

REDHEAD VILLAGE NEWSLETTER

NO.40 MAY-JULY 2023



W W W E E W W W E E W W W E E W W W E E W W W E E

Acknowledgement of Country

We remember and respect the Ancestors who cared for and nurtured this Country. It is in their footsteps that we travel these lands and waters of Kintiiyirapiin (Redhead). We acknowledge the Awabakal people and Elders past, present and emerging as the Traditional Custodians of Kintiiyirapiin.

We acknowledge and respect the Bahtabah Local Aboriginal Area Land Council who support all First Nations People and Country within the local area, we also acknowledge and respect the neighbouring Biriban and Awabakal Local Area Land Councils.

We thank and acknowledge the three generations of Elders that kindly and patiently provided guidance, sharing and understanding with the preparation of this article.

In this edition you'll find out about ...

- Awabakal Language
- The Dreaming story of Redhead
- The 2023 theme for NAIDOC week and how you can support.
- Ways you can connect to country.
- Awabakal Artist Willa Conrick
- A recipe for bush tomato scones
- Aboriginal Education initiatives at Redhead Public School
- Recognition of our 2023 Clean Up Australia Volunteers

We hope you enjoy reading!

CONNECTING TO CULTURE IN KINTIYIRAPIIN

NAIDOC Week 2023

NAIDOC stands for National Aborigines and Islanders Day Observation Committee.

"National NAIDOC Week celebrations are held across Australia in the first week of July each year (Sunday to Sunday), to celebrate and recognise the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. NAIDOC Week is an opportunity for all Australians to learn about First Nations cultures and histories and participate in celebrations of the oldest, continuous living cultures on earth." (1)

For our Elders

"Across every generation, our Elders have played, and continue to play, an important role and hold a prominent place in our communities and families.

They are cultural knowledge holders, trailblazers, nurturers, advocates, teachers, survivors, leaders, hard workers and our loved ones.

Our loved ones who pick us up in our low moments and celebrate us in our high ones. Who cook us a feed to comfort us and pull us into line, when we need them.



ABOUT THE ARTWORK

My favourite things about Redhead
By Willa Conrick



First
Creek

Second
Creek

Third
Creek



Sandhills



Possum
Tracks



Animal
Tracks



Flowing
Water
(Ocean)



People
Sitting



People



Bush
Tucker

They guide our generations and pave the way for us to take the paths we can take today.

Guidance, not only through generations of advocacy and activism, but in everyday life and how to place ourselves in the world.

We draw strength from their knowledge and experience, in everything from land management, cultural knowledge to justice and human rights. Across multiple sectors like health, education, the arts, politics and everything in between, they have set the many courses we follow.



FOR OUR ELDERS

2-9 JULY 2023

The struggles of our Elders help to move us forward today. The equality we continue to fight for is found in their fight. Their tenacity and strength has carried the survival of our people.

It is their influence and through their learnings that we must ensure that when it comes to future decision making for our people, there is nothing about us - without us.

We pay our respects to the Elders we've lost and to those who continue fighting for us across all our Nations and we pay homage to them."(1)

The Redhead Sustainable Neighbourhood Group would like to thank Willa Conrick for contributing her wonderful artwork for the front cover of the May edition of the newsletter.

You can find out more about Willa on page 5!

Made & Found
Handmade, Preloved & Design Market
Live Music | Street Food

May 14 | June 11 | July 9

Webb Park, Redhead | 10-2pm

@madeandfound_ homegrownmarkets.com.au

Celebrating local language

Awaba is the word meaning '*place of flat or plain surface*'. This word is used to describe what is now known as Lake Macquarie and surrounds, including parts of Newcastle.

'**Ba**' denotes place of, '**Kal**' is the suffix used to denote the masculine or man.

So **Awabakal** refers to a person or people from the Country described as **Awaba**.

The Awabakal and clans within, share flexible borders with the Worimi to the north, the Wonnarua to the west and northwest and the Darkinung to the southwest and south.

Bahtabah means '*place on the hill that overlooks the Lake*.'

The Dreaming Story of Kintiiyirapiin

The Awabakal people spoke of a volcanic eruption that occurred during the Dreaming, in the area now known as Redhead. An ancient volcanic plug is believed to exist in the Redhead area. The Awabakal name of this volcano is Kintiiyirapiin meaning '*the earth fire was here*'. To the right is a sharing of the story of Nikkin (coal) being created at Kintiiyirapiin.

