

News of the week

Walk on Country – National Reconciliation Week 2024

5/31/2024

As part of National Reconciliation Week, staff in Canberra had the opportunity to take time away from the office and immerse themselves in a Walk on Country at the National Arboretum.

Main image: Canberra colleagues



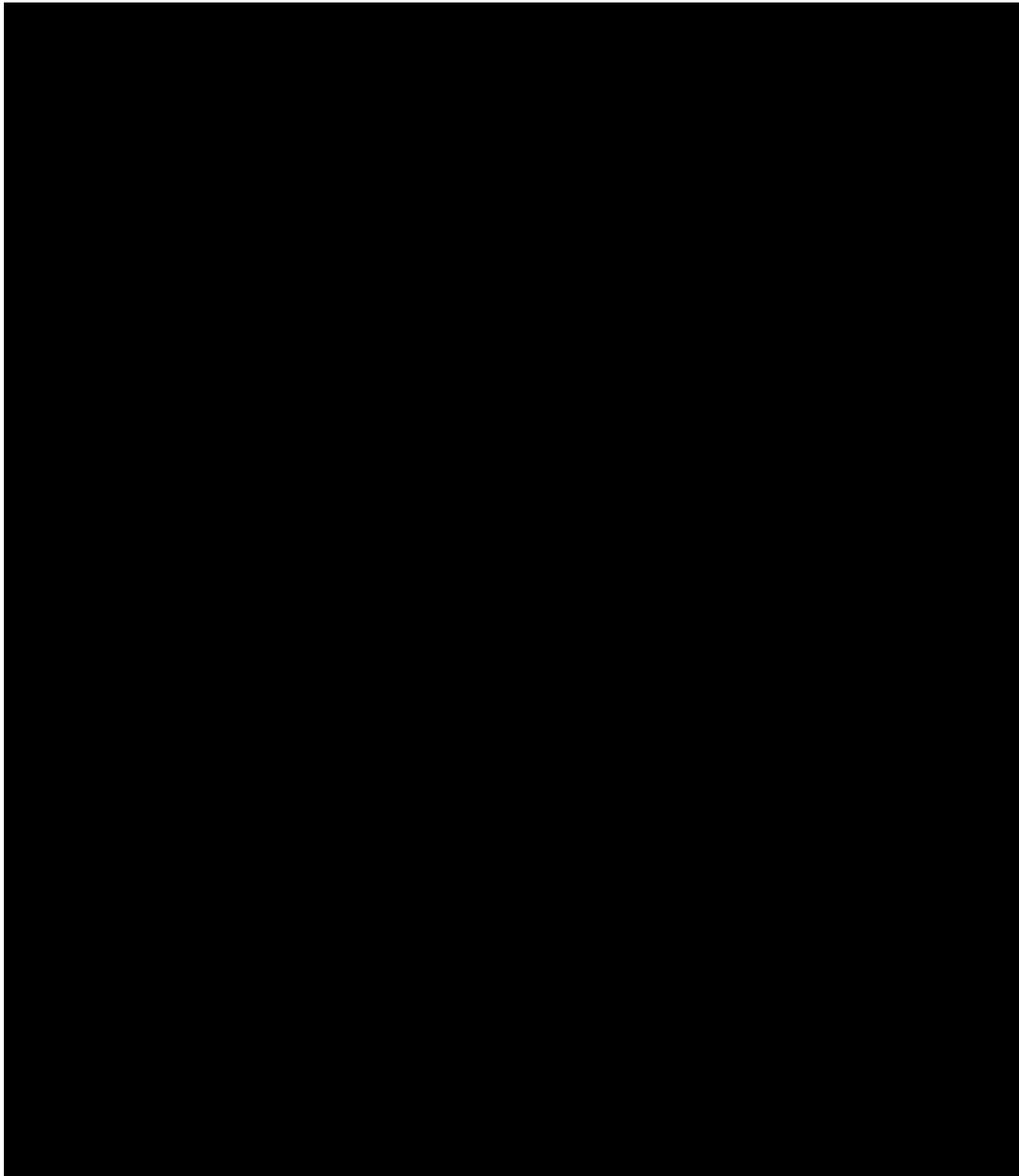
out enjoying their walk on country.

