Hi everyone,

Welcome back to the AHO newsletter!

Well, 2019 is off to a great start! We have several projects underway, and a few starting up soon. We are settling into our new office, and even have some new faces around the place. We are excited that our volunteer monitoring is starting back up, as are Yarn Ups. These community engagement activities are important to us at the AHO, and we look forward to reengaging with all of you.

This newsletter aims to bring you updates on what’s happening at the AHO, and we hope a little fun and interest to your mailbox. If you would like to contribute anything, please email us at ahovolunteer@northernbeaches.nsw.gov.au

We look forward to seeing you soon,

The AHO team.

Volunteer News

We are organising a training night on Wednesday 13th of March, at 6:30pm, at our new office. If you would like a refresher, to catch up with staff, or know someone who would like to join our program, please RSVP to

ahovolunteer@northernbeaches.nsw.gov.au

In the meantime, if you are still monitoring sites, don’t forget to send us...
Unfortunately we are unable to open our museum to the public just yet, but we are set up and ready to go when the time comes! We hope you come and visit us when we can finally open!

Our new ceiling provides an interesting focal point.
We have a couple of new faces around the office this year. Dani has been with us for a few months, and Dina joined us in December 2018, and introduces herself below. We look forward to working with them both!

Phil has been off gallivanting through India and Nepal, and we wish him safe and happy travels. We look forward to stories and photos upon his return.

Hi, I’m Dina!

I grew up in Melbourne, before moving to Brisbane 6 years ago. There, I began an undergraduate degree in Anthropology at the University of Queensland. After a field school in Cyprus, digging up a Middle Bronze Age site, a passion for archaeology was born. I changed my degree to an Extended Major in archaeology, and went on to complete my Honours. My thesis was an in-depth look at the NSW legislative guidelines for assessing the scientific significance of Aboriginal heritage. I received a Class 1 Honours, and graduated in December 2017. From there, I began working in the Pilbara, Western Australia as a fly in fly out contractor to mining sites. This was again looking at Aboriginal heritage, mostly rockshelters, some inhabited at around 25-30,000 years ago! Following this, I began working for the AHO in December 2018, and will be the Volunteers Coordinator. I hope to stick around for a while to enjoy Freshwater beach… and the interesting Aboriginal heritage of course!

Aboriginal Heritage—Volunteers

Is someone you know interested in becoming a volunteer?

The Aboriginal Heritage Office is looking for volunteers interested in Aboriginal heritage, and the prevention of damage to vulnerable sites, achieved through regular site monitoring.

Volunteers will receive training, assistance and support from AHO staff, although experience in bush care, knowledge of sites, or having attended our walks or training sessions is an advantage.

The Volunteer Aboriginal Site Monitoring Program is a unique opportunity to gain a new perspective on Indigenous culture.

A training night is happening on Wednesday the 13th of March, at 6:30pm. To RSVP email: ahovolunteer@northerbeaches.nsw.gov.au
Bushwhacked (from Yarnupings, 2016: Issue 2)

With technological progress comes a quickening and more detailed accumulation of information. Getting a site location is a mere touch of a button on your smartypants phone. Where once you would look at a poor quality map, close one eye and guestimate the nearest mm to where you thought you were now your gadget will point out your location and the nearest hot beverage location for afers. When things become automated, there is no need to think (NNTT). Yet what happens if there is a glitch in the gadget? What happens if the satellites are sleeping, or the cliffs and trees block the signal? Where are you then? How can you survive the 21st century landscape without a guide to the next café?

The AHO is offering this once in a lifetime series of tips, Bear Gryls style, to help you if your digital DIY-location device fails to measure up to reality:

1. You are never truly lost
The great Paddy Pallin made this point. While you may not know where you are on the ground exactly, as long as you haven’t given up hope and closed your mind to everything you should still be able to picture where you want to go and consider options that will help you get there. Let’s face it, you can get waylaid in a shopping mall carpark so getting bamboozled in the bush is not difficult. The first thing to do is stop and resist the urge to panic. You may not know which part of a bush reserve you are in, but you’ll have a fair idea of which suburb or even city you’re in! That is actually a good place to start!

2. Sit and be happy
Unless (and even if) you are late for a very important date it is a very good idea to stop, sit and take stock before charging off in the direction your worried mind is demanding you go. A minute or even five minutes may seem like an eternity when you’re in a rush, but going in the wrong direction will add much further delays and complications to your journey. Sit, breathe (three deeper breaths from nose to belly and back – try it now), listen. We have two ears and not only does this make it easier to wear glasses, it also allows us to hear in stereo. Try to work out where the nearest traffic noise is coming from. Can you hear boats from a harbour area? Are there renovations taking place (there are always renovations, especially where there is a waterfront – who is ever content with a good view?)? Let the landscape provide some hints to where you are. Sit facing downhill, or facing in a northerly direction (see below) to help you create a map in your mind’s eye.