This is a wonderful dreaming story, it contains a record of actual volcanic activity in the area. It also identifies the structure and formation of coal and the knowledge that coal can be burnt which is given spiritual significance. All this information is crafted visually within an unforgettable story that has been passed accurately from generation to generation over thousands of years. It provides connection to place, time and belonging.

As NAIDOC Week 2023 approaches, this story becomes even more special because it acknowledges and illustrates the wisdom and guidance of the Elders.

Ngor-rion-bah meaning '*where the emu breeds*' is the area of Awabakal Country that includes a large wetland that once contained a floating island. It is a place of spiritual significance and out of respect we do not speak further of this except to say we know it as Jewells Wetland.

Nikkin means coal. **Nikkin-bah** means '*place of coal*' and also refers to Lake Macquarie and surrounds. (2,3,4)

Trusted Socials

Tired of thinking of content to grow your business on social media?

We help:

- SET A SOCIAL MEDIA STRATEGY
- CREATE ENGAGING POSTS
- MANAGE FACEBOOK ADS

www.trustedsocials.com
nora@trustedsocials.com | 02 4062 0364



@Trusted_Socials

"A long time ago a great darkness came over the land. The darkness came from a hole in a mountain and blocked out the sunlight. The people and animals were all very frightened.

Messengers were sent out to gather up the people to have a yarn about how they could bring back the sunlight. The elders decided that they needed to cover up the darkness that was all over the ground. The men, women and children collected rocks, sand, branches and bark which they laid on the ground to cover up the thick darkness.



After the darkness was covered many generations walked on the ground pressing the earth flames and darkness together, which created coal or nikkin in Awabakal.

Now when coal is burnt the ancient earth fire spirit is released." (2, 3, 4)



1st Belmont North Sea Scouts

6 to 17 Years
Masters St, Belmont North



FIND US ON FACEBOOK

Join the fun!

Call Skip or Akela: 4946 6436
0458 124 251
warrellen@icloud.com

NAIDOC Celebrations in Awabakal Country

NAIDOC 2023 Celebrations in Awabakal Country are being organised formally through the local area NAIDOC Committee, NAIDOC Westlakes, collaborating with Newcastle and Lake Macquarie City Councils. In addition many of the schools will be participating in NAIDOC Week celebrations.

One event that has become a tradition is the walk from Civic Park to the Foreshore Park in Newcastle. This occurs annually on the first Monday in NAIDOC Week. This year it will occur on **Monday 3rd July at 9am** and be followed by a day of events on the foreshore. These events include concerts, dance performances and stories as well as stalls including art and craft demonstrations. Everyone is welcome at this celebration and it provides a great opportunity to explore First Nations Cultures.

As we become aware of events we will post details on the Redhead Sustainable Neighbourhood Facebook page.

Connecting to Country

The First Nations cultures have been developed for well over 60,000 years and this continues today. Connection to Country remains a core value. To respect and care for the land is to respect and celebrate the First Nations cultures.



Consider attending one of the organised events to listen to music and stories and learn more about culture. Explore art and craftworks and appreciate the uniqueness that is instantly recognised throughout the world. Attending an event is an act of respect and support.

In Kintiiyirapiin we are fortunate to have an abundance of natural places, Awabakal Country is beautiful and unique. By caring for and respecting these places including the flora, fauna and heritage we show respect to the First Nations People, past, present and future.

A huge thank you must go to RSNG's Greg Schumacher for his detailed research and incredible writing of Redhead's First Nations connections.



To celebrate NAIDOC week the simple act of going for a wander in the natural landscape is a good start; look, listen and breath the land.

If you take any of the established walkways within and around Kintiiyirapiin there is opportunity to engage in the rich natural and cultural heritage. Observe the flora and fauna, appreciate Country and think about how the Awabakal built such a sustainable culture within it.



References

1. National NAIDOC Committee, NAIDOC Week 2023, (naidoc.org.au, 2023)
2. Professor John Maynard, Redhead Aboriginal Heritage, (Lake Macquarie City Library, history.lakemac.com.au) and references therein.
3. Professor John Maynard, Whose Traditional Land ?, (https://www.newcastle.edu.au/_data/assets/pdf_file/0009/41868/Research-document_John-Maynard_whose-land.pdf)
4. Miromaa Languages Programme (<https://www.miromaa.org.au/how-coal-was-made>)

KIDS COLUMN

For the fun of it



Like other girls her age, Willa Conrick (9), loves a game of competitive netball, playing with her friends and she can be found down at Redhead Beach each Sunday in summer for nippers. Unlike other girls her age, Willa, is also a published artist.

