




# BLACK-MAIL

*September 2017*

## *Managers Message*

Hello and welcome to September and the lovely warmer weather that this month is going to bring. The month of September is a very exciting time for ACRC and the youth here in the Blue Mountains and some surrounding areas. The new program will cater for Aboriginal youth between the ages of 15 to 22 years of age both male and female. The program will be designed to give youth the chance to connect to country, followed by a one day deadly thinking program where the youth will be given tools and opportunities to help deal with hard issues such as anxiety, depression Alcohol and other drugs and suicide prevention. We at ACRC are really excited to deliver this new program and we aim to be able to deliver this program, along with many more programs to all community members of all ages in the future. ACRC have been restricted for many years now in how we can deliver a service, due to funding guidelines, which has limited us as an organisation and as a culturally safe service. Up until June 30th this year ACRC were only funded to cater for 0-5 years (ACYFS) and 50+ under the CHSP funding agreement, which as you would all be aware truly restricted us on delivering programs to the Aboriginal community holistically. This is why ACRC gaining the new funding for 15 to 22 years is a big deal and a great success story. Given the restrictions that ACRC have been bound by, it is pertinent as to why we are striving to gain more funding so that we can cater for the whole community and not just sections. To serve community with this holistic approach is something that management and all staff wish to be able to achieve in the near future. This is why we worked hard to become a registered NDIS provider, being the only Aboriginal organisation in the Blue Mountains to obtain the NDIS registration. Once again we became certified so that ACRC will now be able to deliver services to Aboriginal people with a disability that are on the NDIS and in the Blue Mountains. By becoming a NDIS service provider ACRC will be able to grow as an organisation and therefore this will give us the capacity to be able to deliver more of a holistic approach to many more Aboriginal people within the community. I will finish and thank all the community who support ACRC, I would also like to thank the current board and other previous board members for all their hard work as well as thank my staff for their dedication and hard work in helping make ACRC a place where we all strive together so that in the future we will be able to serve all community members no matter what age or gender.



**Blue Mountains  
Aboriginal Culture  
& Resource Centre**



**ACRC COMMUNITY OUTREACH DAY**

**FRIDAY 29<sup>th</sup> OF SEPTEMBER**

**10AM-2PM**

**COME CONNECT WITH SERVICES FROM  
AROUND THE MOUNTAIN, LUNCH  
PROVIDED**

**AT BLUE MOUNTAINS ABORIGINAL  
CULTURE & RESOURCE CENTRE**

**14 OAK ST, KATOOMBA (02)47826569**

**MOUNTAINS OUTREACH COMMUNITY SERVICES**

**ROYAL FIRE SERVICE**

**MOOTANG TARIMI HEALTH BUS**

**CENTRELINK**

**POPOP LIBRARY**

**THRIVE**

**BLUE MOUNTAINS WILDPLANT RESCUE**

**ELIZABETH EVERRT CENTRE**

**UNITING CARE**

**INDIGENOUS BUSINESS AUSTRALIA**

**VINCENT EYE DOCTOR**

Mountains Outreach Community Service  
supporting families & building community in the Blue Mountains

Web: [www.mocs.org.au](http://www.mocs.org.au)

Facebook: Mountains Outreach Community Service



Mountains Outreach  
Community Service

# HOLIDAY FUN MORNING

## Healthy Waterways Fun!



**Thursday 5th October**  
**10 am—12 noon**  
**Noble Street Park**  
**Bullaburra**



Photo by Ona Janzen, with permission from Blue Mountains City Council

Where does the water go?  
Who lives in our creeks?  
Explore this and lots more  
with hands on activities!

Morning tea provided

**FREE! All welcome**

Fire preparation information

No need to book

More info: 4758 6811



We acknowledge the Darug and Gundungurra people as  
the Traditional Custodians of the land on which we live and

Mid  
Mountains  
COMMUNITY HUB



Supported by Blue  
Mountains City  
Council's Healthy  
Waterways Team

STRONGER FAMILIES  
ALLIANCE

# Big Country, Little Country

The Information Evening for Big Country, Little Country will be on at 6.30pm on the 29th of August at 14 Oak Street, Katoomba (ACRC office). Please RSVP to [assist@acrc.org.au](mailto:assist@acrc.org.au) or call the office on 4782 6569. We also now have application forms available please contact us for a copy, they will also be available at the info session.



Gateway Family Services proudly presents

## "Big Country, Little Country."



("Rai bo'ot, Rai k'ik")  
Tetun, official  
language of Timor-Leste.



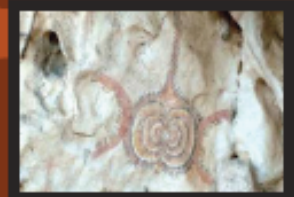
If you are a proud Aboriginal, aged between 18 - 25 years and excited by adventure, this could be the life changing opportunity you have been looking for.