3. North is up

On most maps (street directories, brochures etc) north is at the top. In the mental map of the mind try to line up your memory of where you were going with north. Then see if you can line yourself up with north. In Sydney put your arms out either side and then try to face the sun. If the sun is in front of you, this is the northern half of the sky.

East will be to your right, west to your left (in the southern hemisphere the sun is always passing through in the northern part of the sky, which is more pronounced in winter when the sun is hanging out more in the northern hemisphere, and the further south you go, the less overhead and more northerly the sun travels). If it is morning, the sun will still be rising from the east so it will be on your right. Likewise, in the afternoon the sun will be heading towards the west (on your left). Once you know roughly where north is, you can adjust your trajectory accordingly. If you really are quite mislaid, it is a good idea to head the shortest direction to the least losable landmark, eg a major road that you definitely will bisect.

4. Back is boring but better
It is usually better to backtrack than plough on. Our minds are naturally drawn to the new and different (advertisers and music-video producers know this) and going back to something familiar seems oh so passé and 20th century, but going back will normally get you out of a jam rather than deeper into it. Short cuts can actually mean just that, cuts and scratches from scrub and unfriendly vegetation.

5. A few things to remember

Phone a friend. Texting is better as it requires less signal strength, the message is clear and taking the time to compose the message can help you review the facts. Even if your device is broken, lost or out of signal, trying to explain your location to an imaginary friend can be helpful. Remember the politician effect. Exaggeration and fudging the facts. It is common to overestimate how far you think you’ve come in rough country (‘I must’ve come this far, it isn’t much on the map’), to underestimate your speed when on a track (daydreaming about winning the lotto and forgetting how long you’ve been walking/dreaming for), and making the map fit what you see (‘that definitely looks like this hill on the map, which means I’ve walked 10km in half an hour’). They might be lost too. If you find a half-beaten track, chances are other people are as waylaid as you, or they actually know where they are going (and it is probably away from where you want to be).
**Bite sized history of Freshwater...**

Freshwater, or “freshie” to the locals, was actually named Harbord up until 2008, when a public submission to Warringah Council saw it renamed to match the beach. The name Harbord was given to the town in honour of Lady Cecilia Margaret Carrington (nee Harbord), who was the wife of New South Wales Governor Lord Robert Wynn Carrington.

Freshwater beach was probably named thus after the stream of fresh water that ran down to the beach, where Oceanview Road is now. The beach and town have an important place in surfing history. In December of 1914, Duke Kahanamoku introduced surfing to Australia for the first time at Freshwater Beach. You can still see his first surf board on display at the Freshwater Surf Life Saving Club, where it has been since 1952.

Freshwater is located in the Northern Beaches Council, who are a big supporter of the AHO. There are a few Aboriginal sites located within Freshwater, and the Aboriginal connection can be explored through the garden pods located along Lawrence Street, close to our new office.

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**ANSWERS from our last Edition - If you can remember the clues! (Yarrupings 2017: Issue 2)**

**Crossword**

Across: 1 Treaty. 4 Yam. 6 Ra. 7 Mabo. 8 Gullible. 10 Tip. 12 Terra Nullius. 14 Eel. 16 Reform. 18 Mungo. 20 Bring. 22 National. 23 Descendant.

Down: 1 Together. 2 Tribal. 3 Yabun. 4 Yothu Yindi. 5 Map. 7 Me. 9 Lore. 11 Claim. 13 Recognise. 15 Yolgnu. 17 Equal. 19 Wave. 21 Roma.

**Quizerama 1**

1 Cathy Freeman. 2 C - Wiradjuri. 3 Uluru. 4 Emu & kangaroo. 5 Adam Goodes. 6 B - Too Deadly. 7 Clinton Pryor. 8 mob. 9 D - Archie Roach. 10 A - Meehni, Wimlah & Gunnedoo. 11. Waratah. 12. C - Anaconda.
This lovely beachside track will take you around the Long Reef Golf Course. There are several midden sites around this beach and track. Stop to enjoy the views at the Point Lookout, or have a dip in the water at Fishermans beach. Nearby parking and close to a few cafes, this is a great walk to take before or after that morning coffee.

