

# YARNUPINGS

ABORIGINAL HERITAGE OFFICE NEWSLETTER ISSUE #1 MARCH 2021



northern  
beaches  
council





northern  
beaches  
council



# YARNUPINGS

ABORIGINAL HERITAGE OFFICE NEWSLETTER

ISSUE #1 March 2021

## Welcome to the first issue of Yarnupings for 2021

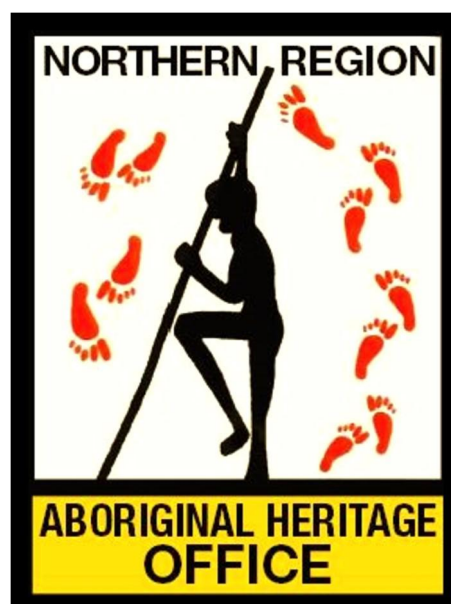
It's a bumper issue!

We're so excited to be back in the swing of things.

This issue celebrates 21 years of the AHO. Dave shares with you his memories and many an anecdote. We have shared some great photos with you. We also introduce you to one of our new volunteers and show the delightful way we were able to say thanks to all our volunteers—new and old. Phil writes about monitoring sites in the Lane Cove LGA with Samaka. The Museum is opening soon! There's some activities for the kids and a delicious recipe to try.

Please enjoy the first issue of Yarnupings for 2021.

The AHO Team— Dave, Karen, Phil and Susan.



## In this issue...

• Endeavor Voyage Exhibition .....	2
• Picture of Serenity .....	3
• From Little Things .....	4
• Volunteer News.....	12
• Lane Cove Monitoring .....	14
• Museum News .....	17
• Book Review .....	18
• Jarjum's Page.....	19
• Jarjum's Quiz.....	20
• Kakadu Plum Recipe.....	21



# Endeavour Voyage: The Untold Stories of Cook and the First Australians



<https://www.nma.gov.au/exhibitions/endeavour-voyage>

The Endeavour Voyage is a beautifully presented exhibition that weaves dreamtime stories, natural elements, historical accounts, artefacts, and artwork together to recounting the stories of the Indigenous people who came into contact with the Endeavour in 1770. The exhibition begins with a fabulous light display representing the three water spouts witnessed prior to the Endeavour arrival in Yuin country.

“The Ancestral waterspouts are a bad omen and warning. One Ancestral waterspout meant a bad omen, but three Ancestral waterspouts meant real bad omen.” - Aileen Blackburn (Monaro/ Yuin)

The exhibition is free and is on in Canberra until 26th April 2021. If you can't make it to the NMA, checkout the exhibition online, where you'll find powerful images and short films.

## Yarnupings Cover Images

Could you share your great location with me?



Hi Yarnupings Readers!

As you can probably tell, I don't mind taking a photo or two. I'm really keen to capture more beautiful moments for the Yarnupings cover. So, I would love for you to share your favourite local places with me so I can snap them and put them on the cover of our newsletter. Please email your fabulous location ideas to: [susan.whitby@northernbeaches.nsw.gov.au](mailto:susan.whitby@northernbeaches.nsw.gov.au).

In the meantime, turn the page and enjoy a sunrise from January this year. Watching the sunrise activates your pineal gland which is located near the centre of your brain. The pineal gland produces melatonin and helps with circadian rhythms which can help you feel good as the days get shorter and darker. Isn't that cool?





