

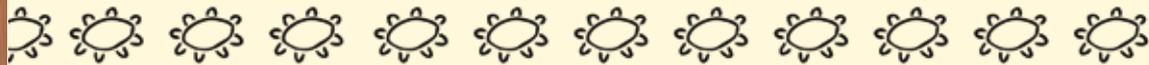
# Koori Grapevine

December – February 2011/12 | Edition #2

Welcome to our second edition of the Lake Macquarie Koori Grapevine newsletter

If you have a good news story, local talent to showcase, or event happening in the Lake Macquarie area we would like to hear from you!

Submit your idea by contacting Sarah Neal, Aboriginal Community Development Officer, on **4921 0441** or email **sneal@lakemac.nsw.gov.au**.



## Congratulations to the Awabakal Land Management Team

Seven members of the Awabakal Local Aboriginal Land Council's Land Management Team recently graduated with a Certificate 4 in Conservation and Land Management.

Developed by Booroongen Djugun College, the course was part of a traineeship and ran over a period of 18 months. The team is one of the first Indigenous land management teams in the area and have certainly made a great name for themselves.

The commitment to study and hard work has paid off with the Land Council securing a number of contracts that will help provide ongoing employment opportunities. The course combined theory with hands on project management work that enabled the team to learn a variety of skills and knowledge in the Conservation and Land Management area.

Course Supervisor, Julie Smith, promotes the success of the program on the dedication and commitment to the team members involved.

"The guys have really developed a passion and drive for the work, they now have more knowledge on the environment, flora and fauna," Ms Smith said "It's not just a job anymore it's a passion."

It has been a big confidence boost for the teams who have taken this opportunity to realise their potentials in this industry. Course graduate, Will Barker, said he thoroughly enjoyed the course and would highly recommend it to others interested in the field. Will enjoyed working as a team and sharing skills and knowledge with one another and felt the team bonded well over projects. Having individual responsibility for tasks enables the projects to be successful and rewarding.

Relationships and partnerships have been developed with works including the Hunter Hot Spots Program a partnership with the Catchment Management Authority, site regeneration works, maintenance and landscape works.

Course Trainer, Wayne Brennan, commented on the importance of Conservation and Land Management Training "If you look after Country, Country will look after you." Mr Brennan said. Congratulations to all of the participants and best wishes for the future.



**Back row (L to R):** Floyd Tighe; Bene Quinlan; Julie Smith (Team Supervisor); Malcolm Quinlan; Wayne Brennan (Course trainer) and Amie McElory (Director of Training and Services of Booroongen Djugun College).

**Front Row (L to R):** Tony Varagnolo; Richard Strong (Team Leader) and William Baker.



## Local Sports Stars Shine

Lake Macquarie has two deadly up and coming sports stars in Brooke Rowsthorne and Tanisha Stanton. The Aboriginal teenagers are Hunter Sports High students and achieving great things across a variety of sports.

Brooke is a Year 9 Morisset resident who makes the daily commute to school by train and bus. Leaving home before 7am, Brooke is clearly dedicated to her schooling and sports especially in the arena of basketball. Just one of Brooke's recent achievements in the sporting area is making the Country Tour Basketball Team, which will travel to Albury in January for their first game. In the future Brooke would like to study abroad in the United States, doing what she does best, playing basketball.

Whilst Brooke acknowledges the challenges of juggling sporting commitments with school, homework, and assignments she said it wouldn't be possible without the support of her family, in particular her Mum. Her advice to anyone thinking of entering competition sport is "if you love it go for it".

Tanisha Stanton claims part of her success is also the support of her family. Advice given to her by a family member "no guts, no glory" displays the commitment and dedication Tanisha has across a number of sports.

The Macquarie Hills Year 10 student recently made the Under 17s NSW Netball Team and currently plays for the Under 18s Australian Touch Football Team, which will take her to New Zealand in 2013 to play for the Aussie squad.

Tanisha was this year's recipient of the 2011 Deadly Award *Most Promising New Talent in Sport*, which was a great privilege for the rising sports star to be recognised at a national level.

Congratulations girls on your latest achievements, you have made your community proud!



Up and coming sports stars Tanisha Stanton (left) and Brooke Rowsthorne (right).

## Windale Community Garden



Interested in getting involved in a community garden?

Why not check out Windale Community Garden at Lake Macquarie PCYC (Lake Street, Windale).

The garden crew are currently building a Rainbow Serpent retaining wall, artwork around the garden, and working on filling the garden beds and they need your help.

Located on the eastern side between the PCYC building and the skate park, at a later stage the garden will extend into the existing PCYC courtyards. This community garden is a great asset for the entire Windale community and beyond, and has received a lot of community interest so far.

The garden is supported by JobQuest and has a garden coordinator, Jamie Pomfrett, who has worked with various other community gardens. Earlier in the year a number of volunteers at the garden had the opportunity to take a bus tour of other local community gardens, which inspired them and gave them heaps of ideas. A visioning dinner was also held to gather ideas and input from the local community on what they would like to see included in the garden.

The garden would love more volunteers to be involved and help grow the garden. If you're interested, contact Jamie on **0422 415 852**, [jamie@jobquest.org.au](mailto:jamie@jobquest.org.au), or find the garden on facebook.



# Tips for getting your family to eat more vegies

We all know kids who eat plenty of fruit and vegies will reduce their risk of some serious diseases like cancer and heart attacks when they grow up. But getting kids to eat their greens (reds, oranges, and yellows) can be a bit of a challenge.

It's a common problem that most parents face at one time or another, so let's look at some top tips to turn things around.

