

REDHEAD VILLAGE NEWSLETTER

NO.39 FEB-APRIL 2023

 MICHAEL DELORE

It's the people that make this place special

I don't know how you felt when you first moved to this wonderful beach side suburb, but for my family and I the word 'home' has taken on a whole new significance.

We have felt the immense love and warmth of the local community, both human and non-human, coming together to welcome us. Yes we've had a few slithery snake hellos too!

So, the stories in this edition of the newsletter are focused around the theme of *the connection to place belonging to a community can make you feel.*

Inside this issue you'll find out about:

- Redhead's upcoming Neighbour Day Event,
- Redhead Surf Lifesaving Club's Aussie Titles competitors and fundraising,
- Local Businesses Redhead Wellness Sanctuary and Urth Studio,
- Young entrepreneurs Lucy and Ella from King's Cans,
- Upgrades to the Tennis Club's courts,
- All things the Redhead Library has to offer,
- The results of the Redhead Sustainable Neighbourhood Group's Energy Wave Survey, and
- A Feb- April Redhead event guide.

I'd like to acknowledge the Awabakal People, the Traditional Custodians of the land and waters of Kintiiyirapiin (Redhead) where this newsletter was created, and pay respects to Elders past and present, and emerging.

Enjoy,
Bec (Editor)

EVERYBODY NEEDS GOOD NEIGHBOURS

Connect in Redhead this Neighbour Day

Barry Crocker wasn't wrong when he penned the iconic opening line, "Neighbours, Everybody needs good neighbours, With a little understanding, You can find the perfect blend..."

The Redhead community certainly seems to have its own "perfect blend" of people who go above and beyond their boundary fences to connect with those around them. Nothing says, "Hey mate, I care about you" than bringing in your neighbour's bins, inviting them over for a cuppa on the verandah, or sharing some of your home grown tomatoes.

The many people willing to help out in Redhead are so humble that most would prefer to remain anonymous as they go about their good deeds. The regular crew who meet at the beach for a coffee every morning are testament to looking after one of their own. When one went down with a nasty injury in August 2022, she was worried about how she would manage. She didn't even need to ask for help when the local women brought between 25 and 30 meals right to her doorstep. They didn't stop there with some coming back multiple times with food and offering help in other forms such as doing housework, lifts to her hospital appointments and to buy groceries. The recipient of her neighbours love was "stunned at their kindness and generosity" claiming "this is a fantastic community to live in."

The group on Geralton Dr certainly have the 'neighbour' vibe going. According to them the street is where it is at for counting on others to help out. Lending ingredients for cooking, mowing each others lawns, babysitting children and looking after pets are just a few examples. The street has also got it covered when it comes to activities for the kids, proving a safe space for them to write and perform scripts, set up flower stalls, get their hair done by the resident hairdresser, learn soccer skills (ahem football) from the adults, and jam out to karaoke on equipment provided by the street's singer/guitar/bass player. Boredom = sorted.

"I love living in a neighbourhood where you know there are people willing to help out if needed, someone always available for a chat or drink, and there is lots of friendly banter and laughs."

-Warren Huisman
(Geralton Dr resident)



But its not just fun for the kids on Geralton Dr! The adults also connect regularly. They kept each other sane during Covid, making meals and treats for others in isolation, and getting tips from the street's school teacher during home learning. Now, they hold international banquets where everyone brings a dish and they get to dancing. They venture outside their street to the Hunter valley vineyards, races or lunches every so often.

Humble unelected 'Mayor of the bluff', is the ultimate in "a little understanding". He may be a little celebrity shy but he isn't shy of his neighbours with many having cited him helping them out in some way by putting their bins out, watering their gardens, and swapping stories with a good dose of humour. Yet one example stands out above the rest and that is his attention to his elderly 89 year old neighbour, who has Parkinson's disease and experiences regular bodily 'freezes' before her morning medication kicks in. Without fail, Mr Mayor collects her newspaper from the driveway and delivers it to a place she can reach each morning. The elderly lady's daughter Phillipa describes Mr Mayor "as a top bloke who embodies community and neighbourhood care."