*Image: Susan Whitby*

# FROM LITTLE THINGS, BIG THINGS GROW



## – 21 Years of the Aboriginal Heritage Office

-by David Watts

Doesn't time fly! Twenty one years of the Aboriginal Heritage Office. It all started with North Sydney Council. North Sydney employed an Aboriginal Heritage Officer to fulfil the needs of recording and putting in place a management plan for archaeological sites within Council's boundaries. This was going against the usual process of paying an archaeological consultant to produce a one off 'Aboriginal Heritage Study' with little input from Aboriginal people. Once this was completed then the next task for the officer would be to design and develop a partnership of Councils to employ an Aboriginal person who would be shared between four Councils. Not an easy task! Bringing four Councils together some may think would be a recipe for disaster.

Putting politics aside as much as possible I set forth to liaise with many divisions within North Sydney, Lane Cove, Willoughby and Warringah Councils to create the first Aboriginal position at local government level to purely work on Aboriginal heritage to help protect sites and raise awareness. Once these Councils agreed on the arrangement North Sydney offered to be the host Council and the position was advertised. A few applications came in and interviews were undertaken. None of the applicants were suited to the position, so it was readvertised. I was asked to put in an application due to being the Aboriginal Heritage Officer that designed and planned the partnership and position. Interviews were undertaken once more. I only applied as the Councils requested me to so as to gauge all applicants against my experience. I was planning to start working for the Sydney Harbor Authority the following week, but Council said I stood out as the main candidate so they asked me to at least accept the position on a temporary basis so the project could kick off.





# FROM LITTLE THINGS, BIG THINGS GROW

- 21 Years of the Aboriginal Heritage Office

I knew the problems that would come from this role, but nevertheless I started. On the first day I was shown my cubical within the environment section. I quickly rejected it as there was no place for confidential maps and site cards and little room for anything else. I spoke to the Mayor of North Sydney and after a short but blunt meeting it was agreed I would work from home until one of the Partners came up with a separate working space.

Manly Dam was chosen and a small work area was given to me. Cramped, but it was a start. Initially all Aboriginal site cards for the area were copied from the National Parks Sites Register and the rerecording started. I noticed a lot of problems straight up as the information on the locations of the sites were way out of whack meaning that every site within the four Councils had to be found and exact locations replotted. No GIS, just maps and UBD. Along with this task an education program had to be provided and guided walks and many other basic tasks had to be done. The budget for the Office was a shoe string and didn't allow for other employees.

There was no budget for overtime, and what was to be 5 day working week at 35 hours turned into 7 day weeks sometimes at 14 hour days. I thought on occasion that the position was tokenistic and that the Councils were only in it for lifting the profile of the Council so as to be seen as doing something towards Aboriginal reconciliation. I was probably not the best person to get the position going as I had a plan in mind to make this opportunity a success. I made my thoughts and aspirations for what I expected for the Office well known when meetings were made between myself and Directors of Council along with Councillors and never took a backward step. A few years went past and luckily an archaeologist named Phil Hunt came back from a couple of year's trip around the world with his wife. Phil



Phil's favourite—paperwork!



Gareth and Dave when WHS was OH&S.



Oh, I loved that time I had to make small talk.



I said you could **borrow** it, Phil.

# FROM LITTLE THINGS, BIG THINGS GROW

## - 21 Years of the Aboriginal Heritage Office

was a close friend of mine and we'd worked closely on many projects when I was with the Land Council and he was with National Parks. There was an opportunity for a casual position due to some funding for a consultant. Quick as a flash the position was offered to Phil and with some persuading he accepted the role as consultant with the AHO (although it didn't get that name for a couple more years). A few hiccups arose as funding was always few and far between. A lot of problems with payments to Phil arose, and Phil sometimes went weeks without being paid.