Walk on Country Host and Indigenous Tourism Officer,

The walk was facilitated by Indigenous Tourism Officer, , a local Ngunnawal man. Richard first attended a Walk on Country with his father as a child and developed a passion for it deciding to facilitate the walks himself.

██████████ has been facilitating the Walk on Country at the Arboretum for the past 9 years and has over 200 walks booked for the rest of 2024.

██████████ was the only tour guide for these walks until recently when his sister was employed as a second tour guide to assist with the increase in demand.



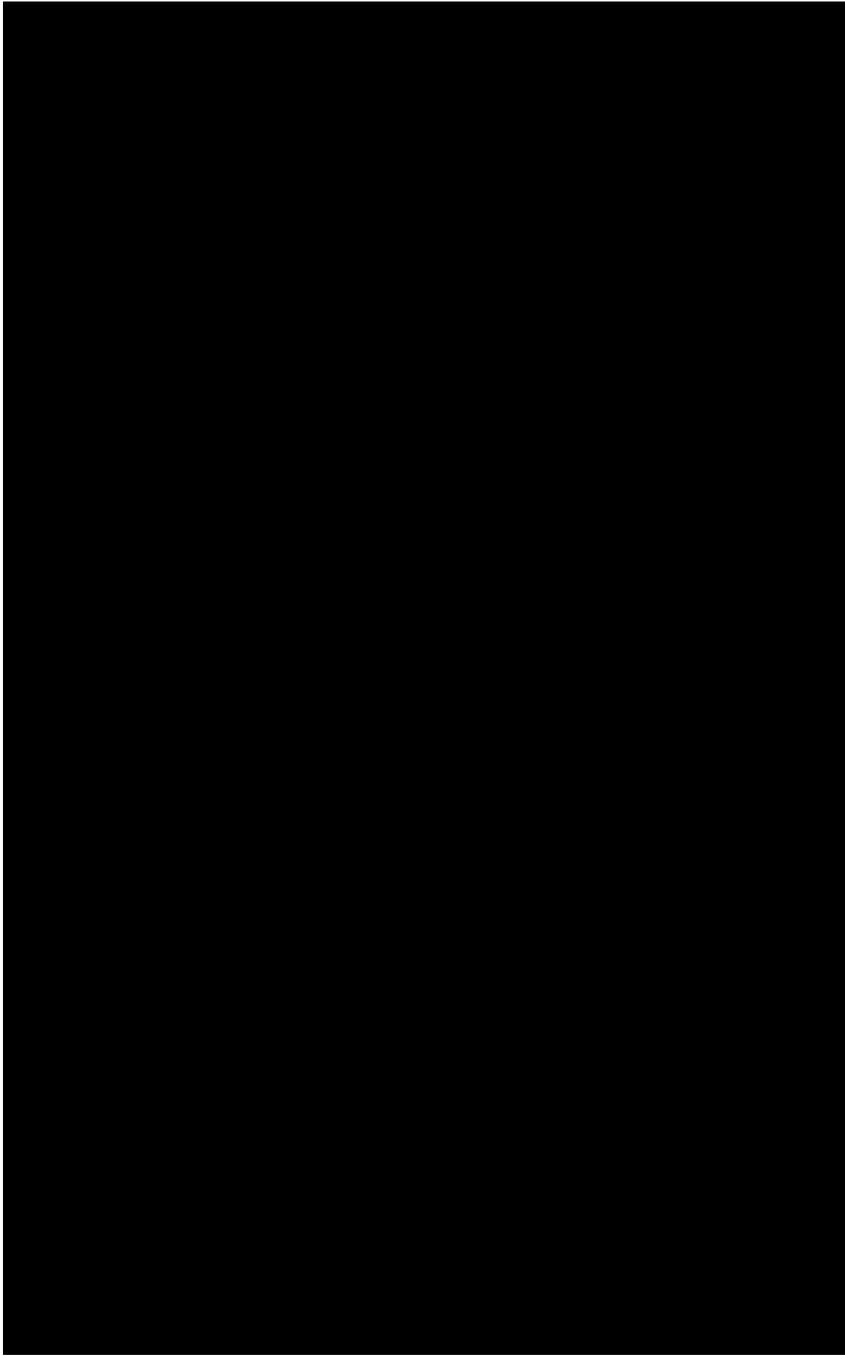
Indigenous Tourism Officer, ██████████, showing the group the Lomandra plant.