In Year 4 at Redhead Primary School, Willa decided to enter the Indigenous Art Competition run by the Department of Education and advertised at her school. Her artwork (pictured above) was picked alongside four other artists to appear in the 'Strong Strides Together' document published by the Department of Education's Centre for Education Statistics and Evaluation with the purpose of supporting "teachers and school leaders to create high-quality learning environments and meet the educational goals for Aboriginal and/or Torres Strait Islander students" (2022).

The inspiration for her artwork came from feeling isolated from her friends during Covid lockdown which she claims was "really annoying". Using pastel crayons as her medium, Willa chose to show her friends talking and listening to each other, set against a background of her favourite things- the bush, ocean, sand and sun.

Willa's love for country is clearly displayed in her love for the ocean. Fondly called a "water baby" by mum, Ally, Willa can be found in the ocean rain, hail and shine. It's no wonder the ocean has a part to play in many of her visuals.

Willa's painting titled 'Gunhinarrung', of her 'Ma', who she describes as having a strong connection to earth, was also chosen as a finalist in the Young Archies competition. It is currently on display at the Lake Macquarie Museum of Art and Culture, yapang, until May 21. Her art has also been published as a Christmas card for Pat Conroy MP, Federal Member for Shortland, after taking out second place.

Another way Willa likes to celebrate her culture is through involvement in the Yarn mob at Redhead Primary School and she is involved in practicing cultural performance and language as part of a group who regularly connects with Whitebridge High School.

Apparently, since she was little Willa has been making mess! Her preschool teachers used to comment that she would always be drawn to the art set ups. Willa is very humble in her success and proud of her achievements, but for her art is for one purpose.....FUN!

ALOHA K9 SERVICES *Redhead*



We acknowledge
Redhead's Rich
Awabakal history in
alignment with
Reconciliation and
NAIDOC.

PH: 1800 256 425

ALOHA K9 IS THRILLED TO BE A PART
OF THE REDHEAD COMMUNITY.

WE OFFER A FULL RANGE OF GENTLE
GROOMING AND PRODUCTS FOR
YOUR DOG.

LEARN MORE ABOUT US AT:
WWW.ALOHAK9SERVICES.COM.AU



UNIT 3, 10 SEASANDS DRIVE, REDHEAD

BUSH TUCKER RECIPE

Bush Tomato (akajura) Scones



A savoury snack to accompany your cup of tea on a cold afternoon, these scones incorporate the native bush tomato which grows in very arid regions of Australia. When dried the berry adds a strong tomato flavour with a slight caramel like sweetness.

INGREDIENTS:

- 4 cups plain flour or wholemeal plain flour for an added nutty flavour
- 1 pinch salt
- 1 tbsp baking powder
- 3 tbsp butter
- 1 cup bush tomato (akajura) ground in a mortar and pestle or finely chopped.
- 3 cups milk plus extra for brushing.

METHOD:

1. Preheat the oven to 200C or 180C for a fan forced oven.
2. Line a baking tray with paper.
3. In a large mixing bowl add flour, salt and baking powder. Mix to combine.
4. Add the butter and rub into flour until the mixture resembles breadcrumbs.
5. Add the bush tomato and mix in.
6. Slowly add the milk and mix with a butter knife to help bring the dough together.
7. Use your hands to bring the final dough together and knead for a few minutes.
8. Dust your benchtop with some flour and press the dough out gently until about 3cm high.
9. Use a cookie cutter or drinking glass to cut out scone shapes and place on the baking tray. Rest for 10 minutes.
10. Use a pastry brush to brush the tops of the scones with a little bit of milk.
11. Bake for about 15-20 minutes until golden brown.

Serve with butter or savoury topping of your choice!

COMMUNITY MEMBERS SHOUT OUT

Clean Up Australia Day Volunteers

Our annual Redhead Clean Up Australia Day event this year was in the morning on Sunday 5 March.

Twenty volunteers came along, among them were families with young children, beachgoers from elsewhere who wanted to keep the beach clean, some new Redhead residents and local regulars who come along every year.



