

# Redhead Village Newsletter

No 21, November 2017



## Thank you, Rubbish Cleaners

An open letter to Redhead's environmental warriors

One of the best things about living in Redhead is the joy of being surrounded by nature at its best. We're blessed with our beautiful beach, clear water and pristine bushland.

Today we want to thank the people who keep it beautiful.

The people who go out of their way to pick up rubbish as they walk along the Ken and Audrey Owens walkway. The ones who clean up other people's rubbish at the beach or the playground. The people who sweep up the great tide of Macca's rubbish from the top beach carpark.

You do it for the love of Redhead and we, the people of Redhead, want to recognise your efforts and thank you from the bottom of our hearts. We may not know your names, but you know who you are. If everyone followed your excellent example the world would be a cleaner, happier place.

## Shark Tower Gets a Makeover

The iconic Redhead Beach shark tower has been given a facelift. Lake Macquarie City Council repaired the tower with similar techniques and materials to those used in its original construction in the late 1920s.

Redhead shark tower is believed to be the only purpose-built tower of its kind left on the east coast of Australia, making it an important landmark to preserve for future generations.

## Bailey Proud and Jack Curran Represent in New Zealand

Bailey Proud and Jack Curran of Redhead both competed in the 2017 New Zealand Pool Rescue Championships in Auckland in October.

Proud claimed two bronze medals for the U18 Pool Rescue Development team: one in the obstacle relay and an individual medal in the 50m Swim with Fins event.

Curran claimed bronze in the 100m rescue medley.

Proud will represent Australia at the World Championships for Surf Lifesaving in November 2018 as part of the Australian Youth Squad for Pool Rescue.

## Webb Park Upgrade

As promised, the new play equipment has been installed at Webb Park in plenty of time for the Christmas holidays and has so far proved incredibly popular.



Wave-shaped climbing frame under construction

If you haven't had a chance to visit yet you should take a picnic down and have a go on the exciting new attractions: a wave-shaped climbing frame and surfboard-themed flying fox.

Construction is due to begin shortly on a new amenities block for the park.

## Lake Macquarie City Council's Award-winning Sea-level Action Plan

LMCC has developed one of Australia's first local area adaptation plans (LAP) for sea level rise. The multi-award-winning plan, developed with residents of Belmont South and Marks Point, is designed to protect the environment and property from rising sea and lake levels.

The plan includes such measures as:

- Constructing revetments (sloping rock seawalls) to protect the foreshore from tidal inundation and erosion
- Fill land to maintain ground levels above the lake and groundwater
- Raise and improve the design of infrastructure such as drains and roads to match landfilling and to maintain their function
- Construct new buildings with floor levels above projected flood levels
- Raise remaining old homes above projected flood levels (if required)

The LAP, along with other community-centred initiatives, has earned LMCC International and Australasian Organisation of the Year in the prestigious International Association of Public Participation (IAP2) Australasia's 2017 Core Value Awards.

## Redhead SLSC Twilight Christmas Markets

Friday 1<sup>st</sup> December 4pm-8pm

Redhead Beach Carpark

Come and enjoy food, drink, music and shopping and support your local surf club!

## Experiences of a Remote Area Nurse

My name is Barbara Rolfe and I have lived in Redhead for 54 years. My entire working career has been in nursing.

At the end of 2010 I felt I needed a career change and was interested in becoming a Remote Area Nurse. So, accompanied by my husband, Chris, we set off into the unknown. To us it felt like jumping off a precipice after our very sheltered and comfortable life in Redhead.

I transitioned myself gaining valuable experience in the Emergency Department at Tennant Creek Hospital (NT) and an aboriginal health service in the Kimberleys (WA) before feeling confident in myself that I could cope in a Remote Health setting.



Barbara on her way to Tjukurla

We arrived at our first remote health centre, Docker River, just before Christmas 2011. You might say “where is Docker River?”. It is a small aboriginal community of about 290 people 282km west of Yulara. Hang a left turn at Kata Tjuta (The Olgas) and head due west over a very dusty corrugated dirt road that heads across into WA. I started work in the clinic alongside the clinic manager with an open mind, keenness to learn and prepared to go with the flow. It was a very steep learning curve. Since then I have worked in clinics throughout Central, Top End and Tiwi Islands

What exactly does a remote area nurse do? Our focus is on primary health care in an effort to close the gap in indigenous health, as well as

dealing with whatever comes in the front door of the clinic.

