in that there's – that's – there's nothing wrong in any of that. It's all correct, you know.

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I mean, like, what I learnt is that, you know, especially with Nanna and (indistinct) and Nan and Pop, you know, it's like all these different ways of how we exist as Aboriginal people, yet there's these similarities in there, you know, that connect us all. And, you know, that – and that's the one thing that – how we connect. I always think about it as how we connect to
20 information that's – how we connect to the land and – and it's how we perceive and hold the value of that relationship, the value of that connection. That's what it is. It's how we value that, you know.

STEVEN: Yeah.

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ANITA MOBOURNE: And that's where it comes through the strongest, because we are Aboriginal. We value being that, you know. We're born into this. It's – you know, there's so much to it I always say – say and there's a responsibility to it as well. You can – we can choose to we like, "Yeah. I'm going to be a big fighter. I'm going to go out there and I'm
30 going to, you know, have this and I'm going to fight" and the – or we can – "Well, I'm going to do it this way. I'm going to work in the education system and change thing" or, "I'm going to be in this system", "I'm going to be there". We are all doing something that's driven by who we are, you know, making a difference, making changes, finding tools to work, you know. And one thing I learnt is just – is- is how we listen and then how we understand what that means, not for ourselves, but for somebody else, you know. Like, because we're both
35 blackfellas, you know. We're blackfellas?

SHARON: I'm not. No. I'm – only work in it, so –

40 **ANITA MOBOURNE:** Well, in this way we're both blackfellas, right.

SHARON: - yeah.

ANITA MOBOURNE: But our journeys are different.

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STEVEN: Yeah.

ANITA MOBOURNE: Our ways of how we, you know, envision what we are is different, because it's all based on our own experiences, our own –

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STEVEN: Yeah.

ANITA MOBOURNE: - you know, our own upbringings and –

5 **STEVEN:** Yeah.

ANITA MOBOURNE: - what that meant for us. And I admire – I admire the fighters. I admire people who can go out there and do that, like, we grew up with a lot of shame. Like, I – I grew up with a lot of shame, like, it was really hard for me to, you know, do that type of
10 stuff. It is really hard, you know. Like, you know, what – when trauma starts to (indistinct) how families exist, you know. Like, that stuff for us and for me is really hard, like, I couldn't even – when I first met my ex-husband's family I wouldn't even talk to them for year. I would hide in the bedroom I was that shame. I was so –

15 **STEVEN:** Yeah.

ANITA MOBOURNE: - afraid to open my mouth and then they see that I was just an Aboriginal and that I just had no – because that's –

20 **STEVEN:** Yeah.

ANITA MOBOURNE: - how the world perceived us.

SHARON: Yeah.

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ANITA MOBOURNE: That's the – that's the view I had from society, like, in my own – around my own mob I was right, like, I could go to carnivals. I was confident. I could go to school, like, as long as I was around my own –

30 **SHARON:** Yeah.

ANITA MOBOURNE: - I was all right, because I knew how I was around my own. I knew how my own seen me and I knew how I'm meant to be, you know, like, I knew that I could talk my way and, you know, it – no one would correct me. No one would laugh at me or
35 tease me and tell me, "Why" – you know, like, "Why do you speak like that?" or, "What are you saying?", "What – what does that mean?" or, "You talk" – you know, no one would say anything, because it's how we all were, you know. But outside that's when I get corrected. That's when I get told, "Your views are wrong, like, why do you see – think things that way" or, "Why do you do it that way?" or, "Why is this?" and – and constantly questioned about
40 how I existed and that's, you know – and I thought, "Why is them – must be really wrong then hey, like, how we – we must be really – something must be really wrong" but it's not.

SHARON: No.

45 **ANITA MOBOURNE:** It's not and that's what I learnt. Like, if anything it's not and – and then how do I start to find the language and the narrative and the – the things to start to fight for what is – what is right for me, how I do exist in the world, you know? I don't want to change how I think. I don't want to change how I communicate to suit someone else's needs. I don't want to. I – I like who I am. I like how I exist, you know. I love that, you know, that
50 – the influences of my culture have had so – such a big impact on how I choose to exist or

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how I choose to value things or view the world, or have my opinions, you know, or anything, everything and that's – all comes back to that, how I grew up and all those experiences that I had as a child within my Aboriginal family, within my Aboriginal community and within my groups.

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SHARON: Yeah.

ANITA MOBOURNE: You know? Now, if I grew up away from that, outside of that, you know, with mainstream community or with – if I grew up – if I was Stolen Gens and I grew up with another family or that my views and values would be completely different.

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SHARON: Yeah.

STEVEN: Yep.

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ANITA MOBOURNE: Completely different, you know. And I think that goes to saying that – that whole thing of we are all Aboriginal. We all are no matter what. Like, we – if we identify as and we are, we are. But what we bring to that is different then based on what we've experienced or what we know and what we've been through, and – and then how we start to apply that to what that means to who I am, you know. And there's no wrong way about it, there's no right way about it. It's just the way it is. It's how we exist.

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SHARON: Yeah. Different journeys, isn't it?

ANITA MOBOURNE: That's right. Yeah. And it's exactly the same if you flick the table and say, "Right. Let's compare all these non-Aboriginal people". You know, England, Ireland, all the – they're all the same, aren't they? Let's compare all them, because it'd be exactly the same thing.

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SHARON: Exactly. Yeah.

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ANITA MOBOURNE: You know, how non-Aboriginal people view things and value things are all based upon their own experiences, their knowledge and, you know, and the perception of the world.

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SHARON: Yeah.

ANITA MOBOURNE: You know? And it's the same way for us. You know, I think culturally though we just – we have that added layer that we are part of this culture. We are here in this country. This is our culture, this is our country, you know, and –

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STEVEN: Yeah.

ANITA MOBOURNE: - that's what unites us more than anything, above anything and that's what – there's a commonality amongst us all. There's many in how we exist in our culture, you know, and I think that's what keeps us united, you know. That's what keeps us fighting for these things, because we all know it. It's underlying. We all know what it is and how it exists, you know. We're just fighting for that out there in the world.

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SHARON: Yeah.

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STEVEN: Do you feel like the way that our culture is and – it's – it – there's a solution in that for the larger society? You know, the issues that you see in –

5 **ANITA MOBOURNE:** Yeah.

STEVEN: - in this society and the way that we're –

ANITA MOBOURNE: Yeah. Yeah.

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STEVEN: - operating and then their oppression of that from the large – from the mainstream –

ANITA MOBOURNE: Yeah.

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STEVEN: - but actually that is actually a solution what they're trying to push down, like, in our communities –

ANITA MOBOURNE: Yeah.

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STEVEN: - and the way we operate.

ANITA MOBOURNE: Yeah. Yeah. Yeah. (Indistinct).

25 **SHARON:** It's very philosophical, like, if that –

ANITA MOBOURNE: I believe there is –

SHARON: - just that idea about –

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STEVEN: Yeah.

SHARON: - you know, that – you're right. The oppression is to stop something happening that would be natural and it would include everyone.

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ANITA MOBOURNE: Yeah.

SHARON: Like, connection, you know. Connections to people and –

40 **ANITA MOBOURNE:** Yeah.

STEVEN: Acceptance and love.

SHARON: - acceptance, not –

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ANITA MOBOURNE: Yeah. Yeah.

SHARON: - not isolating people.

50 **ANITA MOBOURNE:** Yeah.

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SHARON: There's that connection, isn't there, with -

5 **ANITA MOBOURNE:** Absolutely. Yeah. Look, I believe it. I do. I – I really do. I – you know, I was thinking about – this weekend gone I was thinking about everything and I was having a yarn with [REDACTED] [REDACTED] is – she's 19, my baby and we're sitting there having the best yarn. And, you know, we were talking about assistance, government, you know, thinking that thing – now, you know, we work in systems and our systems are what oppress us, not the people within the systems. And then we start to separate people from those systems and
10 work with people. You start to get solutions, you start to get somewhere, you know. And I think, you know, like, my fight is always this – is – is – is how we start to change our narrative, how we start to change the way we start to – we perceive what are – what are the things we can do and –

15 **SHARON:** Yeah.

ANITA MOBOURNE: - what are the things we can't do, like, and, you know, when I think of that oppression of the system and that is that those things can be fought. You can fight systems. You can fight things –

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SHARON: You can dismantle them, can't you? You can.

ANITA MOBOURNE: - yeah. Completely.

25 **STEVEN:** Just –

SHARON: Yeah.

ANITA MOBOURNE: With the right tools.

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SHARON: Yeah.

ANITA MOBOURNE: And that's the thing. It's about, you know, how do we build the right tools that we need to fight their systems, you know? And there's a lot of – I think
35 there's a scientific way to this, you know, like, where we – you – you go from, you know, decolonise – their colonised thinking and back to this other way of what, you know – thought processes and cultural thinking. And then how do you then reapply that to what that system says or what that system's doing, or how that system's, you know –

40 **STEVEN:** Functioning.

ANITA MOBOURNE: - yeah. And how do you pull it a – you know, like –

STEVEN: Yeah.

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ANITA MOBOURNE: - for – but I – I believe we can.

SHARON: I – I do too.

50 **STEVEN:** Yeah.

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ANITA MOBOURNE: I do.

SHARON: I think –

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ANITA MOBOURNE: I know we can.

STEVEN: We can.

10 **ANITA MOBOURNE:** Like, yeah. I – I will –

STEVEN: (Indistinct).

ANITA MOBOURNE: Yeah.

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STEVEN: Yeah.

ANITA MOBOURNE: I work in project work and stuff, so – and – and the work I do is around how we start to, you know, everything in our world is based on evidence.

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SHARON: Yep.

ANITA MOBOURNE: So the work I do is around how do we start to create and develop our own? Our own evidence and our own, you know, truth around what's important for us to then fight back with the system with, you know?

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STEVEN: Yeah.

ANITA MOBOURNE: Though things like that can be done. We can do it. I believe it.

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STEVEN: Like, when I think back to what you shared around, you know, when you were being present with your – the Elder in, like –

ANITA MOBOURNE: Yeah.

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STEVEN: - in Bungyarnda there –

ANITA MOBOURNE: Yeah.

40 **STEVEN:** - just walking around.

ANITA MOBOURNE: Yeah.

STEVEN: Like, there's some things that we – that – that are so deep and so true, but can't be measured by the limits of this Western logic -

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ANITA MOBOURNE: Exactly. Yep.

STEVEN: - that they've got.

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ANITA MOBOURNE: Yep.

STEVEN: But then they –

5 **ANITA MOBOURNE:** Yeah.

STEVEN: - they overlay that on our culture, but we have a lot of intuitive –

ANITA MOBOURNE: Yes.

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STEVEN: - knowledge and –

ANITA MOBOURNE: Yep.

15 **STEVEN:** - you know, a lot of First Nations people –

ANITA MOBOURNE: Yep.

STEVEN: - around the world –

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ANITA MOBOURNE: That's my fight, yeah, is that, like, when we're looking at evidence and evidence-based programs, and stuff, so design and ad – which all goes into –

STEVEN: Yeah.

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ANITA MOBOURNE: - system, right. Systems are developed upon what evidence says or what statistics say, or what is coming, the trends are coming through, you know, and my fight is exactly to that. What about the unmeasurable stuff? How do we start to capture what that is and what that means, and then use that to fight our systems, you know?

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SHARON: And I think you talk about, like, that unmeasurable stuff. The fact that you're sitting here and you're telling us this story of resilience and that –

ANITA MOBOURNE: Yeah.

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SHARON: - you questioned everything and that you're so –

ANITA MOBOURNE: Yeah.

40 **SHARON:** - happy with who you are, rightly so.

ANITA MOBOURNE: Yeah. Yeah.

SHARON: But you've had – that's been a battle, hasn't it, because –

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ANITA MOBOURNE: Yeah.

SHARON: - you've been told, like you said, from primary –

50 **STEVEN:** Yeah.

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ANITA MOBOURNE: - school –

ANITA MOBOURNE: Yeah.

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SHARON: - you're not enough, you're not the right person.

ANITA MOBOURNE: Yep.

10 **SHARON:** You never –

ANITA MOBOURNE: Yeah.

SHARON: - like, that horrific thing from year 7.

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ANITA MOBOURNE: Yeah. And not only my –

SHARON: (Crosstalk).

20 **ANITA MOBOURNE:** - experiences, like –

STEVEN: Yeah.

ANITA MOBOURNE: - I watched my dad –

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SHARON: Yeah.

ANITA MOBOURNE: - come home, sit down and slump in a chair and – you know, and I've sat there, you know, and you're not allowed to talk, you know. You've got listen. You always –

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SHARON: Yeah.

ANITA MOBOURNE: - you're not allowed to talk; you're not allowed to ask questions.

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But, you know, I'd listened, you know. Mum would come in, "What happened?" "I lost my job". "Why?" "They just told me they don't want me". It was always because he was black, you know. My dad lost so many job – would come in, you know, through those depressions. I remember the – in the bloody – when we were – the whole nation went broke. What is that called? The recession.

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SHARON: The –

STEVEN: The Great Depression.

45 **SHARON:** The 90s recession?

ANITA MOBOURNE: The – yeah. Yeah. Yeah. The recession. Yeah.

SHARON: Yeah.

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STEVEN: (Crosstalk).

ANITA MOBOURNE: And I remember that. I remember that.

5 **SHARON:** Yeah.

ANITA MOBOURNE: I remember that my dad was the first one put off. I remember how proud he was of the job he got. He was an apprentice painter and he loved it. And I used to love watching my dad in his proud moments, you know, like, when he'd – you know, and more for him. Because women, we can survive, like, I see all the women in my family go. Like, yeah, they're strong and solid. Then I look around at all the Aboriginal men and I think, "Wow". Like, you know, and I think of history, you know, like –

15 **STEVEN:** Yeah.

ANITA MOBOURNE: - how history was and the roles of men and women, you know. And – and I – you know, and I – this has been lifelong. Like, I've – surrounded by a lot of men. All my cousins are boys. Like, I grew up – I was the only girl born amongst all the boys, so I was the only girl of that year born and then – '77 and all the yester years are all boys and I was the only girl in there.

SHARON: Yep.

25 **ANITA MOBOURNE:** And I'm like, "That's not fair". All the other ones are either too young or too old, so I was there with all the boys. So I – I was a tomboy too, so –

SHARON: Yeah.

30 **ANITA MOBOURNE:** - because all the kids my age were boys, so I had to play with the boys, you know. Because I was too little to play with the older girls and I was too old to play with the little girls, so I was like – so growing up I grew up around a lot of, yeah, the – my cousins, you know, like, the boys and – and dad and things like that. And, you know, and as an adult now I think about historically what roles were. I even look at, you know, other – other nationalities and how – and what men's roles are within that space, you know. Just men as – and women, like, and – and then I think now, like, a – like, I look at my dad. I think of all the things that he had to go through, all the things that were taken from him as an Aboriginal man, you know. And there's expectation for him them to go into this white world and work.

40 **SHARON:** Yeah.

ANITA MOBOURNE: My dad wasn't even allowed to go past grade 3, because he was black, you know. My dad wasn't born a citizen in this country until – he wasn't recognised as a citizen until he was 11. He was 11. That was grade 5. That's – then grade 6 my dad went all that time being disregarded as a human being, you know, and only given the very minimal base education. All you need is basic numbers. All you need is basic English. I was in preps reading – I'd read my mail to my dad and read books to my dad, and teach him to read from six years old, seven years old, you know. And that's not – when I talk about that that's not unique either to me or to us. That's – that's story that we share with many of our people. Many Aboriginal people will have similar stories to that, you know, of, you know,

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those types of, you know, adverse – adverse things that we go through that help shape us, you know.

SHARON: Yeah.

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ANITA MOBOURNE: That, you know, reshape our view on the world, you know. That whole thing, like – so, yeah, my poor dad wasn't allowed to be educated. Mum I think only went to year 10, you know. So education wasn't huge –

10 **SHARON:** Yeah.

ANITA MOBOURNE: - for us. Education for me is not huge. I don't – you know, I dropped out of school not – not much longer after that; year 10, year 11. I went to uni for about a – a year, not even that. I'm – was lucky enough to make it into uni, so I did this, you know, because I would just go for the – people would say, "Here. You should do this". "All right" and then I'd just do it. And then next minute I'd be like, "Okay. Am I doing that now? All right. Sweet". Like, that's kind of how my brain works. It's like, "All right. I'm just doing that". I've got things coming up – no. Actually I've got forums coming up next week that I only just kind of thought about today and I'm like, "Crap" I forgot about them, that's happening next week and people threw me in it. I don't even know what I'm doing. They've thrown me in it. They've got me down to do this speech, this thing, this presentation and I don't even know what it is. I'm ringing up later today to go, "What do you want me to do?" I got thrown into doing MCing on Friday.

25 **STEVEN:** (Crosstalk).

ANITA MOBOURNE: And I'm like, "Okay". I don't know. I'll just turn up.

STEVEN: Yeah.

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ANITA MOBOURNE: So I was like that all the way through my life so I –

SHARON: Yeah.

35 **STEVEN:** Yeah.

ANITA MOBOURNE: - you know, I was –

STEVEN: Wow.

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ANITA MOBOURNE: - really kind of just flaky, like, "Okay. I'll just do that" you know, get my name thrown into things. So – but anyways I went to – so one of the aunties – because I was so restless at school. I was so naughty, like, because I just – you know, I was – I get bored.

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SHARON: Yeah.

ANITA MOBOURNE: Yeah. I get very bored and so I was very restless at school and so one of the aunties said, "Come on. You know, you should apply for this" and it was Monash. So I did and I went, "All right. Yeah. Whatever" you know, yeah, yeah, yeah. So I did it

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and I got in. And then there was like this serious opportunity now to do something and I thought, "Yeah. What am I going to do?" So I – I'd come around from the biology stuff and I wanted to be an accountant, because I thought, "That's good. That's easy". It's numbers and you know what it was about doing that, that I wanted to, it took everything of – look, I didn't – it didn't matter that I was Aboriginal or not. People weren't going to judge me based on who I was. They were – you know, it was based on my skill in – in this – in this field, like –

10 **SHARON:** Yeah.

ANITA MOBOURNE: - numbers I can do. Accounting. That shit made sense, so I thought, "Yeah. I'm going to do that". And found it I think – and then not long after that I – that's when I fell pregnant with my first baby and ended up kind of leaving then that – everything was like, "Okay. Now, I'm a mum" and that's when I started working at VACCA, just not long after that. So that changed everything for me. That – you know, I think, you know, you – we take – I don't know. I – I took for granted back then I – that I've just got a job, but then when I realise that it meant that I was a voice, I had to be a voice for others that changed everything for me. That took – that – you know, that was like that whole like, "Wow" you know, like, now I'm not just speaking for me. Now I'm not just representing my own views or my own ideas and stuff about who I am and how I exist. Now, I'm representing more than just me. I'm representing little people, you know, who matter, who – who, you know, who didn't have what I had. Like, I – that – you know, that really humbled me, because I got to grow up with both my parents, both Aboriginal parents.

25 **SHARON:** Yeah.

ANITA MOBOURNE: You know?

30 **STEVEN:** Yeah.

ANITA MOBOURNE: Yeah. My dad drank, but he wasn't an – you know, like, yeah, we had hard stuff, but my parents were good parents. They both –

35 **SHARON:** Yeah.

ANITA MOBOURNE: - worked. They both gave us fantastic values. They kept us educated, they kept us strong and proud, like, you know? Of all of us, all of my siblings we're all doing well.

40 **SHARON:** Yeah.

STEVEN: Yeah.

45 **ANITA MOBOURNE:** You know, we're all – you know, we all have, you know, our own things. We're – we're doing well in terms of, you know, how we're managing and I say that to mum and dad all the time, like, "You fellas don't realise that, you know, both of you are Aboriginal. Both of you grew up with no education. Both of you grew up fighting everything and look what youse raised. Look what you were able to do, like, look at us kids, you know". We're – for me that's a real, you know, that for me is real pride – I'm very proud of that and I'm –

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STEVEN: Yeah.

SHARON: Yeah.

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ANITA MOBOURNE: - honoured to always, you know, (indistinct) for them, you know. Because their life was hard. Our grandparents' lives were hard, you know, like, and I do it because I can, because I choose to. You know, some of us don't, you know, we don't get to. I – I can any day choose not to and be like, "Yeah. No. I'm done now. I just want to go and
10 – go and take off to Bali" or –

SHARON: Yeah.

ANITA MOBOURNE: - "Go and nick off to Queensland and live my life carefree. Find a
15 rich man or something". But, you know, we don't. We do this, because – but because we can.

SHARON: Yeah.

ANITA MOBOURNE: But the other part of that too, you know, I – you know, when I think
20 of everything I think of being that first generation off the bat, you know. You know, being – going through everything we experienced and went through, you know, like, you know, sometimes I wonder if there was any life where I would have been anything else other than this. There was one time in my life where I did get a job based on my own merits –

25

SHARON: Yeah.

ANITA MOBOURNE: - ever and it wasn't to do with my Aboriginality, and it was in –
30 when I moved to Deniliquin. And I got a job at the housing there being a housing officer and it was the first time that place had ever employed an Aboriginal person –

SHARON: Yeah.

ANITA MOBOURNE: - ever in their history and – and it was – and – and I was just
35 employed as a mainstream housing officer, and that was deadly. I loved it, because I got to meet everyone, not just blackfellas. I did – I got to work with everybody in town, like, everybody and – and meet everybody. And that was deadly, that was different and new. Because I wasn't there, because I was the Aboriginal worker. I was there, because I was Anita, the housing officer -

40

SHARON: Yeah.

ANITA MOBOURNE: - who was Aboriginal. I loved that. That was my first time that I
45 took my Aboriginality out of me and was like, the – have it sit beside me and not be the title of my job or the – the reason I'm in that position or –

STEVEN: Yeah.

SHARON: Yeah.

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ANITA MOBOURNE: - you know, the driving force behind why I'm getting paid, you know. It was – I was in that role for me, for Anita and that was so different and new. I've never had – I was like, "Wow. This is, like, wow. Is that what it's like?"

5 **SHARON:** Yeah.

ANITA MOBOURNE: Is that what it's like for normal people to work in a normal – wow. Because I've always been in roles that were Aboriginal, Indigenous this and that. So when I think about that I think my whole life I've been exposing and talking, and doing this and –

10

SHARON: Yeah.

ANITA MOBOURNE: - think on this. And I think, "Do I know a world where I just, you know – where it's not a part of or doesn't consume everything that – who I am, you know?"

15

Because that job was the first time ever I was able to work in something that wasn't Aboriginal identified, so that was awesome. I was only there for two weeks though, so, you know, and then – well, look, you know, and trauma. We've got a lot –

SHARON: Yeah.

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ANITA MOBOURNE: - of trauma, you know.

SHARON: Yeah.

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ANITA MOBOURNE: I think after that I went through – I lost, you know – we went through so much losses. I lost a sister then and that was it. So that's why I left Deni and come back here to Melbourne.

SHARON: Yeah.

30

ANITA MOBOURNE: But –

STEVEN: Just seeing if that's still going. Yep.

35

ANITA MOBOURNE: Yeah. But –

SHARON: That's fascinating. It feels like you've always wanted to just be Anita.

ANITA MOBOURNE: Yeah.

40

SHARON: And then the world around you tells you, "No. You're" –

ANITA MOBOURNE: Yep. Reminds me.

45

SHARON: - "not just Anita. You're" –

ANITA MOBOURNE: Yep. It – yeah. The world continues to remind me –

SHARON: Yeah.

50

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ANITA MOBOURNE: - that I'm Aboriginal –

SHARON: Yeah.

5 **ANITA MOBOURNE:** - and that –

SHARON: Not that you don't love that part of you.

ANITA MOBOURNE: No.

10

SHARON: But it's not just all of you.

ANITA MOBOURNE: No.

15 **SHARON:** There's so much –

STEVEN: (Crosstalk).

20 **ANITA MOBOURNE:** That's right. There's so much. Yeah. Yeah. And it's – and it's hard, like, I think it's hard balancing that. Like, I –

STEVEN: Yeah.

25 **ANITA MOBOURNE:** Going out to – like, sometimes I don't even go out to – choose not to go out.

SHARON: Yeah.

30 **ANITA MOBOURNE:** Just to not go out, you know. The other day I just was, like, "I'm not going. I can't go out". Because (1) I was anxiety from what is going to happen, but, you know – and the other part of that is that, you know, sometimes I just want to be left alone.

SHARON: Yeah.

35 **ANITA MOBOURNE:** Sometimes I just want to be Anita and –

SHARON: Yeah.

40 **ANITA MOBOURNE:** - you know, and not – and people not see the Aboriginality of it. That's – that's mine. I love –

SHARON: Yeah.

45 **ANITA MOBOURNE:** Like, and I don't ever want it to leave. I just don't want it to always be the focus of who I am and how I exist always. Like, that's – I'm what, 46 and that's – that's been my life.

SHARON: Yeah.

ANITA MOBOURNE: 46 years I've been doing this. 46 years it's been something that's always been the highlight of how I exist, you know.

SHARON: Yeah.

5

ANITA MOBOURNE: And it's like – it's not. Like, it's not everything and the be all and end all, you know. I – and I love existing this way. I think that's what makes me keep fighting that, because it's like –

10 **STEVEN:** Yeah.

ANITA MOBOURNE: - I don't want my kids to have to do this.

SHARON: Yeah.

15

ANITA MOBOURNE: I don't want my grandkids to have to do this.

SHARON: Yeah.

20 **ANITA MOBOURNE:** I don't want them to, you know, to have to –

SHARON: To question and explain it.

ANITA MOBOURNE: - exist like that.

25

SHARON: You know?

ANITA MOBOURNE: Yep.

30 **SHARON:** Always account for themselves –

ANITA MOBOURNE: Yep.

SHARON: - in some way that –

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ANITA MOBOURNE: Yep. And be on display, be on -

SHARON: Yeah.

40 **ANITA MOBOURNE:** - like, you know, be on, you know – there was – there's so much pressure.

STEVEN: To be an Aboriginal.

45 **ANITA MOBOURNE:** Isn't there?

STEVEN: Yeah.

ANITA MOBOURNE: There's so much pressure to – to –

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STEVEN: Yeah.

ANITA MOBOURNE: Well, what does that mean?

