



RED LILY HEALTH BOARD NEWSLETTER



Merry
Christmas

Red Lily acknowledges the traditional owners and custodians across the lands on which we live, work and we pay our respect to elders both past, present and emerging.

Community news & events!

Community Visits



Mark with our staff clinic in Warruwi

New Staff

Name: Arleen Lopez

Position: Business Support Officer

Location: Darwin

My name is Arleen Lopez. I was born in Paraguay and raised in Spain (Madrid) I came to Australia in 2018 and since then I always been based in the NT. First, I've arrived in Alice Springs for a year and then moved to a remote island called Groote Eylandt, where I recently came from.

I was living on Groote Eylandt for almost 4 years, working in community as an Administration Officer for a housing corporation.

During my time there, I really experience how is to live in remote place get involve in a new culture, tradition, and a simple lifestyle.

Now I'm based in Darwin with the corporate team, hoping to make a contribution and help our staff in different communities.

During my spare time a like to be social and explore new places, trying different gastronomy, arts and enjoying good music.

I love travelling. I've visited 28 countries so far and always looking forward to my next adventure. *"Life begins and the end of your comfort zone"*



Community news & events!

West Arnhem Regional Council (WARC) along with Families as First Teachers (FaFT) hosted a pancake breakfast for our mums in Warruwi. The objectives of the activity was to give a voice for mums by providing an opportunity for parents to ask questions and voice their needs.

It was also a chance for WARC's Wellbeing Services Coordinator Geri Narul to share an update on Council's activities and services including the crèche, employment and after-school care etc.

There was a great turn out and we look forward to the next gathering on the 22th December at 9am under the mango tress (Behind the Women's Centre) for some pancakes and cuppa.



Will CJ be the first female Indigenous pilot at QANTAS?

Just 40 kilometres south of Darwin is a tiny red-dirt airstrip surrounded by small aircraft. It is there Qantas's first female Aboriginal pilot is learning to fly.

CJ Rankin, 18, has flown for nearly 40 hours, including seven solo flights, since taking her first flying lesson two years ago.



Community news & events!

Nawarddeken Academy

Students from Nawarddeken Academy school based in West Arnhem Land went to their first ever interstate trip to Melbourne! For all the students, it was a week of firsts, from flying on a big QANTAS plane, getting on the cool double decker Skybus, getting the adrenalin pumping on roller coasters at Luna Park, watching penguins being fed at the SEA LIFE Aquarium, travelling around on trams, seeing lions at the zoo, getting up high at Eureka Skydeck, plus much, much more!! 🙌



MARDBALK DAY

FRIDAY, 26 JANUARY 2024
WARRUWI | 10AM

SMOKING CEREMONY
TUG-O-WAR
COLOUR FUN RUN
KID'S ARTS
PANCAKE BREAKFAST
SPEAR THROWING
COMPETITIONS

WEST ARNHAM REGIONAL COUNCIL
Australia Day
Partner - Respect - Celebrate

Assisted by the Australian Government through the National Australia Day Council

JABIRU SPLASH

FRIDAY, 26 JANUARY 2024
JABIRU POOL, 10AM

BARBECUE
PAINTING ACTIVITY
LOTS OF POOL TOYS
CITIZEN OF THE YEAR AWARDS

WEST ARNHAM REGIONAL COUNCIL
Australia Day
Partner - Respect - Celebrate

Assisted by the Australian Government through the National Australia Day Council

CYCLONE SEASON IS HERE

ARE YOU PREPARED?

EMERGENCY KIT CHECKLIST

PLAN. PREPARE. ACT.
Plan for cyclones

IT IS VITAL YOU PREPARE AN
AIRTIGHT, WATERPROOF KIT

Special items

- Baby needs such as nappies and bottles
- Medication and scripts
- Contact lenses or prescription glasses
- Games, books and puzzles for entertainment
- Ensure you have enough cash on hand to last one week
- Fuel for car
- Pet food and supplies

In a waterproof wallet

- Will and insurance policies
- Passports and immunisation records
- Bank account and credit card numbers
- Inventory of household contents
- Important phone numbers
- Family records such as birth and marriage certificates
- USB with the above documents saved electronically

Use this checklist when packing and updating your emergency kit.