Other Councils started joining the Partnership and the shoe string started to grow. Work didn't slow down as more Councils meant more work, but opportunities for casual positions arose and made the outcomes more achievable. The Office moved to Lane Cove Council depot. The 2 rooms were cold in winter and in the mornings standing in the sun outside was the only way to get warm. The toilet was about 50m away and a pain when it was raining. Cramped and sometimes very hot in summer computers sometimes shut down due to the heat. The resident possum occasionally left a wet pool on a desk. So many projects on the go at one time meant work was always busy and urgent. Enough funds were available to put on a part time Education Officer, with Brad Webb and Athena Mumbulla taking on the role at different times. Another benefit was when visitor Aileen Forbes was immediately sacked as a new volunteer when I found out she had a website business. I hired her to build the AHO website instead.



Fixing the camera to OB1.



Volunteer fancy dress party.



Volunteer Site Monitoring Program.



Samaka offers to go first.



# FROM LITTLE THINGS, BIG THINGS GROW

## - 21 Years of the Aboriginal Heritage Office

Next the Office moved to a condemned building in Chatswood on a temp basis due to its planned demolition. With the floor to ourselves it was a peaceful time and even the toilets were just down the hall! Within the year of being at Chatswood we moved again to Northbridge to an unused Council space. Just a huge empty space. No desks, work areas or separate rooms, no air-conditioning. Not even a power point. Zilch. So I started the ring around to get everything that was needed. Carpenters started erecting walls and a room for education along with an overhead projector. Free furniture from Council clean ups, giveaways or op shop specials helped fill the gaps. What started with a lap top in 1999 slowly turned into a fully functioning office.

I was always carefully checking and revising the budget and increased Council contributions slightly to be able to manage the workloads. Funding opportunities arose and extra dollars meant more staff. The AHO now had nine Councils within the partnership.

One Council was Armidale that meant a consultant went up for a few weeks at a time to manage the work there. An Aboriginal site management plan was completed and the consultants ran many Education Program events. I managed to roll over funds and had an idea for a museum. I purchased cabinets and used end of financial year roll over money to buy items to display. A few trips to Windsor in the ute to pick them up helped lower the costs. The community donated many artefacts and staff also contributed items for the new AHO Museum. Many displays were made onsite as I called on my old skills as a carpenter. One former exhibit from a museum in the city also came our way with minutes to spare before it went in the skip. The museum officer there gave me some suggestions of how to install it and handed over a screw.



Building overhead cam.



Karen talks with school groups.



Karen hosting evening talks at Northbridge.



On the Gadyan Track, one of our favourites.



# FROM LITTLE THINGS, BIG THINGS GROW

## - 21 Years of the Aboriginal Heritage Office

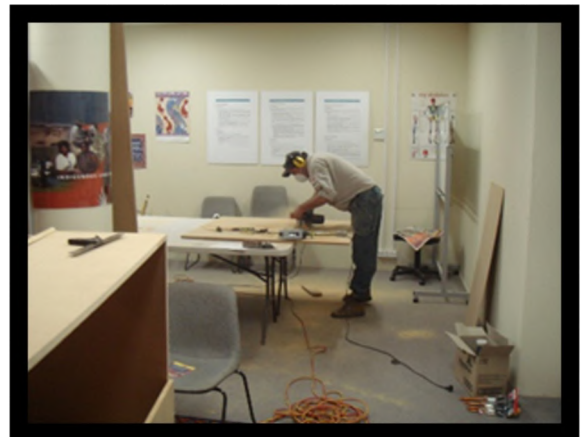
"Just give this to your Technical Department" he said. "That'd be you," Phil said looking at me. Another hat to wear?

The AHO enjoyed many good years there with many highlights, like the Yarn Ups with different speakers and many AHO volunteers and friends in attendance. A 9 day course was developed and run for Local Aboriginal Land Council sites officer trainees and Indigenous archaeologist Emma Lee helped out. Different museum items were built, along with devices to help stretch small project budgets, like 'OB1' the overhead boom for taking photographs of rock engravings, designed at my desk and built with staff member Gareth Birch's father's old pool net pole, an old camera tripod, several metres of USB cable which attached Geoff Hunt's camera to his laptop. Karen Smith joined the team at this time and began expanding the Education program to new heights.