5 **STEVEN:** Yeah.

ANITA MOBOURNE: And I have to abide by this, because people are watching us. The – the nation watches us and so, you know, we’re constantly judged –

10 **SHARON:** Yeah.

ANITA MOBOURNE: - on our behaviours. We’re constantly judged by the behaviours of others, you know.

15 **SHARON:** (Crosstalk) I can imagine that, you know –

ANITA MOBOURNE: Yes.

20 **STEVEN:** So how do you – do you – do you think, you know, that journey that – I guess it’s a spiritual sort of process that you’ve gone through to, you know, transcend that limit, that – that identity.

ANITA MOBOURNE: Yeah. Yeah.

25 **STEVEN:** Because that’s what we’re talking about. It’s like –

ANITA MOBOURNE: Yeah. That’s right. Yeah.

STEVEN: - it’s our identity, but –

30

ANITA MOBOURNE: Yeah.

STEVEN: - we can broaden the sense of our identity –

35 **ANITA MOBOURNE:** Yes.

STEVEN: - to in – to be a –

ANITA MOBOURNE: Absolutely.

40

STEVEN: - to be a larger identity in a sense.

ANITA MOBOURNE: Yep.

45 **STEVEN:** So that’s what we’re talking about.

ANITA MOBOURNE: Absolutely. Yeah. Yeah.

50 **STEVEN:** And I guess how important is that for your kids and grandkids to – to have that where they can go, “Okay. Well, I’m Aboriginal, but I’m human. I’m a human. I’m a” –

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ANITA MOBOURNE: Yeah.

STEVEN: - "I'm this. I'm that" –

5

ANITA MOBOURNE: Yeah.

STEVEN: - have multiple identities that are – that are –

10 **ANITA MOBOURNE:** Yeah.

STEVEN: - positive, you know.

15 **ANITA MOBOURNE:** That is probably the most important thing for me, like, that – that journey, that transition into you – you know, I think, you know, like, when I think about history, when I think about, you know, our lives growing up and – and everything around, you know, where we are, I think we're exactly where we are – we're meant to be. That – that's a natural progression, but now is this time to go, like, "Hey, we're here. How do we start to go back a little bit and bring back?" or, "What does it mean?" you know. So – and that for me is really important. Like, I have those conversations with the kids all the time, 20 "You are [redacted] first. You're [redacted] first" you know. "Do you know what [redacted] is? Who's [redacted] What does [redacted] like? What's [redacted] about? What's [redacted] favourite things?"

STEVEN: Yeah. Yeah.

25

ANITA MOBOURNE: "What's [redacted] favourite things?" So I say that to the kids. I say, "Now, you are Aboriginal as well. That is part of your identity in turn, you know, like" and – and we talk about the responsibility of being Aboriginal. What does it mean? Like, you know, and we talk about when questions come up at school and things happen and – because 30 it always happens at school, always happens.

SHARON: Yeah.

35 **ANITA MOBOURNE:** You know, that's one thing to look forward to you. But, you know, we talk about – you know, and – and I let them talk about what does that mean. What do – what do – you know, like, I get them to tell me, "What is your interpretation of that?" You know what I love about our new generations and these young ones coming up is that how they start to view things differently from us. Our ways that we view our – we view things, because of how society impacted what our – happened to our people. We view things, 40 because of the stories we grew up with. We grew up with those trauma stories, listening to them over and over again at sing songs and gatherings, and things, you know, barbeques and, you know, all – at big speeches. We see it in our work, you know. All the trauma informed stuff, this, that, everything, you know. Like, we're exposed to so much, you know, that – and it's full on and our kids, the kids aren't. The kids are just, you know, they're new and fresh. 45 And their ideas and stuff is different.

STEVEN: Yeah.

50 **ANITA MOBOURNE:** Like, I was talking with [redacted] about shame and about, you know, how embedded it is. Like, I don't – I say – say to her, "I don't know" – you know, I said – I

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said, “I – when youse were little” I said, “It used to frustrate me when youse had shame, when youse were shame”. I – I was frustrated as a parent, because I said, “I never gave youse that. I wanted youse to be confident. I didn’t want youse to have what I had, like, I – that shame come from our parents and that family, and that”. You know, and it’s that whole thing
5 and – and I as a young mum did everything I could to make sure they were confident, you know. I exposed them to the world and the – you know, to other people, to things. I – you know, I really thought I did everything I could, so that they could build confidence and – but it didn’t work – doesn’t work that way, you know, because at – that shame wasn’t –

10 **STEVEN:** Yeah.

ANITA MOBOURNE: - wasn’t something they learnt as children. That shame was embedded. That was the difference, like –

15 **STEVEN:** Yeah.

ANITA MOBOURNE: So they couldn’t unlearn something that they didn’t learn, because it was – they were born with it. It was embedded in them. It was – you know, it – it came out of that generational trauma stuff that we exist in. So –

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STEVEN: It’s passed (crosstalk).

ANITA MOBOURNE: - part of that was, you know, like – yeah – understanding then how do we – how do we take on trauma? How – how does this start – thing start to affect us and
25 what do they do to us? Like, where does shame come from? Like, why –

STEVEN: Yeah.

ANITA MOBOURNE: - do we have shame?
30

STEVEN: Yeah.

ANITA MOBOURNE: That was a big decolonising thing for me to do –

35 **STEVEN:** Wow.

ANITA MOBOURNE: - was to take off that. To go through that journey of why am I shame? Why do I have shame? Whose shame is it?

40 **SHARON:** Yeah. Why?

ANITA MOBOURNE: Is it mine?

STEVEN: Whose is it? Yeah. That’s a great question.
45

ANITA MOBOURNE: And realising that we – you know, and going through that and slowly developing my own confidence, you know. Now, I get up and public speak. Now, I get up and do things, you know. Now, I can yarn up and it doesn’t bother me, but, you know, 20 years ago I wouldn’t say a thing. And it was funny, because I would sit – you know, I
50 would work at the resi units. I loved kids. Kids were the best, like, kids don’t judge you.

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SHARON: Yep.

5 **ANITA MOBOURNE:** Kids you can be free with and kids are just awesome, like, you know. I always enjoy that. I – I hated having to go and deal with the adults, because I think I – I thought I still had, like, this kid brain too and I felt like –

SHARON: Yeah.

10 **ANITA MOBOURNE:** - that's why I got along so well with the kids, but, you know. And I remember going to the depart – like, sitting at the table with them and, you know, with the family and that. And the department would just, you know, being their typical selves and, you know, this and this, and this. And I finally found my voice and at – at one point they said something and I just went, "Bang. No. That's it. This meeting stops. Everyone. You. Get
15 up. Out. Family, out". So I made the family get out and I waited till they left the room and then I fucking ripped it into the department workers. I ripped them. I said, "On what planet and where – where do youse" – like, I was trying to find the logic in what they were trying to make this family do.

20 **SHARON:** Yeah. Yeah.

ANITA MOBOURNE: This Aboriginal – so that was the first time I found my voice and it was awesome. I remember that moment –

25 **STEVEN:** Yeah.

ANITA MOBOURNE: - like a lightning bolt, because like, wow, that's what it's like.

SHARON: Yeah.

30

STEVEN: And you (crosstalk).

ANITA MOBOURNE: That's what it's like to advocate. This is what it's like to be strong.

35 **SHARON:** Yes.

STEVEN: Yeah.

ANITA MOBOURNE: So that was it then and it didn't stop, like, that moment –

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STEVEN: Wow.

ANITA MOBOURNE: - and that was –

45 **STEVEN:** You can – and you can feel that.

ANITA MOBOURNE: Yeah.

STEVEN: You can –

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ANITA MOBOURNE: Yeah.

STEVEN: - you can – if –

5 **ANITA MOBOURNE:** So powerful.

STEVEN: - if you didn't feel that there'd be something wrong, because it's –

ANITA MOBOURNE: Yeah. Yeah.

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STEVEN: - it's only – it's been on display since – since we got here, you know, that –

ANITA MOBOURNE: That's right. Well –

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STEVEN: - that – that fire and that –

ANITA MOBOURNE: Yeah.

STEVEN: - warrior -

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ANITA MOBOURNE: Yeah. Like –

STEVEN: - aspect of you.

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ANITA MOBOURNE: Yeah. That comes through, like, that's it.

STEVEN: It's –

ANITA MOBOURNE: Once that ignited –

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STEVEN: It's quite developed and –

ANITA MOBOURNE: Yeah.

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STEVEN: Yeah.

ANITA MOBOURNE: That was it. There was no going back.

SHARON: That would have been amusing. I can just imagine them going, "Shit".

40

STEVEN: Yeah.

ANITA MOBOURNE: Those poor thing – like, that poor family, they did and they shit themselves. And it because I was – and it was right, because, you know, like –

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STEVEN: Yeah. Yeah.

ANITA MOBOURNE: You know, we – it was right. We didn't need to lie. We didn't need to speak from nowhere else, but our truth that what they were doing and saying didn't make sense.

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SHARON: No.

5 **ANITA MOBOURNE:** So that was it. I was like, “Fuck. No. That’s it. Stop the meeting”
and I thought, “I don’t know. I could probably lose my job over this. I don’t care”. I was
willing to lose my job over this. I was willing to –

SHARON: Yeah.

10 **ANITA MOBOURNE:** - risk –

STEVEN: Lose it all.

ANITA MOBOURNE: - everything to protect –

15

STEVEN: Yeah.

ANITA MOBOURNE: - this family.

20 **STEVEN:** Yeah.

ANITA MOBOURNE: You know, and – you know, and I – and I did and it worked.

SHARON: Well, that’s (indistinct).

25

STEVEN: And that’s – and that’s –

ANITA MOBOURNE: And it worked and it was –

30 **STEVEN:** Wow. What –

SHARON: Well done. Yeah.

ANITA MOBOURNE: - like, “Wow”.

35

STEVEN: Well, it’s such a pivotal sort of moment, because –

ANITA MOBOURNE: Yeah.

40 **STEVEN:** - you know, like, a lot of the times people might actually for job security and for
the fear of –

ANITA MOBOURNE: Yep.

45 **STEVEN:** - losing something then compromise –

ANITA MOBOURNE: Yep.

STEVEN: - that community sort of –

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ANITA MOBOURNE: Yeah. Our –

STEVEN: - aspect.

5 **ANITA MOBOURNE:** Yeah. Our values.

STEVEN: That – that – that is instilled in us.

10 **ANITA MOBOURNE:** Yeah. Absolutely. We – because of that, because of conditioning, because of, you know, the fear of, you know, like, what we could risk and lose. Because of all of those things we sit at tables and are often suppressed or we don't often – and shame too.

STEVEN: Yeah.

15 **ANITA MOBOURNE:** Shame and this. We – we often will not speak out or speak up, you know. And – and the – and the biggest part of that is not having the language or the words that they use and that they need, you know, like, being in this way where we have to explain words –

20 **STEVEN:** Yeah.

ANITA MOBOURNE: - harder or explain it differently, because I don't have their language and I don't know what their words mean. And so I didn't – I didn't grow up with their – you know that stuff. So, you know –

25

SHARON: And they hide behind that, don't they?

ANITA MOBOURNE: Yes.

30 **SHARON:** Like, that bureaucracy.

ANITA MOBOURNE: Yes.

STEVEN: Channelling that emotion.

35

ANITA MOBOURNE: Yep.

STEVEN: And channelling that emotion –

40 **ANITA MOBOURNE:** Yeah.

STEVEN: - with the – with the wisdom –

ANITA MOBOURNE: Yes.

45

STEVEN: - and then delivering the message, you know -

ANITA MOBOURNE: Yep. Bang. Spot on.

50 **STEVEN:** - in the –

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ANITA MOBOURNE: Yeah.

STEVEN: - that cuts clean.

5

ANITA MOBOURNE: Yeah.

STEVEN: So then –

10 **ANITA MOBOURNE:** That’s what I learnt, just be straight out, like, no mucking about.

SHARON: And you’ve (indistinct) work to then go and do that.

ANITA MOBOURNE: Yeah. Like –

15

STEVEN: Yeah.

SHARON: Is that, like, that self-determination then I –

20 **ANITA MOBOURNE:** Yeah.

SHARON: - like –

ANITA MOBOURNE: Yeah. Yep.

25

SHARON: - you know, supporting people –

ANITA MOBOURNE: Yeah.

30 **SHARON:** - on the terms that you think are –

ANITA MOBOURNE: Absolutely.

SHARON: - (crosstalk).

35

ANITA MOBOURNE: Or even just – even the – like, I didn’t –

STEVEN: Yeah.

40 **ANITA MOBOURNE:** - change anything. All I did was, “Stop” –

SHARON: Yeah.

45 **ANITA MOBOURNE:** - “What youse are doing is wrong. Fix it. Change what you’re doing. Do something before I bring this family back in, otherwise we’re walking away”.

SHARON: Yeah. Yeah.

50 **ANITA MOBOURNE:** That was it. That was the only options they had. Like, it wasn’t – like, I didn’t have to say any – any – do anything else. I just had to say to them, “Do better”.

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SHARON: Yeah. Yeah.

ANITA MOBOURNE: “It’s not okay”. Like –

5

STEVEN: Was –

ANITA MOBOURNE: - that was it. Just, you know, “I’m protecting this family, like, what you’re – that – what you’re doing is not okay”.

10

SHARON: Yeah.

ANITA MOBOURNE: Like, “You can clearly see they’re distressed. I’m distressed, you know. Like, what is your gameplan? What is your – what is your goal? To distress everybody at the table?”

15

SHARON: Yeah.

STEVEN: Yep.

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ANITA MOBOURNE: You know, which – like, what I learnt from that is just to be straight out.

SHARON: Yeah.

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ANITA MOBOURNE: Like, you know, be straight out, because no one can argue with the truth. The truth is the truth. That’s it. And –

STEVEN: And –

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ANITA MOBOURNE: - anything around that is just – doesn’t make sense.

STEVEN: And – and if we’re not – if we’re not bringing the truth –

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ANITA MOBOURNE: Yeah.

STEVEN: - then we are living in illusions.

ANITA MOBOURNE: Absolutely.

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STEVEN: And, therefore, progress can’t happen, because it’s – it’s a lie –

ANITA MOBOURNE: That’s right.

45

STEVEN: - in a sense.

ANITA MOBOURNE: That’s right and it’s –

STEVEN: It’s –

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ANITA MOBOURNE: - not about my truths either. It's about our collective truths.

SHARON: Yeah.

5 **ANITA MOBOURNE:** It's about what is true for all of us.

STEVEN: And that's like, a collective karma.

ANITA MOBOURNE: Yes.

10

STEVEN: So we're all responsible –

ANITA MOBOURNE: Yeah.

15 **STEVEN:** - for creating the solution and –

ANITA MOBOURNE: Yes.

STEVEN: - and –

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ANITA MOBOURNE: Yes.

STEVEN: - that takes – it can take one person to really just go challenge the status quo.

25 **ANITA MOBOURNE:** Yep.

SHARON: Yeah.

STEVEN: Okay. Now, we've got to –

30

ANITA MOBOURNE: Yeah.

STEVEN: - do something different here.

35 **ANITA MOBOURNE:** And bring everybody on board.

SHARON: Yeah.

40 **ANITA MOBOURNE:** You know, and that's probably – that's where I found my voice. That was that – that was a pivotal moment for me. I was like, "Yes. This is what it's like" you know, and I all – because I always rowed with my mum and rowed with my dad, and rowed with my family.

SHARON: Yeah.

45

ANITA MOBOURNE: But now I've got to row out there, so I've got to channel that energy –

STEVEN: Yeah.

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SHARON: Yeah.

STEVEN: Yeah.

5 **ANITA MOBOURNE:** - from rowing everyone in my family to rowing and then this whole cause of –

SHARON: Yep.

10 **STEVEN:** Yeah.

ANITA MOBOURNE: - you know? Like –

STEVEN: Yes.

15

ANITA MOBOURNE: - we don't always grow up – wake up growing up going, “I want to be a deadly advocate. I'm going to be this. I'm going to be that. I'm going to be” – you know, like, half of us just want to be left along to exist.

20 **SHARON:** Yeah.

ANITA MOBOURNE: You know, like, there's days where I just go, “I wish I could have worked in Coles or something just – and just existed”.

25 **STEVEN:** Be that accountant.

SHARON: Yeah.

ANITA MOBOURNE: Yeah. Been that accountant.

30

SHARON: Yeah.

ANITA MOBOURNE: And just been –

35 **STEVEN:** I'm glad you didn't.

ANITA MOBOURNE: - done my own thing and just, you know – yeah. I wish I could have. I still love accounting.

40 **STEVEN:** Because you – the skills and the abilities that you've got –

ANITA MOBOURNE: Yeah.

STEVEN: - and the role that you've got, you could just see how that was the right –

45

ANITA MOBOURNE: Yeah.

STEVEN: - for me anyways that's what I see (crosstalk) –

50 **ANITA MOBOURNE:** Well, that's it. That was the thing, like –

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STEVEN: - for you.

ANITA MOBOURNE: - yeah. In hindsight I think –

5

STEVEN: Yeah.

ANITA MOBOURNE: - you know, I was never meant to sit in an office and do that. I was never meant to, like, that led to, you know, like – into – so from there I went to – into case management, like, I did resi care for that long and so many babies, so many kids and so much trauma in our world, in our people. And I never blamed our – I never blamed our people. I never blamed anybody. Things just happen. Things just happen, because of things. Now, it's – it's experiences and – and circumstances lead to things. No one wakes up intentionally wanting to be a horrible mum or –

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SHARON: Yeah.

ANITA MOBOURNE: - I – there's – no one intends anything and I – you know, and for my people, for our people, you know, I feel the deepest and strongest empathy, you know. I don't even blame our – our people for making bad choices and decisions, you know, when we're not – when we don't have that knowledge to back us up and we don't have that, you know, the knowledge to understand this white world that we exist in or, you know, or to, you know, understand our trauma and how our trauma impacts our decision making, impacts, you know, how we exist in the world.

20
25

STEVEN: Yeah.

ANITA MOBOURNE: It impacts how I'm going to react and respond to everything.

30 **STEVEN:** Yeah.

ANITA MOBOURNE: You know, when we are not – don't have that knowledge and are not informed in that space –

35 **STEVEN:** Yeah.

ANITA MOBOURNE: - then, of course, it's going to impact everything I do.

STEVEN: It's going to come out.

40

SHARON: Yeah.

ANITA MOBOURNE: It's going to impact how I raise my kids. It's going to impact –

45 **STEVEN:** Yeah.

ANITA MOBOURNE: - how I interact with everybody.

SHARON: Yeah.

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ANITA MOBOURNE: It's going to impact my drug use, my alcohol use, my – everything, you know, is going to be effected by that. So I never ever, you know – if anything I – it drove me to want to figure out why.

5 **SHARON:** Yeah.

ANITA MOBOURNE: Why – why – how do we – how do we get back there, because, you know, mums I worked with, like, all the mums I worked with, the families I worked with, you know, you saw it in them. They don't – like, they'd say, "I don't" – no one wants that.

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SHARON: No.

ANITA MOBOURNE: It's just circumstances and unfortunate circumstances that lead people to things, so –

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SHARON: What do you think could be – well, what are some of the things that maybe could do to help support these people? Because I think we need to provide more and more support, like, just –

20 **ANITA MOBOURNE:** Yeah.

SHARON: - never turn the – never turn away from that support.

ANITA MOBOURNE: Absolutely not and I – and I reckon –

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SHARON: Yeah.

ANITA MOBOURNE: - look, I – I think it's in – the supports are there, but I think there's a little bit more in – in – in the listening and understanding of the trauma that –

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SHARON: Yeah.

ANITA MOBOURNE: - Aboriginal people have faced and – and gone through. Now, when I look in –

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STEVEN: And continuing.

ANITA MOBOURNE: Hey?

40 **STEVEN:** And continuing to do -

ANITA MOBOURNE: Yeah. And continue to.

STEVEN: - that right now. Yeah.

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ANITA MOBOURNE: Yeah. When I look at, like, the work we do, you know, and, you know, and – and, you know, when I think about how work's help – helped. How it goes in my brain. Practitioners, doctors, therapists, whatever these titles, all these titles are, you know – come through this education. Education above that gives this knowledge –

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SHARON: Yep.

ANITA MOBOURNE: - in these fields of behavioural science. I always think of it as behavioural science.

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STEVEN: Yeah.

SHARON: Yeah.

10 **ANITA MOBOURNE:** So, you know, all that stuff and everything in there is effected by everything around us, external, into – everything, you know. Everything we are is effected by, you know, I want to say circumstances and that. You know, when I think about the knowledge that – and the education that goes into creating therapists and creating these it's – you know, there's a whole heap of factors that go into that, you know. And a lot of that stuff is based on years of evidence of practice, you know. Evidence of – of best practice. What – what – what does work and what doesn't work, you know.

15

SHARON: Yeah.

20 **ANITA MOBOURNE:** Like, captured in – in – in knowledge translations, in journal articles, in all those things across the fields of that in the – in those fields and, you know, I look at all that and I think, "Wow. There's so much evidence, so much stuff". But when it comes to Indigenous and Aboriginal people there's nothing.

25 **SHARON:** Yeah.

ANITA MOBOURNE: And that stuff doesn't fit or suit either, you know, like, there's –

STEVEN: Hey, sorry to interrupt.

30

ANITA MOBOURNE: Yeah.

STEVEN: Can I use your toilet?

35 **ANITA MOBOURNE:** Yeah. Of course you can. Just down there. Yeah. Just there to your right wall there.

STEVEN: I'll keep it going.

40 **ANITA MOBOURNE:** Yeah. Yeah.

STEVEN: Just – just continue and I'll be back.

45 **ANITA MOBOURNE:** You know, and I think about – you know, so we're not – you know, and this is what drove me when I was in this field. Being in that field, working alongside practitioners my whole life, like, I've worked in adult mental health, you know. I was – you know, I've worked in – I worked at the Cancer Council, you know, but –

SHARON: Yeah. Yeah.

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ANITA MOBOURNE: - I've taken many journeys in many different jobs and – and I've had people say to me, "You know what that looks like on your resume?" and I say, "Well, I – I don't actually care". I said, "For me that might look like that on my resume" I said, "But in my head the knowledge" –

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SHARON: Yep.

ANITA MOBOURNE: - "that I'm gathering and what – the experiences that I'm having are priceless compared to that". I said, "That's got nothing on that". I said, "You know" –

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SHARON: Yeah.

ANITA MOBOURNE: - "I don't have to be a specialist in that field to know that, you know – how that field operates or what that field need" – you know, the – the –

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SHARON: Yep.

ANITA MOBOURNE: - you know, those – what do you call them? The – not the boundaries, but the - the -

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SHARON: It's sort of –

ANITA MOBOURNE: - the box that that –

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SHARON: Yeah.

ANITA MOBOURNE: - stuff exists within, you know.

SHARON: Yeah. Yeah. Yep.

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ANITA MOBOURNE: And, you know, so – and I did that deliberately. I wanted to – I wanted to figure out more. I wanted to go, you know, like, set, you know – VACCA was at – one thing, but we were only limited to working with children, right.

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SHARON: Yeah.

ANITA MOBOURNE: So in – our children. So they were the centre of our focus. And I said – well, I wanted to do more. My – my goals were families, you know. Well, isn't – hang on. What I wish to say is, "Well, isn't it the best case scenario for kids is to be returned to their mother?"

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SHARON: Yep.

ANITA MOBOURNE: So why aren't we working with the mother?

45

SHARON: Yep.

ANITA MOBOURNE: Why aren't we working with the families –

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SHARON: Yep.

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ANITA MOBOURNE: - to support them, so that the kids can go home? Why are we just focusing on the kid and the kid's needs -

5 **SHARON:** Totally agree. Yeah.

ANITA MOBOURNE: - and not the needs of the – so I was so confused by their –

SHARON: Yeah.

10

ANITA MOBOURNE: - policies and –

SHARON: Yeah.

15 **ANITA MOBOURNE:** - it frustrated me, so then I moved. I went, like, “No. I’m going”. I went – so I went into Centrelink, of course, because –

SHARON: Yeah.

20 **ANITA MOBOURNE:** - yeah, Centrelink is going to show me so much more. But I loved Centrelink at the time.

SHARON: Yeah.

25 **ANITA MOBOURNE:** And I learnt so much more about systems there that kind of gave me that – the – how do systems operate and people within those systems, how do they think. I got to be really exposed to that world and, you know, that – you know, and all – and that and see how – and how do they apply that to people and how do Aboriginal people access that and how do – and – and what are the barriers. So for me all that journey was to really
30 look at and stuff, well, what are the barriers our people face? What is it – what is the system breakdown? How come it doesn't work for us?

SHARON: Yeah. Yeah.

35 **ANITA MOBOURNE:** You know, really just questioning it and watching, and absorbing and just – and – and – and doing my bit where I can. And then I went to work with Uncle [REDACTED] doing training, so then he grabbed me and said, “Come and – come and work up here at (indistinct)”. Sweet. Deadly. Yes. And we was – and we were training then, rolling out training to the Department of Justice and that –

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SHARON: Amazing.

ANITA MOBOURNE: - was awesome, like, that was the best part. Like, that was fantastic. That was in the – God, [REDACTED] was two. That was 17 years ago. So –

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STEVEN: Wow.

ANITA MOBOURNE: Yeah. So that was – and that was excellent. That was awesome. I loved it, you know, and that –

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SHARON: Did you think everything was coming together for you at that point, because you've done all this sort of research on your own and with other people –

ANITA MOBOURNE: Yeah. No.

5

SHARON: - and then you got to start –

ANITA MOBOURNE: That was –

10 **SHARON:** - talking about it.

ANITA MOBOURNE: You know what, it's only all coming together now.

SHARON: Yeah.

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ANITA MOBOURNE: All that, everything I did was the journey, was the – was leading up. Like, even then I didn't think I was – I had enough, like, and I was only young. I was still a kid. I was still learning and, you know, like – and this was the best place to learn, from someone like him. Like, I watched him and – and my goal there was to – okay. How does he

20 work with these – with the – it's – and that was in negotiating with the department and I was – so I sat there and watched how he would converse with, you know, people from there, with the department, like, all of these and negotiate these –

SHARON: Yep.