Council waste collectors picking up our collected waste from Webb Park.

Dave and Zac Doggett brought their ute and trailer and collected a stack of old tyres, broken appliances and bulky rubbish from roadside bushland around Redhead and by midday we had a big pile of rubbish in Webb Park and the rest of the place was spotless! Thanks to everyone who came, helped and made that possible.

The Lake Macquarie City Council waste supervisor, whose trucks were there on time at 1 pm to take the rubbish away, remarked that of all the collection sites they attend on the eastern side of the lake, Redhead always has the biggest pile. I am not sure whether that is a good or bad thing, but hopefully with growing environmental awareness, there might be fewer tyres and less rubbish for us to pick up next year.

A big thank you to RSNGLindsay Black for the coordination of this event and writing this article.

REDHEAD PUBLIC SCHOOL

Committed to Aboriginal Education



There are not many schools out there whose students can sing the national anthem in two languages. During school assemblies at Redhead Public School, audiences will hear both the

English and Awabakal language version of our national song. This is something staff make a priority for students to learn from the time they begin kindergarten.

Celebrating culture through song, is an essential way Redhead Public School connects to its Awabakal roots. During 2022, Mrs Atkins consulted with the school's Aboriginal Education Consultative Group to establish a cultural choir. The Wanayi Choir was born and began with Mrs Smith running lunch time sessions with students. The choir is given the chance to perform at special assemblies. The school's hope for 2023 is to expand this choir to neighbouring schools to create a Whitebridge Community of Schools Cultural Choir.

It is also through close community connections that Redhead Public School believes it has been able to have so many wonderful achievements in the area of Aboriginal Education for its students.

One way the school staff consult and hear feedback from the community is through termly Yarn Group Meetings with school families. It is through this consultation that current cultural event planning and ideas are discussed in how to positively impact students.

To assist student growth Redhead Public School teachers also create and revise personal learning plans for all Aboriginal and Torres Strait Islander students. This process involves goal setting with the aim to boost each student's achievement and engagement in school. These plans are collaboratively constructed alongside families to ensure everyone is on the same page in supporting students to achieve their potential.

Staff are also given chances for professional learning to support their delivery of Aboriginal education in the classroom.



Leading Lawyer in NSW



Are you a **business owner** and...
... struggling with skills shortage?
... don't want to deal with visa issues?

Are you an **individual** and ...
... miss your family (children, parents, ...)?
... are separated from your partner?
... would like to study in Australia?
... simply love Australia and want
to make it your home?

visa & sponsorship

consultation
written advice
application

Australian migration

skills assessments
labour market testing

Ruppert LEGAL

Immigration Lawyers
Ndi Ruppert



info@Ruppertlegal.com.au
+61 (02) 4021 1090

In 2022 NAIDOC celebrations at RPS included lots of classroom activities, the opening of the Yarning Circle with a smoking ceremony (pictured above), a whole school assembly with a choir performance and open classrooms.

NAIDOC Celebrations for 2023 are currently being planned by staff and students. As we become aware of events we will post details on the Redhead Sustainable Neighbourhood Facebook page.

RIGHT IN YOUR BACKYARD

Redhead Events & Dates Guide May - July

Volunteer

DID YOU KNOW IT'S
NATIONAL VOLUNTEER WEEK -
16-22 MAY?

CAIN STREET LANDCARE
When: last Sunday of every
month
Time: 8am-11am
Location: Cain Street
Container Shed
Bring: snack, hat, gloves

Act

National reconciliation week
27 May - 3 June

NAIDOC week
3-10 July

World environment day- June 5
World Oceans Day- June 8
Plastic Free July- 1- July 31
National tree day - July 31

Visit

Choose one of Redhead's
wonderful small businesses for
your goods/services!

Loan a book from the Redhead
Library
When: Thurs & Fri 3-5pm
Sat 10-12pm

Do something good for the environment!
Take your keep cup, say no to single use
plastic, pick up some rubbish when you
leave Redhead beach, plant a tree.

Join

**REDHEAD SUSTAINABLE NEIGHBOURHOOD
GROUP-**

When: Second Tuesday of every second month

Time: 5.15pm

Location: Redhead Community Library

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



sustainableredhead@gmail.com



sustainableneighbourhoods.org.au/redhead

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