Water

- Water in plastic containers
- A three day supply; minimum 4L of water per person, per day

Food

- Minimum three day supply
- Ready to eat canned meats, fruit and vegetables
- Canned juices, milk and soups
- Staples such as sugar, pepper, salt and high energy foods such as peanut butter, honey, jams and muesli bars
- Vitamins
- Food for babies, children, elderly persons or any special dietary requirements
- Comfort foods such as biscuits, lollies, cereals, coffee and tea

Tools and supplies

- Cooking facilities such as gas BBQ/camping stove
- Plates, bowls, cups, utensils (paper or plastic plates don't require washing)
- Battery operated radio
- Battery operated torches
- Spare batteries
- Utility knife
- Toilet paper
- Soap/detergent
- Personal hygiene items
- Duct and masking tape
- Matches in waterproof container
- Disinfectant
- Mobile phone and charger
- Insect repellent and sunscreen
- Tools for temporary repairs

- Rope and chains for securing outdoor items
- Extension cords and power boards
- Plastic sheeting or tarps

First aid kit

- Replace any used contents

Clothing and bedding

- At least one complete change of clothing and footwear per person
- Long sleeve shirts and trousers
- Sturdy shoes
- Rain gear
- Blankets or sleeping bags
- Hats and work gloves
- Sunglasses

EMERGENCY KIT CHECKLIST

Christmas around the world

HOW DO YOU CELEBRATE CHRISTMAS IN YOUR COUNTRY?

Polish Christmas traditions



Our main Xmas event is a dinner on the Xmas Eve called WIGILIA. As a part of dinner table set up a small bundle of dried hay or grass is placed beneath the tablecloth. The hay is symbolic of the baby Jesus who laid in a manger. Before sitting down to enjoy the Wigilia meal, guests pass around a large wafer called an Oplatek. The oplatek is a large paper thin rectangle made from flour and water that usually has an image of Mary, Joseph and Jesus on it. Everyone takes a piece and goes to each guest at the table offering Christmas wishes. After the wishes are given you each break off a piece of the other persons wafer and eat it. This tradition is sometimes thought to symbolize breaking bread at the Last Supper. At midnight after the Wigilia celebration, many Poles attend Midnight Mass at the church.

Paraguayan Christmas Traditions

Families in Paraguay begin preparing the nativity scene, called "Pesebre" from the first week of December. In Paraguay, giving gift is not the main highlight of Christmas, is more about spending quality time with your family.

In Paraguay, it's tradition for everyone to stay up until midnight on Christmas Eve, while we all are dinner, fireworks and music, waiting the first seconds of the 25th to congratulate your family.

Since it's summer, you will find plenty of bright-colored flower blooming, like the coconut blossom, the smells of Christmas.



Christmas around the world

HOW DO YOU CELEBRATE CHRISTMAS IN YOUR COUNTRY?

Christmas celebration in Iran

While Christians around the world are preparing to celebrate Christmas on December 25, Iranians are preparing to celebrate one of their celebrations on December 21, the eve of the winter solstice, the longest night and shortest day of the year.

In Iran, this night is called Yalda night, which is also known as Cheleh night, which is called the birth or rebirth of the sun.

Iranians celebrate Yalda and Christmas together. As Persian are God believe, they appreciate Jesus Christ as a messenger of God.

Christmas tree has a root in our culture. In ancient carving cypress could be seen on stones.



10 Christmas tradition In Australia



Carols by
Candlelight



Seafood
Barbeque



Beach swim &
Backyard Cricket



Street
Parties



Enjoy a
traditional roast



Celebrate
Boxing Day



Santa Claus in
flip-flops



Beer for
Santa



Native
decorations



'Kris Kringle'
tradition

Christmas time

HOW WE CELEBRATE CHRISTMAS IN RED LILY



RED LILY HEALTH BOARD
WISH YOU

*Merry
Christmas*

AND HAPPY NEW
YEAR

Our **Darwin office** will be closed
from COB Friday 22 December,
reopening Tuesday 2 January 2024

Do you have questions or want more information?

Contact Red Lily Health Board at info@redlily.org.au

If you would like to get the latest information about Red Lily Health, please visit our website or follow us on Facebook, LinkedIn & Instagram

Social Media pages!



Website: <https://redlily.org.au/>



Facebook: www.facebook.com/redlilyhealth



LinkedIn: www.linkedin.com/company/31371580



Instagram: <https://www.instagram.com/redlilyhealth>

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The Red Lily Health Board Aboriginal Corporation (RLHB) was formed in 2011 to empower Aboriginal people of the West Arnhem region to address the health issues they face through providing leadership and governance in the development of quality, effective primary health care services, with a long-term vision of establishing a regional Aboriginal Community Controlled Health Service.