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ANITA MOBOURNE: - and that was fascinating. And then I would go in and deliver training with him and have those, you know – and really, you know – and – and when you're starting to facilitate and deliver training you come from a different point of view then, because it's not about my learning. It's about your learning, so it's around – so the best or

30 the biggest part of that was unpacking views that other people held about us and then this realisation of this is where our problem is.

SHARON: Yeah.

35

ANITA MOBOURNE: It's not in us. It's not in these services or this – it's in the views that are held within this space by people like that, you know. So it's like how do we start to then change that?

SHARON: Yeah.

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ANITA MOBOURNE: What is it we need to do in that space? And, you know, what – how do you – how do you change them? And, you know, then again, it comes back to systems.

SHARON: Yeah.

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ANITA MOBOURNE: So I stayed there for a few years working with the – and that was just the best, just learning and – and – and absorbing and – and even dabbling in project work, you know.

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SHARON: Yeah.

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ANITA MOBOURNE: Doing stuff like that, like, even – that’s where I learnt a lot of that. But just to watch other Aboriginal people and how they, you know, would handle the systems.

5

SHARON: Yeah.

ANITA MOBOURNE: You know, talk to the systems. How – how our people –

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STEVEN: Yeah.

ANITA MOBOURNE: - you know, switched between, you know, our Aboriginal selves and – and communicating with your mob and each other, and then switching into how then you would change your communication style and thing to, you know, work within systems –

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SHARON: Yeah.

ANITA MOBOURNE: - and work with people within those systems, you know, the non-Aboriginal systems. And I was fascinated by that, you know. And kind of that’s really where, you know, that – that whole fascination stuck in and I went, “All right. I want more”. I wasn’t – that was never enough. It was never enough, so I wanted more and I wanted more. But then our family started to get sick, you know. We started to go through losses and traumas, like, in 10 years I lost all my nans, my grand –

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25

SHARON: Yeah.

STEVEN: Yeah.

ANITA MOBOURNE: - all my grandparents, my aunties, uncles, cousins, brother, you know, all my people.

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SHARON: Yeah.

ANITA MOBOURNE: You know, like, my dad got sick.

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STEVEN: Yeah.

ANITA MOBOURNE: So, you know, so for 10 years we’ve just been surviving then, you know. Like, you go into modes of thing.

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SHARON: Yeah.

ANITA MOBOURNE: Buy never stopping. I think, you know – and then, you know, I moved to Deni, you know, took a – took a break, which was good, a well-deserved –

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SHARON: Yeah.

ANITA MOBOURNE: - break. I – like, I really took a –

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SHARON: Yeah.

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ANITA MOBOURNE: - a break and – and actually wanted to – I’d been working my whole life, so I actually took a year off and didn’t work at all.

5 **SHARON:** Amazing.

ANITA MOBOURNE: And I thought I needed to do this now. I needed to---

STEVEN: Yeah.

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ANITA MOBOURNE: - you know, see what this is like.

STEVEN: That’s so good.

15 **ANITA MOBOURNE:** Get on a pension and –

SHARON: Yeah. Yeah.

20 **ANITA MOBOURNE:** - struggle for a bit, you know. We’ll see what this is like and I’m like – you know, for me it’s important to, like, if I’m going to be out there advocating, if I’m going to be out there representing I have to know what I talk to.

SHARON: Yeah.

25 **ANITA MOBOURNE:** You know, I have to know that –

STEVEN: Yeah.

30 **ANITA MOBOURNE:** - you know, that – that I can relay some aspect of truth to what I’m representing, because, you know, (1) I know that for me, but also I can then emphasise that for someone else or I can understand in a way that, you know, that helps them, you know, like, unpack their story. And so, yeah, I did that for a year and I just wanted to be a mum.

SHARON: Yeah.

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ANITA MOBOURNE: So I raised –

SHARON: Yeah.

40 **ANITA MOBOURNE:** So ■■■ was my baby then, she was only two.

SHARON: Wow.

45 **ANITA MOBOURNE:** So me and her took off to Deni and then it was the best, like, it was deadly.

SHARON: Yeah.

50 **ANITA MOBOURNE:** And just being home, just –

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SHARON: Yeah.

ANITA MOBOURNE: - take – you know, just not having to worry about my identity driving my role or giving my – you know, my income. I just – I just took a year off and just
5 –

SHARON: Yeah.

ANITA MOBOURNE: - was mum, as a mummy.
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SHARON: Yeah.

ANITA MOBOURNE: I was going, doing community things. I was just hanging out, like, you know.
15

SHARON: Yeah.

ANITA MOBOURNE: And it was nice. It was really good. Yeah. Just –

STEVEN: That's so good.
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ANITA MOBOURNE: Yeah.

STEVEN: Yeah.
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ANITA MOBOURNE: It was good and – and really reflecting to on like, “Well, what do I want to do, you know? And where do I want to go with this knowledge?”

SHARON: Yeah.
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ANITA MOBOURNE: What I – you know, like, I could have gone back to education. Mum kept saying, “Why don't you go back and do this and do that?” and I'm like, “Yeah. I could, you know” and I actually nearly did. I wanted to go through into mental health –

SHARON: Yeah. Yeah.
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ANITA MOBOURNE: - then up in Deni. I was going to go for my psych – you know, the psychology and do that, and thought, “Yeah. I can do that here and do counselling and stuff up here”.
40

SHARON: Yeah. Yep.

ANITA MOBOURNE: You know, never – Deni's never – Deni's too little for people like us, so, you know. But then Covid happened then I come back to Melbourne and landed this role, and this is probably – this is the defining moment now. This is –
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SHARON: Yep.

ANITA MOBOURNE: - what everything's led to, you know. This – you know, now, for the first time ever, you know, we have this ability and this capacity to develop and create evidence within our space -

5 **SHARON:** I love it. Yeah.

ANITA MOBOURNE: - that we can then start to use to fight systems, to fight, you know, what this government says, to fight what is given to us, to fight for what we need and what is proper and better for us, you know.

10

SHARON: Yeah.

ANITA MOBOURNE: But not only the evidence, but the language, you know. The – the – the – you know, we've – everything to how – what does that mean? How do – and how do we get systems to start to change?

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STEVEN: Yeah.

ANITA MOBOURNE: Or to be receptive to what that means for us, you know. So that's my big fight now, to fight the systems.

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SHARON: That's amazing.

ANITA MOBOURNE: But, yeah, so –

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STEVEN: Do you – do you want to speak to your current role and it – and it – and everything that you're –

ANITA MOBOURNE: Yeah.

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STEVEN: - sort of endeavouring to achieve in it?

ANITA MOBOURNE: I love this role. So I love – I love go –

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SHARON: Yeah.

ANITA MOBOURNE: - I fell into this. I really fell into this by accident, right.

SHARON: Yeah.

40

ANITA MOBOURNE: You know, all these years and, you know, I'm a big yarner.

SHARON: Don't think of it as an accident.

45

ANITA MOBOURNE: I love yarning.

SHARON: I think your – you're so open to (crosstalk) –

ANITA MOBOURNE: Universe. See?

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SHARON: You keep – like, you keep saying, “I accidentally looked after 100 people”. It’s like –

ANITA MOBOURNE: Yeah.

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SHARON: - you kept saying, “Yes”, didn’t you?

ANITA MOBOURNE: Yeah. I just –

10 **SHARON:** You just keep saying, “Yes” so –

ANITA MOBOURNE: That’s my problem. That’s my problem is - you know what I’m learning in this life right now is boundaries, like, right now in this moment is how to do really good boundaries and how to –

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SHARON: Yep.

ANITA MOBOURNE: - say, “No”. I’m learning that, but I’m not good at it. Anyways, like – but, yeah. No. So I’m a – so I do – so I got – I’m the cultural elements project officer actually and I’m – I’m employed at VACCA, so back full circle.

20

SHARON: Yeah.

ANITA MOBOURNE: And I love that I’m back at VACCA, like, you know, I hear a lot of things about our agencies and our organisations. But, you know, I think, you know, like, I – I work in these agencies, I work in these organisations and, you know, no matter what, you know, these – they’re there to help. They do – you know, they don’t do the best job. They’re not always going to get the best, you know, thing. But, you know, they are there and they do work, you know, they do. And I think my goal is to – how do we – how do we make our places better for our people? Like, how do we start to, you know, build trust and, you know, heal and mainly heal, you know?

30

SHARON: Yeah.

35 **ANITA MOBOURNE:** And – and then – so this job came along and I fell into. And it was training at the start, so it was training and because I’m a trainer and facilitator I’m like –

SHARON: Yeah.

40 **ANITA MOBOURNE:** - “Yeah. Sweet. I can do that. I can go and talk” and it –

SHARON: Yeah.

ANITA MOBOURNE: - and I thought the work was set. I thought I could just walk into this job and –

45

SHARON: Yeah.

ANITA MOBOURNE: - do it, but what I didn’t realise is that when I walk into this job is I – you know, we’re creating and developing all this stuff in this space that’s not –

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SHARON: Yeah.

5 **ANITA MOBOURNE:** - there and it's like, "Wow. What an opportunity". And so, you know – and it's this new response. So five years ago during Covid the government, of course, decided that it wanted to free - introduce a new program to Australia.

SHARON: Yeah.

10 **ANITA MOBOURNE:** And that's called the Common Elements Program. It's – and – and then they're – they're rolling it out in the family services sector, so only in family. So where are children, so reunification –

SHARON: Yep.

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ANITA MOBOURNE: - and – and – and people receiving family supports. So, you know, families who are just at risk or –

SHARON: Yeah.

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ANITA MOBOURNE: - who might be struggling a little bit. Yeah. So that whole sector is being, you know – is this program or this – this new way of – what is it – working with people has come through the government, right. It's an evidence-based program, you know, and it's been – it's had two years in the past of, you know, looking at, like, exactly what I was saying, evidence through knowledge –

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SHARON: Yeah.

30 **ANITA MOBOURNE:** - translations, through journal articles and what's best practice, what works, you know. So what works when I'm engaging a person? What – what's important to that person, you know?

SHARON: Yeah.

35 **ANITA MOBOURNE:** And in the common elements you know what they figured out that listening is important. Like, der, no brainer.

SHARON: Yeah.

40 **ANITA MOBOURNE:** Like, it's all – and it's – so it's – all comes down to this behavioural stuff. It's around – it's around how we listen. It's how we engage, like, it's – you know, do we engage people and think about what we're still doing and then, you know – like it – what is our style of that? So it's really around self-awareness.

45 **SHARON:** Yeah.

ANITA MOBOURNE: It's a no brainer for us, but it's like, "Right. These fellas took this long to get this far. What? We've been doing this for years". But, you know, like, and it's true. Like, what – what has come through these elements and they're beautiful evidence-based stuff, but it's – when I look at them I think, "Wow. We've been doing this

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stuff for years". This whole common elements approach is – is like a self-determination model that we've been working in for years, our people and –

SHARON: Yeah.

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ANITA MOBOURNE: - our mobs, you know, like – but I love it anyways and then – so this – things come out, but while – when – what the government do when they introduce all these new deadly things is that they take away what we already had in existence. Like, we had this beautiful program called, Wilka Kwe that was done – it's established by Aboriginal people, produced by Aboriginal people, you know, created within VACCA.

10

SHARON: Yeah.

ANITA MOBOURNE: You know, by people, by – with advice, but because the program can't produce the evidence the government needs, you know, the program got disbanded, just got rid of, you know. Like, we had this beautiful program, Cradle to Kinder that supported mums and bubs.

15

SHARON: Yeah.

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ANITA MOBOURNE: You know, like, from, you know, pre-pregnancy right through to babes going to kinder, you know. Like –

SHARON: Yeah.

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ANITA MOBOURNE: - a beautiful solid program that – you know that families loved, that was our way of, you know –

SHARON: Yeah.

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ANITA MOBOURNE: - how we nurture and care, you know. It was our way of doing things. Taking time to invest in our families. Take – using that time to – to build and develop and form, you know, relationships and that. But, you know, they both got disbanded, both got taken away funding thing, because, of course, the government always knows what's best for us, right.

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SHARON: That's horrific, isn't it?

ANITA MOBOURNE: Yep.

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SHARON: Yeah.

ANITA MOBOURNE: Yeah. And then they released this beautiful program called, you know, Common Elements into our system for –

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SHARON: Yeah.

ANITA MOBOURNE: - everybody, based on evidence from Europe.

50

SHARON: Okay.

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ANITA MOBOURNE: So all this Western evidence that's used, because obviously we are all aligned to Western evidence. So it works for all of us, right? You know, so then people like us come along and we're like, "Yeah. What are we doing here?" you know. So – so
5 that's how I fell into this. So they had this project, they had these – the common elements that were being released by the government and, of course, VACCA partnered with them, because common elements work in common spaces, but they don't work in Aboriginal spaces. So where you've got culture as a factor, no matter whose culture or what culture, when their culture starts to become a leading factor in how people react and respond then
10 common elements don't work.

SHARON: Yeah.

ANITA MOBOURNE: Because they only work in – with the common Western people.
15

SHARON: Yeah.

ANITA MOBOURNE: You know, they don't work in other places. So we've been able to take that research, that – that stuff and then figure out how to do our own. So we've done
20 that. So we've gone one further. Where they had books, knowledge translations and things to gather and gauge evidence from we actually went and did live. We – we – so we spent two years interviewing and – and doing these studies amongst groups. So – and every ACO in the state is part of this. We've involved every ACO, like, you – you know. Like, that for me is important. Uniting our mobs. Finding what is common amongst us all, like, what are the
25 commonalities that link us. Like, what is – what is it about us that, you know – like, you've grown up your way, I grew up my – my way. We have our views on what connecting to country means, like, we have our views on what connecting to culture and each other means. We – we have our different views on what culture actually looks like for us. You know, my culture will be different, because I'm Wemba Wemba, Yorta Yorta –
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SHARON: Yeah.

ANITA MOBOURNE: - or I'm, you know, from – depending on what mum and dad gave me, you know. Same with yours.
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STEVEN: (Crosstalk).

ANITA MOBOURNE: So it's going to be complete –

STEVEN: Yeah.
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ANITA MOBOURNE: We're always going to have –

STEVEN: Yeah.
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ANITA MOBOURNE: - all these different views on how culture exists within our space, but the – the – the one thing that the – the common is that – is that culture exists.

SHARON: Yep.
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ANITA MOBOURNE: So then what my job is, is to look at, well, what do – what do you call – just say if we did – did listening. What do you – what do you do or how do you do it? What does – what did, you know – what do you remember growing up? Like, I’ll say to mobs, like, you know, this listening style that we have that’s different, that’s unique it’s almost intuitive, you know. And we look at all that and we go – and we – I go around and interview and – and mobs and go, like, “Well, you know, all – what are all the different ways in which we do that? How? How do we do it? What’s important when we’re doing that? What’s important in being heard or being listened to, or – or what’s important when we’re listening to others? Or what is it about that?” you know?

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STEVEN: Yeah.

ANITA MOBOURNE: Like, how is that unique to us? What is it? You know, like – and so I capture that. Then I – so this – and then I’ll translate that knowledge into practice.

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SHARON: Yeah.

ANITA MOBOURNE: So into step by step practices and information for non-Aboriginal practitioners, so that they can start to work in that space, work –

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STEVEN: Wow.

ANITA MOBOURNE: - with understanding. Work with, you know – and help – our whole thing is that, you know – and I took this – this same training, I took this same stuff to the west over there and I have five different Africans around the – like these people and then – and New Zealand, like, pacific and I was like, “How am I going to deliver this to these mob, you know?” And, like, an Ethiopian, South African, someone from Horn of Africa, all these different – like, and different experiences too. Some were – what are they? Refugees.

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SHARON: Yeah.

ANITA MOBOURNE: Others have come freely. Like, there was all these different mobs and I was like, “Wow”. I was so blown away at these cultural mobs at the table, like, they weren’t mine, like, and – and then I was like, “All right. We’ve got all these elements. We’ve got all these cultural things that exist amongst us. We’ve got a style of listening and – and how we sit with each other and listen”. And when you unpack what you have, like, you know – and I’ll say, “What’s your style of listening? Do you have a – a way?” and that’s – that’s specifically cultural, you know. And – and it all comes out. Every culture shares similar practices. So my goal is to find out, well, what’s common. What’s the commonality in all of that? What is something we all share together that unites us? You know, so – so that’s what I do in our Aboriginal space. What’s the things we share that unite us all, that it’s all of our truth that none of us can argue with, because we all do it, you know.

40

STEVEN: That’s right.

45

ANITA MOBOURNE: We all connect.

SHARON: Yeah.

ANITA MOBOURNE: We all connect to information.

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STEVEN: Yeah.

5 **ANITA MOBOURNE:** We all connect to the things around us. We cannot process and understand things unless we can connect to it. Connecting is the same way of – of translating into understanding or, you know, in a – in another space, but for us it's deeper. It's more than connecting with your mind and everything. It's connecting with your spirit too. It's – it's how does – how does, you know, every part of me feel and respond to that, you know. It's more than just what goes on in our heads. Yeah.

10

SHARON: It's amazing.

ANITA MOBOURNE: Yeah. It's pretty awesome, so I'm like, "Yes".

15 **STEVEN:** I bow down to that. That's –

SHARON: Yeah.

STEVEN: - that's a beautiful role. Thank you.

20

SHARON: Yeah. Yeah.

ANITA MOBOURNE: Isn't that unreal? And I – I fell into that, like, completely accidentally and I just love it.

25

STEVEN: Yeah.

ANITA MOBOURNE: And, you know –

30 **STEVEN:** A lot of possibility in that. There's so much –

SHARON: Yeah.

ANITA MOBOURNE: Hey. Hey.

35

STEVEN: - possibility in that. Yeah.

ANITA MOBOURNE: And – hey. And for the first time ever we've got this way of, you know – and for me what was most important about this was having a narrative to fight for my own rights. Having the language and the words to explain to them fellas what it means, you know. Like, because - because that was – been the lifelong thing when someone says, "How come you can do that?" or, "How come you can do that and this and that, and – but we can't?" I'm like, "I don't know. It's because I'm black?" No. It's not. It's because there's more to it. There's – it's –

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STEVEN: Yeah.

ANITA MOBOURNE: - because I practice –

50 **STEVEN:** Yeah.

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ANITA MOBOURNE: - the way I exist in my cultures, because I use those practices in that space.

5 **STEVEN:** They don't do that.

ANITA MOBOURNE: No.

STEVEN: They – their – it's an eggshell culture.

10

ANITA MOBOURNE: Yep.

STEVEN: It's as thin as an eggshell.

15 **ANITA MOBOURNE:** Yep. Yep.

STEVEN: So where you're – you're going and – right into the yolk in a sense.

ANITA MOBOURNE: Yes.

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STEVEN: Right into the core of it.

ANITA MOBOURNE: We literally – yeah. And we literally talked about that yesterday. I talk about this with non-Aboriginal people all the time, like, I say, you know – and I – and I try to check this (indistinct) and I – and I say, you know, "Would it be right to say that non-Aboriginal people, this Western way of thinking is task driven? Always with a task in mind, like, 'I've got to do this. I' – the outcomes, outcome, outcome driven?" Whereas the Aboriginal way of listening is not.

25

30 **STEVEN:** Process.

ANITA MOBOURNE: We're just going in there going – it could be anything.

SHARON: Yeah.

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ANITA MOBOURNE: What – what are you going to tell me? It's not processed. You're not task driven. You're not like, "I've got to get this outcome". You're like, "Okay. I'm going into this space. Who knows what it's going to bring me?"

40 **STEVEN:** Yeah.

ANITA MOBOURNE: Like, I'm not going in with any intention. I'm just going in to capture a story or I'm not going in with this, but with –

45 **STEVEN:** Yeah.

ANITA MOBOURNE: - other practitioners and that's what we talk about – when we're going into people's homes it's what – what are we – what is our thought process going in there? Are we going in there task driven? Are we going in there with a –

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SHARON: (Crosstalk).

ANITA MOBOURNE: - yep -

5 **SHARON:** Yeah.

ANITA MOBOURNE: - with an outcome, expected outcome? What are we expecting?
That's the difference between how we listen –

10 **STEVEN:** Yeah.

ANITA MOBOURNE: - and how non-Aboriginal people listen. It's really breaking down
that – that self-awareness, you know.

15 **STEVEN:** So that –

SHARON: It's hard to put that – yeah.

20 **STEVEN:** - limits the – that limits the possibility, because if you go with a goal intended
that means you can only go to that place.

ANITA MOBOURNE: That's right. Yep. So your focus –

25 **STEVEN:** But if you go with all the doors open it could go to any place.

ANITA MOBOURNE: Yeah. Imagine.

STEVEN: To untraversed terrain –

30 **ANITA MOBOURNE:** Yeah. Yeah.

STEVEN: - which is where the growth is.

35 **ANITA MOBOURNE:** Absolutely.

STEVEN: Not in familiar territory.

ANITA MOBOURNE: No.

40 **STEVEN:** Yeah.

SHARON: And that's where the solutions would be.

45 **ANITA MOBOURNE:** Yeah.

SHARON: Because it's like where are they going to lead you on this –

ANITA MOBOURNE: Absolutely.

50 **SHARON:** - journey.

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ANITA MOBOURNE: Yep.

SHARON: It takes time, doesn't it?

5

ANITA MOBOURNE: Yeah.

SHARON: It makes –

10 **STEVEN:** Courage.

SHARON: - takes away those checklists.

ANITA MOBOURNE: Absolutely. And we're story tellers.

15

SHARON: Yeah. That's – yeah.

ANITA MOBOURNE: You know, that's our style of communicating. That's how we communicate. If you were to ask me a direct question I wouldn't know how to answer that without having – without it being – because it has to have context.

20

SHARON: Yeah.

ANITA MOBOURNE: And it has all these other things. It's not just that -

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STEVEN: Yeah.

ANITA MOBOURNE: - answer. It's that answer, because all these other things around that created that answer. You know what I mean?

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STEVEN: Yeah.

SHARON: It's – yeah.

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ANITA MOBOURNE: So it's a story. It has to, you know – it's in the story of how we – so my goal is to bring this acknowledgement and recognition to this style of communication that exists and then how can the rest of the world exist with that style. How do they – how – how should the world react and respond to my style rather than me having to react and respond to their style all the time and change how I communicate and how I exist to suit the needs of the others around me, you know? This is bringing it back.

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SHARON: Yep.

ANITA MOBOURNE: I don't want to change who I am. I don't need to. I love being Aboriginal. I loved being who - who I am. I love that people can't understand me. I love that my way of thinking is completely different. I love that I might have – you might come here one day and – seriously last week there was like 12 people in my house.

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SHARON: Yeah.

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- ANITA MOBOURNE:** Like, honestly if youse had of came there'd be, like, so many people in my house. I'm like, my gosh. I had the police come and all, because – that was another incident. I'll tell you about that, but the coppers rock up. I've got kids galore running around. I'm like, "Yeah. Whatever". This is just a normal day for me, so –
- 5 **SHARON:** Yeah. Yeah.
- ANITA MOBOURNE:** - the fact that it's quiet today is good.
- 10 **SHARON:** Yeah.
- ANITA MOBOURNE:** The kids are working. That's why.
- SHARON:** Yeah.
- 15 **ANITA MOBOURNE:** It's good. But, you know, any other day it's just flat out. But I love that.
- SHARON:** Yeah.
- 20 **ANITA MOBOURNE:** I love that. I don't –
- STEVEN:** Yeah.
- 25 **ANITA MOBOURNE:** - you know, and when people stand around and say to me, "Well, that's weird" or, "That's odd" or, "That's not" – you know, I'm thinking, "Why is that weird? Why is that odd?" and – and what I figured out is because it's not your way. It's not your way of doing things and that's okay. It's my way.
- 30 **STEVEN:** Yeah.
- ANITA MOBOURNE:** You know, and it's not weird and odd. It's just my way and this is not unique to me.
- 35 **STEVEN:** It's not.
- ANITA MOBOURNE:** I share this way with all my mob.
- STEVEN:** Yeah.
- 40 **ANITA MOBOURNE:** I can go to any – any house and know I'll be probably running into a thousand cousins there or I can go to my cousins down the corner here and the cousins around there and, you know? I got family and it's the same for us all. It's not unique to me. That's why I know it's cultural. That's why I know it belongs with us, you know. It's not
- 45 just an Anita thing. In my – be – everyone does it in mob. All my mobs do it. It's like look and so –
- SHARON:** Yeah.
- 50 **ANITA MOBOURNE:** - I know that's a cultural thing. I know then –

SHARON: Yeah.

STEVEN: Yeah.

5

ANITA MOBOURNE: - what is that? How do I capture that?

STEVEN: Yeah.

10 **ANITA MOBOURNE:** how do I give that description and explanation, so that that world understands?

SHARON: Yeah.

15 **ANITA MOBOURNE:** So that that world knows then how to react or how to support what I need and what's important to me, and my values, you know?

SHARON: And there's that qualitative sort of storytelling.

20 **ANITA MOBOURNE:** Yes.

SHARON: Like, this is how I can show. This is evidence-based.

ANITA MOBOURNE: Yes. Yep. Yep.

25

SHARON: Because I – you know, I lived at the far north Queensland in an Indigenous –

ANITA MOBOURNE: Yeah.

30 **SHARON:** - town with my family.

ANITA MOBOURNE: Yeah. Yeah.

SHARON: And they do that too.

35

ANITA MOBOURNE: Yeah.

SHARON: Like, you go around – you drive around town and there will be –

40 **ANITA MOBOURNE:** Mattresses on the floor.

SHARON: - (crosstalk).

ANITA MOBOURNE: I just cleaned up all the mattresses off the floor -

45

SHARON: (Crosstalk).

ANITA MOBOURNE: - literally.

50 **SHARON:** No. But they –

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ANITA MOBOURNE: I had mattresses everywhere.

SHARON: - they'll sit there in groups, like –

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STEVEN: That's –

SHARON: - they'll play cards in –

10 **STEVEN:** I remember those days.

ANITA MOBOURNE: Yep.

SHARON: - the afternoon and there will be, like, you know, 20 different aunties, cousins –

15

ANITA MOBOURNE: Yeah.

SHARON: - all from one family sitting there and – and then they'll get the feed together after and it's –

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STEVEN: Yeah.