During Covid lock down, after days cooped up in isolation, unable to attend work, engage in our hobbies or visit family, many of us were confronted with feelings of loneliness. With our physical connections to our communities severed so quickly, it was hard to imagine the humble backyard barbecue gathering becoming a thing again.

According to Nick Tebbey, Relationships Australia National Executive Officer, re-establishing those connections post-Covid is incredibly important. "Research shows us that when people connect with their communities, they have a greater sense of belonging, which leads to improved mental well-being and a reduction in loneliness. It also contributes to strength and resilience in the face of external pressures."

REDHEAD GATHER & Boardwalk BREWS

Move your body and get creative at
22 Burns St, Redhead!

TAI CHI \$15/session
w/Gerhard & Dave
MONDAY
9.15-10.15am
SATURDAY
8.15 - 9.15am
Contact Lynn 0412 983 504 for bookings and payments

YOGA \$16/session
WEDNESDAY
9.15am Chair Yoga w/Liz
Buy block for discount
Contact Liz 0417 281 036

ART \$10/session
TUESDAY
from 9.30am
A casual get together to learn the basics of art and have a coffee and chat.
Contact BB see below
SATURDAY
Drawing Art Class
9.30am - 11am
4 week course
Starting 25 Feb
Contact Di 0418 258 570 or BB

EVENTS \$15/session
HIGH TEAS
12.30pm
Sun 2nd April & Mother's Day
Contact BB or Kylie to book events or venue hire for birthday functions small weddings, workshops etc

AROMATHERAPY WORKSHOP
Starting 19th March (every 3rd Sunday)
w/Carolyn Wiseman
Contact Carolyn 0406 767 411

SUNDAY
Open on market days & planned events

THURSDAY & FRIDAY
9-12pm
Open for Coffee, pies & cakes

IMPORTANT
Please prebook all workshops or events using contact details above, visit Facebook @Boardwalk.Brews or contact Kylie directly on 0448386875. Payments can be made via direct debit, eftpos or cash on day.

Redhead's Neighbour Day Event

Like the wonderful Redhead residents in this story doing their bit for their neighbours, you too can help to create belonging within our community by getting involved this Neighbour Day!

The Redhead Sustainable Neighbourhood Group invites you to come along to the Redhead Gather Community Hall, for ..

WHAT: home made afternoon canapes put on by Boardwalk Brews, live music and a fun connection building eco-art activity for all ages.

DATE: Sunday March 19

TIME: 2-4.30pm (Redhead Surf Club's afternoon drinks could be a great place to follow 4-7pm)

LOCATION: Redhead Gather Community Hall, 22 Burns Street, Redhead.

BYO: Rug, chairs, drinks/alcohol

COST: \$15 per head, Kids under 16 \$5, Kids under 2 FREE

TICKETS: To secure your spot and buy tickets contact Boardwalk Brews via Facebook @Boardwalk.Brews

Ways you can create community in Redhead everyday

Creating an inclusive community you want to live in, doesn't have to be kept to one day of celebration! Here are some small but meaningful actions you can take to create belonging everyday:

- Volunteer for one of our local community organisations AND if you can, invite a neighbour.
- 'Cuppa by the kerb' - Bring your own cuppa and snack - AND meet in your street or lane!
- Be a good listener. People always appreciate good listeners and as such feel seen and valued.
- Wellness walks along the beach or boardwalk. Ask one person or more to join you.
- Community project. Try a community project for your street. For example, a Street Library; or a Conversation Bench; or an art display; or bird feeders; or a cleanup; or even a colouring in competition.

