

*“Australians all let us rejoice for we are young and free. My people die young in this country. We die ten years younger than average Australians.” – Stan Grant. Extract from his empowering speech at the IQ2 racism debate 27 October 2015.*

*“I didn’t want to write anything, I didn’t want to be standing there looking down at notes. I just wanted to look people directly in the eye. I wanted to make a statement about how we live with the weight of history.” Stan Grant following the release of the video in January 2016.*

## Lake Macquarie honours award recipients

Empowering young and disadvantaged Australians to respect themselves, connect with their community and create an inspired life has earned Geraldine Moran the title of 2016 Lake Macquarie Citizen of the Year.

Four years ago with support from her husband Geoff, Geraldine saw a need to help young people who are otherwise not supported by government services. These young people are struggling from the impacts of their families’ financial pressures, school pressure or bullying, mental illness, abuse, or drug and alcohol related issues.

Since establishing the not-for-profit organisation, Geraldine, together with limited staff and volunteers has gone on to create high-impact programs such as Wheels for Hope and the Drop In Centre, both located at Lake Macquarie Shopping Centre, a Homework Centre at Windale Library and a program called Supporting Families. Centre for Hope also operates in other locations including Sydney and Gilgandra.

Centre for Hope is unique because it provides each young person with a coach and mentor. Having two people dedicated to each young person’s wellbeing, and listening without prejudice, means the children can express themselves, be heard and be connected with the right services and support. For more information visit [www.centreforhope.com](http://www.centreforhope.com)

Nigel McDonell was named Volunteer of the Year for his work rehabilitating Blacksmiths Beach through Dunecare.

Gemma Morgan was named Young Citizen of the Year for her efforts to de-stigmatise mental illness through the Bright Minds Project, while Sophia Castro was named Junior Citizen of the Year in recognition of her representation of the City at the YMCA NSW Youth Parliament.

Redhead Sustainable Neighbourhood Group took out the Community Group of the Year category and Old Waste, New Art, an exhibition of artworks created using waste materials and coordinated by the West Wallsend District Sustainable Neighbourhood Group, was named Community Event of the Year.



Founder and CEO of Centre for Hope, Geraldine Moran and her trophy for Lake Macquarie Citizen of the Year.

# Lake Macquarie's Festival of Surfing

Spectators who turned up at Catherine Hill Bay Beach over the weekend to watch local and visiting surfers compete in the second annual Lake Macquarie Festival of Surfing were not disappointed.

Council's Manager Community Planning, John Ferguson, said the two-day Festival, which is part of the Hunter region's iconic Surfest event, was well-attended by local surf enthusiasts, despite competition being moved from Redhead Beach to Catherine Hill Bay Beach.

"It was great to see everyone on the sand supporting local surfers competing in the Lake Macquarie Festival of Surfing," Mr Ferguson said.

"The event has grown since the inaugural event last year with the inclusion of the Lake Macquarie Boardriders' Challenge, which saw locals compete for a place in the Orica Team Challenge.

"Frenchman's Boardriders were triumphant on the day, but amazingly handed off the privilege of competing in this weekend's Orica Team Challenge to this year's hosts, Redhead Boardriders, showing the huge respect and camaraderie of local boardriders.

"The market stalls and activities at Redhead Beach proved popular, with more than 530 people making their way through the Shark in a Bus display, and drumming sessions running at capacity.

"The Lake Macquarie Festival of Surfing continues to enhance the City's reputation as a vibrant and consistent surf-spot, while adding significant economic returns to the local economy.

"We look forward to bringing Surfest back to Lake Macquarie in 2017."