**Where:** Collaroy NSW 2097  
**Grade:** Medium; formed track, gentle hills, occasional steps  
**Length:** 3km / 1 hour

*Remember* to always wear sunscreen, a shirt and hat, and to tell someone where you are going, if going out alone.
Down
2. Mechanism that makes racial harassment illegal (3)
3. Aboriginal children taken from their families are called the _____ generations (6)
4. The promotion of harmony between Indigenous and non-Indigenous Australians (14)
7. Used by Aboriginal people to refer to the land to which they belong (7)
8. The legal recognition of Indigenous ownership of land (11)
10. Another name for Uluru (5,4)
11. 28 Aboriginal people were killed by settlers in _____ Creek in 1838 (5)
13. A term used to describe Aboriginal spirituality (8)
16. A term used to describe the killing of Indigenous people by the early settlers (8)

Across
1. Terra____ means territory belonging to no one
5. ‘Freedom _____’ was the name of a demonstration led by Charles Perkins in 1965 (4)
9. Aboriginal identity
12. A term used to describe the multicultural nature of Indigenous Australia (9)
14. Spiritual beliefs (9)
15. A demand for land as a right (5)
17. Aboriginal English for a family group or community (3)
Quick Quiz:

1. Who was the first Aboriginal person to obtain a PhD in Archaeology in 2018?
2. Who was the first Indigenous Rhodes Scholar?
3. Which Aboriginal model won the Girlfriend Covergirl competition at 11 and is currently experiencing racist comments?
4. Who was the first Indigenous Australian to play in the National Basketball Association (NBA)?
5. Neville Bonner was the first Indigenous Australian to sit in the Parliament of Australia, but who was the first female Indigenous Australian to sit in Parliament?
6. Who was the first Indigenous Australian to become world champion (bantamweight boxing)?
7. Who was the first Indigenous Australian woman to be selected in the Olympic Games?
8. Who was the first Indigenous Australian to play first-grade level rugby league?
9. Who was the first Indigenous Australian to have a book published?
10. Who was the first Indigenous Australian to play Test cricket?

Recipe:

Ingredients:
- 1/3 (75g) caster sugar
- 1 vanilla bean, split
- 1 tbs caster sugar. Extra
- 2 tsp finely grated lemon rind
- 1 tbs lemon juice
- 1.2kg watermelon, peeled, quartered
- 125g blueberries
- 1/4 cup mint leaves
- 2 tbs hazelnuts, toasted, chopped
- Lemon zest, to serve

Instructions:
1. Combine the sugar, vanilla and 1/3 cup (80ml) water in a small saucepan. Cook over medium heat, stirring, until sugar dissolves. Bring to the boil. Cook for 2 mins or until syrup thickens slightly. Remove from heat. Set aside to cool.
2. Combine the ricotta, extra sugar, lemon rind and lemon juice in a bowl.
3. Cut the watermelon into small wedges about 2cm thick. Arrange watermelon on a large serving platter with blueberries and mint. Drizzle with vanilla syrup. Spoon over ricotta mixture. Sprinkle with hazelnut and lemon zest.

Too hot to cook? Try this delicious watermelon salad for a great breakfast, lunch or dinner!
**Movie Review**

1982 Das Boot (The Boat) 149 Min (Sony Pictures)...

Action, Drama, History & War

Starring: Jürgen Prochnow

*Das Boot* would be in my opinion the most realistic war movie ever made. If you are afraid of confined spaces it’s probably not the best movie for you to watch.

The movie is about a German U-Boat Captain and crew during the Second World War. It shows the struggles of the captain as he tries to maintain the crew’s professionalism during seemingly impossible missions, while all the time attempting to understand and obey the ideology of the government under which they are all bound.

The submarine’s captain (Jurgen Prochnow) is the rock the others depend on. He maintains calmness during the ordeal of being depth charged and his efforts to harass and destroy English shipping. The movie is about the extreme challenges the crew take on and the hardships people experience during war.

It is a gripping movie where realism takes centre stage and a timeless reminder that in war success is difficult to achieve and never without cost.

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Shhhh. The next page is for listening out for enemy subs...oh, or the bush. We invite you to set aside at least 28 seconds and give the land a chance to speak. *Ruhig, bitte!*
Aboriginal and Torres Strait Islander Significant Dates 2019

26th January  
Survival Day

13th February  
Anniversary of Apology to Australia’s Indigenous Peoples

15th March  
National Close the Gap Day

21st March  
Harmony Day

26th May  
National Sorry Day

27th May  
Anniversary of 1967 Referendum

27th May-3rd June  
National Reconciliation Week

3rd June  
Mabo Day

7th-14th July  
National NAIDOC Week

4th August  
National Aboriginal and Torres Strait Islander Children’s Day

9th August  
International Day of the World’s Indigenous Peoples

Artwork displayed on this document was developed by Gary Saunders, Indigital for North East Healthy Communities