COMMUNITY MEMBERS SHOUT OUT

Redhead's Lean Mean Surf Lifesaving Machines



The Australian Titles Youth Team 2023

Back: Mitch Barr, Tully Elliott, Rory Garnett, Elliott Graham

Middle: Katelyn Drain, Lilah Kelly, Andie Widseth, Charlie Burns, Jet Hoffman, Lani Walker, Brodie Wright, Kane Edwards, Will Griffiths.

Front: Bronte Bowker, Macy Walker, Isak Costello (coach), Justin McMorland.

It's not every day you get to meet a bunch of teenagers willing to enter the surf in conditions that could be best described as a freezing cold washing machine on spin cycle in a southerly. But that's exactly the conditions, Redhead's Surf Lifesaving Club's upcoming Australian Titles competitors deem gives them the edge in competition.

Under the wing of Coach Isak 'Cossie' Costello, who they described as "hard but fair" and "heaps dedicated to the sport" but also "funny", the team of 33 have trained for over ten months, which has involved numerous before and after school fitness sessions and contending in lifesaving carnivals on the weekend. Costello, who generously and humbly volunteers about as much time to his surf lifesaving "family" as his full time job, has ensured they are well prepared for the task ahead of them at the Surf Lifesaving Australia's Australian Titles held at Scarborough Beach in Perth from March 25th to April 2nd. The Redhead youngsters will come up against members from 314 Surf Clubs in beach and ocean events, such as swim, board and boat races.

You may recognise many of their faces as most have been a part of the Club since under 6s. Besides competition, the group also spend a lot of time giving back to the community, volunteering on weekends to patrol Redhead Beach, some of them having assisted in rescues. Witnessing their dedication to their passion, beach goers can rest easy, that these girls and guys have got the skills to help you read the rips and take care when swimming in the ocean.

Living up to the names of previous Redhead clubbies, like Cossie, winning gold at 'The Aussies', is the pinnacle. So, what does it take to be an Aussie Titles competitor? According to the group- "quick starts and finishes", "the heart", "commitment" and "pasta". Well, it seems they have everything from their mind to their gut organised, now they just need you to make a small sacrifice to help them achieve their dreams and continue to save lives! The group have already been diligently raising funds to help with flights and accommodation, selling tickets at local shopping centres and the Club's Christmas markets.

Their biggest fundraiser is on now. With an awesome first prize of a White Suzuki Jimny and second and third prizes vouchers for Reflection Holiday Parks, it's a pretty good deal sweetener for supporting our community's aspiring young athletes become Australian Titles gold medallists.

Tickets are available via redheadslsc.com or through the QR code below:



Redhead SELF STORAGE

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SUPPORT LOCAL BUSINESS

Urth Studio

You can be forgiven for not realising that an oasis of health goodness is tucked away down the right hand side of the Wellness Centre. Urth Studio, a holistic wellness hub, was founded in late in 2021 by business owner Roxy Graham, who was inspired by a burning desire to create a community base where she and her clients could feel at home.



Roxy is very fond of her expert team at Urth, referring to their offerings to the community as a combined effort. You are in experienced hands when opting into treatments, including those of Yvette, who specialises in holistic facials, reflexology and gua sha; Doctor Angela, a chiropractor who specialises in NET therapy; Anekke, a sound healer; and Tara, a naturopathy student who offers hormonal and nutritional based coaching.

Lauren McLean, business owner of Redhead Wellness Sanctuary and mum of two, is glad the Covid haze has finally lifted. Having taken over ownership of the total health and wellbeing business alongside her partner Jacob in the first day of lockdown, the space then spent five months online. But she says this is where her biggest lessons were learnt such as really listening to your members and treating them as human beings.

The Sanctuary boasts a large low impact style movement space allowing for the running of yoga, Pilates and tone classes. Along with the "no-shoes" vibe which encourages people to ground themselves and practice functional movement, Lauren hopes it delivers her message that "there is no such thing as perfect" as she wants her members to feel good without the pressure of worrying about their outward appearance.