Mayor Jodie Harrison presenting the winners with their "Shark Tower" trophies made by the Mens Shed

## Wandiyali Indigenous Classic at Surfest

This year's Wandiyali Indigenous Classic held on 18 and 19 February saw Central Coast's Russ Molony win his 10th title at the event. Leilani Smith took out the women's event and Noah Munro the junior category. The junior and women's heats moved from Merewether Beach to Nobby's Beach on day one due to large swells, with day two heats and finals both held at Merewether Beach. The event kicked off with the Welcome to Country by Uncle Kevin McKenny followed by the National Anthem sung beautifully in language by Jacqui Allen, Aboriginal cultural dancing and a performance from brother's Abie (Predator) and Warwick (Wok) Wright, our local Street Warriors.

Congratulations to all winners of the beautifully crafted and painted surfboard trophies, and to all competitors in the contest. The total prize pool for this year's Wandiyali Indigenous Classic amounted to \$20,000, the richest Indigenous surfing contest in the nation.

Well done Stan Moylan and Wandiyali's CEO Steve Kilroy and the mighty Wandiyali mob for putting on another fabulous Surfest event.



Image courtesy of Wandiyali Indigenous Classic



The You're Kidding Me program is designed to improve accessibility to health, education and family services for kids by connecting Lake Macquarie families to valuable information about local services that support the learning and development of young children.

The program features free expert-led workshops on topics such as:

- speech pathology and screening
- early literacy and learning
- behaviour management
- nutrition
- school readiness
- music
- early parenting
- audiology and hearing screening
- emergency response and CPR

The program links to our Children and Family Strategy 2015-2020 that outlines the key focal areas Lake Macquarie City Council have identified as important and viable in achieving a City which celebrates, promotes and cares for the lives of children and families. To download the program visit [www.lakemac.com.au/community/childrens-programs/youre-kidding-me](http://www.lakemac.com.au/community/childrens-programs/youre-kidding-me)

# Lake Macquarie City Art Gallery has received two accolades at this year's IMAGinE Awards

These Awards seek to promote museums and galleries in NSW, acknowledge best practice in sustainability and education programs, exhibitions, outreach activity, collection management projects, and honour high-performing individuals.

Lake Macquarie City Art Gallery was recognised ahead of 23 other entrants in the Exhibition Projects category, for its *(in)visible: the First Peoples and War* exhibition, and in the Sustainability Programs category, for its new energy efficient lighting system. Both projects were entered in the 3-10 Paid Staff category.

The project, *(in)visible: the First Peoples and War*, was curated by Indigenous artist, Yhonnie Scarce, and Gallery Curator, Meryl Ryan, in consultation with the Gallery's Aboriginal Reference Group, and was on exhibition from March to May 2015.

The Gallery Exhibitions and Collection Officer, Rob Cleworth, said the exhibition considered war from the perspective of Aboriginal men and women.

"Aboriginal soldiers endured a great deal of inequality, neglect and injustice throughout our nation's history and this exhibition sought to recognise and respond to some of these confronting truths," Rob said.

"The project structure allowed for open conversations and resulted in emotional and honest responses from the artists featured, as well as visitors to the Gallery."

The Gallery was also recognised for its recent lighting upgrade that will reduce energy consumption and operating costs, while increasing the quality and versatility of lighting at the Gallery.

Manager Cultural Services, Narelle Reichert, said the awards were testament to the Gallery's reputation as an exceptional cultural and tourist destination.

"I would like to congratulate Lake Macquarie City Art Gallery Director, Debbie Abraham, and the entire Gallery Team for all the work they have done to receive these prestigious awards," Narelle said.

"It's particularly pleasing to see the Gallery recognised, yet again, for an exhibition that explores indigenous culture."

In 2012, the Gallery received an IMAGinE Award for Education and Public Engagement for its *Stencils Past, Stencils Last* exhibition, which featured printmaking and stencil works by local Indigenous artists.

