



BLACKMAIL

JULY 2018

Manager's Message

I would like to start this month message with a pause, followed by condolences to the families of the beautiful men that we have lost recently. I would also like to send out condolences to other community members who have lost people recently that I have not been aware of. With these sad and sudden losses, it is a reminder of how precious life is and why we must try to live a peaceful and happy life no matter what life throws at us. I know it is hard to live a peaceful happy life, however we have more chance of achieving this if we surround ourselves with people who care about us and we decide to only talk about positive people in our lives, who we care about. With the passing of recent community members, I am reminded once again of how community can come together to support those who are suffering. I am reminded of how different community members are willing to put their busy schedule aside to assist others in our need. This reminder of what community are willing to do for each other and the reminder of individual struggles that we all must face drives me. It drives me to become a better man and to advocate for all of us who want better in life. For all of us who deserve better in life, which is why I am going to avoid as much as possible negative talk of others, as I know full well, while I am thinking or listening about others in a negative way, I am not living the path that our ancestors fought for. Our ancestors fought for equality, they fought to keep our connection to our land, to our stories and to our people. While whenever we tear each other apart, our ancestor fight was futile.

I am also reminded of this year's NAIDOC theme "BECAUSE OF HER". I feel I can honestly say that no Mother would have cried more tears of joy when any of us were born, nor could we compare, whose mother would shed the most tears when we depart. Our Ancestors believed that we are all a part of mother earth. Our ancestors believed that we our all connected. Our Ancestors believed that we must nurture and care for each other as we nurture and care for connection to mother earth. Throughout my years of learning not once have I heard a dream time story promoting of our people being selfish, of our people spreading rumours and lies about others? All my teachings from our lore is about caring for Nature, caring for elders and respect for each other. So in finishing off this month's message I ask that you take care of yourself, that you take care of each and that you stop and think before passing judgement on others. That you stop and ask yourself what troubles might this person be dealing with today. Then you can make the decision on whether you wish to make their life harder or if you wish to help ease their burden. As we say children are our future elders, so let's not deliberately set out to hurt any of our future leader's family and friends.

In closing I wish you all a happy NAIDOC month and I look forward to seeing many of you at this year's NAIDOC events.

Kindest thoughts and deepest sympathies to those who have lost.

You're sincerely

Wayne Cornish

Manager ACRC

SCHOOL HOLIDAYS
ACRC Koori Playgroup

NO PLAYGROUP ON
MONDAY

9th July 2018,
16th July 2018 and
23rd July 2018

WORKER
RAYLEE WALL

PHONE NUMBER
02 4782 6569 OR 0439 028 652

SCHOOL HOILDAY

NAIDOC AWARDS DAY FLAG RAISING Monday 9th of July. ACRC will be there to support and pay respects. transport is available please ring 47826569

GULLY DAY. 14th of July ACRC and there will many other organisations attending, it's looking to be a fun day for all.

NAIDOC ART EXHIBITION 21st-22nd of July

NAIDOC BALL Friday 27th of July Tickets are on sale through ACRC they will be available for sale at the GULLY Day and the Art Exhibition. NAIDOC Ball It's that time again ... we have the space for you to come together, connect, celebrate, eat yummy food and most of all dance. There will be wonderful music by the good sounds of Beatworx, a great size dance floor to get your feet moving. We will be warmed by a beautiful open fire, there will be best dressed, lucky door prizes and a silent raffle. For any of those who require transport book in when you purchase your tickets. For those driving themselves, there is lots of parking off the road right next to the venue. **Childcare at NAIDOC Ball** Childcare is available so please book in when you purchase your tickets as we won't be able to take any children who are not booked in prior. Children will have dinner, snacks and drinks provided there will be movies, games and activities for their entertainment. Childcare is located downstairs from the Ball and there are qualified carers from the wonderful Katoomba Leura Preschool who were at the last ball and provided a wonderful safe & fun experience for our kids last year.

NAIDOC IN THE MOUNTAINS

'Because of Her, We Can!'

Blue Mountains City Council & the BMCC Aboriginal Advisory Council
formally invites you to

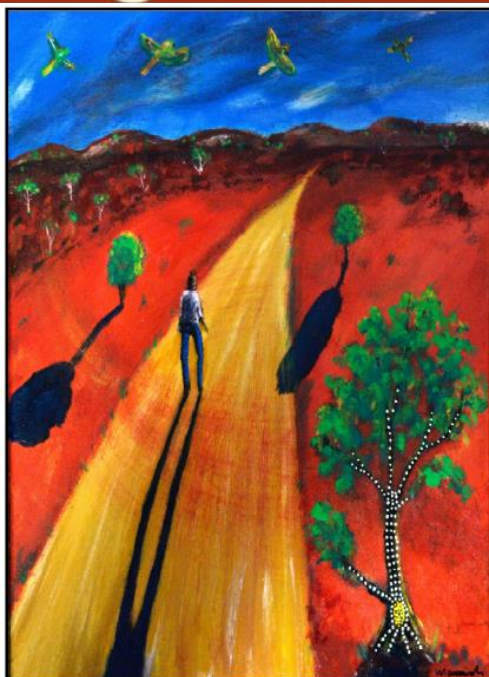
The NAIDOC Flag Raising Ceremony, awards and morning tea from 8.45am @
Blue Mountains Cultural Centre followed by the official Flag Raising in Carrington Place from 10am