As the AHO is a partnership, it soon came time to look for another host for the office. The appearance of a Willoughby Council worker measuring up the office for a baby clinic also helped make the decision. Something was up and it was time to move. Manly Council offered some temp space while they cleared up some issues for a permanent home and another move was tiringly but successfully completed. The last Yarn Up and event at Northbridge was the Hon Linda Burney as speaker. It was a big turnout and just as well the office cubicles were decommissioned allowing extra space for the crowd. The new place in Manly had power and an indoor loo, but otherwise it was a bit shabby. OK for a short time. Unfortunately the short time became longer and Manly was soon amalgamated into the new mega Northern Beaches Council. Court cases with other Councils fighting amalgamations meant many services stagnated. It became quite a depressing time, squashed in a building too small for the full museum, the ceiling leaking black dust, bus exhaust would come through the windows, and even the roof turned out



Building displays.



Building displays—carpenters workshop.



Karen walked and talked with the Irukandjis—the Olympic Surf Team.



Karen collaborating with Council staff.

# FROM LITTLE THINGS, BIG THINGS GROW

## - 21 Years of the Aboriginal Heritage Office

to be asbestos. At the same time external funding ground to a halt so no extra staff could be employed. Interns helped out but new policies and a few bad experiences saw the end of that program. This was a shame because there had been some great interns over the years, from the US, Germany, Austria, France and the Netherlands. Doing their own projects and also contributing to the AHO's, they really helped out. They loved their time and who wouldn't, having a taste of all the different AHO activities with the different staff.

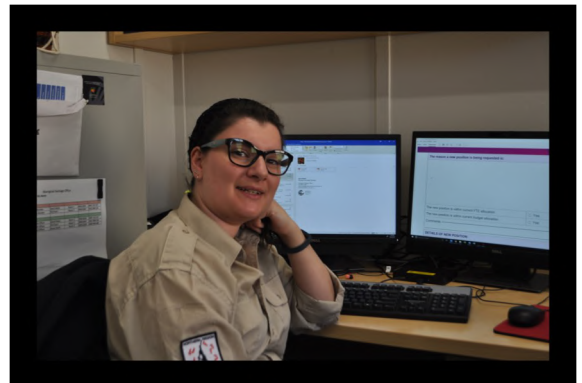
Due to amalgamation issues with North Sydney Council, the AHO switched admin to the new and enthusiastic Northern Beaches Council. When AHO staff joined get-togethers to help the ex Manly, Warringah and Pittwater staff meet each other, we found we knew many from each because of the Partnership. Energy was high and hope was on the horizon that new premises would come, better IT connections, and the museum could reopen. In the bustle of a new Council, the AHO kept being put down the priority list. The accommodation that the former Manly General Manager had hoped would be made available to the AHO and the Manly Environment Centre instead went to the new NBC accommodation team. Fortunately they finally did find a suitable new home, the refurbished childcare centre in Freshwater where the office is now. The staff said even being in that building with all the unpacked boxes and no desks was a happier place than Raglan St, Manly. Soon it was fully furnished and the museum was reopened. After years of asking, explaining, venting and perhaps even pleading, I managed to convince the Steering Committee that to be a truly workable office in the current era with the increasing demands on it from the community there needed to be an increase in each Council's contribution. Eventually Councils agreed and through necessity the AHO had a substantial budget to carry on.



Samaka sets up the 360 camera.



This is Gareth. . He'd had enough of the shredder.



This is Dina juggling jobs.



10 year celebrations and resigning of MoU.



