monitored over 130 sites, attended another 70 site meetings or inspections, and provided over 10 Aboriginal Sites Awareness training sessions. None of this could have taken place without the ongoing support of Councillors, Council staff, the local community and volunteers. We'll leave you with some kind words from the Premier and Member for Manly (where we now are based), the Hon. Mike Baird MP:

“There are many things to celebrate in this milestone – the ongoing partnership of local councils in sharing staff and resources to help protect Aboriginal heritage, the direction and involvement of Aboriginal people in providing this service to the residents and community, and the innovative and collaborative award-winning programs being carried out. In a quiet yet determined manner the Aboriginal Heritage Office has not only achieved a first in Australia at local government level for the management and promotion of Aboriginal heritage, it has also put out a challenge to other councils to match its successes. I look forward to hearing more about this successful partnership.”

Mike Baird
Premier
Member for Manly
For most people, the plants and correct cooking methods used for bush foods are still a mystery. But Aboriginal people have been eating bush tucker for at least 50,000 years. They found ways of surviving that required detailed knowledge of their environment. Aboriginal people used plants for medicine, healing and tools. Their diets and food preparation techniques depended upon their region, season, and climate. An average of five hours a day was spent gathering food, hunting for animals, digging for roots, and collecting vegetables, nuts, fruits and seeds. They also spent time making spears, fish hooks, and fish nets and preparing food or performing other tasks that would ensure food supply. Men were responsible for hunting most of the animals. These included kangaroos, wallabies, possums, birds, various types of seafood, and reptiles—even snakes and lizards. They used spears, harpoons, nets, traps, clubs and boomerangs. Women were responsible for gathering plants, shellfish, fish, insects, and sometimes smaller game like quolls and kangaroo rats. They used specific tools and equipment for their daily tasks like coolamons, digging sticks, and dilly bags. A coolamon is a bit like a wooden basket and can be made in different sizes. It is used for gathering food such as nuts, grass, seeds and shells, but it can also function as a cradle for a baby. The digging stick is a hard wooden pole sharpened at one end to assist in finding food by digging up roots, bugs, and small reptiles. It was also used to dig earth ovens and strip bark off trees. The dilly bag is a traditional Australian Aboriginal bag, generally woven from the fibres of the plant species Pandanus. Aboriginal people were also able to make medicine from plants to treat diarrhoea, coughs, ear infections, head and stomach aches, eye infections, fever, warts and ulcers. They were also able to treat wounds, burns, insects bites and snake poison.

The interest of European Australians in products unique to their environment is growing. Chefs have begun exploring new tastes and combinations using local ingredients. Perhaps the best known native plant is the macadamia nut, which was first commercially cultivated in the 1880s and has become extremely popular around the world. Fruits are also commercially harvested. Many fruits can be eaten raw, but they are often processed as jam, chutney sauce, and lollies.
Woollarawarre Bennelong was born around 1764 as a member of the Wangal clan. He lived on the south side of the Parramatta River, which was a rich fishing area. In fact, he was named after a fish, which was likely his personal totem. When Bennelong was about 24 years old, after he had completed most, if not all, of his initiation ceremonies and was viewed as a full man by his tribe, a convoy of British ships arrived carrying more than 1,000 men, women, and children to the land Bennelong had known all his life.

Undoubtedly, the first Australians would have been very confused and anxious about the arrival of so many people. What’s more, at first they weren’t sure if these newcomers even were people! From a distance, the ships looked like floating islands with possums running up and down their trees (which were masts). Then, closer, with their white skin and clothes that disguised their human anatomy, the new people could have been evil spirits or the ancient ancestors or worse.

Unsure of how and when to approach these people (and whether or not they should), the Aboriginals kept their distance. But the governor of the British newcomers wanted to make friendships with the indigenous people and learn from them how to survive in this land that was foreign to the British.

On Nov. 25, 1789 at Kayeemy (present day Manly Cove), Bennelong and Colbee were kidnapped by the British. Colbee managed to escape on Dec. 12, but Bennelong was shackled in the British settlement until April the next year, and then he escaped in May. In the mean time, Bennelong learned about British culture, language, and people. He also developed a friendship with Governor Phillip, in whose house he lived. Similarly, Bennelong taught the British his mob’s names of places, customs, and language.

Three months after he escaped, Bennelong invited Governor Phillip to visit Manly and join in a whale feast, since a whale had washed up on the beach and it was customary for several tribes to gather and eat it together. It was here that a payback ritual was completed and Governor Phillip was pierced with a spear in retribution for the kidnappings. After payback, Bennelong and Phillip maintained their friendship and preserved a level of peace between the British and the Aboriginals, at least until Bennelong went to visit England in 1792 with Phillip, and a new governor took over.

When Bennelong rejected British culture and instead rejoined his people after visiting England, he was scorned and depreciated by the British. Disgusted with British racism, violence, and ecological and cultural insensitivity, Bennelong resisted British occupation until his death in 1813, which was likely due to alcoholism from liquor introduced by the British.