Education about native plants

Along the walk [REDACTED] shared his expert knowledge of how the Ngunnawal people use native plants for medicinal, culinary and cultural purposes.

The group learnt about the Kangaroo Apple tree and how the berries are eaten with kangaroo meat when they are orange. The leaves are used with the leaves from the Tree Violet to create a smoke that is inhaled to assist with chest infections and sickness. The leaves of the very versatile Lomandra plant are used to weave nets for fishing, combined with the leaves of the Australian Indigo plant which is used to remove the oxygen from the water in a netted area making the fish rise to the surface to be caught.

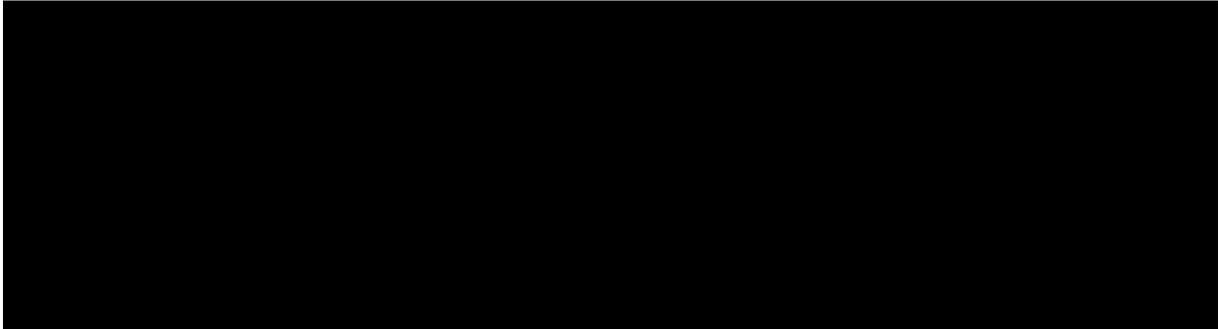
[REDACTED] shared the uses for a variety of other plants, but we will let you discover some of these on the walks coming up in Sydney and Melbourne.



