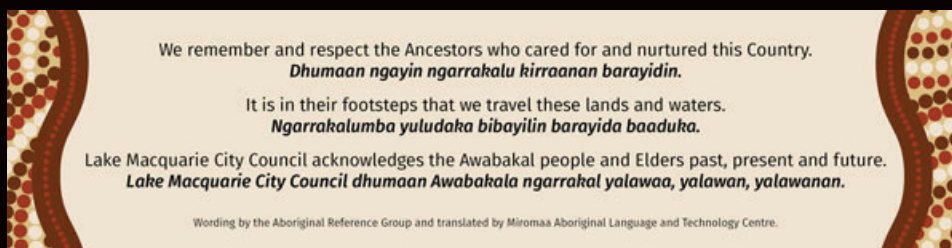


Koori Grapevine

Please be advised images and/or names of people passed over may appear in this publication

December 2022 - February 2023

Wandakalua - Welcome to the summer edition of the Koori Grapevine, edition #43 and my finale. We hope you enjoy the read. Contributions are welcome.
"One person can truly make a difference" Ralph Waldo Emerson



MOVING ON FROM COUNCIL

It is with mixed feelings and emotions, I made the decision to move on from my 10-year role as Aboriginal Community Development Officer at Lake Macquarie City Council.

Seconded to this role for six months, from my position of Communications Officer at Lake Macquarie Landcare, commencing on 2 January 2013, was at first quite daunting, moving over to the 'big' Administration Building from the portable sheds at Teralba but I managed to find my way around eventually. During these years, I have established so many beautiful friendships and will continue to maintain these friendships as I move on to Wesley Mission on 4 January, 2023 as Senior Workplace Mentor, a newly created identified role.

My gratitude is endless for the support and respect I have been given from everyone at Council and in Community, from people from a variety of backgrounds, positions

and all walks of life. And Council's EAP program with New Psyche psychologists really helped me get through some recent rough patches, so I would recommend to any Council staff to reach out if you feel the need to.

I have wanted to catch up with many of you to let you know in person or by phone, but simply and under the pump finalising things before leaving. I wish the next person in the role all the very best and know Council and Community will also give whoever this is the support needed.

So, this is not goodbye, it is 'see you round' whether personally, professionally or Facebook.

To stay up to date with Community Information visit Council's Community Noticeboard or ask to join the Newcastle Aboriginal and Torres Strait Islander community Facebook group.

Take care of yourself and each other, it is much easier to be kind than not.

With much love, respect, regards and thank you.

Maree Edwards

2023 YOUTH WEEK GRANTS

2023 Youth Week Grants of up to \$1000 to eligible organisations to run activities and programs with young people in April 2023 are open until Friday 17 December 2022. Information and an application form are on Council's website, search for Youth Week.



FIRE AND RESCUE NSW – DEPLOYMENT TO RURAL MOB AND COMMUNITIES

With so much devastation happening in NSW rural communities due to more recent flooding, Fire and Rescue NSW, have deployed two separate crews of Aboriginal Firefighters to assist mob, missions and communities with cleaning up, handing out food and water supplies, colouring books and little Fire helmets to the children, and lending an ear to mob doing it tough. Based in Parkes, some of the towns they have assisted so far are Forbes, Condoblin and Eugowra, which at the time of visiting, still had houses uprooted from piers in the middle of roads and much more destruction.

I am proud to say, one of these Firefighters is my son, Cody, who has been keeping me updated regularly how things are going. The crew of four also visited Local Aboriginal Land Councils and were given a tour of the Wiradjuri Study Centre in Condoblin. The Wiradjuri Study Centre was constructed with the purpose of promoting the study and understanding of the local Indigenous Wiradjuri culture. The

Centre offers a local hub for training, development and employment, cultural appreciation, cultural awareness and heritage issues, a keeping place and a space to yarn up. Local Indigenous art and products are available for purchase.



L-R Qualified Firefighters, Cody Edwards and Derek Walker, Station Officer, Phil Riley and Senior Firefighter, Jye Doyle

EXCITING OPPORTUNITY FOR 16-23 YEAR OLD LAKE MAC YOUTH

Council is calling for Expressions of Interest (EOI) from 16-23 year old residents of Lake Macquarie for a paid scholarship on a ten-day voyage in June 2023 on the Young Endeavour. The EOI process is open until midnight 11 December 2022 and the application form is online and can be found on Council's website by search for 'Young Endeavour'.



13 YARN
"Our Story, Our Healing"

**13YARN (13 92 76)
24HOURS/7DAYS**

Earlier this year, Lifeline announced the launch of 13YARN, the first national crisis support line for mob. Designed, led and delivered by Aboriginal and Torres Strait Islander people, 13YARN (on 13 92 76) will offer a confidential, one-on-one yarning opportunity for mob with a Lifeline Australia trained Aboriginal and Torres Strait Islander Crisis supporter 24 hours, 7 days a week. 13YARN is was developed in collaboration with Lifeline Australia and Gayaa Dhuwi (Proud Spirit) Australia. The service has been co-designed with expertise from Lifeline and several Aboriginal mental health professionals including NACCHO Australia, Black Dog Institute Aboriginal Lived Experience team and the Centre for Excellence in Suicide Prevention. Input has also been sourced from Torres Strait Islander, remote, regional, and urban peoples with lived experience. If you, or someone you know, are feeling worried or no good, we encourage you to connect with 13YARN on 13 92 76 (24 hours/7 days) and talk with an Aboriginal or Torres Strait Islander Crisis Supporter.

DISABILITY ROYAL COMMISSION

HAVE YOUR SAY!