ANITA MOBOURNE: Yeah.

25 **SHARON:** - but every – no one is left behind in that –

ANITA MOBOURNE: No.

SHARON: - that family group.

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ANITA MOBOURNE: Yeah.

STEVEN: (Crosstalk).

35 **SHARON:** Like, there's a real (crosstalk).

ANITA MOBOURNE: And there's no –

STEVEN: It's a broader identity than just –

40

ANITA MOBOURNE: Yeah.

STEVEN: - nuclear families –

45 **ANITA MOBOURNE:** Yes. Yes.

STEVEN: - (audio distortion).

ANITA MOBOURNE: Exactly.

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SHARON: It is. It – it -

ANITA MOBOURNE: Yeah. It's more.

5 **STEVEN:** Like mum and dad, and –

ANITA MOBOURNE: Yeah.

10 **STEVEN:** - just your brothers and sisters don't –

ANITA MOBOURNE: Yeah.

STEVEN: - we're not connecting with our cousins or your aunts.

15 **ANITA MOBOURNE:** That's right. Yeah.

STEVEN: You're just going to survive in our little –

ANITA MOBOURNE: No. See and that's the difference.

20

STEVEN: But this brings so much more growth and –

ANITA MOBOURNE: Yeah.

25 **STEVEN:** - potential and –

ANITA MOBOURNE: Yeah.

STEVEN: - everybody's thrive – can thrive in that.

30

ANITA MOBOURNE: That – that's right, like –

STEVEN: If the people – if – especially if the leadership is balanced, like, the – like, the ones that are –

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ANITA MOBOURNE: Yeah. Yes.

STEVEN: - holding everybody together with –

40 **SHARON:** And empowered.

STEVEN: - nurturing and love.

ANITA MOBOURNE: Yes.

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SHARON: Empowered to be able to provide too.

ANITA MOBOURNE: Yeah.

SHARON: Like, when you take away the things that people can do to provide for their family –

ANITA MOBOURNE: Yeah.

5

SHARON: - you put them in a corner, don't you, like, when –

ANITA MOBOURNE: Absolutely.

10 **SHARON:** - you take away, like, financial, you know –

ANITA MOBOURNE: Yeah.

STEVEN: Yes.

15

SHARON: - security or –

ANITA MOBOURNE: Yeah.

20 **SHARON:** - housing or –

STEVEN: Yeah. Yeah.

SHARON: - access to –

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ANITA MOBOURNE: Yep.

SHARON: - food and schools, or whatever it is –

30 **ANITA MOBOURNE:** Yeah.

SHARON: - that you need –

ANITA MOBOURNE: Yes.

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SHARON: - take that away and you put people in corners, and they can't thrive like that.

STEVEN: No.

40 **ANITA MOBOURNE:** No.

SHARON: Bring cousins in and (crosstalk) –

STEVEN: Yeah.

45

ANITA MOBOURNE: No. Yeah. Even like that those –

SHARON: Yeah.

50 **STEVEN:** Yeah.

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- ANITA MOBOURNE:** - very practices are empowering. They are – they’re part to our survival. I mean, when you’ve got departments saying, “You’re not allowed to do that. You’re not allowed to practice what you’ve been practicing for years” it’s the –
- 5 **SHARON:** Yeah.
- ANITA MOBOURNE:** - same as what they did when they assimilated us or they –
- 10 **SHARON:** Yeah. Yeah.
- ANITA MOBOURNE:** - put those policies in. They’re doing the same things, but in different ways.
- 15 **SHARON:** They do.
- ANITA MOBOURNE:** Because we don’t have that to say, “Well, that – this – this actually is”. It’s a protective factor. It’s my right to, you know.
- 20 **SHARON:** Yeah.
- ANITA MOBOURNE:** And it’s how I survive. It’s how I find strength and it’s how I find success, like, it’s how I define what success looks like. The more people I have in my house, the more successful I am, like, for reals.
- 25 **SHARON:** Yeah.
- STEVEN:** Yeah.
- 30 **SHARON:** Yeah.
- ANITA MOBOURNE:** Like, because I’ve got more food to give, I’ve got more space to give.
- 35 **STEVEN:** Yes.
- ANITA MOBOURNE:** The more mob I have here, coming here, the more successful I am –
- SHARON:** Yeah.
- 40 **ANITA MOBOURNE:** - as an Aboriginal person. That’s how I view success, in what I’m surrounded by.
- STEVEN:** I love that.
- 45 **SHARON:** And you’re protecting that next generation, aren’t you?
- ANITA MOBOURNE:** Yep. Yeah.
- 50 **SHARON:** Like, those young people that are coming here and –
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STEVEN: Yeah.

ANITA MOBOURNE: Yep.

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SHARON: - they've got you as a solid base that –

ANITA MOBOURNE: Yep.

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SHARON: - know –

ANITA MOBOURNE: Yep.

SHARON: - who you are –

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ANITA MOBOURNE: Kids. Yeah. Yeah.

SHARON: - know where you're connected and they go, "I can see" –

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ANITA MOBOURNE: Yep.

SHARON: - "this future for myself where I" –

ANITA MOBOURNE: Yeah. And it's safe.

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SHARON: Yeah.

ANITA MOBOURNE: They –

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SHARON: Yeah.

ANITA MOBOURNE: - they can exist here as strong Aboriginal little beings –

SHARON: Yeah.

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ANITA MOBOURNE: - and know that, and know that that's reinforced –

SHARON: Yeah.

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ANITA MOBOURNE: - in the messages I say or that we give them, or the things we say, like, in – in – you know – you know, one day I come home here and they had all the basket weaving stuff here, all on the floor.

SHARON: Yeah.

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ANITA MOBOURNE: That all these kids, all – they – because they were playing (indistinct) basketball and I had – had them all over on the holiday. But I come home, there was grass everywhere and every – but to see them sitting there, basket weaving on their own –

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SHARON: Amazing.

ANITA MOBOURNE: - without being prompted by adults, without being –

5 **SHARON:** Yeah.

ANITA MOBOURNE: - told to do it or in – the kids are all sitting around, all grade 5s and 6s all sitting around here, just basket weaving. Like, honestly how deadly is it? Like, I was like –

10

SHARON: Yeah. It's amazing.

STEVEN: So good.

15 **ANITA MOBOURNE:** - wow, blow my – blew my mind. I'm like, "Look at your fellas. Youse are deadly. Come on. I'll come sit down with youse". You know, like –

SHARON: Yeah. Yeah.

20 **ANITA MOBOURNE:** But, you know, to have them initiate those things and not have to be the one to initiate that, to see these kids doing that, picking that up and doing that on their own merits, on their own, you know, like –

SHARON: Yeah. And that passes along a generation, doesn't it?

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ANITA MOBOURNE: Yeah.

SHARON: Like, they can do that as –

30 **ANITA MOBOURNE:** Yep.

STEVEN: Yeah.

SHARON: - 11, 12-year-olds.

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ANITA MOBOURNE: Yeah. Yeah. Imagine –

SHARON: And they've got –

40 **ANITA MOBOURNE:** - what they're going to do –

SHARON: Yeah.

ANITA MOBOURNE: - when they grow, like –

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SHARON: I know.

ANITA MOBOURNE: - that's what I'm excited for, like -

STEVEN: And they need the older, like – you know, when you get that dynamic that I remember from growing up too –

ANITA MOBOURNE: Yeah.

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STEVEN: - that you get. The – the mob of kids are sort of bringing – the older kids are bringing up the younger ones.

ANITA MOBOURNE: Yes.

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STEVEN: The younger ones are learning from the older ones.

ANITA MOBOURNE: Yep.

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STEVEN: So it's more a – they're developing faster.

ANITA MOBOURNE: Yes. Yeah. Yep.

STEVEN: Because they're bouncing off and they're –

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SHARON: Yeah.

STEVEN: - observing and this is how life –

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ANITA MOBOURNE: Raising each other. Yeah.

STEVEN: - works, isn't it, for human beings.

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ANITA MOBOURNE: Well, that's how we are too. We – like, we are. Like, that's how we are, like, culturally too. That's how it's done.

STEVEN: Yeah. Yeah.

ANITA MOBOURNE: We all –

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STEVEN: It's better.

ANITA MOBOURNE: It's knowledge. It's –

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STEVEN: It's more efficient.

ANITA MOBOURNE: Yeah. Knowledge don't belong with anyone. They're no – no gatekeepers. There's nothing that that – it – we all have different aspects of our knowledge and that's –

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STEVEN: Yeah.

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ANITA MOBOURNE: - why it's important that we all – that those relationships and those bonds exist and stay. Because I might have a certain aspect of my knowledge, but then they have to go to someone else to get the rest. Only a hold –

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STEVEN: Yeah.

5 **ANITA MOBOURNE:** And each of us in our families and each of us in our roles only hold certain aspect of our stories. That's the journey. That's the –

SHARON: Yeah.

10 **STEVEN:** The beauty of it.

ANITA MOBOURNE: - storytelling, that's the path that – you know, that the –

STEVEN: Yeah.

15 **ANITA MOBOURNE:** - you know, the kids will go to each one to hear those different views, those different aspects –

SHARON: Yeah.

20 **ANITA MOBOURNE:** - that – different parts and filling in the gaps –

SHARON: Yeah. And that's the education, isn't it?

25 **ANITA MOBOURNE:** - of their stories. Yeah. That's it.

STEVEN: Some won't just have information.

ANITA MOBOURNE: That's knowledge.

30 **SHARON:** Yep.

STEVEN: They've got a presence –

35 **ANITA MOBOURNE:** Yep.

STEVEN: - as well, like, the –

ANITA MOBOURNE: Yep.

40 **STEVEN:** - the Elders.

ANITA MOBOURNE: Yeah.

45 **STEVEN:** They say hardly anything –

ANITA MOBOURNE: Yep.

STEVEN: - but you're receiving a – an energy transmission from them –

50 **ANITA MOBOURNE:** That's right.

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STEVEN: - in a sense as well –

SHARON: Yeah.

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STEVEN: - which is –

ANITA MOBOURNE: Yep.

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STEVEN: - often the –

ANITA MOBOURNE: Yeah.

STEVEN: - as powerful if not more powerful than the things we say, right?

15

ANITA MOBOURNE: Absolutely. Yeah.

STEVEN: Yeah.

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ANITA MOBOURNE: And that's a thing. Yeah.

STEVEN: Just sitting in silence with each other, you know.

ANITA MOBOURNE: Well, that's normal for us too.

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STEVEN: Yeah.

ANITA MOBOURNE: Like, that silence, that quietness, that absorption. You know, like – you know, it – outside of this or in our things there – there will be the one telling the yarn and then, you know, everyone will be listening and there'll be – someone else will add to that yarn, “No. I remember that” and then someone else was – and that's where your knowledge is built up.

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SHARON: Yeah.

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ANITA MOBOURNE: That's how knowledge is built up, like – like, and I struggle. I struggled with an education. I struggle with the education system now.

STEVEN: Yep.

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ANITA MOBOURNE: I have this big thing that, you know, it's great. Education is one thing. Education is great, but education again, is structured. It's – it's task driven. Education is just that. But knowledge, knowledge is boundless. Knowledge is free. Knowledge can be anything you deem it to be.

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STEVEN: Yeah.

ANITA MOBOURNE: It depends on you.

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SHARON: Yeah.

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- ANITA MOBOURNE:** Knowledge is – is that –
- STEVEN:** Yeah.
- 5 **ANITA MOBOURNE:** Knowledge is not restricted to -
- STEVEN:** To a book.
- 10 **ANITA MOBOURNE:** - this, to what – you know, that – that –
- STEVEN:** Yeah.
- ANITA MOBOURNE:** - whatever that task – knowledge is – is – is so endless.
- 15 **SHARON:** Maybe that's another part of the systems that –
- ANITA MOBOURNE:** Yep.
- 20 **SHARON:** - you know, you're –
- STEVEN:** Yeah.
- SHARON:** - dismantling all the time.
- 25 **ANITA MOBOURNE:** Yeah.
- SHARON:** Like, schooling –
- 30 **ANITA MOBOURNE:** Yeah.
- SHARON:** - versus knowledge and –
- ANITA MOBOURNE:** Yes. Definitely.
- 35 **SHARON:** Yeah. Yeah.
- STEVEN:** Because we – we can receive –
- 40 **ANITA MOBOURNE:** Yeh.
- STEVEN:** - knowledge from –
- ANITA MOBOURNE:** Yeah.
- 45 **STEVEN:** - the spirit directly and that –
- ANITA MOBOURNE:** Absolutely.
- 50 **STEVEN:** - that knowledge is –

ANITA MOBOURNE: Yep.

STEVEN: - trumps all the stuff we've written.

5

ANITA MOBOURNE: Yep. Yep.

SHARON: Yeah.

10 **STEVEN:** Because it comes direct from the source.

ANITA MOBOURNE: Yes. That's right.

SHARON: Yeah.

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STEVEN: And –

ANITA MOBOURNE: And we know it. Yeah.

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STEVEN: Yeah.

ANITA MOBOURNE: And it's there, it exists, like –

STEVEN: It does.

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SHARON: And that –

ANITA MOBOURNE: Yeah.

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SHARON: - evidence base that you talk about, it's still faulty, because –

ANITA MOBOURNE: Yeah.

SHARON: - it's only where they put the money to research.

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ANITA MOBOURNE: Yeah.

SHARON: Like – and you were saying that before that if they're not looking at it, like –

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ANITA MOBOURNE: No.

SHARON: - those invisible knowledges they can't –

ANITA MOBOURNE: That's right.

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SHARON: - they can't measure it.

ANITA MOBOURNE: Yep.

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SHARON: (Crosstalk) it.

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ANITA MOBOURNE: And the problem with –

SHARON: Yeah.

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ANITA MOBOURNE: - anything that's been released before or prior to this is that – especially when it's driven by, you know, Melbourne Uni, all of these –

SHARON: Yeah. Yeah.

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ANITA MOBOURNE: We have these great research organisations that set up research funding and stuff, and I – and it's great, but it's all then again, still driven by these non-Aboriginal values. So they're driven –

15 **SHARON:** (Crosstalk). Yeah.

ANITA MOBOURNE: - driven with the – you know, by tasks that Melbourne Uni need or by that. So again, these Western structured systems are still driving what they think is needed. It's got nothing to – so none of that research, evidence that's been done has anything to do with us.

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SHARON: No.

ANITA MOBOURNE: It's all been done there and –

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STEVEN: Yeah.

ANITA MOBOURNE: - and even us – and even when I say – look, you can, you know, look at other cultures and knowledge, and like, you know, like we can look at, you know – we've been the most described culture, so there's so much description about us, like, we have been studied and – and described, but it's described according to –

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STEVEN: Yeah.

35 **ANITA MOBOURNE:** - non-Aboriginal values and –

SHARON: Yeah.

ANITA MOBOURNE: - non-Aboriginal views on – of – of what –

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STEVEN: Yeah.

ANITA MOBOURNE: - thing – so interpreted. So anything that was described has been interpreted into where it fits in the non-Aboriginal space and that still is wrong for us.

45

STEVEN: Yeah.

ANITA MOBOURNE: Because the –

50 **SHARON:** Yeah.

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ANITA MOBOURNE: - context and how we exists and how they exists is different.

SHARON: Yeah.

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ANITA MOBOURNE: You know, like, you know, I think –

STEVEN: It's only looking at it from one aspect, rather they're only looking at it –

10 **ANITA MOBOURNE:** Yeah.

STEVEN: - from the brains, intellect.

ANITA MOBOURNE: Yeah. That's right.

15

STEVEN: Because what you were saying before with – there's a whole –

ANITA MOBOURNE: Yeah.

20 **STEVEN:** - intelligence right across –

ANITA MOBOURNE: Yes.

STEVEN: - this system.

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ANITA MOBOURNE: Yeah.

STEVEN: You know, art –

30 **ANITA MOBOURNE:** Yeah.

STEVEN: - the spirit –

ANITA MOBOURNE: Yeah.

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STEVEN: - the gut -

ANITA MOBOURNE: Yeah.

40 **STEVEN:** - and the brains –

ANITA MOBOURNE: Yeah.

STEVEN: - all together.

45

ANITA MOBOURNE: All together.

STEVEN: And they're just starting to realise that. They talk about gut – gut brain and the –

50 **ANITA MOBOURNE:** Yeah. Yeah. They're only starting to get that.

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STEVEN: - you know, coherence between the brain and the heart. Well –

5 **ANITA MOBOURNE:** It's that funny, hey, you see that happening and coming through and things now. I'm like, "Hello. We've been doing this for years".

SHARON: Well, I think we've – we've always had those metaphors about, you know, feeling –

10 **STEVEN:** Just (crosstalk) –

ANITA MOBOURNE: Yes.

SHARON: - fear in your stomach or –

15

STEVEN: Yeah.

ANITA MOBOURNE: Yep. Trust your guts.

20 **SHARON:** - things like that. It's like – yeah.

ANITA MOBOURNE: Yeah. That's stuff. Yeah.

SHARON: Trust your guts.

25

ANITA MOBOURNE: Yep. Yep.

SHARON: And now it's like, science has caught up. So you can't –

30 **ANITA MOBOURNE:** Yeah. It's like –

STEVEN: Science has caught up.

SHARON: - really rely on that, can you? Yeah.

35

ANITA MOBOURNE: No. And that's – so, yeah. I mean, I think that's what I love about this space, about what, you know, we're capturing here and, you know. Because everything – and I always say to people everything we do – like, you notice we always say, "We". I don't do any of this for me. It's – none of this is going to benefit me. I'm – my days are done, like, 40 I'm – you know, I can – I don't care, like, the system doesn't bother me. But what – everything – but in saying that, everything I do effects change for them.

SHARON: Yeah.

45 **ANITA MOBOURNE:** Every decision I make.

STEVEN: Yeah.

50 **ANITA MOBOURNE:** Every bit of advice I give. Everything that we do, anything that any of us do in these systems will and – have effect and make change for our kids and our future.

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SHARON: And that's a huge responsibility that –

ANITA MOBOURNE: Yeah.

5 **SHARON:** - non-Indigenous people don't carry.

ANITA MOBOURNE: No. No.

10 **SHARON:** They don't.

ANITA MOBOURNE: No.

SHARON: They don't feel that –

15 **STEVEN:** Well, they've got to.

SHARON: - in every decision.

20 **ANITA MOBOURNE:** No.

STEVEN: They've got to carry it.

ANITA MOBOURNE: Yeah.

25 **STEVEN:** Because it's not about –

ANITA MOBOURNE: No.

30 **SHARON:** Yeah.

STEVEN: That – that – but everybody's got to carry that –

SHARON: Yeah.

35 **STEVEN:** - sense of –

ANITA MOBOURNE: Yeah.

40 **STEVEN:** - responsibility.

ANITA MOBOURNE: Absolutely. Yeah.

STEVEN: Otherwise it's like we're fighting against people that just don't care.

45 **ANITA MOBOURNE:** Yeah.

STEVEN: Like, you know?

50 **SHARON:** Well, I think that's –

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ANITA MOBOURNE: Yeah.

STEVEN: And –

5

SHARON: Climate change will probably give us that, show us that, that people don't care enough. Because we don't change the ways that we have, like –

STEVEN: Yeah.

10

SHARON: - because we're not – people aren't carrying that responsibility, like, about –

STEVEN: No.

15 **ANITA MOBOURNE:** No.

SHARON: - climate change, which effects every –

STEVEN: Yeah.

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ANITA MOBOURNE: Yeah.

SHARON: - (indistinct).

25 **STEVEN:** Yeah.

ANITA MOBOURNE: Yeah.

SHARON: So –

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STEVEN: And every – not just human life.

SHARON: Yeah.

35 **STEVEN:** Every other life as well.

ANITA MOBOURNE: Yeah.

SHARON: Every other life, every other – yeah. Every other animal, tree, like -

40

ANITA MOBOURNE: Everything.

SHARON: Yeah.

45 **STEVEN:** And we're in a mass extinction they say, because of the effects of what –

SHARON: Yeah.

STEVEN: - the Western –

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ANITA MOBOURNE: Yeah.

STEVEN: - largely Western ways of –

5 **SHARON:** Yeah. Absolutely.

ANITA MOBOURNE: Yep.

STEVEN: - looking at the land and – has done.

10

SHARON: Yeah.

ANITA MOBOURNE: Absolutely.

15 **SHARON:** Extraction sort of model.

ANITA MOBOURNE: Yeah.

SHARON: But when you're talking about that –

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ANITA MOBOURNE: Yeah.

SHARON: - you know, responsibility if – if that was carried on and that's why we need this

25

ANITA MOBOURNE: Yes.

SHARON: - this grassroots to be accepted and gone, "Oh my god".

30 **ANITA MOBOURNE:** Yeah. Yeah.

SHARON: There's a lot of answers here, isn't there, like, a lot of –

ANITA MOBOURNE: Yeah.

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STEVEN: Yeah.

ANITA MOBOURNE: Of course.

40 **SHARON:** We miss, like –

STEVEN: Because it –

ANITA MOBOURNE: Yeah.

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SHARON: We missed that on the weekend. It was blindsided, wasn't it, how much that –

ANITA MOBOURNE: Oh my gosh.

50 **SHARON:** - we need the grace of –

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STEVEN: Yeah.

ANITA MOBOURNE: Yeah.

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SHARON: - understanding how to exist.

ANITA MOBOURNE: Absolutely.

10 **SHARON:** And not for these tasks, but actually exist for the sake of existing.

ANITA MOBOURNE: Absolutely.

SHARON: Yeah.

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ANITA MOBOURNE: This – yeah. That – I don’t – as I said that weekend gone, you know, it – you know, for us, we’re no better or no worse. We’re just – we’re in exactly the same space, but if anything now, we’ve just been exposed.

20 **SHARON:** Yeah. Yeah.

ANITA MOBOURNE: So it works a little bit harder, you know, like –

SHARON: Yeah.

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ANITA MOBOURNE: And – and I always think of for – for us, for me, for us in the system or – like, I went into work yesterday and I thought for us who are educated, who – for us who do have the language and to understand and – and – and talk and make sense of this, you know, like, it’s okay. We can.

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SHARON: Yeah.

ANITA MOBOURNE: But our people –

35 **STEVEN:** Yeah.

ANITA MOBOURNE: A lot of our people don’t.

SHARON: No.

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ANITA MOBOURNE: A lot of our people are – a lot of our people didn’t ask for this. A lot of our people were very much caught up in this no matter what, whether they wanted it or not and – and now are suffering or – or –

45 **STEVEN:** Yeah.

ANITA MOBOURNE: - the aftereffects of that even if they didn’t want it, you know. For those of us who – who wanted it, who – who had that ability to have that choice if – we can deal with the outcome. We can be like, “Okay”. We can process that.

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SHARON: Yeah. Yeah.

ANITA MOBOURNE: Like, shit, it didn't go through. Shit. You know, like, either either way we can process it –

5

STEVEN: Yeah.

ANITA MOBOURNE: - in a way that makes sense or that we can understand and we can talk to our kids and our people, like, but there's so many people out there that didn't –

10

SHARON: Yeah. It just feels like a betrayal, doesn't it? It just –

ANITA MOBOURNE: Yeah. Just didn't –

15

SHARON: - and that –

ANITA MOBOURNE: - and don't have that. I've got uncles in the mission who don't even, you know – who probably won't have a clue what's going on, but will still go to town and see all the no's and –

20

SHARON: Yeah.

ANITA MOBOURNE: - have people say to them, "What are" – you know and – and cop whatever it is that they're going to cop, you know. And that's what I mean. Our people have been –

25

SHARON: It's so unfair.

STEVEN: And they're –

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ANITA MOBOURNE: - exposed.

STEVEN: And they're not – a lot of our people are not necessarily able to process all of the –

35

ANITA MOBOURNE: No. That's right.

STEVEN: - traumas that are –

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SHARON: Yeah.

STEVEN: - they're still going through.

ANITA MOBOURNE: Yeah. Yep.

45

STEVEN: Then that leads them into more vulnerability, doesn't it?

ANITA MOBOURNE: Yes. Absolutely.

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STEVEN: And then you pile that then on top of that.

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ANITA MOBOURNE: Yeah. Not always going to have the –

STEVEN: And then –

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ANITA MOBOURNE: - language or the words to - (1) to understand what all that's about and then –

SHARON: Yeah.

10

ANITA MOBOURNE: - have that conversation with non-Aboriginal people and especially when it's – you know, if they're aggravated or there's just, you know – and that's it. Like, so a lot of our people have been put through that this weekend, but I think in – in one way too this is a – you know, I think it's a good chance too to – to shake things up. It's time.

15

STEVEN: Yeah.

SHARON: Yeah.

20 **ANITA MOBOURNE:** It's time for us, you know.

SHARON: And maybe it's going to be taken a different way.

STEVEN: Yeah. Because –

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SHARON: Like, it's going to –

ANITA MOBOURNE: Yep.

30 **SHARON:** - be like –

ANITA MOBOURNE: Yeah.

SHARON: Yeah.

35

ANITA MOBOURNE: And –

STEVEN: And it's – it highlights what you're –

40 **ANITA MOBOURNE:** Yeah.

STEVEN: - you know, what people like yourself and others –

ANITA MOBOURNE: Yeah.

45

STEVEN: - in our community are doing –

ANITA MOBOURNE: Yes.

50 **STEVEN:** - to actually provide the solutions that are – that are deep, you know.

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ANITA MOBOURNE: Yeah.

STEVEN: Only a complex solution –

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ANITA MOBOURNE: Yeah.

STEVEN: - for a complex problem. You can't just keep it all simple –

10 **ANITA MOBOURNE:** Yeah.

STEVEN: - and –

ANITA MOBOURNE: Yeah.

15

STEVEN: - think that that's going to –

ANITA MOBOURNE: Yeah. That's right.

20 **STEVEN:** - solve the problem. You've got to think about it in the depths of it –

ANITA MOBOURNE: Yeah.

STEVEN: - from every angle, like, you have – like, you –

25

ANITA MOBOURNE: You have to.

STEVEN: - that process.

