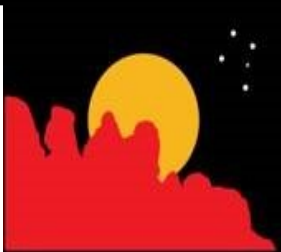




Blackmail



We Proudly Acknowledge and Respect the
Dharug and Gundungurra People
as Traditional Owners of this Land

ACRC ELDERS LUNCH

TUESDAY 9th OF JULY

10AM - 2PM

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

NAIDOC Lunch at ACRC - Come in and share in some damper and soup.

Call Jade on 4782 6569 or 0439 595 181 for
catering & transport.

ACRC ELDERS MORNING TEA

TUESDAY 23RD OF JULY

10 AM - 12 NOON

Come in for a yarn & a hot roast

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

Call Jade on 47826569 or 0439595181 for catering & transport.

Elders Dates for August 2019:

Elders Lunch: Tuesday 6th August, 2019

Morning Tea: Tuesday 20th August, 2019

ACRC OPENING HOURS

Monday to Thursday 9am-4pm
Closed for lunch 12.30-1.00pm
Friday 9am-1pm

Message from the Board

- As we indicated in the last issue of Blackmail we have been talking with Wentworth Health Care about working to develop our ongoing priority programs.
- Working with our Elders particularly those supported with care in home with activities and mobility programs.
- Programs to support men and women in the 18-35 age group with cultural learning, social, mental health and general health support.
- In our discussions we highlighted the success of Young Strong and Deadly when it was based around working with our young people in local high schools. That is where we are going to work with Wentworth Health to build a sustainable program built around strong culture, healthy lifestyle and ongoing support.

The Board has spent considerable time discussing our recent Auditor's report and the fact that it has highlighted some long term deficiencies in our financial governance. The Board in consultation with the Office of the Registrar, our Auditor, the Aboriginal Employment Strategy and legal consultants have developed a set of strategies to ensure improved financial governance. A copy of the Auditor's report will shortly be sent to all members and will be followed up with a general meeting to introduce the Budget and programs for 2019/20. Our Auditor will be present at that meeting to answer questions with regard to the report. The transition and cultural program for our young ones in primary and high schools has been set for the 12th September 2019 to be run by National Parks working with Ngarra Wingarru and ACRC at Shaws Creek Aboriginal Place in Yellomundee Regional Park.

Funding for the NAIDOC Ball has been received. The Ball will be held this year in conjunction the NAIDOC Gully Day activities.

We would like to acknowledge the generous financial support from the Ka-toomba RSL in enabling our Men's Group activities currently being led by Uncle Ed Walker.

Can't afford new glasses?

You may be eligible for a free pair of prescription glasses.

To find out if you are likely to be eligible: Contact the NSW Spectacles Program.

Phone: 1300 84 74 66

Email: spectacles@visionaustralia.org

Visit: visitaustralia.org/spectacles

Eligibility criteria apply. A recent Centrelink Income Statement is required at time of application. Spectacles can only be supplied by Optometrists/Optical Dispensers that are registered with the NSW Spectacles Program.



Spotlight on the Board

Coralie Richmond

Coralie was born in Leura and educated in the Blue Mountains and was a prefect and House Captain for several years. She was trained in educational Sydney Teachers college, East Sydney Technical College, Sydney University and at TAFE with several certificates. Coralie has also taught in a variety of schools from Kindergarten and Grade 2 in Primary School, trained for Secondary school and has been a teacher in many areas. These were Class Teacher, Head Teacher, Head Teacher Girls, Head Teacher Welfare, Head Teacher of Food Technology and Hospitality, Head Teacher in Administration and also Deputy Principal. She has also been a Federation representative, run Personal Development classes and taken and organised huge skiing tours (4 bus loads) and staff. She has a Bachelor of Education Degree, is a Justice of the Peace and is also a uniformed member of the Salvation Army. Coralie Richmond has also authored a book called Blue Mountains the City Within a Park. She is a proud Blue Mountains Dharug Woman.