██████████ *demonstrates how to use the blackwood tree to make soap.*

The meeting place

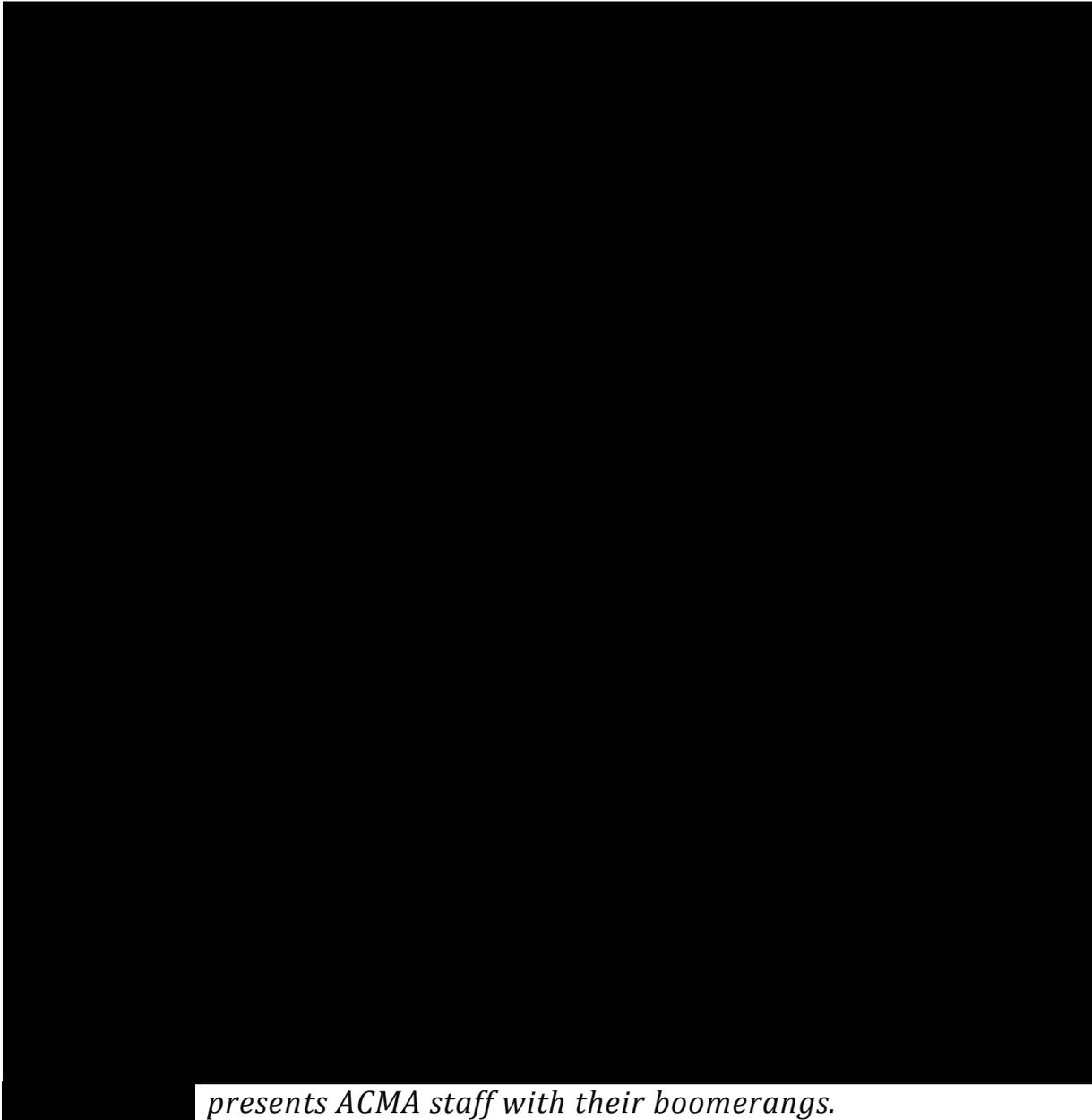
Following the bush walk, staff gathered at the meeting place where ██████████ demonstrated some cultural artifacts including a stone axe made with kangaroo poo, an emu caller, possum skin used for coats and a message stick which was used to pass messages to others.



*ACMA staff gathering at the meeting place | Traditional artifacts | [REDACTED]
[REDACTED] demonstrates the emu caller.*

Will your boomerang come back?

The group was then treated to a boomerang throwing experience. [REDACTED] was named the 'boomerang man' by his family as he was always able to throw it the furthest. Everyone had a turn to throw the boomerang and see if they could get it to return to them. There were a few successes with others needing some extra practice. At the end of the walk each participant was presented with their own boomerang to take home.