The children are brought in by their carer, not necessarily a mother, with conditions such as scabies, impetigo, head lice, ear and chest infections. Sexually transmitted infections such as Trichomonas, Chlamydia, Gonorrhoea are common, and Syphilis is prevalent in the young adult population. Adults suffer from the disease burden of diabetes, kidney, respiratory and cardiovascular diseases, also cancer. Boils and skin sores are a big problem for all age groups. Mental health issues are common. My clinic assessment skills increased exponentially.

Any problems and we call the duty Remote Medical Practitioner for advice on treatment. The sickest patients are sent out by Royal Flying Doctor Service or Careflight, depending on where you are in the NT. The clinic provides 24/7 emergency service to deal with any after-hours medical problems, so nurses are frequently on call. The RFDS are our angels. From experience, there is nothing better than watching the plane take off up the air strip with your sick patient aboard knowing that you have done your best, but they are going to a better place (Alice Springs, Darwin), where there are a lot more



medical resources available.

Barbara with a young patient and his aunt

Living and working in a remote aboriginal community is an experience. We take in as much supplies with us as possible as food, meat, fresh fruit and vegetables are all very expensive to buy from the local

store. Every community has its own store. You pay at least twice the price for everything. There is no café, restaurant, alcohol, internet or mobile services. Accommodation is generally a house or unit provided by the NT Department. It is basic but adequate for our needs. As long as the air conditioning and TV work it's fine.

What do I love about being a remote area nurse? The autonomy in practice; I would never go back to mainstream nursing in a metropolitan hospital. It is always interesting as you never know what injury or medical problem is going to walk in through the door to test your skill level. We have met some wonderful people, seen spectacular country that most Australians will never have the opportunity to visit. It is enough to say that when I hang up my stethoscope I will have no regrets.

## Redhead Cricket Club

Redhead Cricket Club is a thriving sporting club in the Redhead Community with teams entered in the Newcastle City and Suburban Cricket Association and Newcastle Junior Cricket Association competitions with our home base being the Liles Oval complex at Redhead.

In the 2017/18 season we have sides entered in the KOFM Cup (A Grade) B4, C6 and D1's in the Seniors and U/16 Division 2 for our Junior side. At this early stage of the season 4 of the 5 sides are in the top 4 of their respective competitions with the other in 5<sup>th</sup> spot.

We are always happy to accept new players of any standard and we are particularly keen to expand our Junior base in the coming seasons to continue the tradition of a thriving and competitive club in the district.

For further information please Email [redheadcricketclub@gmail.com](mailto:redheadcricketclub@gmail.com) or check out our Facebook page <https://www.facebook.com/groups/redheadcricketclub/>



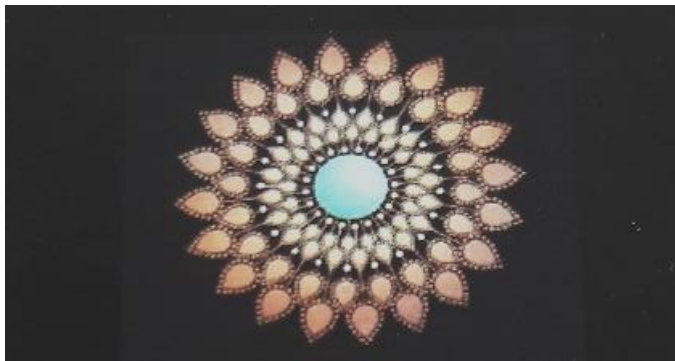


"Stand up straight!" You've probably heard that advice at one time or another but is it actually worth following? From improved physical appearance to, and make sure you remember this, a longer life expectancy, the importance of good posture CAN NOT be overlooked.