Elder the Month

Uncle Graeme Cooper

Born in Leura in 1941. He is a descendent of both the Darug and Gundungurra nations. Uncle Graeme is recognised and respected as an Uncle in the Blue Mountains Community. He attended Katoomba Public, Springwood Public and Katoomba High Schools. Uncle Graeme has never left the mountains as he feels that he is home, he knows his way around the bush, he loves the mountains and never wants to leave. He was employed by the Department of Motor Transport after certain conditions had to be met. He kept quiet about his Aboriginality until 1984, in his workplace, as he was concerned about losing his job. He was respected by his fellow workers & management and worked in various high profile places. He worked for the department for 44 years. After retiring in 2001 he joined ACRC where he engaged alongside many great people and was elected to the board. In 2009 Uncle Graeme was elected to the Board of Blue Mountains Aboriginal Healthy For Life Program and remained there until it was dissolved in 2017. Uncle Graeme now attends schools, pre-schools and day care centres to teach culture, ethics and tell stories. He also sits on teacher/principal selection panels. He does Smoking Ceremonies and Welcome to Country speeches at times. During his life he has had to deal with the good and the bad, but even today he doesn't give up.



For the young people of the mountains:

“Live life to the fullest, make sure you do your best and seek help from your elders when needed.”

Managers Message

Happy NAIDOC to all our Strong and Deadly Aboriginal community here in the Blue Mountains and surrounding areas for all our members or family and friends who now reside outside of the Blue Mountains region. I would like to start by apologising for my absence at ACRC for the past few weeks but now I will be back bigger and better with a clearer mind in the fight for social justice and why I work here at ACRC. I would like to thank everyone.

We welcome everyone at ACRC. Come for a cuppa and yarn.

Wayne Cornish

VACCINATIONS FOR ABORIGINAL AND TORRES STRAIGHT ISLANDER PEOPLE

Over the next few editions of the Blackmail we will be concentrating on vaccinations for every age group.

Children aged 5 years old or under Aboriginal and Torres Strait Islander children aged 5 years or under should receive all routine vaccines under the NIP. You can see a list of these vaccines on the Immunisation for children page. The Australian Government recommends that Aboriginal and Torres Strait Islander children aged 5 years or under have the following additional vaccines.

Pneumococcal disease. An additional booster dose of pneumococcal vaccine is recommended between the ages of 12 and 18 months for Aboriginal and Torres Strait Islander children living in:

Queensland , Northern Territory, Western Australia , South Australia. Visit the Pneumococcal immunisation service page for information on receiving the pneumococcal vaccine.

Hepatitis A: Two doses of the hepatitis A vaccine are given 6 months apart. These doses should be given from 12 months of age for Aboriginal and Torres Strait Islander children living in: Queensland , Northern Territory, Western Australia , South Australia. The age that both the hepatitis A and pneumococcal vaccines are given varies among the 4 states and territories. Speak to your state or territory health service for more information. Visit the [Hepatitis A immunisation service](#) service page for information on receiving the hepatitis A vaccine.

Influenza: The influenza vaccine is free for all Aboriginal and Torres Strait Islander people aged 6 months and over through the NIP.

Visit the [influenza immunisation service](#) page for information on receiving the influenza vaccine.



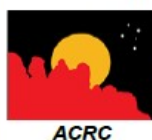
Aboriginal Art Festival

20 & 21 July 2019
10am—4pm

Katoomba
Community Hall

Opening night 19 July, 6.30pm

Proudly supported by



BMCC ABORIGINAL
ADVISORY COUNCIL



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

Message from Staff

ELDERS SUPPORT CO-ORDINATOR

With changes within the organisation and community, we hope that community feels safe and supported to access resources and connection in coping through these unusual times. We understand that change can be unsettling and we hope that all community members are encouraged to access services as they require. ACRC was built from the wonderful work of community and it's for the community that ACRC exists. We are funded for our community transport, family support, elders support and we are working to build more sustainable support in the areas of youth support and our Men's Group. We welcome Uncle Ed Walker as a support worker for the new Men's group, we look forward to hearing how it grows. We are blessed to have wonderful connections with amazing art groups and other organisations services. With integrity and respect, working together supported in honesty we will continue to grow and nurture community connection. The community areas have been built and are open for community to access. There is much we can do together as a strong support. Look out for all the wonderful NAIDOC happenings around and down the mountain. NAIDOC has changed a bit this year, we look forward to travelling with you to all the NAIDOC events we can get to. There are some flyers on the events that are accessible to all the Blue Mountains Community.

Elders Program has shared a beautiful morning tea this past month, we are looking forward to July NAIDOC celebrations as well as the Elders Lunch and morning tea. With winter approaching please don't hesitate to call if you need some support or info on what help is out there in community to cope through the colder weather. Let us know if you would like some support attending medical appointments, accessing support with housing, Centrelink or anything else. Don't forget to come along to the lunch and morning tea. We hope everyone is travelling safe and well. Elders Support Service will be travelling down to Penrith NAIDOC, Friday the 12th, give us a call if you would like to join us for the day.