- Set a good example and enjoy vegetables yourself. Children are more likely to eat vegies if Mum and Dad are having them
- It may take 10 – 20 tastes before your child will accept a new vegie, so keep on trying. Even a small mouthful is a step in the right direction
- Include a new vegie as part of a favourite meal or alongside familiar ones.
- Let the kids choose which new vegie they would like to try
- Offer raw vegetables before introducing them cooked. Raw vegies have a different texture and their smell is not as strong as cooked vegetables
- Start with sweeter vegetables such as pumpkin, carrot, capsicum, and snow peas. Children may prefer sweet flavours but adapt to savoury tastes in time
- Share vegetable eating tips with friends who also have kids
- Place a salad or some extra vegetables on the table at meal time for children to choose from, as well as plated vegetables
- Grate zucchini, carrot or finely chopped onion, celery or broccoli into bolognaise sauce, meat loaves, mild curries, or casseroles
- Throw a couple of handfuls of baby spinach into sauces or casseroles. They “melt down” so quickly, you'd barely know they were there!

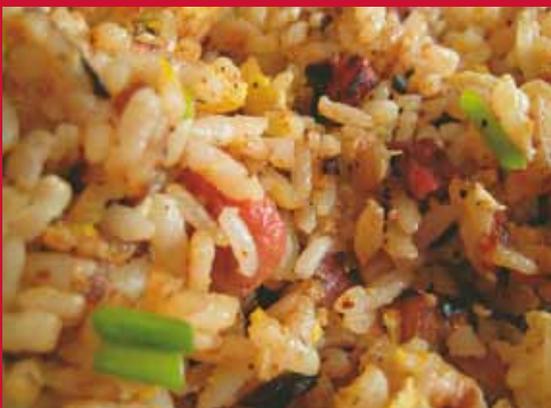
For a sure fire recipe that kids will love why not try our Fried Rice, packed full of flavour and lots of vegies.

These tips are from Cancer Council's Eat It To Beat It program, helping Hunter families eat more fruit and veg.



For more ideas and recipes visit [www.cancer council.com.au/eatittobeatit](http://www.cancer council.com.au/eatittobeatit)

## Fried Rice - Serves Six contains at least 13 serves of vegetables



### Ingredients

1 cup long grain rice, 2 eggs beaten, olive or canola oil spray, 1 teaspoon olive or sesame oil, 75g lean ham diced, 1 onion diced, 1 red or green capsicum seeded and diced, 2 cups cabbage shredded, 1 cup green peas cooked, 1 cup sweet corn kernels cooked, 200g can peeled prawns (optional), 1 cup bean shoots, 2 spring onions chopped, 3 tablespoons reduced salt soy sauce & 1 tablespoon oyster sauce.

### Method

1. Cook rice following packet directions, drain, and cool completely
2. Lightly spray a heated non-stick pan with oil and pour in eggs to make a thin omelette. Cook over gentle heat until set. Transfer to a plate and slice thinly. Set aside.
3. Lightly spray the same pan with oil and cook ham and onion until golden. Add capsicum, cabbage, peas, corn, and prawns. Cover and toss well for several minutes.
4. Add remaining ingredients except omelette. Stir until sauce has mixed through.
5. Fold in sliced omelette. Serve hot.



## Upcoming Events



DATE	EVENT	LOCATION	CONTACT
Tuesday 1st December 10am-2pm	International Disability Day Celebration FREE event provided by Disability Network Hunter Activities include entertainment, interactive activities, information stalls, and BBQ lunch	Speers Point Park	Lake Macquarie City Council Jenny Webb - 4921 0517 jwebb@lakemac.nsw.gov.au
Wednesday 21st December 2pm-5pm	Free Youth Holiday Activity Featuring "Mastercook" and various other activities	Toronto Foreshore	Salvation Army Oasis Hunter Youth Service James Cameron - 0478 301 260 james.cameron@ae.salvationarmy.org
Various dates in January	Department of Sport and Recreation various school holiday activities. Costs vary	Various Locations	Department of Sport and Recreation Kyah Stewart or Gerald Bradshaw - 4926 1633 kyah.stewart@communities.nsw.gov.au or gerald.bradshaw@communities.nsw.gov.au

## Are you Emergency Ready?

Lake Macquarie residents are being encouraged to sign up for free alerts so they can get advance warning of severe weather events from storms and floods through to tsunamis.

Lake Macquarie City Council now subscribes to the Australian Early Warning Network (EWN) to give residents the opportunity to sign up to receive free emergency alerts to mobile phones, home phones, pagers, automated phone calls, and email.

EWN monitors and tracks potentially dangerous weather systems and uses the network to alert people directly in the path of an event, such as a thunderstorm, with the potential for hail, flash flooding, or damaging winds.

The severe weather warning alerts help residents be ready for emergencies and to stay safe and protect property. It gives people more time to take appropriate actions to protect their loved ones and themselves as well as their homes and businesses.

Sign up now for your free alerts at [www.ewn.com.au](http://www.ewn.com.au).



Artwork (front) supplied by Cherie Johnson

Artist statement

This weaving was created while attending a workshop with the western weavers and knowledge holders from the Coorong and Yirrkala regions in 2008. While this art work is contemporary in nature, design and materials, it is based upon a traditional weaving technique used in my country the Gamilliori and found in archives as being collected from Hunter region where I now live. Aboriginal people used woven objects in their everyday life for purposes such as mats, ropes, baskets, dilly bags, fishing and bird traps. Traditionally both males and females would know how to weave to mend items; however it was the select few who would create the majority of the woven items for their families.