The Royal Commission into Violence, Abuse, Neglect and Exploitation of People with a Disability wants to hear from people with disabilities, carers, families, support workers – anyone with a lived experience that has feedback and a contribution to make. This is a chance to tell your story and help bring about positive changes in the disability space. Do not be deterred by the word 'submission' - there is no set format, it doesn't have to be detailed or even written, it can be a recording of your story or even a painting.

Some of the common issues being found in submissions to date are discrimination and exclusion, barriers to accessing community services, issues with the NDIS, children being excluded from school, discrimination, and lack of support in the workplace and the disproportional impact of family violence for women with a disability.

Those who are thinking about making a submission are encouraged to contact Your Story Disability Legal Support if advice and support is required prior to making a submission. Your Story Disability Legal Support is available in all states and territories offering free independent, confidential support

to make submissions to the Disability Royal Commission, which is currently open until Saturday 31 December 2022. It is not compulsory to contact this service but could be useful if you have concerns about privacy and confidentiality or naming a service provider or other agency that you need to maintain a relationship with, such as a school or an employer. The service can also link people to free counselling and support, interpreting and Auslan services and specific support for Aboriginal and Torres Strait Islander people.

You can access the Your Story Disability Legal Support website Home - Your Story Disability Legal Support which includes a webpage for Aboriginal and Torres Strait Islander peoples Aboriginal & Torres Strait Islander peoples - Your Story Disability Legal Support. You can also access the Royal Commission into Violence, Abuse, Neglect and Exploitation of People with Disability website Royal Commission into Violence, Abuse, Neglect and Exploitation of People with Disability.

NOMINATIONS ARE NOW OPEN FOR THE 2023 LAKE MAC AWARDS

Help us celebrate the incredible people in our community and acknowledge the unsung heroes and high achievers who have made an outstanding contribution to our city.

The 2023 Lake Mac Awards recognise excellence and outstanding contribution in leadership, advocacy, innovation, bravery, skill or community spirit.

Categories include:

Sports

- Lake Mac Young Sports Star
- Lake Mac Sports Star
- Lake Mac Sports Leader

Arts and creativity

- Lake Mac Artist and Creator
- Lake Mac Arts Leader

Volunteering and community contribution

- Lake Mac Young Citizen of the Year
- Lake Mac Senior of the Year
- Lake Mac Ambassador
- Lake Mac Volunteer of the Year
- Lake Mac Community Group of the Year

Events

- Lake Mac Community Event of the Year

Environmental enhancement

- Lake Mac Environmental Leader

Nominate a person, group or yourself by 12 December 2022. Winners will be announced at a formal gala event on Saturday 11 March 2023.

The awards are open to individuals and groups based in Lake Macquarie, although their contributions may benefit the wider community.



JANUARY

Thursday 26 - Survival / Australia Day

Survival Day commemorates the survival of Aboriginal and Torres Strait Islander peoples and culture since 1788, recognising maintenance of their traditions, continuing care of the land and making their voices heard.

FEBRUARY

Monday 13 - Anniversary of the National Apology

This is the date of the anniversary of the National Apology, made by Prime Minister Kevin Rudd, to Australia's Aboriginal and Torres Strait Islander peoples, particularly the Stolen Generations.

MARCH

Wednesday 15 - Tuesday 21 - Harmony Week

Harmony Week celebrates Australia's cultural diversity and the importance of making our society inclusive and respectful so everyone can feel a sense of belonging.

Thursday 16 - National Close the Gap Day (Third Thursday in March annually)

National Close the Gap Day is an initiative of the National Close the Gap Campaign for individuals and organisations to pledge support for achieving Indigenous health equality by 2030.

Aboriginal people have a gap of almost 10 years in the average life expectancy than non-Aboriginal Australians.



NOVEMBER

Friday Night Foodies at MAP mima

November - March

For a Friday night treat, grab dinner by the lake at the Multi-Arts Pavilion, mima (MAP mima). We'll be hosting a selection of local food vans on site from 5pm until 8pm each week from 4 November to 31 March 2023. Enjoy the art and a local wine or beer in our outdoor licensed area, with a different food vendor each week.

Friday Night Foodies will deliver a series of curated events, delicious eats from a selection of gourmet food trucks on site, a bar stocking local beer and wine and cheeseboards from Harry and Lola's.

DECEMBER

Lake Mac Carols

Sunday 11 3-8.30pm

Lake Macquarie City Council is proud to present a spectacular evening of entertainment, as we count down to Christmas at the Lake Mac Carols event at Speers Point Park.

The free event will feature kids' activities along with food trucks, roving entertainment and a jam-packed main stage program from 5pm-8.30pm including a special visit from Santa!

JANUARY 2023

Free Aboriginal Cultural Awareness Training - Facilitated by Speaking in Colour

Tuesday 23 9am-Noon and 1-4 pm

At Council's Administration Building. Bookings will be essential as numbers are limited. Contact Council on 4921 0333.

FEBRUARY 2023

Seniors Concerts for Seniors Festival 2023

Wednesday 1 9.30am for 10am start

Rathmines Theatre, Rathmines

Wednesday 8 9.30am for 10am start

Warners Bay Theatre, Warners Bay

Bookings will be essential as numbers are limited. Contact Council on 4921 0333.

For further information please email council@lakemac.nsw.gov.au or phone 4921 0333.

For additional information on Council events, including Over 55's programs, Community Noticeboard, Lake Mac Libraries, SEEN@Swansea, Rathmines and Warners Bay Theatres, MAC yapang and MAP mima events and workshops, visit lakemac.com.au or phone 4921 0333 during business hours.