FAMILY SUPPORT

ACRC Koori Playgroup has 3 new babies that have been born in May and June there is 2 baby girls, named Willow and Sophie and 1 baby boy named Kharter. Playgroup has been running for over 6 years now and is going strong with the smallest group number of 7 children attending and the biggest group of 16 children attending our playgroup and is growing every year. Our Playgroup will be losing 3 of our children next year as they will be leaving for school so ACRC are getting them ready. ACRC are happy but are also sad but they will be moving forward to their next journey in their lives and we wish them all the best for their next journey.

ACRC Playgroup Dental Visit 2019

On the 20th May, 2019 our Koori Playgroup had a visit from Born to Smile Dental. Each child waited in eager anticipation to get their teeth checked. After they had their teeth checked they all received their results and toothbrush pack.



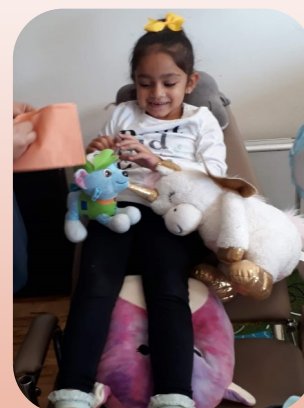
Kirsty



Barbara



Claire



Kiyah

NAIDOC IN THE MOUNTAINS

'Voice. Truth. Treaty'

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 8 JULY 2019

9 — 11am

To celebrate the significance of this year's theme,
local guest speakers will share their thoughts on
Voice, Truth and Treaties

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

NAIDOC COMMUNITY DAY LUNCH AND SCREENING JULY 6 12PM

THE BLUE MOUNTAINS CULTURAL CENTRE INVITES YOU TO A FREE COMMUNITY LUNCH AND SCREENING OF *BUDYARIMABA - MAKE GOOD FUTURE*.

Local Aboriginal arts practitioners Jo Clancy, Lex Dadd, Chris Tobin and Jacinta Tobin worked with Katoomba High School students on a music video project. Through storytelling, choreography and song-writing the students explored ideas around identity and connection to place.

Please RSVP your attendance and dietary requirements to Katrina Noorbergen
knoorbergen@bmcc.nsw.gov.au

BLUE
MOUNTAINS
CULTURAL
CENTRE

BLUE
MOUNTAINS
CITY ART
GALLERY



This project is supported by the NSW Government through Create NSW
Image: *Budyarimaba - Make Good Future* 2019, Video Still



VOICE TREATY TRUTH

07 - 14
JULY 2019

Let's work together for a shared future.

SPRINGWOOD
NEIGHBOURHOOD
CENTRE IS PROUD TO
HOST A FREE NAIDOC
EVENT

July 9th, 2019 | 10:00 to
11:30 am

In the Neighbourhood
Centre

ALL WELCOME

RECOGNISING THE STRENGTH AND
RESILIENCE OF ABORIGINAL AND
TORRES STRAIT ISLANDER PEOPLE

Suitable for children 0-10 years old. Limited
numbers so please book early.

RSVP by July 5th PH: 4751 3033.



Chris Tobin is a Darug man who works as an artist/educator in the Blue Mountains and much of Western Sydney sharing local Aboriginal heritage and culture. Chris will share stories from the Blue Mountains accompanied with craft activities.



For more free or cheap school holiday activities go to www.strongerfamilies.net.au

Blue Mountains Aboriginal Culture & Resource Centre | 02 4782 6569 | www.acrc.org.au

Walanmarra Womens' Art Group

On the 3rd May the Walanmarra Art Group travelled to Mudgee to meet with a group of Aboriginal Carers to do a workshop with them and teach them skills they continue to use to help them unwind. They are very keen to buy equipment and continue to do scarves. The women expressed a wish to come as a group to the Mountains. Some strong connections were made over the 2 days. We would like to acknowledge the assistance of ACRC and particularly Jade and Olivia for their work.