30 **ANITA MOBOURNE:** It's that – that analytical. You have to be. And one of the biggest things for me, one of the biggest values I adopted or took on was, "Okay. I get this". You know, like, especially when I was delivering training, like, this was a big eye opener for me. Like, okay, I can – I understand who I am. I understand how my culture exists within my space. I understand and - and can actually, you know, stand outside and look and see when
35 it's coming and I can be really analytic. I can be like that only because of what I've learnt and only because of the knowledge I have, right. Like, that's that journey, you know, and then what I realised is in training when I'm delivering – because I did a lot of (indistinct) so when I'm delivering training or talking to people it's one thing to share all my knowledge and everything I have with you, but do you know what to do with it. That's the other part. Do
40 you know what to do with all this knowledge? Do you know where to put it?

SHARON: Yeah.

ANITA MOBOURNE: Do you know how to apply it in practice?

45

SHARON: And society does not like –

STEVEN: Yeah.

SHARON: - being told, “You can’t know things”. We’re so used to, like, just Googling something and –

ANITA MOBOURNE: No. Yeah.

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SHARON: - getting knowledge.

ANITA MOBOURNE: Yep.

10 **SHARON:** But, yeah, how can you have, like –

ANITA MOBOURNE: But it’s even that. It’s like –

SHARON: Yeah.

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ANITA MOBOURNE: Yeah. And so that’s what we do, that one step further. Because that for me was a big deal, like, because it’s in the opposite way. Like, I – you know, in the opposite way, you know, non-Aboriginal people will do this and say this, but there’s sometimes I won’t get it. Sometimes I don’t understand it and I don’t know what they mean. I’ll just sit there and go, “I don’t know what you’re saying. I don’t know what that means”, like –

20

STEVEN: Yeah.

25 **ANITA MOBOURNE:** And I’ll just sit there and I won’t say anything. I won’t say anything. I’ll just sit in there and I’ll just pretend I know; pretend I get it. I’m grown up. And then I’ll walk out none the wiser.

STEVEN: Yeah.

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ANITA MOBOURNE: Not – not having the confidence to ask the question, “Well, what does that mean?” like, “What are” –

SHARON: Yeah.

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ANITA MOBOURNE: - “what are you trying to tell me? What are – how – tell me, so I explain it in my way”, you know?

SHARON: Yeah.

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ANITA MOBOURNE: Like, not having the thing – so that, you know, like – that realising or that – that reality of like, well, if that’s the journey for me, if I struggle with that how do white people go? You know, and I started to ask then. You know, “How – how do you go? What do you – what – what – what do you do with it? Do you know where to apply this? Do you know how to? You know, what – what would you say? What conversation would you have? Like, what would it look like?”

45

SHARON: Yeah.

50 **ANITA MOBOURNE:** You know?

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SHARON: The practicalities of –

STEVEN: Yeah.

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SHARON: - of –

ANITA MOBOURNE: Yeah.

10 **SHARON:** - understanding something and then actually applying it.

ANITA MOBOURNE: Yeah.

15 **SHARON:** And also not having systems set up around applying it in the way that is actually, I don't know, true to the knowledge.

ANITA MOBOURNE: Yeah. Absolutely.

SHARON: Like –

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ANITA MOBOURNE: Yeah.

SHARON: Like, you know, we talk about –

25 **STEVEN:** Yeah.

SHARON: - being slow. There's – is there anything in our culture about allowed to be slow?

30 **ANITA MOBOURNE:** Yeah. That's –

SHARON: Let's just say you work with a family here.

ANITA MOBOURNE: Yeah.

35

SHARON: You've got a year to work with this family before we make any decisions.

ANITA MOBOURNE: Yeah. Wouldn't that be great?

40 **SHARON:** That would never happen, would it?

ANITA MOBOURNE: No. Nah.

STEVEN: Yeah.

45

ANITA MOBOURNE: Well, this –

SHARON: Yeah.

ANITA MOBOURNE: - this response, they've only got 17 hours. I think it was 22 hours. 22 hours to work with the family.

SHARON: Yeah.

5

ANITA MOBOURNE: Like, how against the grain of, you know, how we exist does that go. Like, that – that came out. That's the funding in which it came out in, like, this is the – this is the model –

10 **STEVEN:** Gosh.

ANITA MOBOURNE: - that everybody had to adhere to, even our ACOs.

STEVEN: Yeah.

15

ANITA MOBOURNE: Our poor ACOs. Imagine only having 22 hours to work with the family.

SHARON: It's a family in crisis. Yeah.

20

ANITA MOBOURNE: An Aboriginal family with trauma.

SHARON: Yeah.

25 **ANITA MOBOURNE:** So we did so much work, so much fighting to change that or to go, right –

STEVEN: Change that.

30 **ANITA MOBOURNE:** - how do we – how do we work around that?

SHARON: Yeah.

35 **ANITA MOBOURNE:** What are – what do – and they negotiate. Negotiate with them, you know. How do we start –

SHARON: And – yeah.

ANITA MOBOURNE: - to make this work for our people?

40

SHARON: It's so hard to explain it too, like, you could almost, like –

STEVEN: It's –

45 **SHARON:** - let's wrap up these traumas that this family are dealing with. Let's –

ANITA MOBOURNE: Yep.

SHARON: - let's assign them hours –

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ANITA MOBOURNE: And calculate it to, yeah, how many hours. Yeah.

SHARON: - and then go – so, yeah. So you were saying, like, say Stolen Generation, that – that's years of work, right?

5

ANITA MOBOURNE: Yeah.

SHARON: Of unpacking the traumas and then working out how to move through those, so that people come out of it in a more ballistic way.

10

ANITA MOBOURNE: Yeah. No. We only got 22 hours.

SHARON: Okay. That takes years, years, like –

15 **STEVEN:** 22 –

ANITA MOBOURNE: And that's based on evidence.

20 **SHARON:** Yeah. And it'll be evidence-based on a family that doesn't have the problems, the same problems.

ANITA MOBOURNE: That's right. Yeah.

25 **SHARON:** It might be – okay. Maybe there's one single problem, like, alcoholism.

ANITA MOBOURNE: Yep. Yeah.

SHARON: And maybe 22 hours might –

30 **ANITA MOBOURNE:** Yeah.

SHARON: - get you to some resolution, but when you –

35 **ANITA MOBOURNE:** Yeah. Well –

SHARON: - stand in and –

40 **ANITA MOBOURNE:** - that's where this was – this was used in addictive behaviours for people, so with addictions. So this was used in addiction care.

SHARON: Yeah.

ANITA MOBOURNE: So that's where they got the evidence from in how –

45 **SHARON:** Yeah.

ANITA MOBOURNE: - how this works. So it works with people who have addictions.

50 **SHARON:** Yeah.

ANITA MOBOURNE: But what about people who don't? Like, not everybody has addictions.

SHARON: Yep. So you're –

5

STEVEN: Yeah.

SHARON: - you're – yeah.

10 **ANITA MOBOURNE:** And addictive behaviours, you know, like –

SHARON: The community you're working with –

ANITA MOBOURNE: - they're different. Yeah.

15

SHARON: - they may have addictions. They may have other things. They may have addictions plus other things –

ANITA MOBOURNE: Well, we have –

20

SHARON: - or no addictions.

ANITA MOBOURNE: - addictions, but addictions are the –

25 **SHARON:** Yeah.

ANITA MOBOURNE: - result or the –

SHARON: Yeah.

30

ANITA MOBOURNE: - what do you call it? The symptom of –

SHARON: Yes. Exactly it.

35 **ANITA MOBOURNE:** - all that underlying stuff. You know, we know that.

STEVEN: Yeah.

SHARON: Yeah.

40

ANITA MOBOURNE: Like, those –

SHARON: Yeah.

45 **ANITA MOBOURNE:** - addictions are symptoms to –

STEVEN: Yeah.

SHARON: Yeah.

50

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STEVEN: Yeah.

ANITA MOBOURNE: - whatever is going on.

5 **SHARON:** And they're coping mechanisms. So -

ANITA MOBOURNE: Yep. That's right.

STEVEN: So how addictions often manifest in a much more complex way than –

10

ANITA MOBOURNE: Yeah.

STEVEN: - the non-Aboriginal –

15 **ANITA MOBOURNE:** Yes. Exactly.

STEVEN: - because they haven't had the intergenerational –

ANITA MOBOURNE: Yes.

20

STEVEN: - trauma cycles as well.

ANITA MOBOURNE: Yep. Exactly. So –

25 **STEVEN:** So the –

ANITA MOBOURNE: Exactly that.

STEVEN: Yeah.

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ANITA MOBOURNE: Like, that – recognition of that. People don't know that in those systems.

SHARON: So that – that was never going to fit. 22 hours was never going to fit.

35

ANITA MOBOURNE: No. No.

SHARON: And there's no slow process. There's no –

40 **ANITA MOBOURNE:** No. There's not.

STEVEN: No.

ANITA MOBOURNE: But, you know, I think what we're finding in this, because this is so new, like, this is – for this too, this is the first time something like this has been introduced to Australia.

45

STEVEN: Wow.

50 **SHARON:** Yeah. Okay.

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ANITA MOBOURNE: So we didn't know, like, we, you know, really scrambled, like, you know, we've been working our arses off for about two – I – you know, a few years, trying to get this in and, you know, like, at the start I was really, like, "Shit. This is how" – like, that whole thing. 22 hours, you know, only using this evidence-based practice and this in – you know, all the stuff that – the restrictions. But when I actually look at the model being applied it's working.

SHARON: Yeah. That's working.

ANITA MOBOURNE: It's – it's working. Like, I wouldn't believe that it would be, but it's working, so –

SHARON: Yep. There must be enough –

ANITA MOBOURNE: - and we're having closures, like –

SHARON: Yeah.

ANITA MOBOURNE: We've had over 200 children return home to care –

SHARON: That's great.

ANITA MOBOURNE: - already in just a year.

SHARON: Yeah.

ANITA MOBOURNE: Like, of catching our – you know, like, so in – across the – you know, the whole response and –

SHARON: Yeah.

ANITA MOBOURNE: So that is – is good. That tells me that it's working. That the – this evidence, this stuff is working, you know. How it's working is – I don't know yet, but – but it's in that –

SHARON: Yeah.

ANITA MOBOURNE: - it's in that – it's in that whole thing of, you know – and that's what we do. We – we deliver the training, but we stick with our practices afterwards and we coach. We talk about, "How did you apply it? What did you do?"

SHARON: Yeah.

ANITA MOBOURNE: "How did it work?"

SHARON: Yeah.

ANITA MOBOURNE: “Talk. Tell me. What – what was that experience like with you?”
We actually sit with them and talk, so we embed continuously through conversations what we want them to learn.

5 **SHARON:** So maybe that’s a part of this program being –

ANITA MOBOURNE: Yeah.

SHARON: - given in the right way.

10

ANITA MOBOURNE: Yeah. Yeah. Delivered that – yeah. So –

STEVEN: So –

15 **SHARON:** Yeah.

STEVEN: And you’re not just embedding it in the brains, hey. It’s not – a lot of that training –

20 **ANITA MOBOURNE:** Embedding it in practice. Yeah.

STEVEN: You – you – the way you’ve just said that tells me that you’re –

ANITA MOBOURNE: Yeah.

25

STEVEN: - speaking to their heart and you’re –

ANITA MOBOURNE: Yeah.

30 **STEVEN:** - speaking to their mind, you’re –

ANITA MOBOURNE: Yeah.

STEVEN: - speaking to all aspects of them.

35

ANITA MOBOURNE: Yeah. And the whole thing is about, “Well, what is your understanding of that value?”

STEVEN: Yeah.

40

ANITA MOBOURNE: We can both look at an apple, we can both look at that cup.

STEVEN: Yeah.

45 **ANITA MOBOURNE:** But what are your – what is your perception –

STEVEN: And see something –

ANITA MOBOURNE: - of that? What do you think is in there? What – what are you – what’s – how does it make you feel? What is it invoking? Like, and – and then I could look at it and tell you completely different things, and that’s the key. Like, we will see that.

5 **STEVEN:** Yeah.

ANITA MOBOURNE: See that it’s a cup with the things and the rest of the world can see that.

10 **STEVEN:** Yeah.

ANITA MOBOURNE: But we’ll have different values and views of how we will, you know – how that cup is in our world based on our experiences, based on our upbringings –

15 **STEVEN:** Yeah.

ANITA MOBOURNE: - based on trauma, based on everything.

STEVEN: Yep.

20

ANITA MOBOURNE: You know, you might have a trauma event to – for the colour of red, so you’re going to hate the fucking cup. The cup (indistinct) I want to fucking smash it, you know. But I might love red.

25 **STEVEN:** No. I say –

ANITA MOBOURNE: Red’s my favourite colour, like, yeah. You know, I want that cup.

STEVEN: I say thank you to the cup, because I drank out of the cup.

30

ANITA MOBOURNE: Yeah. You’ve had a good cuppa out of it.

STEVEN: You gave –

35 **ANITA MOBOURNE:** But, you know, like –

STEVEN: You gave me the cup with some tea in it, so –

40 **ANITA MOBOURNE:** That’s right. Like – but that’s the thing. See what I mean? Like, anybody could view that and be like, “Wow. I really like that cup” or, “I really like – I want to take it home. I want to steal it”. Other people will look at it and be like, “Why would you have all these odd cups in your house?” Like, it – it – it’s endless the amount of the ways that a perception of that cup –

45 **STEVEN:** Yeah.

ANITA MOBOURNE: - could be effected.

STEVEN: Yep.

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ANITA MOBOURNE: And that's what this is, the work we do.

STEVEN: And it – I guess it sort of, like, determines, like, where you sit in your nervous system as well.

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ANITA MOBOURNE: Yeah.

SHARON: Yeah.

10 **STEVEN:** Because that'll – that'll dictate how I perceive it. So if I'm in survival from – in that survival mode –

ANITA MOBOURNE: Yep.

15 **STEVEN:** - I'll perceive that in one way.

ANITA MOBOURNE: Yep.

STEVEN: But if I'm not –

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ANITA MOBOURNE: You might have had a red cup thrown at your head when you was a little kid and be like –

STEVEN: Yeah.

25

ANITA MOBOURNE: - “Get it away from me”. You know what I mean? Like, little things.

STEVEN: Yeah.

30

SHARON: Yeah.

ANITA MOBOURNE: The tiniest little thing -

35 **STEVEN:** Yeah. Yeah. Yeah.

ANITA MOBOURNE: - that we're not going to know, because –

STEVEN: Yeah.

40

ANITA MOBOURNE: - you know, it might be just a response you have to that event and not even realising –

STEVEN: Yeah.

45

ANITA MOBOURNE: - where that comes from. You know what I mean?

STEVEN: And different people respond to different –

50 **ANITA MOBOURNE:** Yep.

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STEVEN: - like the same trauma in a different way.

ANITA MOBOURNE: Yep. Exactly.

5

STEVEN: So there's – if somebody had that cup thrown at them they might not react to it now.

ANITA MOBOURNE: No.

10

STEVEN: And somebody else there is terrified of cups.

ANITA MOBOURNE: Pick it up and throw it back, you know, like, but, yeah. That's exactly the thing. It's – it's – it's exactly the (indistinct).

15

SHARON: I did not know today's conversation would get down to –

ANITA MOBOURNE: Throwing cups.

20

SHARON: - throwing cups.

STEVEN: Cups and phobias of cups.

SHARON: No.

25

ANITA MOBOURNE: Phobias of cups. But you know what I mean? Like, that's kind of where –

SHARON: Yeah.

30

ANITA MOBOURNE: - I – when I go in I'm trying to, like, think. But that's kind of the basic of it that – is that we all have –

STEVEN: Yeah. Yeah.

35

ANITA MOBOURNE: - a perception and view of a situation.

STEVEN: Yeah.

40

ANITA MOBOURNE: And, you know – and it – and for us the training is around how do practitioners get to what your value and view is of that, because we already know what ours are.

SHARON: Yeah.

45

ANITA MOBOURNE: And that's what we say to them. We already know what we think and feel about this topic.

STEVEN: Yeah.

50

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SHARON: Yeah.

ANITA MOBOURNE: We already know we've got our experiences; we've got what we know. But what about that person? What is – what is their knowledge in that space? We're
5 making these presumptions that everybody knows the same as us or everyone's going to know what I'm talking about when I tell them this, or people are going to, you know, automatically accept the help I offer, you know, and that's where they get it wrong.

SHARON: Is this your addition to common factors? Is this –
10

ANITA MOBOURNE: Yeah. This is –

SHARON: Yeah.

ANITA MOBOURNE: - all the work we do.
15

SHARON: Yeah. And I –

ANITA MOBOURNE: It's all my – it's all the work.
20

SHARON: I think – and that's probably why it's working, and how do you measure that?

ANITA MOBOURNE: Yeah. Exactly. But –

SHARON: How do you measure those conversations where you're talking about –
25

ANITA MOBOURNE: Yep. Yeah.

SHARON: - like, letting people be more open about their own perceptions. You're –
30

ANITA MOBOURNE: Yeah. Yep.

SHARON: - taking the time to get to know someone before you make a judgment call.

ANITA MOBOURNE: That's right.
35

SHARON: Yeah.

STEVEN: (Crosstalk).
40

ANITA MOBOURNE: Or valuing what they see as important.

SHARON: Yes.

ANITA MOBOURNE: If they want to have – like, if, you know – when you're coming
45 around after the other day and I had mattresses on the floor that's because – because we've been sleeping there every night because of this or – but that's, you know, it's important. Like, I've got family coming over, this and that happening. But, you know, like, it's around how there – the acceptance of that.
50

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SHARON: Yeah.

ANITA MOBOURNE: That – okay. Yeah. Grosse.

5 **SHARON:** Yeah.

STEVEN: It’s almost like a love of and accept.

ANITA MOBOURNE: Yeah.

10

STEVEN: Because you don’t get that in the society, do you?

ANITA MOBOURNE: No.

15

STEVEN: You – you – you know, you just look at this weekend –

ANITA MOBOURNE: Yeah.

STEVEN: - and the last few months.

20

ANITA MOBOURNE: Yeah.

STEVEN: Different perceptions, but just a –

25

ANITA MOBOURNE: Yeah.

STEVEN: - a hatred of the opposite –

ANITA MOBOURNE: Yes.

30

STEVEN: - perception.

ANITA MOBOURNE: Yeah. Yeah.

35

SHARON: Yeah.

STEVEN: When what we –

ANITA MOBOURNE: Yeah.

40

STEVEN: - actually need is to go, “Hang on” –

ANITA MOBOURNE: Yeah.

45

STEVEN: - “Okay. We’re all different. We all have different perceptions”.

ANITA MOBOURNE: Yeah.

STEVEN: But we’ve got to have respectful dialogue at least.

50

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SHARON: Yes.

ANITA MOBOURNE: Absolutely. Yes. Exactly. And – and – and just accept that too, like, you know what, so what you're going to have different views, different ways of
5 thinking, you know. Like – but that weekend it was just – and – and even then it was – how – you know that exposure, all that – kept – that occurred had nothing to do with what that vote was about.

SHARON: No.

10

ANITA MOBOURNE: You know what I mean?

SHARON: It didn't. It – it was so miss –

15 **ANITA MOBOURNE:** That was so, you know, like –

SHARON: - misconstrued, wasn't it?

ANITA MOBOURNE: - I had so much hope, like, I was really devastated, but, you know, I –
20 we're okay though. We are okay. What I find – found surprising though is how many non-Aboriginal people have been effected through this too. Like, how many allies stood with us and how – how they're feeling. I think we're more in – I went into work yesterday more for our allies than I did for us. We're okay. Like, I say –

25 **SHARON:** Yeah.

ANITA MOBOURNE: - I say to people, "You know what, this is not new for us". Look what happened to the Sorry referendum. Look what happened. Seriously, like, this has been our existence. We were born into this, you know, like, it's not a surprise for us. And I was
30 talking to other people at work and they were like, "Yeah. Oh, well, business as usual".

SHARON: Yeah.

ANITA MOBOURNE: But when I'm talking to non-Aboriginal people they're gutted, absolutely gutted. So I thought that's a change. For the first time ever in my lifetime have I
35 seen non-Aboriginal people be effected so much by a cause for us.

SHARON: Yeah.

40 **ANITA MOBOURNE:** So I think this is a good thing.

STEVEN: Yeah.

ANITA MOBOURNE: I think this is a good thing.

45

SHARON: Hopefully it's the start of something good.

ANITA MOBOURNE: Yeah.

50 **SHARON:** But it was – it – it just shows something. It showed something, didn't it about –

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ANITA MOBOURNE: Yeah.

SHARON: - what the broader community –

5

ANITA MOBOURNE: Yeah.

STEVEN: Yeah.

10 **ANITA MOBOURNE:** But we're not far off. Look –

SHARON: Yeah.

15 **ANITA MOBOURNE:** - well, look, you know, it was almost halfway there. So, like, we're
– we're getting there.

SHARON: And this area was a “yes” and all the way –

ANITA MOBOURNE: Yeah.

20

SHARON: - through to the other side of the bay was a “yes”.

ANITA MOBOURNE: Good. I haven't –

25 **SHARON:** Melbourne –

ANITA MOBOURNE: - looked at any of it.

STEVEN: Yeah.

30

SHARON: Melbourne, like, the 20 k's radius all the way around Melbourne were all –

ANITA MOBOURNE: Of course. Yeah.

35 **SHARON:** - unanimous yeses and high yeses.

ANITA MOBOURNE: Deadly.

STEVEN: Yeah.

40

SHARON: So it – it was the –

ANITA MOBOURNE: Country towns.

45 **STEVEN:** Queensland. Queensland.

SHARON: It was Queens – God, Queensland and South Australia.

STEVEN: Yeah.

50

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ANITA MOBOURNE: Yeah.

SHARON: But they had –

5 **ANITA MOBOURNE:** Yeah.

SHARON: - a lot of misinformation.

ANITA MOBOURNE: Yeah.

10

STEVEN: Yeah.

SHARON: And they – they – some people voted –

15 **STEVEN:** And who knows how many of them are hard –

SHARON: Yeah.

STEVEN: They might be just borderline no's. A lot of them are just like –

20

ANITA MOBOURNE: You know what I found?

SHARON: Yeah.

25 **ANITA MOBOURNE:** A lot of people –

STEVEN: Because they don't know.

ANITA MOBOURNE: A – yeah. A lot of people voted “no”, because they didn't know. I
30 met and I spoke with –

SHARON: And that was (crosstalk), wasn't it?

STEVEN: That –

35

ANITA MOBOURNE: - a lot of people.

STEVEN: That was –

40 **ANITA MOBOURNE:** And so –

STEVEN: They played on that.

SHARON: That was it.

45

ANITA MOBOURNE: It wasn't –

SHARON: “If you don't know, say, ‘No’”.

50 **ANITA MOBOURNE:** Yeah.

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STEVEN: And that – that was their major –

SHARON: Yeah.

5

ANITA MOBOURNE: Arseholes.

STEVEN: - tactic.

10 **SHARON:** That was their –

ANITA MOBOURNE: Fucking arseholes. That was it.

SHARON: That was their main slogan is, “If you don’t know, say, ‘No’”.

15

ANITA MOBOURNE: Yeah. And that’s what happened.

SHARON: So people got scared.

20 **ANITA MOBOURNE:** Yeah.

STEVEN: Albanese just said, “If you don’t know, find out”, you know, like, find out a bit more.

25 **ANITA MOBOURNE:** And he – why doesn’t he do more than put it in a – yeah.

SHARON: You know what, he should have done –

STEVEN: But they should have done more –

30

ANITA MOBOURNE: He should have done more.

STEVEN: - to educate.

35 **ANITA MOBOURNE:** Yeah.

STEVEN: They should have done it.

SHARON: They should have done – they should have (crosstalk).

40

STEVEN: They didn’t do enough.

ANITA MOBOURNE: Put it in the – yeah. Yep.

45 **STEVEN:** I was constantly looking on – online. Just where’s the dialogue? Where’s the – where’s the debate?

SHARON: Yes. Where was it?

50 **ANITA MOBOURNE:** Yes. Yes.

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SHARON: Where was it?

STEVEN: It wasn't there.

5

ANITA MOBOURNE: I had to go on TikTok to figure out what this was all about, because there was nothing for us.

STEVEN: Yeah.

10

ANITA MOBOURNE: And we –

STEVEN: Yeah.

15

SHARON: No. There was not enough.

CHRIS CASEY: Nothing. And –

STEVEN: The detail wasn't there.

20

ANITA MOBOURNE: - then I was –

STEVEN: Yeah.

25

ANITA MOBOURNE: Because I was a “no” at the start, because I didn't know.

SHARON: Yeah.

30

ANITA MOBOURNE: And then I – and then I was, like, with my mum and everyone. And then – then on when I've realised and I've figured it out I was like, “No”. And, of course, meeting with all my family, like, now, we're going “Yes”. You know, that's how it was.

SHARON: Yeah.

35

ANITA MOBOURNE: But I still had people in my family going, “No” and that was okay.

SHARON: Yeah. And I – I think, like, the broader picture is, yeah, Treaty is very, very important in Victoria.

40

ANITA MOBOURNE: Yep.

SHARON: And it – the momentum is still there.

ANITA MOBOURNE: Yeah. We will never lose that.

45

SHARON: But this doesn't – this doesn't change Treaty.

ANITA MOBOURNE: No. Nah.

50

SHARON: It just meant that there was something more. Give us – give more.

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STEVEN: Yeah.

ANITA MOBOURNE: This would have given us –

5

STEVEN: It's part of it.

ANITA MOBOURNE: This would have given us that chance to Treaty better, but –

10 **SHARON:** Yeah.

ANITA MOBOURNE: - it doesn't mean we stop.

SHARON: No.

15

ANITA MOBOURNE: We don't stop. We – we just figure out better ways to do this. We just, you know – we have to unite our people though. We have to –

SHARON: Yeah.

20

ANITA MOBOURNE: - bring our nay sayers and we have to have everybody. All our people. I don't care about the rest of the nation, but our people have to be on this, every one of us.

25 **SHARON:** I – I think it gives us in Yoorrook a little opportunity to continue and say, "Hey" –

ANITA MOBOURNE: Yeah.

30 **SHARON:** - "we're still open to hear the stories" –

ANITA MOBOURNE: Yeah.

SHARON: - "and we're still open to hear your recommendations, like" –

35

ANITA MOBOURNE: Yeah.

SHARON: - "what do you want?"