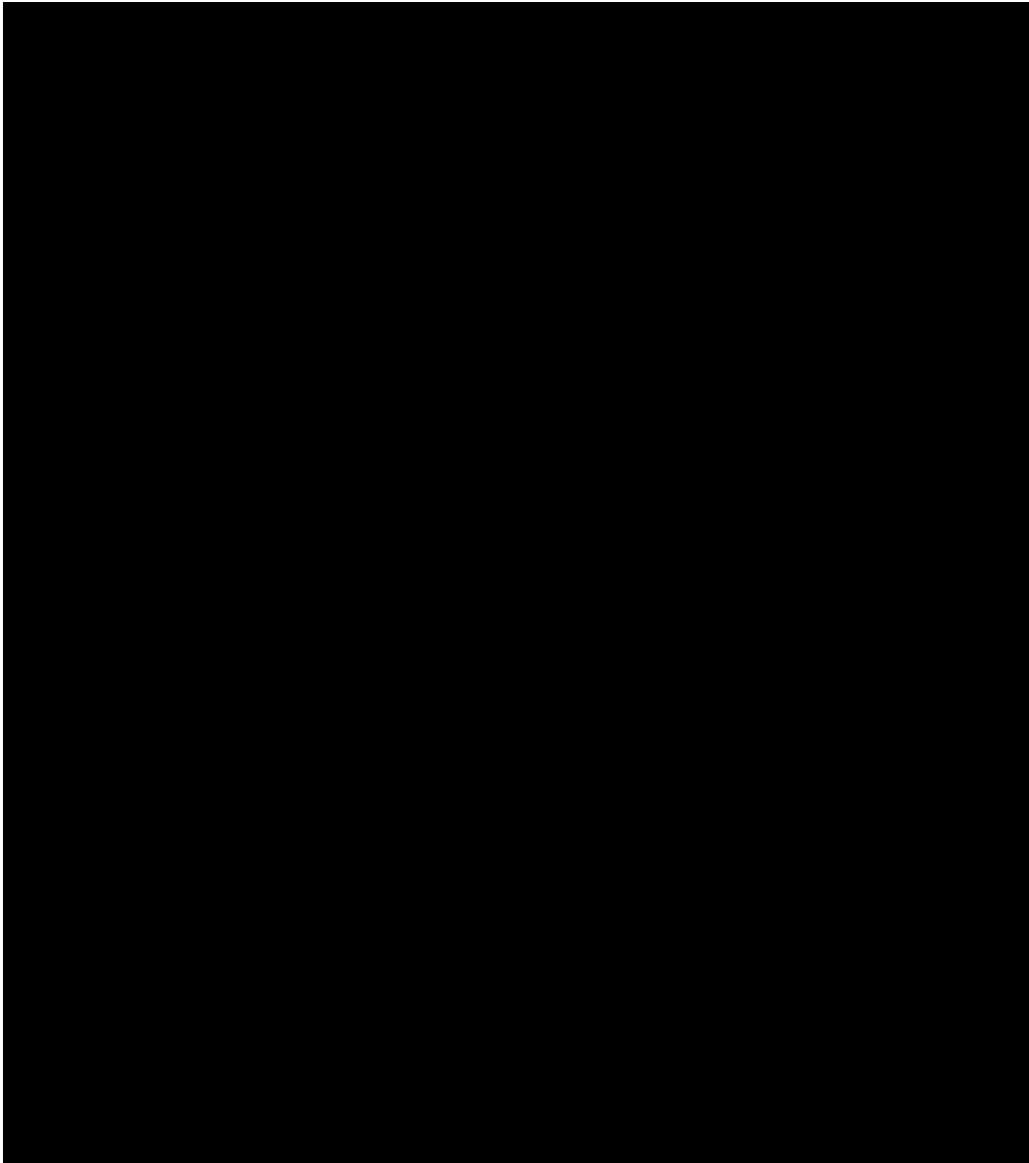
presents ACMA staff with their boomerangs.

Upcoming Melbourne and Sydney Walks on Country

Walks on Country are available to staff in our Sydney and Melbourne offices, and we encourage you to attend. Please register via the links below:

- [**Kulin Nation, Melbourne:**](#) 11am - 12pm, Tuesday 4 June, Royal Botanic Gardens
- [**Eora Nation, Sydney:**](#) 10:30am - 12pm, Thursday 13 June, Barangaroo

Canberra staff can find more information about the Walk on Country on the [National Arboretum Canberra Website](#).



ACMA staff attend the Walk on Country at the National Arboretum Canberra.