NO ACRC Koori Playgroup ON MONDAY

8th, 15th, and 22nd July 2019

WORKER
RAYLEE WALL

PHONE NUMBER
4782 6569 OR
0439 028 652

SCHOOL HOLIDAYS

EMERGENCY CONTACTS & INFORMATION

EMERGENCY SERVICES

Fire/Ambulance/Police
Emergencies 000, TTY 106
 Bush Fire Information Line
1800 679 737
 State Emergency Service **132 500**
 Energy Emergency - If life threatening call
000.
 Contact your local distributor.
 Sydney Water **13 20 90**

HOSPITALS AND MEDICAL HELP

Blue Mountains Hospital
4784 6500
 Cnr Great Western Highway and Woodlands Rd, Katoomba
Springwood Hospital 4784 6500
 7 Huntley Grange Road, Springwood
Lithgow Hospital 6350 2300
 Cnr Col Drewe Drive and Great Western Highway, Lithgow
Nepean Hospital 4734 2000
 Derby St, Kingswood
Westmead Children's Hospital 9845 0000
 Cnr Hawkesbury Road and Hainsworth St, Westmead
After Hours Health Services
afterhourshealth.com.au or contact Health Direct **1800 022 222**
Poisons Information Line 13 11 26

NSW FACS COMMUNITY SERVICE CENTRES

Prevention and early intervention, child protection and out-of-home care.
Blue Mountains Community Services Centre 4752 2600
 435-457 Great Western Highway
 Faulconbridge
Penrith Community Services Centre 4722 7300

EMERGENCY RELIEF

Lifeline Telephone Crisis Support 131114
Mountains Care (Emergency Crisis Relief 4720 6100)
Gateway Family Services Blaxland 4720 6500; Katoomba 4782 5326
 Provides emergency food vouchers and financial relief.
Thrive Services 4782 1555 Subsidised food parcels, donated fresh food, assistance with utility bills.
Salvos Connect 1300 371 288
 For vouchers to assist with financial help and purchasing food and clothing.
Suicide Call Back Service 1300 659 467
 Operates 24 hours/7 days and the website offers video counselling.
Winmalee Neighbourhood Centre 4754 4050 Community Food Cupboard, fresh food, emergency food vouchers, Winter Warmers, utility assistance and financial counselling.

FAMILY SUPPORT SERVICES

Thrive Services 4782 1555
thriveservices.org.au
Gateway Family Services
 Blaxland **4720 6500; Katoomba 4782 5326**
gatewayfamilyservices.org.au
Family Drug Support (24 hours)
 1300 368 186 **fds.org.au**
Western Sydney Family Referral Service 1300 403 373 **relationshipsnsw.org.au**
 FRS supports families with vulnerable children and young people, linking them to appropriate community services.

Gateway Family Services &

(An activity of Blaxland Uniting Church)

Aboriginal Cultural Resource Centre

In Partnership presents...



Family Fun Day!

*Join us for family
entertainment!*

- Community Arts Projects
- Kids activities
- BBQ Lunch provided
- Information stands

You will even have the opportunity to meet workers providing services for families in our Community.



**Come along &
join in the fun !!**

LOCATION: Gateway Family Services & ACRC
The Clairvaux Centre
14 Oak St, Katoomba

WHEN: Thursday 11th July, 2019

TIME: 10:00am – 12:30am

CONTACT: 4782 5326
(For more information or Wet Weather)

**ALL CHILDREN TO BE ACCOMPANIED
BY AN ADULT**

Gateway encourages, supports & respects diversity in families & communities. Our Groups are open to everyone.



Blue Mountains Aboriginal &



Torres Strait Islander Community Forum

Blue Mountains City Council Aboriginal Advisory Council (AAC) warmly invites Aboriginal community members to receive an update on the progress of 'Pathways' the AAC's strategic plan through a forum. The forum will also provide time for the community to share important matters with the AAC.

In addition through the forum, an election will be held for the Aboriginal community to elect new AAC positions to fill current vacancies.

The forum will take place:

Thursday 18 July 2019
5.30 — 7.30pm
Blue Mountains City Council
2 Civic Place, Katoomba

For more information or to confirm attendance please contact Brad Moore, Aboriginal Community Development Officer on 4780 5560 or email bmoore@bmcc.nsw.gov.au

Please come a long and be involved
A light supper will be provided

For catering purposes please confirm attendance by Friday 12 July 2019

The City of the Blue Mountains is located within the Country of the Darug and Gundungurra peoples. The AAC recognises that Darug and Gundungurra Traditional Owners have a continuous and deep connection to their Country and that this is of great cultural significance to Aboriginal people, both locally and in the region.