# FROM LITTLE THINGS, BIG THINGS GROW

## - 21 Years of the Aboriginal Heritage Office

The Partnership is unique and the shared role has many advantages. The AHO staff have found it great to work across Councils with the different staff and communities. A single small Council could never hope to have as much Aboriginal heritage input. The normal model is an Aboriginal Heritage Study gets done by an archaeologist, then there is no one available to implement it or ask questions (without a hefty fee). The Metropolitan Local Aboriginal Land Council is stretched thinly across a much larger region and can't respond to every question. Councils needed to step up and take more responsibility and these Councils did so. Of course getting the five yearly MoUs agreed to and signed isn't easy. It takes months and months to get all the Councils to sign up again, even if there is strong support from staff and Councillors. On occasion a particular Council will keep reviewing the expenditure to determine whether there is a way to cut costs, outsource the role, or find a way to generate income from the AHO and the hold ups mean no one is sure if the Partnership will continue. It's all for one, and one for all because without a certain amount of funding the model won't work and the AHO will no longer be viable. While some departments of Councils have millions of dollars to work with, Aboriginal heritage is with those departments where even \$1000 can be hard to find. The AHO doesn't have an advertisement budget or a PR team and it is up to each Partner to work out how it uses the service and how to promote it. Sometimes staff just don't know it exists and many may still do not understand its value and cost effectiveness. The many awards received by the AHO don't adequately cover the value of having Aboriginal people communicating directly with Council staff and the community on Aboriginal heritage issues and helping everyone to appreciate the history and heritage of their locality.



Uncle Max Eulo at Museum opening 2008.



Balls Head 2019.



Cultural Heritage Training for Judges and Magistrates.



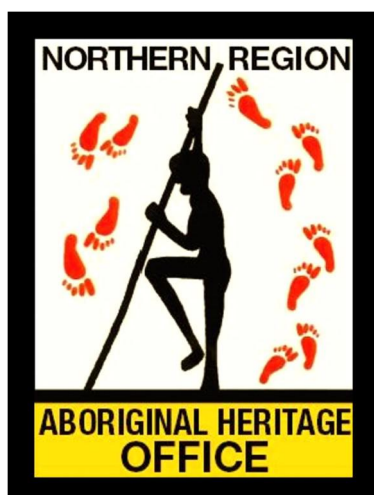
Phil conducting Cultural Heritage Training.

# FROM LITTLE THINGS, BIG THINGS GROW

## - 21 Years of the Aboriginal Heritage Office

Looking back to the beginning, things have progressed substantially. The interest in Aboriginal heritage and culture by the local community continues to grow as does people's knowledge. Still, not everything gets the level of respect that you would assume. The AHO gets some people who haven't quite understood the importance of an Indigenous perspective. People ask for an Aboriginal name for their place or project but don't have much time to consider why a particular word has not survived. People want an 'Aborigine' to come and dance or tell a dreamtime story but won't accept the advice of staff about a more relevant event. The AHO gets bombarded with 'anything Aboriginal', sometimes even from its own Councils.

There is so much more to tell in this story, like the arrival of Susan Whitby to the team, the revamped volunteer program, the bush tucker garden..., but being limited with space within the newsletter we have to end it here. I close with a note to all my staff and Volunteers that you all have made the AHO what it is today and what it stands for.



Val Attenbrow at Boroni Yagoona Parry Boogoo launch.



Volunteer Christmas Party.



Excavating human remains at Little Manly.



Vikki Gordon.



# Volunteer News

## Where would we bee without our volunteers?



We have had a wonderful turn out by our fabulous volunteers to collect their 'thank you' gifts. Many people stopped by the AHO Museum at Freshwater to pick up their oh-so-delicious Snives Hives honey and distinctive AHO hand stencil t-shirt. A further 20 volunteers had their gifts home delivered.

I was really stoked that the volunteers came to the Museum and it was so lovely to meet everyone and have a chat. The home deliveries were just as lovely as I got to meet sweet new babies and had chats about local sites.

With more than 100 volunteers, our monitoring program is thriving and I couldn't be more proud of the time, effort and enthusiasm shown by everyone. The reports submitted are increasing in quality and this creates a valuable resource for all the partner Councils as well as an incredibly rich addition to the preservation and protection of the cultural heritage of Northern Beaches, Willoughby, North Sydney, Lane Cove, Ku-ring-gai and Strathfield.