Movie Review

_Ninja Turtles (2014)_

After seeing the trailer for the film, I was not really impressed. Four turtles and one rat fight against the bad guys to save the world? Not a good reason to go to the cinema except for Megan Fox Fans. But after watching the movie I have to say that is a funny movie for teenagers and has a lot of martial arts fighting, a flashback to a devastating fire, and near death in another world.
Hi, my name is Celeste Guhl. I am from Texas, and I am in my last year at the University of Massachusetts Amherst. My degree is in History and Comparative Literature, and I also study film and Spanish. I studied in London a year and a half ago, and I loved it, so I wanted to study abroad again! This semester, I am spending three months in Sydney, where I am taking classes at Australian Catholic University and doing an internship with the Aboriginal Heritage Office. I will be helping to manage the museum, update the brochures and information plaques, assist with educational programs, and shadow other members of the AHO when they do field work. After my internship, I will graduate, travel through Southeast Asia, and then prepare to teach English abroad.

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My name is Anne-Sophie and I come from Germany. I am 18 years old and live in a small city near Magdeburg. This July, I finished my High School certificate equivalent. I decided to take a gap year between my High School and my University studies because I love to travel around. I want to learn something about the culture of different countries and improve my English. I decided to come to Australia for 5 months because it’s a totally different country compared to Germany. The people are always kind and friendly, the sun shines the whole year, and the beach is not far away. For the first 4 weeks I had an English course in the city, and I really enjoyed my time there. I met many people from different countries all around the world and had a great time with them. Now I’m at the Aboriginal Heritage Office and am doing an internship here for 3 months. I have learned many things about the culture and history of Aboriginal people around Sydney, and I’ve had a chance to see Sydney from another side. After my internship, I have 4 more weeks in Australia before I fly back home. I want to use this time to travel to New Zealand or Bali. Next year I want to start to studying medicine in Dresden.

Guten Tag!

My name is Anne-Sophie and I come from Germany. I am 18 years old and live in a small city near Magdeburg. This July, I finished my High School certificate equivalent. I decided to take a gap year between my High School and my University studies because I love to travel around. I want to learn something about the culture of different countries and improve my English. I decided to come to Australia for 5 months because it’s a totally different country compared to Germany. The people are always kind and friendly, the sun shines the whole year, and the beach is not far away. For the first 4 weeks I had an English course in the city, and I really enjoyed my time there. I met many people from different countries all around the world and had a great time with them. Now I’m at the Aboriginal Heritage Office and am doing an internship here for 3 months. I have learned many things about the culture and history of Aboriginal people around Sydney, and I’ve had a chance to see Sydney from another side. After my internship, I have 4 more weeks in Australia before I fly back home. I want to use this time to travel to New Zealand or Bali. Next year I want to start to studying medicine in Dresden.
Banana bread:

- 100g butter
- 1 cup sugar
- 2 eggs
- 1 1/2 cups of plain flour
- 1 teaspoon of bi carb soda
- 3 bananas, mashed
- 1/2 cup fresh ribberries (lilly pilly)
- 1/2 tspn salt
- 1/2 teaspoon vanilla

During the last few weeks, I ate many sandwiches and pies, and I started to miss the German bread. But I really like one dish here: the banana bread. That’s the reason why the recipe of the month is a banana bread with bush plants and banana ice cream.

First, cream the butter and the sugar in a food processor. Then add the mashed banana and the eggs. Process until it is blended, then add the ribberries in a bowl. Mix the sifted flour, soda, and salt together in a separate bowl. Stir the dry mix into the banana mixture, and add the vanilla. Pour it into a greased loaf pan that has been lined with baking paper. Bake the banana bread at 175 C for about 60 minutes.

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Quiz

Complete the crossword below

**Across**
1. The basic protein in the diet of coastal Aboriginals
2. Well-known native nut that has become popular worldwide
3. Polished tool that the Aboriginal male used for hunting
4. A typical plant that Aboriginals used as medicine; basic diet of koalas
5. Name of traditional Aboriginal bags
6. A common white and pink fruit found around Sydney
7. Plant with juicy, sweet tubers eaten by coastal Aboriginals

**Down**
1. spear
2. ‘Dilly’ bag
3. Wombat Berry
4. Eucalyptus
5. Marahamba
6. seafood

Quiz Answers

1. spear
2. ‘Dilly’ bag
3. Wombat Berry
4. Eucalyptus
5. Marahamba
6. seafood
7. ‘Dilly’ bag
Track of the Month
The Manly Scenic Walkway

One of the famous and most scenic walkways in Sydney is the Manly Scenic Walkway (Manly to Spit Bridge), opened in 1988. Walkers are able to contrast the old and new Australia as they pass by modern harbour sides suburbs juxtaposed with Aboriginal sites. The walkway passes through Sydney Harbour National Park, Council bushland reserves, local harbours, side streets, and paved paths. It is almost 10 km long and takes 3 to 4 hours to walk in each direction at a steady pace. All flora, fauna, Aboriginal sites, rock formations and historic structures are protected on the walk. The walkway is well signposted with a number of entry points and information boards along the track. A recent addition to the walkway is a 9.5km North Head circuit track which also takes approximately 3 to 4 hours to complete. Commencing and finishing at Manly Wharf, this newer section allows visitors to experience the natural beauty and history of North Head via Shelly Beach, Spring Cove, and Little Manly Reserve.

Always take water, hat, and sun screen.

To see the track in more detail, visit: http://www.manly.nsw.gov.au/attractions/walking-tracks/manly-scenic-walkway/

Photos courtesy of Manly Council.