40 **ANITA MOBOURNE:** Yep. Yeah.

SHARON: You know? Like –

STEVEN: Yes.

45

ANITA MOBOURNE: Yeah.

SHARON: Maybe we take this out of this recording, because I think people should say what they want.

50

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ANITA MOBOURNE: Yep.

SHARON: Just blatantly say it, “This is what” –

5 **ANITA MOBOURNE:** Yeah.

SHARON: - “I think we need”.

ANITA MOBOURNE: Yeah.

10

SHARON: From their lived wisdom of –

ANITA MOBOURNE: Yeah.

15 **SHARON:** - being in this state –

STEVEN: Yeah.

ANITA MOBOURNE: Yeah.

20

SHARON: - living and having their families come from this state.

ANITA MOBOURNE: Yeah.

25 **SHARON:** Just tell the Victorian government right now, “This is what I want. This is how I see the changes”.

ANITA MOBOURNE: Yeah.

30 **SHARON:** That’s – they’re the voices.

ANITA MOBOURNE: That’s right.

STEVEN: That’s for –

35

SHARON: Well, in this process.

ANITA MOBOURNE: Yeah. Yeah. Definitely.

40 **SHARON:** So if you feel like just telling us what you want, go for it.

ANITA MOBOURNE: This is deadly. Yeah. The voice that – but no, I think this is deadly, like, I just – you know, I think of – like, my dad told his story to this –

45 **SHARON:** Yeah.

STEVEN: Did he?

50 **ANITA MOBOURNE:** - you know, yeah, and that was good. But he’s – you know, and that’s important, like, you know. And I think about everything, like, I think of dad, like,

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going back to where dad – we – how we were in Lake Tyers and that. You know when Native Title come about, another government driven thing? You know, for years and years, and years dad didn't know he was, you know, not from Bung Yarnda.

5 **SHARON:** Really?

ANITA MOBOURNE: He grew up proudly. He learnt how to, you know, get the boomerangs and them boondies. He knows how to do them boomerangs and boondies from all the trees. He knows the right trees to pick.

10

SHARON: Yeah.

ANITA MOBOURNE: He was taught by the old people.

15 **SHARON:** Yeah.

ANITA MOBOURNE: You know?

STEVEN: Yeah.

20

ANITA MOBOURNE: He knows. You know, my grandfather was part of you know – you know, the – the sheds up there and the fencing. All – my grandfather was part of that. He was a stockman –

25 **SHARON:** Yeah.

ANITA MOBOURNE: - and ride the horses at Lake Tyers. And for years and years, and years dad was, you know, “Bung Yarnda” this, but when that Native Title come about that – for him, for our men, our old people that fucked them all up. Sorry. I didn't mean to swear that, but that really, really –

30

STEVEN: No.

ANITA MOBOURNE: - you know, mucked things up for our people and not because of Native Title, not because of that, but because they didn't – it's because of the aftermath. They didn't do anything for our people after it.

35

SHARON: No.

40 **ANITA MOBOURNE:** Like this.

SHARON: Yeah.

ANITA MOBOURNE: They get this build up, build up, build up to this stuff, to this justice. The government is so, you know, driven to do this. Gets to that point, does it, but then the aftermath is what we deal with, us people in the systems, us workers, you know, us ones who have to, you know, fight all that stuff all the time, you know?

45

SHARON: Yeah.

50

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ANITA MOBOURNE: And when that happened –

SHARON: Yeah.

5 **ANITA MOBOURNE:** - you know, that – that really – that affected us all, affected me too. I grew up my whole life knowing I was Bung Yarnda, I was from, you know, Lake Tyers. I have no connection to Gunditjmarra country. I've never been there.

SHARON: Yeah.

10

ANITA MOBOURNE: I don't know Gunditjmarra country. I've never been there. I don't know anyone down that way. I didn't grow up down that way. I grew up down Lake Tyers. Going there for holidays, you know, like, down that way. I didn't grow up anywhere or – Moonacullah, you know.

15

SHARON: Yeah.

ANITA MOBOURNE: I didn't have connections; I didn't get the opportunities to form or build any down there.

20

SHARON: Yep.

ANITA MOBOURNE: You know, and neither did my dad. You know, and there's no one there to take us home. There's no one there to welcome him back, you know. The – he's an Aboriginal man, like, we can't just go up there and claim. We can't just go up, "I'm from here. This is my land. I'm going to stay here now". That's not the way we do this.

25

SHARON: No.

30 **ANITA MOBOURNE:** You know?

STEVEN: Yeah.

ANITA MOBOURNE: Like, and that's been left. And then the old way – my dad wants to get buried in this cemetery in Deniliquin, not even on land, not even on country, you know.

35

SHARON: Do you think there should be a – a way for people to come home to those –

ANITA MOBOURNE: Yes.

40

SHARON: - and a – a process or something -

ANITA MOBOURNE: Yes.

45 **SHARON:** - or a welcoming or a –

ANITA MOBOURNE: Yes. Yeah. Absolutely.

SHARON: Yeah.

50

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ANITA MOBOURNE: Absolutely. Like, with the bringing them home. There should be a – there should –

STEVEN: Yeah.

5

ANITA MOBOURNE: - be welcoming homes for our people. Our people who have been in Stolen Gens, like, I've – that drives my work. Everything that –

STEVEN: Yeah.

10

ANITA MOBOURNE: This drive – that drives my work is our people who have been removed and taken.

STEVEN: Yeah.

15

SHARON: That's a beautiful word you just say, "Welcome them home".

STEVEN: Yep.

20

ANITA MOBOURNE: Yeah.

SHARON: I should have – I've never heard it like that before.

ANITA MOBOURNE: Yeah.

25

SHARON: It's beautiful.

ANITA MOBOURNE: We need to be welcome. Our people need the welcome home, like –

30

SHARON: Yeah.

ANITA MOBOURNE: You know, that – you know, when – even Stolen Gen's, you know. Like, you know, all our people coming back. Like, I remember while sitting in Centrelink one time and this young one come in and she had this pram and these babies. And she come in and she was like, you know – she was probably about my age too, a little bit younger. And she was Stolen Gen. She's been removed, taken.

35

SHARON: Yeah.

40

ANITA MOBOURNE: And she was telling me her story. She was up in Sydney or somewhere and she came to - back down here. She's like, "I came down to find my family and reconnect". She goes, "And, you know, I was Stolen Gen's and I grew up away". And she goes, "And I found my family". I said, "Deadly" and she goes, "Yeah". She goes, "But they don't want anything to do with me".

45

SHARON: Yeah.

ANITA MOBOURNE: I said – I said, "Wow". That hit me like a fucking –

50

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SHARON: Yeah.

ANITA MOBOURNE: - like a tonne of bricks, because I've always been connected.

5 **SHARON:** Yeah.

ANITA MOBOURNE: I've always had the luxury of knowing who I am, where I'm from –

SHARON: Yeah.

10

ANITA MOBOURNE: - my mobs. Going home every holidays, everything. I've – I'm so lucky. I'm – I'm privileged, very privileged as an Aboriginal woman.

STEVEN: Yeah.

15

ANITA MOBOURNE: And I was sitting at this table with this one and – and I was like, “Wow. Wow”. And she goes, “And then I started to drink with them, you know. I thought I'll take up drinking and, you know, going out drinking” she goes, “And they still wouldn't accept me”. She said, “Then I started to do drugs, you know. Now, I'm a drug addict and an alcoholic with no family. None of them would accept me”. She goes, “And I've got all my – you know, these kids”. She was homeless and left there with all these kids and alcoholic, and drug addict and no family and that hit me. Like, her family wouldn't accept her back or couldn't.

20

25 **SHARON:** (Crosstalk) concept of welcoming home.

ANITA MOBOURNE: Not wouldn't.

SHARON: Yeah.

30

ANITA MOBOURNE: Couldn't. Because, you know, our people don't know how to.

SHARON: Yeah.

35 **ANITA MOBOURNE:** Our people don't know how to welcome home. Our people don't know how to do this repair and heal.

STEVEN: Yeah.

40 **SHARON:** Yeah.

ANITA MOBOURNE: The damage is so there –

STEVEN: Yeah.

45

ANITA MOBOURNE: - that how do we repair and heal ourselves enough to welcome each other in?

SHARON: That's it. Yeah.

50

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ANITA MOBOURNE: How do we create that space –

STEVEN: Yeah.

5 **ANITA MOBOURNE:** - in our communities?

STEVEN: Yeah.

ANITA MOBOURNE: And heal?

10

SHARON: Yeah.

STEVEN: Because trauma is like a contraction.

15 **ANITA MOBOURNE:** Yes. Yeah.

STEVEN: So you need to – when you start to get out of that –

ANITA MOBOURNE: Yeah.

20

STEVEN: It's about creating space for -

ANITA MOBOURNE: Yeah. Yeah.

25 **STEVEN:** - just for yourself.

ANITA MOBOURNE: Yeah. Exactly.

STEVEN: And then the larger space you create –

30

ANITA MOBOURNE: Yep. Yep.

STEVEN: - then you can include 12 kids in your house and 100 –

35 **ANITA MOBOURNE:** That's right and a 100 gazillion people around you.

STEVEN: - 100 gazillion people. Yeah.

ANITA MOBOURNE: Yeah.

40

SHARON: And that's more than 22 hours, isn't it?

ANITA MOBOURNE: Yeap.

45 **SHARON:** Like, it's more than what we can assign.

STEVEN: It's years.

ANITA MOBOURNE: Absolutely.

50

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STEVEN: With the stuff –

SHARON: Yeah.

5 **STEVEN:** - we're been through it's – it's – it's –

ANITA MOBOURNE: Yeah.

STEVEN: - generational.

10

ANITA MOBOURNE: Yep.

STEVEN: But it's also – you know, depending on what journey your life has taken –

15 **ANITA MOBOURNE:** Yeah.

STEVEN: - then it'll take years, you know -

ANITA MOBOURNE: Yep. That's right.

20

STEVEN: - to – to – to recover that stuff.

ANITA MOBOURNE: Yeah.

25 **STEVEN:** And life, a whole lifetime really.

ANITA MOBOURNE: Yeah. And not all of us get there.

STEVEN: Yeah.

30

SHARON: No.

STEVEN: No.

35 **ANITA MOBOURNE:** Not all of us get there. Like, I can be analytical. I can – I can look at myself and – and see where my behaviours are attributed to my trauma and where they're this and this. And I can – I can start to see that, because of the knowledge I've been able to absorb, because of the –

40 **STEVEN:** Yeah.

ANITA MOBOURNE: - environments I have existed in, because of the people around me. I can learn and educate, and I can heal, you know.

45 **STEVEN:** Yeah.

ANITA MOBOURNE: I can – then – and –

STEVEN: You've been doing it –

50

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ANITA MOBOURNE: That's right.

STEVEN: - since you were little.

5 **ANITA MOBOURNE:** That's right. Yeah. Since we were –

STEVEN: Yeah. So –

ANITA MOBOURNE: We've been doing it. Yeah.

10

STEVEN: You've been – you've been craft – you've been honing that skill.

ANITA MOBOURNE: Yeah. And figuring it out too.

15 **STEVEN:** Whereas a lot of fellas might have got –

ANITA MOBOURNE: Yeah.

STEVEN: - a bit lost and then they hone things that are hurting.

20

ANITA MOBOURNE: Yes.

STEVEN: Hurting their ability then to do that actually.

25 **ANITA MOBOURNE:** Yeah. Yeah.

STEVEN: And as we get older and older if we've been hurting that ability to do that –

ANITA MOBOURNE: Yeah.

30

STEVEN: - to develop that self-awareness and perception –

ANITA MOBOURNE: Yeah.

35 **STEVEN:** - then it's even harder than to – to get back to that capability –

ANITA MOBOURNE: Yeah. Yes. Yes. Yes. Yes. So true.

STEVEN: - of – of – of really getting to that point.

40

ANITA MOBOURNE: Yeah. So true.

STEVEN: Yeah.

45 **ANITA MOBOURNE:** Yeah.

STEVEN: Especially because you – you know, being somebody that's been through –

ANITA MOBOURNE: Yeah.

50

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STEVEN: - 20 years of addictions –

ANITA MOBOURNE: Yeah. Yep.

5 **STEVEN:** - and then coming through that last nine years clean and, you know, really actively –

ANITA MOBOURNE: Yeah. Yeah.

10 **STEVEN:** - on that seeking path for –

ANITA MOBOURNE: Yeah. Deadly.

STEVEN: - how do I understand this system better?

15

ANITA MOBOURNE: Yeah.

STEVEN: And then how do I have an impact?

20 **ANITA MOBOURNE:** Yes.

STEVEN: Where it's not just about me.

ANITA MOBOURNE: Yeah. Yep.

25

STEVEN: It's about others.

ANITA MOBOURNE: Yeah. And that's –

30 **STEVEN:** And that's – and that's what – we've got to get out of survival first –

ANITA MOBOURNE: Yeah.

STEVEN: - before we can serve our community.

35

ANITA MOBOURNE: Absolutely.

STEVEN: And that's where so much –

40 **ANITA MOBOURNE:** Yeah.

STEVEN: - nurturing is needed, because so many people are in survival like, you know?

ANITA MOBOURNE: That's right. They are. Our people – and –

45

SHARON: Well, it's hardwired.

ANITA MOBOURNE: Yeah.

50 **SHARON:** It gets hardwired into your nervous system.

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STEVEN: Hardwired. Yeah.

ANITA MOBOURNE: It is.

5

STEVEN: And so you've got to rewire.

SHARON: Yeah. Yeah.

10 **STEVEN:** How do you rewire your nervous system itself –

ANITA MOBOURNE: Yes. Exactly.

STEVEN: - when it's been conditioned –

15

ANITA MOBOURNE: Yes.

STEVEN: - and crushed –

20 **SHARON:** Yeah.

STEVEN: - for so long?

SHARON: Yeah.

25

ANITA MOBOURNE: Yep.

STEVEN: You've actually got to – to have (crosstalk).

30 **ANITA MOBOURNE:** And there's no – there's no literature out there to support us in this. There's nothing we can read or access, portals or –

SHARON: Yeah.

35 **ANITA MOBOURNE:** - counselling. I – I – I have reached out to counselling so many times and, you know, one time they told me to go and see Nunkeri. I was like, "What am I" –

SHARON: Yeah.

40 **STEVEN:** Yeah.

ANITA MOBOURNE: I go, "What? What? Because I'm black?" What –

STEVEN: Yeah.

45

ANITA MOBOURNE: See, and that's what I mean.

SHARON: Yeah.

50 **ANITA MOBOURNE:** Everything is attributed to my culture and my Aboriginality.

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SHARON: Yeah.

5 **ANITA MOBOURNE:** Not to Anita who has experienced childhood trauma, who's experienced generational trauma.

SHARON: Yeah.

10 **ANITA MOBOURNE:** Who's experienced all these situations and circumstances that have attributed to how my mental health is, you know, or –

SHARON: Yeah.

15 **ANITA MOBOURNE:** - me having a mental breakdown, you know, this week or that week. But –

SHARON: Yeah.

20 **ANITA MOBOURNE:** - you know, like, we have to figure it all out ourselves. We don't have the tools or the language –

STEVEN: Yeah.

25 **ANITA MOBOURNE:** - or the things there to really help us to – you know, really in depth – this is George.

SHARON: Hello.

30 **STEVEN:** Hey.

ANITA MOBOURNE: This is my son, [REDACTED]

STEVEN: Hey, [REDACTED]

35 **SHARON:** Hello, [REDACTED]

ANITA MOBOURNE: [REDACTED] [REDACTED] and -

40 **SHARON:** Sharon.

ANITA MOBOURNE: - Sharon. Nice to meet you.

ANITA MOBOURNE: (Indistinct).

45 **STEVEN:** Should I pause it?

ANITA MOBOURNE: Locked in. That's [REDACTED]. So –

50 **SHARON:** Is it?

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ANITA MOBOURNE: Yeah. Yeah. [REDACTED]
[REDACTED]

SHARON: Yeah.

5

ANITA MOBOURNE: [REDACTED]
[REDACTED]

[REDACTED] MOBOURNE: [REDACTED].

STEVEN: Yeah.

ANITA MOBOURNE: [REDACTED]
[REDACTED]
[REDACTED]

SHARON: Another kid.

20

ANITA MOBOURNE: Another kid.

STEVEN: (Crosstalk).

25

SHARON: (Crosstalk).

ANITA MOBOURNE: It's awesome. Other – yeah. [REDACTED]

SHARON: Is there like 100 bedrooms up here?

30

ANITA MOBOURNE: Yes. There's like a – yeah. There's a bunch of them.

SHARON: That's how it looks.

35

ANITA MOBOURNE: No. It's good.

STEVEN: That is beautiful.

ANITA MOBOURNE: Yeah. So that – [REDACTED], so – darling. But,
40 you know, these –

SHARON: I feel like your family set you up with so much love.

ANITA MOBOURNE: Yeah. Look –

45

STEVEN: And then you've been –

STEVEN: You can feel that.

50

ANITA MOBOURNE: - so generous and just given out, like, I mean –

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STEVEN: Yeah.

ANITA MOBOURNE: Yeah. I was so lucky. Mum – you know, I learnt so much from my
5 mum and my dad. My dad was so proud. I remember one time I got into a fight at high
school. I was 16 and I punched up this girl, because she called me an Abo. And I was like,
you know – so I thought I’d flog her, like a big shot, and he ripped me. He ripped me so bad
and then he sat me down and he said, “Well” he goes, “Are you?” “No. I’m not an Abo” and
he goes, “What?” He goes, “You’re not Aboriginal? Are you shamed of who you are?”
10 That’s what he made me. He made me feel shame about that and taught me that no matter
what no one can take it away from me. You know, so what if they call me Abo. I am. He
said, “You are. You’re Aboriginal, aren’t you? You’re Aboriginal?” “Yeah”. “Well” he
goes, “What are you complaining about? What? They can’t take that away from you”.
“Yeah. But that’s so” – “so what? Like, it’s only a thing if you react to it. If you let them
15 thingo. If you laugh at them it’s all it would take. He goes, “Then that word’s got no
power”.

SHARON: Yeah.

ANITA MOBOURNE: “Because that word has no power over you, babe”. You know,
20 that’s what my dad taught me.

SHARON: Yeah.

ANITA MOBOURNE: And my dad had no education.

SHARON: No.

ANITA MOBOURNE: But that’s what he taught me that words have no power over me if –
30 they only have power over me if I let them.

SHARON: Yeah.

ANITA MOBOURNE: They only have power over me if I give them that power and I
35 don’t.

SHARON: Yeah.

ANITA MOBOURNE: I don’t give them power and that’s why they don’t bother me
40 anymore, and that’s what I teach my kids, you know.

STEVEN: Yeah.

ANITA MOBOURNE: Words have no power.
45

STEVEN: That’s right.

ANITA MOBOURNE: You know, they’re just words. If you believe it, if you believe what
50 they’re saying to you –

STEVEN: Yeah.

ANITA MOBOURNE: - and you're going to let that then that – then you're giving that power to those words.

5

SHARON: And sometimes they do have power. Like, just then you introduced us to your son.

ANITA MOBOURNE: Yeah.

10

SHARON: So you have welcomed him and –

ANITA MOBOURNE: Yeah.

15

STEVEN: Yeah.

SHARON: - he feels belonging.

ANITA MOBOURNE: Yeah.

20

STEVEN: Yeah.

SHARON: And there is power there, because you choose it.

25

ANITA MOBOURNE: Yes. Yes.

SHARON: You chose that word –

ANITA MOBOURNE: Yes.

30

SHARON: - for that child.

ANITA MOBOURNE: Yes. Exactly. Yeah.

35

SHARON: Young – young man.

ANITA MOBOURNE: Yeah.

SHARON: I don't know. Child, young man.

40

ANITA MOBOURNE: Darling.

SHARON: But you – you chose that and –

45

ANITA MOBOURNE: Yep.

SHARON: - imagine how he would have felt coming down and going, "This is my son"?

ANITA MOBOURNE: Yeah. Yeah. Darling.

50

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STEVEN: Yeah. Yeah.

ANITA MOBOURNE: I didn't even realise I said that too.

5 **SHARON:** Yeah. Yeah.

ANITA MOBOURNE: I just say that to him blindly for (crosstalk).

SHARON: No. But you just straight out, like, you know, you –

10

ANITA MOBOURNE: Yeah. Yeah.

SHARON: - you belong. He belongs.

15 **ANITA MOBOURNE:** Yeah. Yeah. And that's true.

SHARON: Yeah.

ANITA MOBOURNE: Words like that, exactly that.

20

SHARON: You can choose that power.

ANITA MOBOURNE: You can.

25 **STEVEN:** It's what you choose to accept in, in a sense, right.

ANITA MOBOURNE: Yes.

STEVEN: It's, like, not choosing to accept something that's going to make you sick.

30

ANITA MOBOURNE: Yep.

SHARON: Yep.

35 **ANITA MOBOURNE:** Yep.

STEVEN: But when you send a – a message of love and acceptance –

ANITA MOBOURNE: Yeah. Strength.

40

STEVEN: - and inclusion –

ANITA MOBOURNE: Yeah.

45 **STEVEN:** - then the chemistry that that's going to have on –

ANITA MOBOURNE: Yeah. That's true.

STEVEN: - our heart and –

50

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ANITA MOBOURNE: Yeah.

STEVEN: - the spirit is better.

5 **ANITA MOBOURNE:** Yeah.

STEVEN: So we want to accept that.

SHARON: Yeah. It's like that.

10

ANITA MOBOURNE: Yeah. That's right. I like how you said that.

STEVEN: It is. That's how I see that.

15

ANITA MOBOURNE: Yeah.

SHARON: Yeah.

ANITA MOBOURNE: It's so true and it is.

20

STEVEN: Yeah.

ANITA MOBOURNE: Like, and I never thought of it that way. Like, those words had no power, but these powerful words have power hey.

25

SHARON: Yeah. Yeah.

ANITA MOBOURNE: You know, but – yeah. And that – that for me was huge. Like, after that nothing bothered me. Nothing anyone said bothered me, because –

30

STEVEN: Yeah.

ANITA MOBOURNE: - it's not how I saw myself.

35

SHARON: Yeah.

ANITA MOBOURNE: I didn't care what other people thought or viewed of us and how we existed. I didn't – like, I really didn't care.

40

STEVEN: Because I guess that victim mentality can go so far, can't it?

ANITA MOBOURNE: Yeah.

STEVEN: And we, as Aboriginal people I feel like we're really susceptible to –

45

ANITA MOBOURNE: Yes.

STEVEN: - to going down that path.

50

ANITA MOBOURNE: Yes.

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STEVEN: (Crosstalk) of – of -

ANITA MOBOURNE: Allowing that stuff. Yeah.

5

STEVEN: But the – how – what that does to us –

ANITA MOBOURNE: Yes. Yeah. And our spirit hey.

10 **STEVEN:** - and the sickness that that creates –

ANITA MOBOURNE: Yep. Yeah.

STEVEN: - actually.

15

ANITA MOBOURNE: Yeah.

STEVEN: Your dad actually prevented you in a –

20 **ANITA MOBOURNE:** Yeah.

STEVEN: - in a way was the guiding factor that turned –

ANITA MOBOURNE: Yeah. He was – he's so strong.

25

STEVEN: That's what I see.

ANITA MOBOURNE: Yeah.

30 **SHARON:** So he did his submission as well, already?

ANITA MOBOURNE: He – yeah. He shared his story. It's pretty deadly. You want to listen to it.

35 **SHARON:** Did he do it down –

STEVEN: I'd love to hear that. Yeah.

SHARON: - in Bairnsdale at (indistinct)?

40

ANITA MOBOURNE: I think he was in – no. He was – he was in Deni. So they're in Deni.

SHARON: Okay. Yeah.

45

ANITA MOBOURNE: So I don't know if [REDACTED] went up there and got their story or –

SHARON: Yeah. Yeah.

50 **ANITA MOBOURNE:** - and – and Sue-Anne. Sue-Anne actually did it herself.

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SHARON: Did she?

ANITA MOBOURNE: So Sue-Anne was up there. Yeah.

5

SHARON: Cool.

STEVEN: Cool.

10 **ANITA MOBOURNE:** Yeah. Because – yeah. So she went up and had a yarn with him, which was good.

SHARON: Yeah.

15 **ANITA MOBOURNE:** You know, because his story is very unique, like, there's no –

SHARON: Yeah.

20 **ANITA MOBOURNE:** - none other like it in the state. Like, the whole family, our who lot of us were taken and moved from that space, not just bits of us. Like, we know where Nan's from. We know we're Wotjobaluk for Nan.

SHARON: Yeah. Yeah.

25 **ANITA MOBOURNE:** Like, Nan always stayed connected to her country. Like, we always knew, you know. When you grow up you always know where your connections are, you know. You always know where you're connected to.

STEVEN: Yeah. Well, my most –

30

ANITA MOBOURNE: You know?

STEVEN: - connections are Gunnai, Gunditjmara and Yorta Yorta.

35 **ANITA MOBOURNE:** Yeah.

STEVEN: They're mine.

ANITA MOBOURNE: Wow.

40

STEVEN: Three. So it's – so it's a bit similar.

ANITA MOBOURNE: So cool. Yeah.

45 **SHARON:** Yeah.

STEVEN: Because you're connected to the Gunnai, Gunditjmara and did you say you're –

ANITA MOBOURNE: Yep.

50

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STEVEN: - Yorta Yorta as well?

ANITA MOBOURNE: I'm Yorta Yorta. Yeah. Gank is from Coomera.

5 **SHARON:** Yeah.

STEVEN: Yeah.

10 **ANITA MOBOURNE:** So he was born and bred in Coomera, you know. And Gank is an Atkinson, so he's and Atkinson and Walker. And Nanna is an Eagan and a Day. And then Nan is a Marks and a Harrison, and then Pop's a Mobourne and – and Kennedy. So I'm all these blackfella families.

15 **SHARON:** Wow.

ANITA MOBOURNE: Yeah. I'm Taungurung. Behind that Gank is Taungurung, like, we Walkers come from – we're Taungurung here, you know. I'm Dja Dja Wurrung, because I'm a Harrison, you know. Like –

20 **SHARON:** Yeah.

STEVEN: Yeah.