If you would like to become a Volunteer Site Monitor, please contact the Volunteer Coordinator,  
Susan Whitby on 0435 643 205 or email  
[Susan.Whitby@northernbeaches.nsw.gov.au](mailto:Susan.Whitby@northernbeaches.nsw.gov.au)

## New Volunteer Induction Handbook

The Volunteer Co-Ordinators have been working hard over the past year to put together the updated Volunteer Induction Handbook. It's ready for release in March 2021 and ALL AHO Volunteer Site Monitors will need to acknowledge that they have read the new handbook.



## Volunteer News Continued...

# Meet Myles Holloway

Hi I'm Myles, a new volunteer with the AHO.

I developed an interest in Aboriginal culture over the last few years after studying environmental science at Newcastle Uni. After moving to Sydney in 2018 I began working as a bush regenerator on the northern beaches where it seemed that almost every site I worked on in the area held Aboriginal heritage significance. I was even lucky enough to live in a house for a few months which had an Aboriginal rock carving only a few meters from the back door!

As time went on I found myself visiting many local sites on weekends and became a regular visitor to reserves such as Angophora Reserve in Avalon and Dundundra Reserve in Terry Hills. Soon I learned about the existence of many more sites around the area, which grew my interest in their history and current management. My visits to these sites left me

with feelings of peace and a strong desire to contribute to their conservation and protection.

With a bit of research I came across the AHO website and discovered the opportunity become a Volunteer Site Monitor. It looked like a fantastic way to get involved, so I applied straight away. After my induction with Susan I was lucky enough to be assigned an elaborate site in Terrey Hills, which is only a few hundred meters from one of my work sites.

So far I've thoroughly enjoyed having a way to learn about and contribute to the ongoing management of this site and consider it a great way to help to conserve these sites for future generations. It's an honor to be involved, and make the most of what started as an enjoyable way to get away from the hustle and bustle of everyday life.





# Lane Cove Monitoring

by Phil Hunt

Between lockdowns and periods of reduced social interactions last year, the AHO went out to monitor sites in Lane Cove Council. As part of the AHO strategy, periodically each partner Council has a full site monitor and report update to ensure there is a local government area (LGA) wide snapshot of the Aboriginal heritage issues. Willoughby Council's update took a long time as there are so many sites (180) and many had historic location and information errors. Lane Cove LGA looked much less daunting with fewer recorded sites and fewer errors due to previous updates, but even with better information at your fingertips, those sites that we had not revisited personally, and those that had not been found by AHO personnel in previous attempts, proved a good challenge. It is still true that the best way to find a site is to have been there at least a couple of times before!

Lane Cove Council is bounded by the Lane Cove and Parramatta Rivers to the west and south, and Stringybark and Berrys Creek to the north and east respectively. In between are the full range of commercial, urban, recreational and open space areas and there are Aboriginal sites in most of them. Of course most have survived in the reserves and less developed locations. As of March 2021 there are 95 registered Aboriginal sites recorded within the LGA (not including duplicate cards and 'Not a Site' recordings). The majority comprise of rock shelters, including rock shelters with art (18%), rock shelters with middens (41%) rock shelters with potential archaeological deposit (18%) and a rock shelter with midden and burial (1%). This

accounts for 72% of the sites, while 'open' sites include rock engravings (4%), grinding grooves (1%) and one site with a single artefact found (isolated find, 1%) and one area of potential archaeological deposit (PAD) (1%). These sites are mostly found on the banks of the Lane Cove and Parramatta Rivers and near tributaries such as Stringybark Creek.

It is always a privilege to spend some time at these locations and wander through the remaining areas of bushland and waterways. Although it can also be a bit depressing seeing the impacts that have occurred over the last two centuries and those that are still occurring. As ever, we see the handiwork of Council's bushland teams and the local resident volunteers who are trying to restore and enhance bushland areas, not to leave out the engineers, planners and parks staff who are maintaining the 'big' and 'small' infrastructure. Councils do a lot that most people don't notice. When you are out there day after day, you appreciate those little touches that have taken Councillors, Council staff and residents sometimes years to bring to fruition. Of course, there's nothing anyone can do if you go wandering into the mudflats at low tide!