Inside you'll also find the space is a hub of wellness providing:

- a private infrared sauna and shower;
- Heather, a pelvic floor therapist from Core Restore Co. who uses two FDA approved technologies to help with abdominal separation and pelvic floor issues;
- Michelle, from Flourishing Connections, who is a holistic counsellor specialising in couples, trauma, children and parents, NDIS and dispute resolution;
- Em, an intuitive massage therapist who provides remedial, pregnancy, relaxation and myofascial treatments alongside reiki;
- and Kid's Club!

Kalaroo Road's Holistic Wellness Neighbours

Roxy believes the essence to a personalised Urth treatment is that the client is welcomed on the journey through slow rituals that are practiced with intention, such as tea and a foot soak upon entering, and a chance to debrief and let the emotions out at the end. This is the vibe she embeds in her circle events, such as women's circles and The Rising Phoenix IV which urge participants to "let go, forgive, heal and surrender".

Roxy has also developed Naked Urth Skin Care, a line of skin products made from completely natural ingredients, such as sea buckthorn, chia seed oil and green tea, and mixed right in studio. As well as her own line of Urth Cleanse juices and skin teas.

Still in its "baby beginnings", Roxy and her team have many plans to grow deeper connection to community through a not for profit where they will run free workshops in the realms of art therapy, breathwork and much more. With the aim to launch this in May, Roxy believes these classes will create a safe space for the community to come together to heal through different modalities without financial pressure. She is also creating an alchemy corner and is growing a herb garden for clients to use, which she hope will entice people on their individual wellness journey. Follow Urth Studio's Instagram @urth_collective and visit their website at www.urthcollective.com for updates.

Oh, and if you take your copy of the newsletter Urth will offer you 10% off your first treatment. So, pop down the lane at 29A Kalaroo Rd for a cup of tea, a treatment, and a big outward sigh of relaxation - Ahhhhhhhhhhh....

Redhead Wellness Sanctuary

The Sanctuary space is all low-tox, which Lauren says is one of her passions. With support of local brand Love Beauty Foods, the body wash, massage oil, and cleaning products are all made plastic free from pure ingredients. In house care of the Sanctuary is community driven with many members get involved in looking after the space.

With its upgraded car park, the space is also a place for wellness workshops and events which can be discovered and booked via the Sanctuary website www.redheadwellness.com/



On the horizon for the space is a coffee cart run by Carly of Twin Fin Coffee, whose food is additive free, and Lauren can't wait to hold some mini markets supporting local business. If you want your health supported beyond just the physical, the Sanctuary is where it is at. Check out their socials @redheadwellness

KIDS COLUMN

Donate to the Queens of King's Cans

WORDS BY Ella and Lucy King



When we are not riding waves at Redhead Beach or training hard for Nippers, we are collecting bottles and cans from our neighbours.

King's Cans seriously started seven months ago with five regular donations collected weekly and soon grew to include many more! A big thank you to everyone who has donated so far, especially Kindy Patch Redhead, Dudley/Redhead Soccer Club, Ladbury Constructions and Charlestown Public School.



We have a passion for saving the planet through recycling using the Return and Earn collection machine at Jewells Plaza. Recyclables we collect include cans, poppers, glass and plastic bottles all which have the 10c refund logo. We are excited to expand our business to include wine bottles and milk cartons once the NSW Government approves.

Our business relies on our fantastic community saving cans and bottles they use themselves, find or collect from others. We then use pedal power to ride our wagon to the collection site.

Once we are home, we spend time sorting, ready for the weekly cash in which is a workout for our arms much harder than paddling in the surf.

Besides earning us some pocket money, we believe King's Cans is having an amazing impact on the future because we are diverting rubbish away from landfill and keeping our oceans clean. As young business owners we hope to inspire our community to get on board and help us recycle.

If you are interested in becoming one of our collection customers please contact us via our Facebook page, King's Cans, or contact Dianna King 0421654948.