25 **ANITA MOBOURNE:** - all these connections I am, but –

SHARON: Your heart is here with the state.

ANITA MOBOURNE: Yeah.

30 **SHARON:** Entirely.

ANITA MOBOURNE: I know, it's –

35 **STEVEN:** Yeah.

ANITA MOBOURNE: It makes me sick. I couldn't even find a man back in the day. I had to go and marry a European, because I went to WA. I went to WA at 16 to go and find myself a husband. 17. No. I think it was 17. Got to go find myself a deadly black husband and I couldn't even find one there. I was related to them. I was like, "No. That's it".

40

SHARON: Yeah.

ANITA MOBOURNE: That's it. That's it. That's it. I'm not. That's it. I was so wild.

45 **SHARON:** Yeah.

ANITA MOBOURNE: Then – yeah. But, you know. I think it just was never meant to be. But that's what I did – mum and dad, like, you know, they've – you know, but it's good too. It's good to know and be connected, like, a lot of our people don't have that. A lot of our people have that removed. That's why my privilege in – in knowing that and I think that's

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why I hang onto it or I keep - keep it on, because it's such a strong cultural practice for us. But it's a – it's a strong way of how we connect to each other too and we need to know, like, our kids need to know. Our people need to know, like, who you are, where you're connected to, what that means for us, you know. Like, I love knowing, you know. I don't have – you
5 know, like I said, I haven't been back to Gunditjmara country. I haven't been able to go down and do – but I love knowing. The fact that I know means that I've got this opportunity to do that –

10 **SHARON:** Yeah. Yeah.

ANITA MOBOURNE: - when it's right, you know, and I'm – that's why I think that welcoming stuff is important, like –

15 **SHARON:** Yeah.

ANITA MOBOURNE: We're waiting on dad, like, it's up to – we have to wait for our old people.

20 **SHARON:** Yeah.

ANITA MOBOURNE: Like, we can't – I'm not – we – there's this – there's these laws.

SHARON: Yeah.

25 **STEVEN:** Yeah.

ANITA MOBOURNE: Unwritten, unspoken, but they exist and we know them. We know them deep, because they come from deep, you know, and it's – the things that, you know, you're not allowed to do, because you have to wait for your old people, you know. You have
30 to wait for them to journey first, because it's –

SHARON: Yeah.

ANITA MOBOURNE: - their journey first.

35

SHARON: Yeah.

ANITA MOBOURNE: Then it's our journey, you know. So for us we have to wait for dad. This is his journey first. He's our leader. He's our Elder.

40

SHARON: He would have to go –

STEVEN: Yeah.

45 **ANITA MOBOURNE:** Yep.

SHARON: - home.

ANITA MOBOURNE: Yeah. He has to go home first for us to follow.

50

SHARON: Yeah.

ANITA MOBOURNE: We can't go until he goes, you know.

5 **SHARON:** So he's got to find the way.

ANITA MOBOURNE: Yep. And he has to make peace with that and heal.

SHARON: Yeah.

10

ANITA MOBOURNE: And what – and – and whatever that means for him. Like, my dad's just gone through the – the biggest injustice, you know, the biggest displacement in his life. Like, my dad, you know, grew up his whole life with one identity, knowing and – and think – knowing where he belonged. To have that just taken all from him.

15

SHARON: Yeah.

ANITA MOBOURNE: In his life and to – you know, "Where – where do I belong now?" or, "I belong to this country that I don't know nothing about. I don't know anyone down there".

20

SHARON: Yeah. Yeah.

ANITA MOBOURNE: Got no connections, you know. Like, you know, for him that's – and he's pride – he's proud. He's a proud, strong, Aboriginal man.

25

SHARON: Yeah.

ANITA MOBOURNE: Very proud, you know, and, yeah. That – you know, for him – and so for us we have to wait. We're not allowed to, you know – we could sneak down there. I could sneak off down there, but I can't celebrate it. I can't be like, "Hey, you know, guess what" but I'm slowly trying to, you know. Like, I've been talking to aunties and uncles here, and, you know, getting them to reach out to dad or –

30

35 **SHARON:** Yeah.

ANITA MOBOURNE: - dad to reach, you know. But, you know, that's just the things we have to do, because there's nothing written for us. There's no – there's no things to tell us how to heal this.

40

SHARON: Yep.

ANITA MOBOURNE: How do you fix this? There's nothing there. We have to figure it out ourselves.

45

SHARON: Yep.

STEVEN: Yeah.

50 **ANITA MOBOURNE:** We have to figure it out by making mistakes or doing it wrong –

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STEVEN: Yeah.

ANITA MOBOURNE: - just so we can get it right, you know. Like, we – we have to –

5

STEVEN: Yeah.

ANITA MOBOURNE: We're left with all these pieces and waiting, like, I'm just – you know, this Native Title happened, what, 10 years ago?

10

SHARON: Yeah.

ANITA MOBOURNE: I'm still waiting for my dad to, you know, go home to his people or go home to country, so that we can go home to country, so I can have somewhere I belong to as well, other than, you know, Moonacullah and that. So I can have something that I can connect not for me, but for my kids.

15

SHARON: Yeah. Yeah.

20

STEVEN: Yeah.

ANITA MOBOURNE: For their generation, because this is our birth –

SHARON: Yeah.

25

ANITA MOBOURNE: That's our birth right. That's our right. Like, that was taken –

STEVEN: Yeah.

30

ANITA MOBOURNE: - from us –

STEVEN: Yeah.

ANITA MOBOURNE: - not by our – our – not throughout choice or not be us.

35

SHARON: Yeah.

ANITA MOBOURNE: You know, and now we have to wait for dad and wait for these things to occur all the time with our old people when – when things like this happen, you know, and that's, you know, something we don't have answers for, you know. That's something that we just have to wait and figure out as we go, you know.

40

SHARON: It is that power of words, isn't it. Like bringing them home means nothing if you don't get that welcome.

45

ANITA MOBOURNE: That's right. Yeah.

SHARON: Like that young girl at the –

50

ANITA MOBOURNE: Yep.

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SHARON: - Centrelink office. She went home.

ANITA MOBOURNE: Yep.

5

SHARON: She was brought home.

ANITA MOBOURNE: Yeah.

10 **SHARON:** And there was nothing for her except, you know, this –

ANITA MOBOURNE: No.

SHARON: - trail of –

15

ANITA MOBOURNE: No.

SHARON: - heartbreak here.

20 **ANITA MOBOURNE:** That's right. And even that, how – how do families prepare for people coming home? How – how do we sit in that? Like, there's guilt that sits there.

SHARON: Yeah.

25 **ANITA MOBOURNE:** There's all these lost connections, all this stuff, like, you know. When we – again, we have knowledge, we have experiences. For us it's different. We can sit in and talk those places or we can have the language and the – and the – and the words, but, you know, imagine we're not. Imagine just –

30 **SHARON:** Yeah.

ANITA MOBOURNE: You know, I've – and that's all of – most of our mobs. There's only a small percentage of us with the education and knowledge that can work in these spaces and –

35

SHARON: Yeah.

ANITA MOBOURNE: - represent the values and ideas, and understand and interpret that knowledge into –

40

SHARON: Yeah.

ANITA MOBOURNE: - you know, what that means for us. But –

45 **SHARON:** Yeah. And actions.

ANITA MOBOURNE: - you know, that –

SHARON: Like you say, you get to that point of actions. You sit with those –

50

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ANITA MOBOURNE: Yep.

SHARON: - those facilitators to go –

5 **ANITA MOBOURNE:** Yep.

SHARON: - this is how it works.

ANITA MOBOURNE: Yeah.

10

SHARON: I wonder if like, you know, that Closing The Gap, what if that was opening the possibilities? Because Closing The Gap hasn't ever worked. It's been, what, 27 years in the making of –

15 **ANITA MOBOURNE:** Yeah.

SHARON: - nothing really happening.

ANITA MOBOURNE: Nothing. Yeah. For what? Yeah.

20

SHARON: But – but still no one's really opened the possibilities of these kids in out of home care and –

ANITA MOBOURNE: Yeah.

25

SHARON: - kinship care. You –

ANITA MOBOURNE: Yep.

30 **SHARON:** I mean, you've done an amazing job getting kids back to families.

ANITA MOBOURNE: Yeah. Yeah.

SHARON: But you're the – that's the smallest part, isn't it?

35

ANITA MOBOURNE: That's the – that's a little bit. Yeah.

SHARON: Most of it is just this, like, "See you down this track".

40 **ANITA MOBOURNE:** Yeah. I've seen kids, I've known kids in care, seen kids in care. I know of kids in care that have just been left.

SHARON: Yeah.

45 **ANITA MOBOURNE:** Left and then – then just – and even then, like, when you've got family, like, for me, gosh, I love these kids so much. I'll –

SHARON: Yeah.

50 **ANITA MOBOURNE:** If I could keep them all I would, but they're not mine.

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SHARON: Yeah. Yeah.

5 **ANITA MOBOURNE:** They belong with their mob. They belong with their people and it's important, because, you know, the – the beauty of being – starting off at VACCA so young and – and seeing where it all begins, how kids come into care.

SHARON: Yeah.

10 **ANITA MOBOURNE:** What are the factors that are bringing our –

SHARON: Yeah. Yeah.

15 **ANITA MOBOURNE:** - children in? What's happening in our world? To at the other end where you're working with parents and families, where you see how trauma impacts our capacity to function.

SHARON: Yeah.

20 **ANITA MOBOURNE:** How trauma impacts our capacity to parent really, really –

STEVEN: Yeah.

SHARON: Yep.

25

ANITA MOBOURNE: - you know, in really good ways or in strong parenting techniques or –

SHARON: Yeah.

30

ANITA MOBOURNE: - even understanding some of the stuff that we do, you know.

SHARON: Yeah. Yeah.

35 **ANITA MOBOURNE:** Like, or they grow in trauma.

SHARON: And how it's not them. It's actually –

ANITA MOBOURNE: Yep.

40

SHARON: It's – it's not.

ANITA MOBOURNE: No.

45 **SHARON:** It's not the person's –

ANITA MOBOURNE: No.

50 **SHARON:** - desire and wishes. It's actually –

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STEVEN: No.

SHARON: - so deep in –

5 **ANITA MOBOURNE:** Yeah.

SHARON: - the trauma.

10 **ANITA MOBOURNE:** It's – it's trauma, trauma, trauma. Yep.

SHARON: The lack of attachment when you're –

ANITA MOBOURNE: Yep.

15 **SHARON:** - growing up to –

STEVEN: Yeah.

20 **SHARON:** - positive role models.

ANITA MOBOURNE: Yeah. Exactly.

STEVEN: Yeah.

25 **SHARON:** Reinforced at schools that actually –

ANITA MOBOURNE: Yes.

30 **SHARON:** - are giving you positive role models, not –

ANITA MOBOURNE: Yeah. Yep.

STEVEN: And we don't have the tool – the – you know, they've taken away our tools –

35 **ANITA MOBOURNE:** Yes.

STEVEN: - that we would have had for thousands of –

40 **ANITA MOBOURNE:** Yep.

STEVEN: - years as well to –

ANITA MOBOURNE: Yep. Yep.

45 **STEVEN:** - to – to – to really process a lot of that stuff.

ANITA MOBOURNE: Yeah.

50 **SHARON:** Yeah.

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ANITA MOBOURNE: Nurturing and our cultural ways of upbringing. Those nurturing stuff that, you know, that – you know, even that breaking down of the family groups and units. How, you know – we do raise our children in community. We do raise them –

5 **SHARON:** Yeah.

ANITA MOBOURNE: - together, like –

STEVEN: Yeah.

10

ANITA MOBOURNE: - our kids are never raised on their own. This – these kids have about five mothers.

SHARON: Yeah.

15

ANITA MOBOURNE: The – I don't have to do all the parenting, you know.

SHARON: That's a protective factor, isn't it?

20

ANITA MOBOURNE: That's – that's a protective factor.

STEVEN: Hugely protective factor.

SHARON: Yeah.

25

ANITA MOBOURNE: And – and it may be seen outside for – as neglect or this or that, but it's not. It's actually a massive protective factor. Her sisters raise her. I don't have to, like – we've grown up and conditioned into this belief that we have – mothers and this and that, all these things. But they're not ours.

30

SHARON: No.

ANITA MOBOURNE: They're not ours.

35

SHARON: And it's so impossible.

ANITA MOBOURNE: They're not. Yeah.

SHARON: Like, those –

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STEVEN: Yeah.

SHARON: - roles that they give a mother –

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ANITA MOBOURNE: Yeah.

SHARON: - like, to pretend you don't have a job, but also pretend that you don't have kids when you're at your jobs and –

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ANITA MOBOURNE: Yeah. Yeah. Yeah.

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SHARON: Yeah.

ANITA MOBOURNE: Yeah. Pretend all the – and it's like –

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SHARON: Keep that out of the –

ANITA MOBOURNE: No.

10 **SHARON:** It's like how can you do both?

ANITA MOBOURNE: Yeah. Yeah.

STEVEN: Yeah.

15

SHARON: Yeah.

ANITA MOBOURNE: And it's – and then that then goes into the pressure we put on ourselves to perform.

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SHARON: Yeah.

ANITA MOBOURNE: Like, you know, and –

25 **STEVEN:** Yeah.

ANITA MOBOURNE: You know, again, we can process. We can understand, but that same pressure is being applied to our – all our people -

30 **SHARON:** Yeah.

ANITA MOBOURNE: - across the state and a lot of our people who have only grown up in our own ways are getting pressured to apply these other ways of parenting, because the department deem it so.

35

SHARON: Yeah. Yep.

ANITA MOBOURNE: You know, or because we don't have –

40 **SHARON:** (Crosstalk). Yeah.

ANITA MOBOURNE: - the evidence or the things to say, "Well, no. Hang on a minute. That's – this – that suits you. That suits the Western world, but this is what we do".

45 **SHARON:** Yeah.

ANITA MOBOURNE: This is what is in our world. This is – these are protective factors. This is where strength is grown and this is what –

50 **SHARON:** Yeah.

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ANITA MOBOURNE: - it's done. This is how it's done, you know?

5 **SHARON:** Yeah. But do you think they might be scared of that strength? Because that is where strength is grown. You're right.

ANITA MOBOURNE: Yeah.

10 **SHARON:** And that all –

ANITA MOBOURNE: Nah.

15 **SHARON:** It doesn't befit the systems to have too many strong people in it to say, "No. This is not right".

ANITA MOBOURNE: Yeah. No. I – because this is not for the systems.

SHARON: Yeah.

20 **ANITA MOBOURNE:** This is for our people.

SHARON: Yeah.

25 **ANITA MOBOURNE:** You know? And we're building strong people, so I don't –

SHARON: Yeah.

30 **ANITA MOBOURNE:** I don't think – I don't even care. To be honest I don't care what the system thinks.

SHARON: Yeah. No. I love that.

ANITA MOBOURNE: As long as I'm growing strong people.

35 **SHARON:** Yeah.

ANITA MOBOURNE: Like a fight.

40 **STEVEN:** Yeah.

ANITA MOBOURNE: So, you know – and my – my – in my head I'm thinking the more I infect strong people and the more I grow then that – look at that generation later.

45 **SHARON:** Yeah.

50 **ANITA MOBOURNE:** I – if I can do that and get five, these young people who will do the same fight for me then (1) it's not for me, but for us one day then I can retire and know that there's five people in my place. So it's just not me, like, and that's the thing. The more – our generations are coming through and their ideas are unreal. Like, you know, I was talking about shame before?

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STEVEN: Yeah.

ANITA MOBOURNE: The perception of shame, like, I was talking about it with [REDACTED] and, you know, I was talking about how we – how shame sits with me, how it’s embedded and how deep it is, and how long it took me to understand that wasn’t my shame. And then I was talking to [REDACTED] about it and she goes, “Well, you know” she goes, “[REDACTED] we see things” – I said, “I see things a little differently”. She goes, “I actually – shame is a status of where I’m at. Yeah. I’m – you know, it doesn’t mean I’m not going to do it though. It doesn’t mean I’m not going to keep going. Shame is just a status of how I feel about this. I have shame to it. I’m, you know – but” – and then you goes and – but then she goes, “It doesn’t mean I’m not going to do. It doesn’t mean it doesn’t work for me”. She goes – she’s talking about how shame is more for shyness than in that space. Whereas us it’s more –

15 **SHARON:** Yeah.

ANITA MOBOURNE: - depth – in depth and embedded, you know.

STEVEN: Yeah.

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SHARON: Yeah.

ANITA MOBOURNE: Yeah.

25 **STEVEN:** Well, is this a younger person?

ANITA MOBOURNE: Yeah. She’s only 19.

SHARON: Yeah.

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ANITA MOBOURNE: Yeah.

STEVEN: Yeah.

35 **ANITA MOBOURNE:** So she was talking about how then, you know – how they – you know, like, she goes – because for – her conversation was, “I don’t feel shame in the same way you feel shame”.

STEVEN: Yeah.

40

SHARON: Well, that’s really interesting.

ANITA MOBOURNE: That was in – that was the point. That was like –

45 **STEVEN:** That was –

SHARON: Yeah.

ANITA MOBOURNE: - wow. It’s like, well, what does that –
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STEVEN: (Crosstalk).

ANITA MOBOURNE: Come on. I was like, “Okay. Tell me what – wow”.

5 **STEVEN:** You got curious about that, like, “Wow”.

ANITA MOBOURNE: Yeah. I did and so then I thought, “Okay. I wonder if other young people feel this way”. How many young people feel like this? And how – how younger generations start to perceive what we hold as cultural values, you know.

10

STEVEN: Because I – I – I imagine the – you know, like, because our – my parents and their parents before them –

ANITA MOBOURNE: Yeah.

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STEVEN: - had it harder and –

ANITA MOBOURNE: Yes.

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STEVEN: - and we’ve had it a bit – a fair – there’s been –

ANITA MOBOURNE: Yeah.

STEVEN: - much more possibility and more space for us to –

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ANITA MOBOURNE: We’ve had it easy.

STEVEN: - to be who we are and –

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ANITA MOBOURNE: Yeah.

STEVEN: - and start to have that impact.

ANITA MOBOURNE: Yeah. Yep.

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STEVEN: But then the next generation again –

ANITA MOBOURNE: Easier.

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STEVEN: - you know, because we’ve had that space –

ANITA MOBOURNE: Yes.

STEVEN: - then we can potentially hold a larger space for them –

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ANITA MOBOURNE: Yes. That’s right.

STEVEN: - if we do enough work on ourselves.

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ANITA MOBOURNE: Yeah. Yep.

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STEVEN: And so, therefore, they're not going to have a lot of that –

ANITA MOBOURNE: No.

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STEVEN: - those negative emotions that –

ANITA MOBOURNE: No.

10 **STEVEN:** - maybe that we had and -

ANITA MOBOURNE: Exactly.

STEVEN: - well, that I remember having when I was –

15

ANITA MOBOURNE: No. And they won't grow up with the same level –

SHARON: Yeah.

20 **ANITA MOBOURNE:** - or the same impact of trauma that we had too. We're coming off first generations.

STEVEN: Yeah.

25 **ANITA MOBOURNE:** Our parents going, you know, like, that was what they went through, you know. We bore witness to what our grandparents went through, because our grandparents were alive in our lifetimes, you know.

SHARON: Yeah.

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ANITA MOBOURNE: Like, so we bear witness to all this stuff, you know. Aunties, uncles, there – all these, you know, like, people around us and the journeys that they went through, you know. We built understanding to that.

35 **STEVEN:** Yes.

ANITA MOBOURNE: Because of our firsthand experiences, like, we – you know, we sat in and emphasised with the frustrations.

40 **SHARON:** Yeah.

ANITA MOBOURNE: We still do, you know. All of that stuff.

STEVEN: Yeah.

45

ANITA MOBOURNE: You know, and – which – which is – goes to exactly what you're saying, which then allows us to be different for our kids, you know.

STEVEN: Yeah.

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ANITA MOBOURNE: To explain it differently. To –

STEVEN: Yeah.

5 **ANITA MOBOURNE:** - to, you know, remove the impact of blame. Like, we sat with blame, like, “Why is this happening to us?” or, “Why am I black?”

STEVEN: Yeah.

10 **ANITA MOBOURNE:** Why, always why and –

STEVEN: Yeah.

ANITA MOBOURNE: - now, we can change that –

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STEVEN: (Crosstalk).

ANITA MOBOURNE: - narrative and be like, “It’s not because your blackfellas. It’s because the – the society is shit”.

20

SHARON: Yeah.

ANITA MOBOURNE: “Don’t be afraid to, you know, speak up and say who you are, and do this and that”. Like, we can start to arm them better and with the better narratives for what they have to face out there in the world.

25

SHARON: Yeah.

ANITA MOBOURNE: You know, conversations.

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SHARON: And just coming onto that power, like, there is so much power in living in the same place, you know, family after family –

ANITA MOBOURNE: Yeah.

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SHARON: - for 60,000 years. Just think of that –

ANITA MOBOURNE: Yes.

40 **SHARON:** - depth of place.

ANITA MOBOURNE: Yeah.

STEVEN: Yeah.

45

ANITA MOBOURNE: Yeah.

SHARON: And the knowledge. The knowledge that sits in here and –

50 **STEVEN:** Yeah.

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ANITA MOBOURNE: Yeah.

SHARON: - the belonging that – you know, people were scared of that belonging, I'm sure.

5

ANITA MOBOURNE: Yeah.

SHARON: You know, well, you guys belong here. We don't belong here.

10

ANITA MOBOURNE: Yeah.

SHARON: There's –

STEVEN: Yeah.

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SHARON: There's so much power to be –

ANITA MOBOURNE: Yeah.

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SHARON: - to come from that.

ANITA MOBOURNE: That's right.

STEVEN: (Crosstalk).

25

SHARON: And I think people are scared of that power.

ANITA MOBOURNE: Yeah.

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SHARON: They shouldn't be.

STEVEN: They shouldn't be.

STEVEN: Because it represents their healing as well.

35

SHARON: Absolutely. Absolutely.

ANITA MOBOURNE: Yeah. Yeah.

40

STEVEN: You know that – that strength and that –

SHARON: The healing of –

ANITA MOBOURNE: Yeah.

45

STEVEN: And that memory that would exist in –

ANITA MOBOURNE: Yeah. Yep.

STEVEN: Memory is never ever – as I understand it is never ever lost. So those thousands of years –

ANITA MOBOURNE: No.

5

STEVEN: - of deep connection to the land lives in, especially a – the people that –

ANITA MOBOURNE: Yep.

10 **STEVEN:** - come from this land -

SHARON: Yeah.

STEVEN: - in a deep, deep way.

15

SHARON: And just imagine that –

ANITA MOBOURNE: Yeah.

20 **SHARON:** - beauty of understanding, like, you know –

STEVEN: Yeah.

ANITA MOBOURNE: Yeah.

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SHARON: The systems that they watch, like, the – just the – even watching, like, an eel and knowing the system of an eel and that.

ANITA MOBOURNE: Yep.

30

STEVEN: Yeah.

SHARON: When it was right to eat or whatever.

35 **ANITA MOBOURNE:** The seasons, you know.

SHARON: The seasons.

ANITA MOBOURNE: When they were coming in.

40

STEVEN: Yeah.

ANITA MOBOURNE: Like, the patterns, those (indistinct) patterns.

45 **SHARON:** Yeah.

ANITA MOBOURNE: They – everything, like –

SHARON: The quietness of –

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ANITA MOBOURNE: Yeah.

SHARON: - knowing what was going on around you and being part of that.

5 **ANITA MOBOURNE:** Yeah. Yeah.

STEVEN: Yeah.

SHARON: I mean, there's a beautiful –

10

ANITA MOBOURNE: Listening. Yeah.

SHARON: - aspect. But that power that, you know, these young children, they should hopefully feel it – it would be amazing to see that power come through.

15

ANITA MOBOURNE: It will be. It'll be interesting.

SHARON: Yeah. Yeah.

20 **ANITA MOBOURNE:** I mean, I'm very interested in seeing –

STEVEN: Yeah.

ANITA MOBOURNE: - you know, because, you know, even –

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STEVEN: Yeah.

ANITA MOBOURNE: Like, I – the one thing I love about the work I do is the – you know, the evolution of culture. How culture –

30

STEVEN: Yeah.

ANITA MOBOURNE: - evolves.

35 **SHARON:** Yeah.

STEVEN: Yeah.

40 **ANITA MOBOURNE:** How groups and nations – the – you know, how, you know, massive things impact that then, which create the evolution and then – and even individually, like, of family groups and, you know, like, the clans and the evolution of how culture is perceived within the clan groups based on what those experiences, you know, were had by those families, you know.

45 **SHARON:** Yeah.

ANITA MOBOURNE: So –

SHARON: It's so dynamic, isn't it?

50

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ANITA MOBOURNE: It's so fascinating. Yeah.

STEVEN: It's –

5 **ANITA MOBOURNE:** It's unreal.

SHARON: Yeah. And culture is. It is – it is a moving beast, isn't it?

STEVEN: Yeah.

10

ANITA MOBOURNE: It's alive. It's alive. It –

STEVEN: Well, it has to, doesn't it?

15 **SHARON:** Yeah. Yeah. And I – I –

ANITA MOBOURNE: Yep. It's –

SHARON: I think the white culture like you said, brittle or fragile.

20

STEVEN: Fragile. Yeah.

SHARON: It's because they don't see that they have a culture. They think, "This is just normal, right".

25

ANITA MOBOURNE: Yeah.

SHARON: "Like, this is what we do".

30 **STEVEN:** It's not fluid.

SHARON: And it's not normal.

STEVEN: Fluid, is it?

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SHARON: It's a culture.

ANITA MOBOURNE: Yeah. Yeah. Exactly.

40 **SHARON:** You've got to accept it.

STEVEN: Yeah.

ANITA MOBOURNE: Yep.

45

SHARON: You've got to know your own –

ANITA MOBOURNE: Yeah.

50 **STEVEN:** Yeah.

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SHARON: You've got to know your own culture, right?

ANITA MOBOURNE: Yeah.

5

STEVEN: Yeah.

SHARON: So –

10 **STEVEN:** And they don't know –

ANITA MOBOURNE: Yeah.

SHARON: Yeah.

15

STEVEN: They don't have a culture, because they –

SHARON: They don't know it.