For more information about the Gallery's programs, visit [artgallery.lakemac.com.au](http://artgallery.lakemac.com.au)



## 15 Minutes of fame

**Name and nickname:** Christine Pidcock – Tina  
**Where are you from:** Tweed Heads – Bundjalung Nation  
**Your role and organisation:** Community Program Coordinator – Palliative Care. Cancer Council based in Charlestown. Three days a week.  
**What services can your organisation provide to Aboriginal people in Lake Macquarie?**

Cancer Council has a lot of varying health information and services that are available for the mob – ranging from programs for the kids 'Eat it to Beat it', to a 131120 number that people can call to ask questions about cancer and what is available to support people. A big component for Cancer Council is to raise funds, awareness and education of cancer. There are heaps of events that are run over the year such as Relay for Life, Loop the Lake, Daffodil Day, Australia's Biggest Morning Tea and Pink Ribbon Day. We believe that we will find a cure for cancer and beat it and together we are stronger than cancer. I will be working on raising awareness of palliative care for the Aboriginal community and recruiting volunteers to provide respite to carers of palliative clients.

**Who is in your family?** I have two daughters Dannielle (my baby) and Cristelle (my older baby) – who is married to Cameron and I have one lovely grandson Cooper Blair. All my immediate family live in the Tweed including my dad and 3 brothers and my sister, and we are very close and supportive. I have a partner, Darren, who supports me through all the crazy times.

**Who is your hero?** My mum – who I love and miss.

**Favourite bush food:** I love mud crabs, and most sea food – I am definitely a salt water woman.

**Favourite sport:** Rugby League – my nephew, Ryan James, plays for the Titans. So I mainly watch the game to see him, but I do love JT.

**Ambitions in life:** For my kids to be happy, to move closer to Cooper (and the family), to improve the health journey for the mob. To retire and live a happy life!

**Anything else you would like to add?**  
I am incredibly blessed to have a family that love me, good friends and a partner who loves me even during my not so loveable moments. Life is pretty darn good.

# Events

Additional events including Lake Mac Libraries and Lake Macquarie City Art Gallery programs are available at [www.lakemac.com.au](http://www.lakemac.com.au)

| DATE  | EVENT  | LOCATION   | CONTACT   |
|---|--|--|---|
| <b>March</b>  |  |  |   |
| <b>Thursday 3,10,17 and 31 12.30-1.15pm</b>                     | <b>Seniors Program FREE - Introduction to Aqua Yoga</b><br>Yoga may improve muscle tone, joint mobility, strength, balance and emotional wellbeing   | Toronto Swim Centre<br><b>Bookings essential</b>             | Peta McGrath<br>pmcgrath@lakemac.nsw.gov.au<br>4921 0430  |
| <b>Friday 4 March 7pm</b>                                       | <b>International Women's Day FREE</b> film night<br>Celebrate women across the world as we enjoy a night of short films, food and fun. <b>Bookings essential.</b>                                      | Lake Macquarie Performing Arts Centre<br>John St Warners Bay | Jessica Salvador<br>jsalvador@lakemac.nsw.gov.au<br>4921 0373   |
| <b>Friday 11 March 5pm</b>                                      | <b>NAIDOC</b> Grants close<br>Guidelines and application forms on <a href="http://www.lakemac.com">www.lakemac.com</a>   |  | medwards@lakemac.nsw.gov.au<br>4921 0441  |
| <b>Thursday 17 March 9.15-10am</b>                              | <b>Close the Gap</b> day - Morning tea followed by the Aboriginal Employment Interagency   | Lake Macquarie City Council<br>Administration Building       | Maree Edwards<br>4921 0441<br>medwards@lakemac.nsw.gov.au   |
| <b>Monday 21 10am-1pm</b>                                       | <b>Harmony Day</b><br>Multicultural celebrations with International food samples.  | Lake Macquarie Performing Arts Centre<br>John St Warners Bay | 4921 0333<br>council@lakemac.nsw.gov.au   |
| <b>April</b>  |  |  |   |
| <b>Friday 8 9.30-10am light refreshments, concert 10am-Noon</b> | <b>FREE Seniors Concert for Lake Macquarie Senior Citizens</b><br>Guest Artist- Lisa Crouch  | Lake Macquarie Performing Arts Centre<br>John St Warners Bay | <b>Bookings essential</b><br>4921 0333<br><a href="http://www.lakemac.com.au">www.lakemac.com.au</a>  |
| <b>Friday 8 – Sunday 17 Various times</b>                       | <b>Youth Week</b> – A range of free programs and activities happening for ages 12 – 24 years old   | Various locations<br>Various events                          | <a href="http://www.youthweek.nsw.gov.au/">http://www.youthweek.nsw.gov.au/</a><br><a href="http://www.lakemac.com.au/events">www.lakemac.com.au/events</a> |
| <b>Friday 1 – Sunday 10</b>                                     | <b>Seniors Week</b>  | Various locations<br>Various events                          | <a href="http://www.nswseniorsweek.com.au/events">http://www.nswseniorsweek.com.au/events</a>   |
| <b>May</b>  |  |  |   |
| <b>Wednesday 18 May 9am-Noon</b>                                | <b>FREE - You're Kidding Me Expo</b> Bringing together a diverse range of services, resources and programs available for families in Lake Macquarie. Access to expert advice and support and giveaways | Event Cinema Glendale  | Visit <a href="http://www.lakemac.com.au">www.lakemac.com.au</a> to download the program  |
| <b>Reconciliation Week TBA</b>                                  | <b>Aboriginal Cultural Awareness workshop</b> A free workshop for people working with the Aboriginal community. <b>Bookings essential.</b>   | Lake Macquarie City Council                                  | 4921 0441<br>medwards@lakemac.nsw.gov.au  |