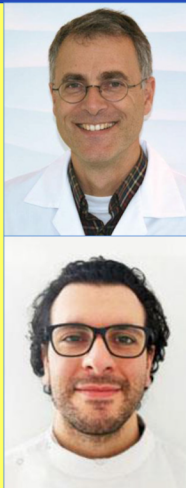
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COMMUNITY SPACES

Game, set and match to the Redhead Tennis Club

Did you know the Redhead Tennis Club on Burns St is celebrating its 71st birthday this year? The facility is run by the RTC Committee on behalf of Lake Macquarie City Council and is one of the only remaining community social tennis clubs due to the tireless work of its ten social club committee volunteers who also look after the finances.

The club's courts are certainly a great place for tennis lovers in Redhead and surrounding areas to not only have a hit, but also use the family friendly barbeque area and picnic tables to host events. The club's reasonable membership fees and cheap court hire is what President Ian Lawrie says keeps Redhead locals, many of them young families, signing up each year. This year the club boasts 250 members, which include a combination of adults, families and junior memberships, as well as three life members.

The facilities are certainly in tip top shape with the club's volunteers undertaking the day-to-day maintenance. Without them, the cost to maintain the courts would be much higher. Also, the committee, with approval from and in partnership with LMCC, have upgraded many features over the last two years including:

- Court Area Lights replaced with new Eco-friendly 600W LED Sylvania Sports Lights. Installed in October of 2021 and costing the club \$43 300, the lights are of a higher standard and environmentally friendly.
- All courts have been resurfaced with the latest Supergrasse 19mm Grand Slam Club Champion level synthetic grass. Installed in November of 2022, cost for this project was \$149,300 and the club funds for this project were supplemented with an NSW Government Grant of \$60 000.

Funds for such upgrades come from the banking and saving of membership fees, casual court hire and the club's much appreciated local sponsors including Redhead Dental, O'Neill's Tyre and Auto Repairs, Defendoor (Doolans Group) and FiX-It Physiotherapy.

In December, 2022, the committee invited State MP for Charlestown, Jody Harrison, and LMCC representatives Shona Winter (Sports Facility Manager), Brad Smith (Community Planning Project Manager) and Mark Wyborn (Community Planning Officer) for morning tea to thank them for their support over the years and in particular for their backing of the club's grant application with the NSW Government.



If you're interested in joining as a member or finding out more about court hire, social tennis, coaching and general club information visit the website at

play.tennis.com.au/redheadtennisclub



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There are lots of reasons to visit
Redhead Library!



Have you discovered this lovely community facility yet? Thanks to an annual donation by Lake Macquarie Council, Redhead Library is able to update its adult fiction selection three to four times a year with all the latest bestsellers.

Besides offering great reads, the Redhead Library is also:

- A Nespresso Coffee Capsule Community Recycling Point. Just bring in your capsules in a sealed plastic bag and place in the recycling box in the foyer.
- A place to pick up some more green compost bags.
- Somewhere to employ the services of a Justice of the Peace, who is onsite the first Saturday of each month.
- Available to hire as a meeting room or classroom.
- Has disabled parking and is wheelchair and pram friendly.
- An all round nice place to meet friendly volunteers, or sign up to volunteer yourself!

For more information or to book the space for hire PH 49447473 during opening hours.

OPENING HOURS:
Thursday-Friday 3-5pm
Saturday 10-12pm



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RIGHT IN YOUR BACKYARD

Redhead Events Guide for Feb - April

Volunteer



CLEAN UP AUSTRALIA DAY- Sunday March 5

Time: 8am-12pm

Location: Head to Webb Park, Beach Rd, to sign in and get directions.

Bring: hat, gloves, kids!