In today's fast paced society, we are sitting for extended periods of time, either in the car, work or in-front of the TV. This leads to a slumped posture that places pressure on the spine including the ligaments and muscles, the nervous system, the lungs and can also put strain on your heart. There is a significant increase in mobile technology use resulting in us looking downward producing the so called "text neck". This alone can impact your health with pain and headaches.

So, what is the take home message? To aid in improving your posture and henceforth extending your life expectancy...stay active, sit less, get moving, STAND UP STRAIGHT and most importantly maintain spinal health by seeing your local chiropractor.

At Empower Chiropractic, our aim is to see a community of active, healthy and well-aligned individuals. Pop in and see us at **1/105 Cowlishaw Street, Redhead**, or call on **02 4942 6886** to make an appointment to have your posture checked.



## REIKI & HAIRSTYLING with ABBI

Reiki Master  
Advanced Hair Stylist

Abbi has settled into Redhead as a new resident with great hairdressing skills and a master colourist, she trained and worked in a high-end Melbourne salon for 10 years.

Abbi really enjoys the walks and runs that are available along our lovely Redhead Beach, the Ken and Audrey Owens Walkway and the Fernleigh Track.

She invites you to relax and renew with your Reiki energy healing or her hair services. Abbi does mobile work, or you can visit her at the Belmont store.

Phone: 0410 352 460

Email: breathebloom@yahoo.com



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## Thank you to Abstract Signs

Redhead Sustainable Neighbourhood Group would like to acknowledge the kind efforts of James McLachlan of Abstract Signs in donating a sign for the Redhead Community Noticeboard.



The noticeboard is located outside the Op Shop on Cowlshaw Street and is free for all Redhead residents to use.



Phone: 4942 6533  
2/32 Seasands Drive, Redhead

## Reusable Bags

The reusable bag stations set up in September by Redhead Sustainable Neighbourhood Group have been a huge success, with people taking advantage of the opportunity to save on plastic.

Bags can be returned or donated to the bag swap station at Redhead Bakehouse or to any participating shops including Café on Cowlshaw, the Grocers, the Newsagency, Pharmacy and the Bottle Shop.

If you have heaps of reusable bags sitting at home unused why not take some down to your local shops and give others the opportunity to save on plastic?



Bag swap station at Redhead Bakehouse

Remember, if you've only got a couple of items to carry, say no to plastic bags and remember to take your reusable bags with you. Together we can eliminate plastic bags and help protect our environment!

## Redhead Trivia

1. In what month and year was Redhead Primary School opened?
2. Where is Redhead Lagoon?
3. For how many years has the Seaview Malaysian Restaurant been operating?
4. What is the correct name for Second Creek?
5. How many churches have there been in Redhead?
6. What would you find under the Grange?
7. Who is Liles Oval named after?
8. When was Redhead Surf Club founded?

Answers: 1. September 1908 2. Dudley 3. 41 (opened in 1976) 4. Jewells Swamp Creek 5. Four 6. A coal mine 7. George Liles Senior 8. 12 December 1908

## Get involved with RSNG

Ever wondered what we do at Redhead Sustainable Neighbourhood Group?

Our vision is: "To celebrate and sustain our coastal village community, its assets, and the surrounding natural environment for all to enjoy"

There are lots of different ways you can volunteer and help your community, whether you've got a little bit of time to offer, or a lot.

If you'd like to be involved with our group in any way, we would love to hear from you! For more information check out our website or send us an email (see Contact Us section below).

## Electronic Copies

If you would prefer to receive environmentally friendly full-colour copies of future newsletters please shoot us an email (see below), including your home address, or call our secretary on 4944 8110.

## Newsletter Contributions

All contributions and comments are welcome from anyone receiving our Newsletter. If you have an article you'd like the Redhead Sustainable Neighbourhood Group to include in our next edition, or would like to learn more about us, please see our 'Contact Us' section.

## Advertising

If you'd like to advertise in a future edition of the newsletter please get in touch via our 'Contact Us' section.

Thanks to our wonderful sponsors Redhead Family Dental, Abbi, Philip Rankin and Empower Chiropractic.

## Contact Us

sustainablethead@gmail.com

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sustainablethead.wordpress.com