

# Koori Grapevine

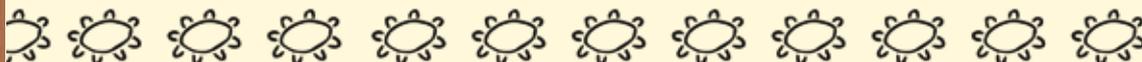
September – November 2012 | Edition #4

Welcome to our third edition of the Lake Macquarie Koori Grapevine newsletter.

We are currently looking for article ideas for our upcoming editions. If you have a good news story, local talent to showcase, or an event happening in the Lake Macquarie area we would like to hear from you!

Simply contact Aboriginal Community Development Officer, Sarah Neal, on **4921 0441** or email **sneal@lakemac.nsw.gov.au**.

Happy reading!



## Artefacts returned to the Lake

Council has worked with members of the Aboriginal community to successfully return 328 artefacts of the Kurra Kurrin Petrified Forest to the waters off Fennell Bay.

A local resident found the artefacts on his property a number of years ago. Since then Council has been working with the Aboriginal community to return them. Members of the Aboriginal community came together to form a Stakeholder Advisory Group to guide Council on the culturally appropriate practice for the items to be returned.

The Petrified Forest holds high cultural significance to the local Aboriginal community, with many dreamtime stories relating to the artefacts.

To celebrate the return of the artefacts, the Stakeholder Advisory Group held a whole of community celebration in August at Blackalls Park Reserve. Over 80 community members including local school students attended to celebrate the day.

The project would not have been possible without the support and guidance from the Stakeholder Advisory Group, which included representatives from the following organisations: Westlakes Aboriginal Elders, Bahtabah Local Aboriginal Land Council, Awabakal Traditional Owners Aboriginal Corporation, Indigenous Learning, Landcare and the Office of Environment and Heritage.

Thank you to everyone involved for contributing to the project and ensuring the future protection of the artefacts.



Members of the Stakeholder Advisory Group on the day the artefacts were returned.



CEO of Bahtabah Local Aboriginal Land Council Michael Green addressing the crowd.



(L to R) CEO of Bahtabah Local Aboriginal Land Council Michael Green, former Mayor of Lake Macquarie Councillor Greg Piper MP and member of the Westlakes Aboriginal Elders Uncle Jim Ridgeway after the ceremony.



Bush tucker was served at the event.



(L to R) Kerrie Brauer, Michael Green and Auntie Zelma Moran examine one of the artefacts



# Awabakal's Chronic Disease Care Team has commenced in Toronto

Awabakal Aboriginal Medical Service has put together a Chronic Disease Care Team. The team includes a Podiatrist, Diabetes Educator, Dietician, Closing The Gap worker, Aboriginal Health Worker and Transport Driver. All team members are Aboriginal and are committed to providing services to the local community. The service will be provided at four locations including: Awabakal Aboriginal Medical Service Hamilton, Moorook at Williamstown, Karuah and Toronto.

Each Monday the team will visit one of the sites, and provide health service. The team has been set up to provide best practice in detection, prevention and management of chronic disease for Aboriginal and Torres Strait Islander people in the area. Other objectives improve quality of life, reduce barriers, improve self management and understanding of chronic disease, and reduce hospital admission.

The chronic care team will take a holistic multidisciplinary team approach, taking time to make sure patients are happy and understand what treatment plan is being proposed and patients are involved in this process. The team is dedicated to providing culturally appropriate service to the community. There are also other visiting health professional services that will compliment the team, and which will make the service a one stop shop for health service. Transport will also be offered for those that need it, but it is limited to attending appointments for the chronic care team.

## Toronto Clinic Dates

The Chronic Disease Care Team visit Toronto on the 3rd Monday of each month.

You can find the clinic at 91 The Boulevarde.

## The next clinic dates are:

- 17th Sep
- 22nd Oct
- 19th Nov and
- 17th Dec

which is every 3rd Monday of the month.

To make appointments or enquires call Helen **0408 200 573** or Awabakal Aboriginal Medical Service **(02) 4907 8555**.

## Drumming to the top

At the ripe age of 8 years old, young Brayden Harrison is literally drumming his way to the top. The up and coming muso is a Year 2 student at Windale Public School and has been drumming since the age of 3 years old. Brayden made his first debut this year, starring in this year's Star Struck Performance at the Newcastle Entertainment Centre, and made history as the youngest drummer to perform at the concert.

Brayden list of public performances is growing, with one of his most recent being to perform for The Minister for Aboriginal Affairs, the Hon. Victor Dominello MP on his recent visit to Windale.

Community members that attended the 2012 Eastlake NAIDOC Celebrations held at Pelican Park in July were also given the opportunity to see Brayden perform.

Coming from a family of musicians, Brayden has taught himself how to play, with only just receiving professional lessons in the last twelve months.

Brayden's Mum Nicole Harrison, who is the Aboriginal Community Engagement Officer at Windale Public school said it Brayden is just one student at Windale Public School that enjoys music, with other children being interested and involved in a range of instruments.

Goodluck Brayden for all your future drumming endeavours!



Brayden Harrison ready for a drumming session



# A successful NAIDOC Week in Lake Macquarie

NAIDOC celebrations were in full swing across Lake Macquarie this year.

Lake Macquarie City Council hosted a morning tea to celebrate NAIDOC Week 2012. Community members and staff came together in July to celebrate NAIDOC week at Council's flag raising ceremony and morning tea.

Local Elder, Uncle Jim Ridgeway, performed a Welcome to Country, Michael Davidson ("Mick Didge") played the didgeridoo, and Professor John Lester gave a keynote address on the 2012 theme "Spirit of the tent embassy: 40 years on".