# Museum News

## Farewell Samaka

The Aboriginal Heritage Office was sad to see Samaka leave us at the beginning of 2021 to pursue a career in rugby league. His enthusiasm, friendliness and knowledge will be missed. We wish him all the best.

The museum at Freshwater will reopen its doors on 30h March 2021. We will be opening for just a few hours during the middle of the day. If you would like to have a

look around we would be delighted to see you. Alternatively, if you would like to organize a group tour please email [susan.whitby@northernbeaches.nsw.gov.au](mailto:susan.whitby@northernbeaches.nsw.gov.au).

The Aboriginal Heritage Office has been incredibly lucky to receive a wonderful donation from Dr Geoff Ford. This collection is not currently available for borrowing, however, you are all more than welcome to drop in, have a read and a yarn.



## Native Mint

Native mint grows around New South Wales and grows well in warm, damp, shaded areas. Rich in essential oils, this little leafed plant packs a punch in flavour.

The scientific name is *Mentha australis*. It's local Aboriginal name is Poang-gurk.

Like most mints, it is fast growing so will need regular pruning. The leaves are most flavoursome when fresh cut, so there's no need to cut and dry the leaves.

Native mint is also a great insect repellent, so add some to your garden or planter boxes and enjoy!

## Apple Berry

Over the summer the apple berries have been thriving. These delicious, plump berries are endemic to the east coast of Australia, extending all the way from Queensland to Tasmania.

The scientific name is *Billardiera scandens*, but they are also known as Apple dumplings or snotberry and Aboriginal names include Bomula (Sydney region) and Karrawang (Victoria).

When ripe, this little hairy berry has a taste reminiscent of kiwifruit, a little bit sweet, a little bit tangy.