## Significant Dates

### 17 March 2016 - National Close the Gap Day

National Close the Gap Day gives people the opportunity to show their support for closing the 10-17 year life expectancy gap between Aboriginal and Torres Strait Islanders and other Australians. It aims to raise awareness of the Aboriginal and Torres Strait Islander health crisis.

[www.oxfam.org.au/act/events/national-close-the-gap-day](http://www.oxfam.org.au/act/events/national-close-the-gap-day)

### 21 March 2016 – Harmony Day

#### This year's theme is our diversity is our strength

Harmony Day, 21 March, celebrates Australia's cultural diversity. It is about inclusiveness, respect and a sense of belonging for everyone. It is a day for all Australians to embrace cultural diversity and to share what we have in common. The central message for Harmony Day is that 'everyone belongs', reinforcing the importance of inclusiveness to all Australians.

<http://www.harmony.gov.au>

### 26 May - National Sorry Day

National Sorry Day is commemorated each year to acknowledge the Stolen Generations. This day gives people the chance to come together and share the steps towards healing for the Stolen Generations, their families and communities. Stolen Generations refer to Indigenous Australians who were forcibly removed from their families and communities.

<http://splash.abc.net.au/digibook/-/c/618742/national-sorry-day>

### 27 May – 1967 Referendum

In 1967, over 90% of Australians voted in a Referendum to remove clauses from the Australian Constitution, which discriminated against Aboriginal and Torres Strait Islander Australians. The Referendum also gave the Commonwealth Government the power to make laws on behalf of Aboriginal and Torres Strait Islander people.

<http://www.naa.gov.au/collection/fact-sheets/fs150.aspx>

### 27 May - 3 June - National Reconciliation Week

Each year National Reconciliation Week celebrates the rich culture and history of the first Australians. It is the ideal time for people to join the reconciliation conversation and to think about how to turn around the disadvantage experienced by many Aboriginal and Torres Strait Islander people. [www.reconciliation.org.au/nrw](http://www.reconciliation.org.au/nrw)

### Vale - Chris Burke 23.4.1953 - 20.1.2016

Creator of Yarramundi Kids, Darug Elder, wise mentor and cultural knowledge holder, social justice advocate, gifted story teller, puppeteer and wonderful woman.

Her service and celebration of life was held on Monday 15 February. May her spirit fly high and legacy live long.