Former Mayor, Greg Piper, Uncle Ken Goodwin, and Lake Macquarie Youth Advisory Council member, Jacob Taylor, took part in the flag raising ceremony before morning tea was served.

Toronto and Windale libraries also took part in NAIDOC celebrations this year with school holiday activities which were well attended.

Many other events took place across the City to celebrate NAIDOC Week, including the Westlake NAIDOC Family Fun Day at Toronto and the Bahtabah Eastlake NAIDOC Gathering at Pelican Reserve, which were very successful events.

In 2012, Council launched the Lake Macquarie NAIDOC Fund and was able to financially contribute to the following organisations NAIDOC Week activities: Biraban Public School, Bonnells Bay Public School, Cardiff North Public School, Community Activities Lake Macquarie, Eastlake Youth Centre, Fennell Bay Public School, Gateshead Public School, Gateshead West Public School, Lake Macquarie High School, Morisset High School, Swansea Public School, Teralba Public School, Warners Bay High School, West Wallsend High School and Whitebridge High School.

Congratulations to all of the hard working people that worked on the 2012 NAIDOC Week celebrations across Lake Macquarie!



Mick "Didge" Davidson plays the didgeridoo while (L to R) Lake Macquarie Youth Advisory Council member Jacob Taylor, former Mayor of Lake Macquarie Councillor Greg Piper and Westlake Elder Uncle Ken Goodwin raise the flags



(L to R) Selina Archibald and Councillor Wendy Harrison enjoy catching up at the morning tea



(L to R) Michael Green, CEO of Bahtabah Local Aboriginal Land Council and community member Aunty Laurel Williams celebrate NAIDOC Week 2012



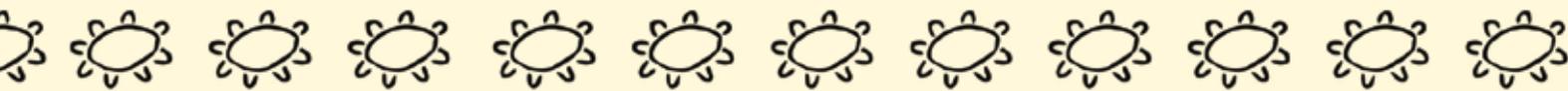
Sherah Scully from Toronto Library assisting a community member with some library resources at the Westlake NAIDOC event



Tony Ridgeway translates the Welcome to Country that Uncle Jim Ridgeway performed as part of the official proceedings



(L to R) Keith Cochrane from Toronto Court, Toby Whaleboat representing Bahtabah Local Aboriginal Land Council and Callan Nickerson from the Indigenous Coordination Centre Celebrate NAIDOC 2012



## Upcoming Events

DATE	EVENT	LOCATION	CONTACT
Saturday 20 October 1pm-3pm	Learn about the importance of backyard habitat for local native animals, and discover how to create a frog pond and possum nest box in your own backyard.	Council Customer Service Centre 126-138 Main Rd, Speers Point	Lake Macquarie City Council <b>4921 0333</b>
November Date TBC 9.30am-11.30am	Bahtabah Cultural presentation and bush tucker walk presented as part of Council's Seniors Program.	Bahtabah Local Aboriginal Land Council 44 Pacific Hwy, Blacksmiths	Lake Macquarie City Council <b>4921 0333</b>

## Do you know of someone who needs aged care assistance?



Anglican Care is an innovative and progressive not-for-profit provider of aged care services throughout the Hunter and Central Coast regions, providing services to more than 1000 residents and clients and employing 640 staff. The services that Anglican Care provides include Retirement Living, Residential Care and Community Care.

Of particular interest to people living within the community in the Lake Macquarie Local Government Area are Anglican Care's Community Aged Care Packages and our Day Therapy Centre.

Community Aged Care Packages are tailored to suit your individual needs with low level care in your own home. Services may include things such as light housework, medication supervision, laundry assistance, shopping, meal preparation, social activities, assistance with mobility, home respite for carers and transport. Anglican Care's aim with the provision of these packages is to ensure you receive excellent care and assist your quality lifestyle within your own home whilst respecting your privacy, culture and values.

Our Day Therapy Centre is located at our Booragul site with services specifically designed for seniors to provide an interactive and social environment where people can meet for the day and enjoy a program that promotes and maintains wellbeing. All about fun, laughter and good times, some of the services the Centre provides include physiotherapy, diversional therapy, nursing, hairdressing, podiatry, community outings, concerts, Tai Chi, transport, morning tea and a two course lunch.

If you are interested in receiving further information about Anglican Care's services, please contact our Care Choices Advisor on **4958 0000**.

## 15 minutes of fame: James Charles

**Name:** James Charles

**Where are you from:** Kurna country (Adelaide Plains)

**Job:** Podiatrist and Lecturer at the University of Newcastle

**Favourite bush tucker:** Kangaroo – An old fella showed me the best way to cook it, diced up in small pot with lid on, about an inch or so of water, with diced potato and onion, meat becomes real tender.

**Favourite sport:** Played a lot of sport love AFL but cricket is my favourite

**Hobbies and interests:** Fishing, going to the beach, playing cricket

**What are your ambitions in life:** Doing research and getting my PhD, also seeing my five boys getting an education, and good jobs

**What services can you provide to community members:** Everything foot related, but to give people some idea of the things I do – work on callus, corn, ingrown nails, warts, wounds, ulcers, fungal infections, foot pain especially the arch and Achilles, ankle problems. Some people have difficulty cutting their own nails because they can't bend down, or eye problems, or their toe nails are too thick to cut. I can help community members with all of this and more, some people say "how can you work with feet" but I don't even think about it, I just like helping people.

James works as a Podiatrist in the Awabakal Chronic Disease Care Team