This is an extraordinary educational adventure that offers a fully funded cultural tour for two young Indigenous Australians living in the Blue Mountains, to visit our closest neighbours in East Timor from 22nd - 28th October, 2017.

In a unique coming together of Aboriginals and Timorese, this is your chance to join the celebrations of resilient young people who are proud of their heritage and wanting to make a positive difference for future generations.



Gateway Family Services provides specialist family support and counselling, parent support groups and essential practical assistance to strengthen our families and community



Gateway Family Services has invited friends at the Aboriginal Cultural Resource Centre located in Katoomba, Australia to partner with the Hatutan Foundation, Dili, East Timor.

Together, we have crafted an engaging cultural exchange that showcases the collective histories of the "Big Country" and the "Little Country" through revered oral traditions, languages and shared common values that still resonate across the Timor Sea today.

The cultural study tour will include four wheel driving to sacred 30,000 year old rock art sites, lighting candles at monuments to remember the struggles of Timorese independence and social events with traditional dances, music and art. There is then the chance for discussions on modern issues concerning youth. Whether we are from the 'Big Country' or the 'Little Country', the challenges of education, employment, crime and relationships are all too real. It is through these conversations, that we are reminded we are not alone and that we have much to share with others who have less.

If you are interested in receiving more information to apply for this once in a life time "Big Country, Little Country" adventure, please contact;

Wayne Cornish, Manager  
Aboriginal Cultural Resource Centre,

[manager@acrc.org.au](mailto:manager@acrc.org.au)  
02 4782 6569

Hannah Lange, Assistant Manager  
Aboriginal Cultural Resource Centre,

[assist@acrc.org.au](mailto:assist@acrc.org.au)  
02 4782 6569

SINCERE APPRECIATION  
IS EXTENDED TO OUR  
PARTNER:



We acknowledge with great respect Aboriginal and Torres Strait Islander people as the first people of this land. We pay respect to the Darug and Gundungarra people- their Elders, past and present, and to the children of today who are the elders of tomorrow.

Butterflies by Melanie Moor  
Cool breeze gently blows  
Butterflies in graceful flight  
Flowers of the Sky



## Women's Spirit Event

Friday 15th of September 2017

10am - 2.30pm

At Mid Mountains Community Centre

New Street, Lawson

Lunch Provided

ACRC

## Womens Group

Wednesday 20th September 2017

9.30am - 1.30pm

At 14 Oak Street Katoomba

RSVP by Monday 18th of September  
2017

Transport is available upon booking  
(\$2 per family)

## Free Complementary Therapies treatment sessions at Blue Mountains Women's Health and Resource Centre



Massage (up to 4 per year) and Acupuncture (up to 8 per year) are provided to Aboriginal and Torres Strait Islander women without charge. Services are delivered by qualified and experienced practitioners. Blue Mountains Women's Health and Resource Centre adheres to a trauma-sensitive service delivery model. Please phone to make an appointment on: 4782 5133 also let them know you found out through ACRC.



Kindleshill School is currently accepting applications for the Kindleshill Scholarship program. Two families with children/young people, who identify as Aboriginal and/or Torres Strait Islander, will be accepted for the start of 2018. For further details contact (02) 4757 4402 or [community@kindlehill.nsw.edu.au](mailto:community@kindlehill.nsw.edu.au)

We proudly  
acknowledge & respect the  
Dharug & Gundungurra  
people as traditional  
owners of this land.

## Blue Periwinkle

*Vinca major*



Periwinkle is a vine that has a woody crown bearing runners up to 1 m long. The root system is hardy and fibrous, forming a mat 15–30 cm deep in the soil. Leaves are large (15–60 mm long, 14–45 mm wide) with stalks and opposite. Each pair of leaves is generally at right angles to those above and below. The upper leaf surface is glossy and there are generally very short hairs along the leaf margins. Flowers are large, 30–40 mm across and blue-purple or sometimes white, with five lobes from a basal tube 16–17 mm long. They are borne on upright stems to 50 cm long mainly in spring to summer.

Periwinkle covers the ground smothering all other plants and therefore impedes regeneration. Hand removal of very small patches (less than 1 m square) can be dug up. Follow-up treatments will be required. Stem and root fragments can re-sprout, so all plant material needs to be removed or spread out to dry off the ground.

(02) 4782 6569

[admin@acrc.org.au](mailto:admin@acrc.org.au)

[www.acrc.org.au](http://www.acrc.org.au)

[facebook.com/BlueMountainsAboriginalCultureResourceCentre/](https://facebook.com/BlueMountainsAboriginalCultureResourceCentre/)

Mon - Thurs 9am-5pm, Friday 9am - 12pm