20 **STEVEN:** - they don't really have a –

ANITA MOBOURNE: Yeah.

25 **STEVEN:** - proper culture, because they're trying to superimpose an Aussie culture, which is not really a culture –

SHARON: Also – yeah.

STEVEN: - because it's – it's –

30

ANITA MOBOURNE: No.

STEVEN: - it's not old enough to be a culture really. It's like, you know –

35 **ANITA MOBOURNE:** It's unique. It's –

STEVEN: It's – it's – it's different than –

ANITA MOBOURNE: Yeah.

40

SHARON: Yeah.

STEVEN: It's – it – we got a – we've got the oldest culture in – in the world here.

45 **ANITA MOBOURNE:** We're lucky. Yeah.

STEVEN: And so, you know, that's where a lot of that depth and that's why it's –

SHARON: Yeah. Absolutely.

50

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STEVEN: - it's such a thin, sort of brittle culture, because it –

SHARON: Well, because they don't see it.

5 **STEVEN:** - hasn't got any depth to it really as well.

SHARON: Yeah. Yeah.

STEVEN: You know?

10

SHARON: They don't see it. (Crosstalk).

ANITA MOBOURNE: I reckon it's that.

15

SHARON: Yeah.

ANITA MOBOURNE: I reckon it's both of that, but I reckon a lot of this is –

STEVEN: Yeah.

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ANITA MOBOURNE: You know what I learnt –

STEVEN: (Indistinct).

25

ANITA MOBOURNE: - through all of this is that, you know, Aboriginal, black – we're the most static culture in the world too.

STEVEN: Yes.

30

ANITA MOBOURNE: That is why, like – and we live here, so that's what the highlight of everything we do is based around, our culture, you know. And what I learnt in this is that when I take everything we have and that we've learnt, and that we talk about and put it into other spaces, even in non-Aboriginal spaces we do find that there's – they do, the culture exists. There's a listening style that exists in – with white – I was actually talking to my son.

35

He - my son-in-law about it –

STEVEN: Yeah.

ANITA MOBOURNE: - because I talk – me and him talk about everything and –

40

SHARON: Yeah.

ANITA MOBOURNE: - me and [REDACTED] So I said – sit the kids down, "Right. You kids, listen".

45

SHARON: Yeah.

ANITA MOBOURNE: "I've got a theory. Tell me about it". So I always test everything on them –

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SHARON: Yeah.

ANITA MOBOURNE: - two anyways, but we were sitting there yarning about how, you know, like, just – you know, again, listen – you – you go back to listening styles that – or
5 how – communication styles and remember I was saying that task driven, like –

SHARON: Yeah.

ANITA MOBOURNE: That is a culture of style of exists in non-Aboriginal spaces, you
10 know. Like, he – me and him were talking about that fluidly last night about, you know, how, you know, the – how he comes from a family that's task driven. Everything is, you know, driven by the purpose of what you're meant to achieve for that day.

SHARON: Yeah.

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ANITA MOBOURNE: It's all task driven. My purpose is here. Whereas in our spaces it's the opposite. It's like, "Okay". You know, like – and it's not –

STEVEN: Yeah.

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ANITA MOBOURNE: It's just how, you know, that – it's how we grew up. It's how we value what is important, you know.

SHARON: Yeah.

25

ANITA MOBOURNE: And that's – and that's the beauty of it, I think and that's unreal. That's amazing. Like, you know, at least then, you know, they're never bored. You always got things to do. Every day is task driven. Every day is driven by –

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SHARON: It is.

ANITA MOBOURNE: - the – the –

SHARON: But –

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ANITA MOBOURNE: - the thing to get this goal at the end of the day or to achieve this, you know.

SHARON: Yep.

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STEVEN: Yeah. Yeah.

SHARON: Yeah.

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ANITA MOBOURNE: It's unreal.

SHARON: And it's that culture. It's like –

ANITA MOBOURNE: Yeah. It's the culture.

50

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SHARON: - you have to achieve. You have to keep –

ANITA MOBOURNE: Yep.

5 **SHARON:** - working really hard.

ANITA MOBOURNE: Yep. Yep.

10 **SHARON:** You know, let's have two jobs now, not one.

ANITA MOBOURNE: Yep. Yeah.

SHARON: You know, or –

15 **ANITA MOBOURNE:** Why not pay –

SHARON: - you know, like, you need a side hustle.

ANITA MOBOURNE: Yeah.

20

SHARON: (Crosstalk). Everyone needs a side hustle.

ANITA MOBOURNE: Yeah. Yeah.

25 **SHARON:** It's like, "Shit".

ANITA MOBOURNE: Yeah.

SHARON: I need another job now.

30

ANITA MOBOURNE: Yep. Driven by that cultural -

SHARON: Yeah.

35 **ANITA MOBOURNE:** Yeah.

SHARON: And even spending –

ANITA MOBOURNE: Like that.

40

SHARON: - family time together it's like, Saturday is all your cleaning and shopping day.
Go for it.

ANITA MOBOURNE: Yeah.

45

SHARON: And it's like, you know, Sunday, maybe you can have the morning off.

ANITA MOBOURNE: Yeah.

50 **STEVEN:** Maybe.

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SHARON: And then you've got more.

STEVEN: Yeah.

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ANITA MOBOURNE: Yeah. It's unreal.

SHARON: Yeah. It's task –

10 **ANITA MOBOURNE:** Yep.

SHARON: Yeah.

ANITA MOBOURNE: Yeah.

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SHARON: And it's keeping up with the Jones's, like –

ANITA MOBOURNE: Yep.

20

STEVEN: Yeah.

ANITA MOBOURNE: Yes. Yep.

SHARON: You know, they're washing their car every Saturday.

25

ANITA MOBOURNE: Yeah. Yeah. Yeah.

SHARON: I've got to wash my car every Saturday.

30

ANITA MOBOURNE: Yeah.

SHARON: I don't care -

ANITA MOBOURNE: And – and success –

35

SHARON: - if the car's dirty.

ANITA MOBOURNE: Yeah. And success in non-Aboriginal cultures is built in what you – in – in what you have –

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SHARON: Yeah.

ANITA MOBOURNE: - your materials and that's –

45

SHARON: Material. Yeah.

ANITA MOBOURNE: And that's kind of – okay. That's that and that is your cultural value.

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SHARON: Yes.

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ANITA MOBOURNE: There's nothing wrong with that. There's absolutely nothing wrong with that.

5 **SHARON:** Except that it's –

ANITA MOBOURNE: It's just that it's different.

SHARON: - destroying the planet with accumulating more than you need, but yeah.

10

ANITA MOBOURNE: Yeah. Well, that's true and – and – and that stuff, but it's –

SHARON: Yeah.

15 **ANITA MOBOURNE:** And that's the thing and that's where we start to highlight the differences and stuff of how we start to value –

SHARON: Yep.

20 **STEVEN:** Yeah.

ANITA MOBOURNE: - what is important.

SHARON: Yeah. How –

25

ANITA MOBOURNE: How we exist and then how we apply that to everything we do.

SHARON: Yeah. And people don't think they have a culture, then they think that everything they do is normal.

30

STEVEN: Well – yeah.

SHARON: And it's not.

35 **ANITA MOBOURNE:** No way. It's driven by culture.

STEVEN: Yeah.

SHARON: Right?

40

ANITA MOBOURNE: Everything we exist is –

SHARON: Yeah.

45 **ANITA MOBOURNE:** - driven by culture.

STEVEN: It's a mass – it's – it's – how I see it it's masculine and they're very – because a masculine for me is, like – like a concurring, sort of –

50 **SHARON:** Yeah.

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ANITA MOBOURNE: Yeah.

STEVEN: - you know, get the job done.

5

ANITA MOBOURNE: Yeah. Yep. Yep.

STEVEN: And – and – and the feminine – the feminine is really –

10 **ANITA MOBOURNE:** Yeah.

STEVEN: - the space –

ANITA MOBOURNE: Yeah.

15

STEVEN: - it's where it's relationship, nurturing, all that sort of stuff.

ANITA MOBOURNE: Yeah. Yep. Yep. Yep.

20 **STEVEN:** So there's these two aspects, like, light and dark.

ANITA MOBOURNE: Yeah. Yes.

STEVEN: Or, you know, direct –

25

ANITA MOBOURNE: Yeah.

STEVEN: - you know, directing and receptive –

30 **ANITA MOBOURNE:** Yeah. Yeah.

STEVEN: - or masculine and feminine –

ANITA MOBOURNE: Yeah.

35

STEVEN: - if you want to put it that way –

ANITA MOBOURNE: Yep.

40 **STEVEN:** - that – where they have come and concurred – they have wanted to conquer the whole world.

ANITA MOBOURNE: Yeah. Of course.

45 **SHARON:** They do. Yeah.

STEVEN: And then – and that's why the economy rules the worlds, not more the creativity and the –

50 **ANITA MOBOURNE:** No.

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STEVEN: - all of that sort of stuff.

ANITA MOBOURNE: That's right.

5

STEVEN: So we're –

ANITA MOBOURNE: Yeah.

10 **STEVEN:** You know, we're – we're – that's – that's - that's what I see as well. It's like there's this – there's this real out of balance.

ANITA MOBOURNE: Yes. Yeah.

15 **STEVEN:** So it is more about that conquering, getting it – so it needs to come –

ANITA MOBOURNE: Yeah.

STEVEN: The feminine needs –

20

ANITA MOBOURNE: Yeah.

STEVEN: - to come back and we need to value that aspect, I -

25 **ANITA MOBOURNE:** Yeah.

STEVEN: - I feel and have that as a balance.

ANITA MOBOURNE: Balance.

30

SHARON: Yeah.

STEVEN: And – and – and – and I think we as –

35 **ANITA MOBOURNE:** Yeah.

STEVEN: - Aboriginal people can learn from non-Aboriginal people too and the way that they do that, because –

40 **ANITA MOBOURNE:** Yeah.

STEVEN: - there's some aspects of that that is really good –

ANITA MOBOURNE: Yeah.

45

STEVEN: - that balance. Yeah.

ANITA MOBOURNE: Yeah. Absolutely.

50 **STEVEN:** So getting more and achieving and structuring, and –

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ANITA MOBOURNE: Yeah.

STEVEN: - all that sort of stuff.

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ANITA MOBOURNE: And there's also a real, like – an acknowledgement of how then too non-Aboriginal culture has influenced and had – and has influences over how Aboriginal culture exists too, especially now.

10 **SHARON:** Yeah.

STEVEN: Yeah.

ANITA MOBOURNE: Especially with the, you know – in that evolutionary phase.

15

STEVEN: Yes.

ANITA MOBOURNE: Like, what does it mean now? Like, it's –

20 **SHARON:** Yeah.

STEVEN: Yeah.

ANITA MOBOURNE: - fascinating, the work, you know. Like, and –

25

STEVEN: Yeah.

ANITA MOBOURNE: - what this does too it just – it – it – when you strip away all of those things it just shows us we're all the same, like –

30

SHARON: Yeah. Yep.

ANITA MOBOURNE: - we're all –

35 **STEVEN:** Yeah.

ANITA MOBOURNE: - you know, with these same values and views.

SHARON: We're more the same than we are different, but, you know –

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ANITA MOBOURNE: Yeah.

STEVEN: Absolutely.

45 **SHARON:** I think they say, like –

STEVEN: Yeah.

ANITA MOBOURNE: That's –

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SHARON: - I don't know, like, our DNA –

ANITA MOBOURNE: Yeah.

5 **SHARON:** - is, like, almost identical compared to other, like –

ANITA MOBOURNE: I – yeah.

10 **STEVEN:** To other animals. Yeah.

SHARON: - to two – two different cats, like, different coloured cats have got more different DNA compared to – now, this should not be for the record, because I haven't got the right data, but you know.

15 **ANITA MOBOURNE:** Yeah.

SHARON: We're just – we're pretty much the same people.

20 **ANITA MOBOURNE:** We are.

SHARON: We're just, you know –

STEVEN: Yeah.

25 **SHARON:** - trying to –

ANITA MOBOURNE: I watched this – this TikTok. I'm a kid – kids got me on TikTok and I was watching this, like – this little thing and this big white – tall, white interviewer went up to this little Jamaican blackfella and he was like, interviewing him. And he was being – I think he was being cocky or something, got jarred up. Because, like, saying, "Yeah. Am I a white man, you know?" And he was like, "What?" and he goes, "Am I a white man?" And he goes, "Well, I don't know. Are you?" He goes, "Stop" he goes, "And just think about this. Your eyes lie to you, so are you a white man?" And the white man's going, "Well" and he goes, "Well, are you?" He goes, "Close your eyes. Now, are you a white man? Do you still look like a white man? Can you see a white man?" There was this whole thing about how eyes deceive us in –

SHARON: Yeah.

40 **ANITA MOBOURNE:** - everything we are, like, if you close your eyes and looked around –

STEVEN: Yeah.

45 **ANITA MOBOURNE:** - what do you see?

SHARON: Yeah. You see what you've –

50 **ANITA MOBOURNE:** We're just all the –

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SHARON: - been programmed to see in your eyes.

ANITA MOBOURNE: That's right. Yeah. That's right.

5 **STEVEN:** Yeah.

SHARON: It is quite fascinating, isn't it, just –

10 **ANITA MOBOURNE:** Yeah. And – yeah. Like, it was unreal, like, because he went on into this – explaining to this guy about how, you know – exactly that, like, at the end of the day if you stripped away, you know – you took away your eyes and you stopped seeing and you – and all you could do was just hear someone, you know, you can't hear colour. You can't hear culture. You can't hear their, you know, things that – he goes, “All you're hearing is that person”.

15

SHARON: Yeah.

ANITA MOBOURNE: You know, at the end of the day he goes, “That's what we all are. We are all these – these, you know, balls of energy that are enveloped in these bodies and this thing, and then – then put in these ways. But at the end of the day we're all balls of energy” –

20

SHARON: Yeah.

25 **ANITA MOBOURNE:** - “that exist or co-exist, you know”. And everything around us, all our experiences, all our – you know, the – the – the – where we're born, what we're – what surrounds us tell us then how we should start to perceive what is around us.

SHARON: Yep.

30 **ANITA MOBOURNE:** You know, that –

STEVEN: Yeah.

ANITA MOBOURNE: That conditions us –

35

STEVEN: Yeah.

ANITA MOBOURNE: - into what we then start to interpret as –

40

STEVEN: Yeah.

ANITA MOBOURNE: - you're a blackfella, you're not blackfella, you're this, you're that.

SHARON: Yeah.

45

ANITA MOBOURNE: You know?

STEVEN: It is.

50 **ANITA MOBOURNE:** That's because of what's around us. If we took all that away –

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STEVEN: Yeah.

ANITA MOBOURNE: - everything is the same.

5

STEVEN: Yeah.

ANITA MOBOURNE: Nothing matters then.

10 **STEVEN:** I love that.

ANITA MOBOURNE: It's just like, we're all the same, but –

STEVEN: Like children.

15

ANITA MOBOURNE: Yeah. Yeah.

SHARON: It's (crosstalk).

20 **STEVEN:** They don't – they don't really see –

ANITA MOBOURNE: It's unreal.

STEVEN: They don't see colour.

25

ANITA MOBOURNE: No.

SHARON: No.

30 **STEVEN:** And they're balls of joy.

ANITA MOBOURNE: Yes. Kids are awesome.

STEVEN: Because they don't have all this weighted stuff.

35

ANITA MOBOURNE: No.

SHARON: That's it.

40 **ANITA MOBOURNE:** They don't judge.

SHARON: It's only when they start seeing and go, "Am I meant to act this way with this person and this way" –

45 **ANITA MOBOURNE:** Yes.

STEVEN: Yeah.

ANITA MOBOURNE: Yeah.

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SHARON: - “with that person?”

STEVEN: They get serious then.

5 **SHARON:** They get serious and go –

ANITA MOBOURNE: Yeah.

STEVEN: Yeah.

10

ANITA MOBOURNE: Yeah. Yeah.

SHARON: - “Well, this is how world works”.

15 **ANITA MOBOURNE:** Yes.

SHARON: “I have to be this way”.

ANITA MOBOURNE: Yes.

20

STEVEN: So in a way they’re the teacher, you know.

ANITA MOBOURNE: Yeah.

25 **SHARON:** Yeah.

STEVEN: You know, in their natural form.

ANITA MOBOURNE: Exactly. Yep.

30

STEVEN: We’re trying to remove the layers.

ANITA MOBOURNE: And we’re conditioning them into –

35 **SHARON:** Yes.

STEVEN: And they’ve already got the layers that are not – not there, so they’re –

ANITA MOBOURNE: They’re born –

40

SHARON: That are open. Yeah.

STEVEN: - energy. Yeah.

45 **ANITA MOBOURNE:** Through and through. Yeah.

STEVEN: Yeah.

SHARON: Yeah.

50

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ANITA MOBOURNE: And we're changing them. We're conditioning them.

SHARON: Yeah.

5 **ANITA MOBOURNE:** You know?

SHARON: And it's like you said about school as well, probably isn't the worst place for kids, because –

10 **ANITA MOBOURNE:** School is terrible.

SHARON: - I think I read a study recently and they said that –

STEVEN: Conditions them. Yeah.

15

SHARON: - at – they tested children at the age of – I think it was four or five.

ANITA MOBOURNE: Yeah.

20 **SHARON:** Every child they tested was a genius.

ANITA MOBOURNE: Wow.

SHARON: Every child.

25

ANITA MOBOURNE: Of course.

SHARON: And then you get a little bit later, like, seven, eight and then it goes down to, like, you know –

30

ANITA MOBOURNE: Yeah.

SHARON: - 20 per cent of people are geniuses and by the time –

35 **ANITA MOBOURNE:** Yep.

SHARON: - they're 18, like, there was, like, no geniuses left in this research.

ANITA MOBOURNE: I totally believe that.

40

SHARON: I'll have to find this research.

ANITA MOBOURNE: I want a cuppa. Do you guys want another cuppa at all?

45 **STEVEN:** (Crosstalk).

SHARON: No. I probably (crosstalk) –

ANITA MOBOURNE: I totally believe that.

50

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SHARON: - it's already 1 o'clock and I –

ANITA MOBOURNE: Shit. Is it?

5 **SHARON:** Yep and I –

STEVEN: Yes.

SHARON: - have 2 o'clock to get home for –

10

ANITA MOBOURNE: Yeah. All right.

SHARON: So –

15 **ANITA MOBOURNE:** Sorry.

SHARON: I can't believe we've just yarned for three hours.

ANITA MOBOURNE: I know. I can't believe we've just yarned. That didn't even feel
20 like it.

STEVEN: That was so good. It –

ANITA MOBOURNE: That was unreal. Like, what happened?
25

STEVEN: (Crosstalk). You happened.

SHARON: (Crosstalk).

30 **ANITA MOBOURNE:** (Crosstalk). I can talk and talk for ages and not even know it.

STEVEN: They're going to have a real good listen to that. They're going to be like, "Wow.
These – they went everywhere".

35 **ANITA MOBOURNE:** When I'm in – when I'm in training they're like –

SHARON: You may want to add –

STEVEN: Yeah.
40

ANITA MOBOURNE: Yeah.

STEVEN: Seriously thank you.

45 **SHARON:** You may want to add more.

ANITA MOBOURNE: Okay. Yeah.

SHARON: Yeah. Yeah.
50

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ANITA MOBOURNE: Yeah. Yeah. Thank you.

STEVEN: We can – we can come back.

5 **SHARON:** Yeah. Yeah.

ANITA MOBOURNE: No.

STEVEN: Yeah.

10

ANITA MOBOURNE: Any time, like, I loved that.

SHARON: Yeah.

15

ANITA MOBOURNE: That was good yarning.

SHARON: Yeah.

STEVEN: Yeah.

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SHARON: (Crosstalk) I wish I'd said this or –

ANITA MOBOURNE: Yeah. I – I always do.

25

SHARON: - or right.

STEVEN: Yeah.

SHARON: Yeah. Yeah.

30

ANITA MOBOURNE: I've got so many stories and so many things –

STEVEN: That's –

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SHARON: Yeah.

ANITA MOBOURNE: - and I – like, that – that –

STEVEN: Yeah.

40

ANITA MOBOURNE: And everything impacts why I do what I do and –

STEVEN: Yeah.

45

SHARON: Yeah.

ANITA MOBOURNE: - why I sit in there, and why –

STEVEN: Yeah.

50

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ANITA MOBOURNE: - I keep fighting like and –

STEVEN: Yeah.

5 **SHARON:** Yeah.

ANITA MOBOURNE: You know, just the other night I was thinking about, “Anita, if you were just to do something for yourself what would you do?” and I couldn’t even – I couldn’t think of anything. So, you know, that’s probably my new thing is like, now I’ve got to start making space for me. You, like – you’re doing – I do – doing all this stuff and, you know, I’m forgetting me in that.

SHARON: Yeah.

15 **ANITA MOBOURNE:** I’m forgetting Anita, you know. So I bought a ticket to go and see a concert next year, so –

SHARON: Nice.

20 **ANITA MOBOURNE:** - she’s going to a concert next year.

SHARON: Yeah.

ANITA MOBOURNE: So I’m just doing little things, but, you know –

25

SHARON: Yeah.

ANITA MOBOURNE: - in all of that too we forget about ourselves, you know.

30 **SHARON:** Yeah.

ANITA MOBOURNE: We forget about –

STEVEN: Yeah.

35

ANITA MOBOURNE: - you know?

STEVEN: Yeah.

40 **ANITA MOBOURNE:** Yeah. We can be advocates. Yeah. We – you know, yeah, we’re black.

SHARON: Yeah.

45 **ANITA MOBOURNE:** But, yeah, we do all this, but –

SHARON: You – you can do all that, but, yeah.

ANITA MOBOURNE: - at the same time, yeah.

50

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SHARON: You – you can do it and you can do it really well, and get –

ANITA MOBOURNE: Yeah.

5 **SHARON:** Like you’ve said always through this whole, you know, discussion that –

ANITA MOBOURNE: Yeah.

10 **SHARON:** - you want to just be you, right?

10

ANITA MOBOURNE: Yep. That’s right.

SHARON: And what does that look like or –

15 **ANITA MOBOURNE:** Yeah.

SHARON: - once the kids are grown where – where’s that – where’s – you’ve bumped yourself to have your kids.

20 **ANITA MOBOURNE:** That’s right. Yeah.

SHARON: Where do you look after – yeah.

25 **ANITA MOBOURNE:** Exactly. I mean, for them – for them to – you know, like –

25

STEVEN: Yeah.

30 **ANITA MOBOURNE:** For any of us to rock up at any way, any place I said I – when I go to services I say, “I should be able to walk through these doors, access your service and be treated exactly the same way as you treat everybody else”.

SHARON: Yeah.

35 **ANITA MOBOURNE:** With respect and value.

35

SHARON: Yeah. Yeah.

40 **ANITA MOBOURNE:** I said, “But the minute I walk through the doors you see an Aboriginal”.

40

SHARON: Yeah.

45 **ANITA MOBOURNE:** “And so automatically what does that mean? You start to scramble into mode. You start to – all this stuff happens”, I said.

45

SHARON: Yeah. Yeah.

ANITA MOBOURNE: But it’s unnecessary.

50 **SHARON:** Yeah. They have this, like – they –

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ANITA MOBOURNE: Yeah.

SHARON: - put up a front almost.

5

ANITA MOBOURNE: Yeah.

SHARON: Like –

10 **ANITA MOBOURNE:** Yeah.

STEVEN: Yeah.

15 **ANITA MOBOURNE:** And it – and – and a lot of it isn't their fault. It's because, you know, we're –

STEVEN: We're – yeah.

20 **ANITA MOBOURNE:** They've been so over, you know, like, thing that I reckon a lot of people are just scared, don't know how to.

SHARON: Yeah.

25 **ANITA MOBOURNE:** It's – it's – comes back to that, “Well, how do I do it then? How do I welcome Aboriginal people into my space? How do I sit down and have a yarn that's, you know, that's just open and free? Like, how do I start to really put that, you know – those engagement – and how do I” –

SHARON: Yeah.

30

ANITA MOBOURNE: - “do it really well, you know?”

SHARON: And I wonder if some of those cultural programs that we – you know, you do in government work –

35

ANITA MOBOURNE: Yeah.

SHARON: - sometimes it doesn't go to that practical element.

40 **ANITA MOBOURNE:** No.

SHARON: It teaches you all these things that you need to know and then people just get frozen –

45 **ANITA MOBOURNE:** Yeah.

SHARON: - don't they, with actually –

ANITA MOBOURNE: Yeah.

50

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SHARON: - just being humans.

ANITA MOBOURNE: That's – exactly.

5 **STEVEN:** Yeah.

ANITA MOBOURNE: And that's the thing.

SHARON: (Crosstalk).

10

STEVEN: They need practice at that.

ANITA MOBOURNE: And they go – that's right.

15 **SHARON:** Yeah. It'd be great if we could do that.

ANITA MOBOURNE: Yeah. I –

STEVEN: Human practice.

20

SHARON: Yep.

ANITA MOBOURNE: Human practice I think and that's the one there I reckon, the one thing I learnt is –

25

SHARON: Human 101.

ANITA MOBOURNE: Yeah. Human 101. How to be – and that's the thing I think –

30 **STEVEN:** Cuppa first.

SHARON: (Crosstalk).

ANITA MOBOURNE: That's why I say – I always say, “Yes. Have a cuppa, like” –

35

SHARON: Yes.

ANITA MOBOURNE: - “even if you don't want it have a cuppa”. Yeah.

40 **SHARON:** Actually I think the studies show, like, evidence shows that you have a hot drink, you feel more relaxed.

ANITA MOBOURNE: Yeah.

45 **SHARON:** So I'll give you another hot drink, like –

ANITA MOBOURNE: Yeah.

STEVEN: That's right.

50

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ANITA MOBOURNE: Have another cuppa.

SHARON: Yeah.

5 **ANITA MOBOURNE:** Like, that so I – yeah. Nah. That’s good.

SHARON: Okay.

ANITA MOBOURNE: No. No. Thank you so much.

10

STEVEN: All right.

SHARON: Thank you for having us.

15 **STEVEN:** We’re going to officially conclude our session.

<THE RECORDING CONCLUDED