CAIN STREET LANDCARE- last Sunday of every month

Time: 8am-11am

Location: Cain Street Container Shed

Bring: snack, hat, gloves

Thursday Speed Weeding 7.30-9am

Make

REDHEAD GATHER WORKSHOPS

Check out the ad on page 2 for information

Act

EARTH HOUR- 8.30- 9.30 pm Saturday March 25

www.earthhour.org.au/

HARMONY DAY- March 21

Watch

CLUB REDHEAD'S LIVE MUSIC

11 March- Melbourne St

Time: 7.30pm-10.30pm

Location: 42a Cowlishaw St

Visit

REDHEAD NEIGHBOUR DAY AFTERNOON

TEA- check out page 2 for more details

ANZAC DAY DAWN SERVICE- April 25

Time: 5.30am

Location: Dudley War Memorial Cr Ocean St and Redhead Rd

REDHEAD SURF LIFE SAVING CLUB- offers yoga, Pilates and hapkido during the week, plus Sunday afternoon drinks (Stubbies) - check out their website.

Join

DUDLEY REDHEAD SOCCER CLUB

Register to play before 28 Feb 2023 to save \$20 off your registration fee. New and returning players welcome.

Scan me to register



Scan me to nominate your team



REDHEAD SUSTAINABLE NEIGHBOURHOOD GROUP-

Every second Tuesday of each month

Time: 5.15pm

Location: Redhead Community Library

ENERGY WAVE

Community Survey Results

The survey asked Redhead residents about their mindset and actions towards solar panels and energy use and conservation as a result of the EnergyWave promotion over 2020 - 2022. They were also asked about suggestions for improving Redhead village. The survey QR code was distributed through the newsletter to 1850 residents and businesses and included in posters given to shops and organisations. Our thanks to the 88 respondents who completed the survey. Detailed results are on our website. Here is a summary of what they said.

- **SOLAR PANELS:** Installations were up by 16% to 53% and 7% also had battery storage. A physical survey in early 2022 confirmed that there were 322 houses with solar panels in Redhead, up by 10% from 2020.
- **HOME INSULATION:** Installations were up by 9% to 91%.
- **ENERGY EFFICIENT APPLIANCES:** Were up by 15% to 76%
- **SOLAR HOT WATER:** Installations were up by 2% to 32%
- **GREEN POWER:** Purchases were up by 9% to 24%
- and some 43% of respondents said they were influenced in their decisions by the EnergyWave promotion.

In the context of changing knowledge, attitudes and behaviours towards climate change, it is clear that the promotion has encouraged increased investment in and awareness of the transition to renewable energy. It is an excellent result for Redhead.

Attitudes Survey

Respondents ranked fifteen local community and environmental issues for Redhead. The issues were identical to those in the Community Attitudes Survey of 2010 to identify changes or trends. The top five ranked issues are in the next column.

TOP 5 COMMUNITY ISSUES			
2022		2010	Change
1	Protecting and improving the natural environment	1	0
2	Reducing waste	3	> 1
3	Reducing energy consumption	2	< 1
4	Minimizing health risks from the environment	7	> 3
5	Making the neighbourhood bike and pedestrian friendly	4	< 1

Other issues with most increase in rank were Preparing for climate change and Protection from natural disasters.

There were almost 70 suggestions for future improvements to Redhead community life. These are categorised below:

No. of Suggestions	Category
22	Community
12	Environment
9	Bikes
9	Dogs
6	Pedestrians
5	Traffic

The community survey results will be passed on to LMCC as an input to future planning for local improvements.

This newsletter has been created by the Redhead Sustainable Neighbourhood Group whose vision for Redhead is:



"To celebrate and sustain our coastal village community, its assets, and our beautiful natural environment for all to enjoy."



Have a story for the newsletter or an interest or passion for the environment, community and sustainability?

Contact us! New members are always welcome!



Redhead Sustainable Neighbourhood

Want the newsletter emailed next time? Let us know using the email below



sustainablereadhead@gmail.com



sustainableneighbourhoods.org.au/redhead