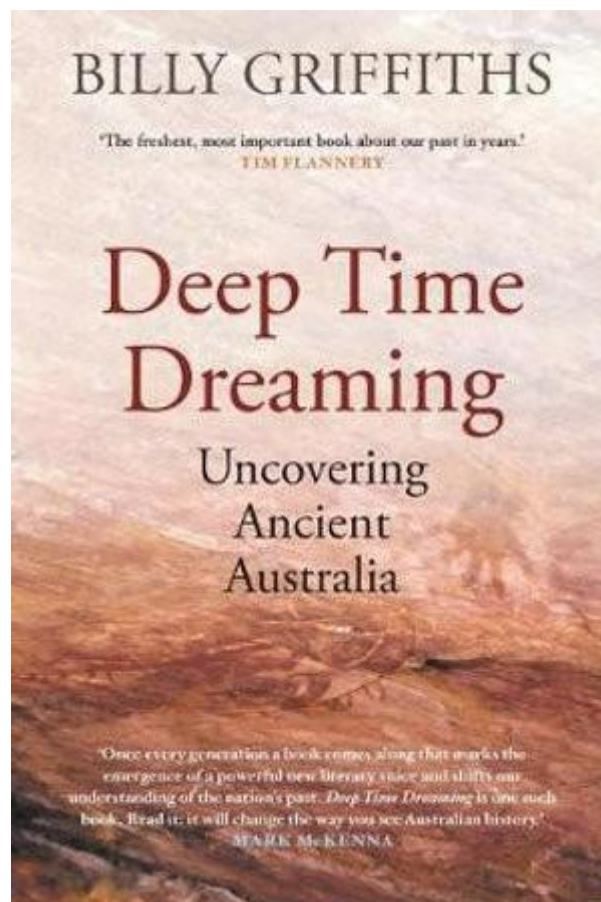


# Book Review

## Deep Time Dreaming Billy Griffiths

This is a treasure of Australian archaeological history. For the archaeological student or anyone interested in Aboriginal Australia from this perspective, it provides a three dimensional guided walk into the characters, the burning curiosities and the political battles of Australian archaeology. How did the profession of archaeology focussing on Aboriginal heritage start in Australia? How did we learn that Aboriginal people didn't just 'wash up' on the shores of this continent a few thousand years ago? How do we know that Aboriginal peoples have been adapting to the harsh desert interior or the frozen mountains of Tasmania even throughout the last glacial period? Read this book and you'll find out. You'll also see how the archaeological community stumbled in its attempts to appreciate how Aboriginal people felt as their heritage was dug up and investigated and also how archaeologists have sometimes been important champions of the First Australians and helping Aboriginal people access a wider audience.

For me personally, it is a fresh look at people who were my lecturers and mentors or whose papers and research I read and examined. It is a reminder of the good and the bad. Archaeology in Australia is still young, as is the modern society that we call Australia. Archaeology is a tool with which to search for answers, but as a science it is bound by those fundamental principles whereby we should not see the answers or facts as absolutes. The

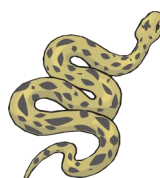
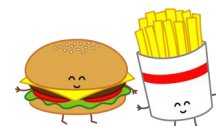


samples are still small and theories are still theories awaiting new data to refute or improve them. The book provides Aboriginal perspectives and voices but it is overall another non-Aboriginal story about Aboriginal Australia. This is not a criticism of the book but of our situation. Most stories of Aboriginal Australia are still by the discoverers, not by those who are 'discovered'. If you read this book, you will gain a greater appreciation of why archaeology is still relevant today, when it is supporting Aboriginal peoples' custodianship of these special lands.

Review by Phil Hunt.

# Jarjum's Page

Think about before 1788. Imagine you are standing on a ledge high above Sydney 250 years ago. What can you see? Tick the things you can see.





# Jarjums Quiz

1. What did Aboriginal people use on water to catch fish?  
.....
2. What did Aboriginal people create on large rock platforms?  
.....
3. Did Aboriginal speak English before 1788?  
.....
4. Did Aboriginal people live in a house before 1788?  
.....
5. Were caves used for houses before 1788?  
.....
6. What foods did Aboriginal people eat before 1788? (Two Answers)  
.....
7. Did Aboriginal people have axes before 1788?  
.....
8. Did Aboriginal people wear shoes before 1788?  
.....
9. What was the Dance called when celebrations happened?  
.....
10. What type of item was used to hunt kangaroos?  
.....

# Kakadu plum and ginger energy balls

Try this delicious Kakadu Plum recipe from recipe from Nourish Everyday. Kakadu Plum is high in Vitamin C, so as we head into the cooler months, this is the perfect healthy snack to treat yourself with. We know we'll be making a batch to share around the office!

Source: <https://nourisheveryday.com/kakadu-plum-energy-balls/>

## Ingredients

- 1 packed cup medjool dates , or about 11-12 dates
- 1 1/2 cup cashews (raw, unsalted) - about 200 grams
- 1/2 cup quinoa flakes
- 2 tbsp. cacao powder
- 5 tsp Kakadu plum powder
- 2-3 tsp ground ginger—adjust according to taste
- 3/4 dessicated coconut or 1/2 cup sesame seeds, or a mix, for coating the balls



Gubinge, otherwise known as Kakadu Plum or billygoat plum is a small fruit from the Eucalypt forests across Northern Australia. Descriptions of the taste range from stewed apple/pear to sherbet to a gooseberry.

Traditionally, Kakadu Plum was used to treat colds , flus and headaches. We now know that this is due to high levels of Vitamin C, which we know helps boost your immune system. Kakadu Plum is also high in copper iron and fibre. Copper and iron also assists in immune function through its role in red blood cell regeneration. Fibre is good for keeping your digestive system healthy and with 70% of your immune system housed in the gut, it is important to keep things flowing smoothly!