MONDAY 9 JULY 2018
9 — 11am

To celebrate the significance of this year's theme,
local Aboriginal woman Anny Druett will speak about the life
of her grandmother, renowned activist

Pearl Gibbs

Please RSVP your attendance to Brad Moore: bmoore@bmcc.nsw.gov.au



Aboriginal Art Festival

21 & 22 July 2018
10am—4pm

**Katoomba
Community Hall**

Opening night 20 July, 6.30pm

Proudly supported by



ACRC

**BMCC ABORIGINAL
ADVISORY COUNCIL**



Katoomba/
Upper Blue Mountains
Community Bank® Branch

 **Bendigo Bank**

For more info: www.bmcc.nsw.gov.au/naidoc or 02 4782 6569

Blue Mountains Aboriginal Culture
& Resource Centre

NAIDOC BALL

27th July 2018

6:30pm to 11:00pm

**BECAUSE OF HER,
WE CAN**

Escarpments Estate | 33 - 39 Acacia Street |
Katoomba NSW 2780
(Old golf course)

over 18 years

Tickets: \$40 Concession \$25

\$10 Per-child Childcare/dinner

Transport available with booking only

Tickets are available from ACRC Office

call: 02 4782 6569



wentworth
community housing

Live music, Deadly Food,
Great Company and Raffles



Australian Government
Department of the Prime Minister and Cabinet

Stepping on expressions of interest please call Jade at ACRC and let us know if you would like to attend...



Active and Healthy website

For more information about falls prevention and to find a local exercise group, please visit the Active and Healthy website:
www.activeandhealthy.nsw.gov.au



For more information and to register

A free 7-week program that combines gentle strength and balance exercises with educational sessions.

Expressions of interest
please call Jade at ACRC
47826569

Stepping On © Clemson & Swann 2008

STEPPING ON

Stepping On is a free, exciting and friendly community-based falls prevention program for seniors. It is designed to build knowledge, strength and confidence to prevent falls and stay active and independent.



The Program

Stepping On is an exciting, friendly and free community program run by NSW Health. The program will teach you how to reduce your risk of falling and maximise your independence and ability to do everyday activities.

Who can join?

Any one who is:

- 65 years and older
- Living at home in NSW
- Able to walk independently or with a walking stick
- Fearful of falling or has fallen recently

Not suitable for people diagnosed with dementia or neuromuscular conditions.

What will be covered?

- Home hazard awareness
- Moving safely in the community
- Safe footwear
- Nutrition and bone health
- Vision
- Medication management
- Leg strength and balance exercises
- Getting up after a fall.

When is the program held?

Programs are held throughout the year, excluding public holidays. The course will run for 7 weeks, 2 hours per week, with a booster session 2 months later.

Personal benefits

- Step outside your home with confidence
- Improve your strength and balance
- Learn with your peers
- Become more aware of fall hazards
- Move safely at home and in the community
- Manage medications wisely

Facts about falls

- 1 in 3 people aged 65 years and over fall each year
- Falls are the leading cause of hospital admissions for older people
- Falls can reduce mobility and independence
- Remaining active can prevent you from falling.





Wirawi Bulbwul Aboriginal women strong

Wagana Dancers – Australia

Raven Spirit Dancers – Canada

Dance, stories and song inspired by our shared connection to the Rivers

Blue Mountains Schools Shows – BOOKED OUT!

Blue Mountains Cultural Centre – Fri 6th July – 6pm
Opening the John South: Skyworld Exhibition

Panpapanpalya 2018 for Dance and the Child International – 9th/10th July – AC Arts Adelaide

Ph: 0409 651 290 / E: jo.clancy@bigpond.com



Conseil des arts
du Canada

Canada Council
for the Arts

CHECK OUT OUR NAIDOC SPECIAL FLYER FOR BLUE MOUNTAINS ABORIGINAL CULTURE & RESOURCE CENTRES NAIDOC HAPPENINGS & MORE INFORMATION

NARROW-LEAVED GEEBUNG

Persoonia linearis

Other names: Pine-leaved Geebung

Family: Proteaceae

Habitat: Woodland and heath

Uses: The fruits are edible

Season: Late spring to early summer



References: Low, Robinson A large shrub about 3m high with dark flaky, papery bark. A very common understorey shrub in many habitats. Persoonia fruits have a stalk protruding from the underside of the fruit, which helps to identify them. They are not ripe until after they fall from the tree to the ground. The skin (and usually the seed also) is discarded.



(02) 4782 6569

admin@acrc.org.au

www.acrc.org.au

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

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