

## Stay Strong, We've Got Your Back!



A huge shout out of gratitude to all the frontline business people, like Martin Ngo and Bich Ha Tran from Dash's Pharmacy, who risk their health every day to ensure that our communities at the Top of the Mountains have all the essential services needed to cope with Lockdown.

Thank you too, to all the community members who have been sharing updates on social media.

We have a list of services available to get you through Lockdown on the inside of this month's newsletter, as well as our 'Hopeful Calendar' of events that may, or may not, occur after the 9 July. Make sure you contact organisers to check as the situation is currently fluid.

## Make the most of Lockdown with Our Wisdom Sharing Project



Thanks to grants from Family First Credit Union and Blue Mountains City Council (allowing us to print extra pages for our Local News) we've launched Our Wisdom Sharing Project. We can make sure Lockdown helps us grow, not weaken, our amazing community! Let's get to know and support each other even better through the stories we share. We're calling on everyone, young and old, to gather stories from our parents, grandparents and older neighbours, to share their wisdom with us all. Read on..

## Our Wisdom Sharing Project

Why not take the opportunity of Lockdown to interview some of the older and/or more isolated members of our community - in either your family or a neighbour. It can be while going for a walk outside or via phone or social media. Gather photos of their lives when they were younger and today (perhaps they can send you a selfie) and share their life journey and what they've learnt with the rest of the community ... especially advice for surviving Lock-down. Stories will be included from Medlow to Mount Tomah and the Megalong Valley!

We'll share your story at [www.thebigfixblackheath.org](http://www.thebigfixblackheath.org) where we are building a collection of stories about Locals (see top bar at website). We can edit the story for you so it doesn't have to be perfect! Contact Lis to discuss on 0407 437 553 or email [lis@thebigfix.org](mailto:lis@thebigfix.org)

### 'Hopeful' Calendar for July

- |                         |   |
|-------------------------|---|
| <b>SUN</b><br>4, 11, 18 | <b>Japanese Language Plus - Online Introductory Course</b><br>11am or 2pm<br>Beginners welcome for language classes plus your choice of arts, origami and flower arrangement. Contact Harumi on 0417 681 277  |
| <b>SUN</b><br>11        | <b>Blackheath Crafty Beggars Markets</b><br>8.30am-1.30pm at the Presbyterian Church Hall on Wentworth St.<br>This market is on every 2nd Sunday with craft, colour, cookies, collectables and more. All made with love by local artists and artisans.                                |
| <b>SUN</b><br>11        | <b>Blackheath Growers Market</b><br>8am-12pm<br>Supporting local and regional farmers and producers on the 2nd Sun of the month - Cnr Great Western Hwy and Gardiner Crescent, Blackheath.  |
| <b>TUE ..</b><br>13 ... | <b>Tuesday Trivia @ Gardners Inn Hotel</b><br>6pm<br>Trivia is on every Tuesday (register at 6pm for 6.30pm start) at the Gardners Inn.   |
| <b>FRI</b><br>16        | <b>Nigel Westlake and LIOR's collaboration, 'COMPASSION'</b><br>7.30<br>Lior & Tinalley String Quartet and guest artists perform 'Compassion' at Phillips Hall Blackheath. Bookings: <a href="http://blackheathchambermusicfestival.org.au">blackheathchambermusicfestival.org.au</a> |
| <b>FRI</b><br>23        | <b>Simon Crosbie and The Keepers at the Blackheath Golf Club</b><br>7pm<br>Red Dirt Black Soul Blues and Classics. Bookings essential to Blackheath Golf and Community Club on 4787 8406  |
| <b>SAT</b><br>24        | <b>Phoenix Choir: Introducing Albert Morris</b><br>5pm at Phillips Hall, Blackheath<br>An exclusive preview of the new work by Rowen Fox based on naturalist Albert Morris - Broken Hill. Bookings via <a href="http://phoenixchoir.org.au/tickets">phoenixchoir.org.au/tickets</a>   |

## Whatever floats your boat ... perhaps [Fluidity.org.au](http://fluidity.org.au)



Mount Victoria mixed media artist Tim K Jones has founded [fluidity.org.au](http://fluidity.org.au) - an online multi-arts collaborative incubator for developing experimental artwork. Using Creative Commons as a bedrock, Fluidity org au allows creative people of all genres to share their content and work with others' contributions to generate exciting new artwork. Projects follow a theme which periodically changes (4-6 months) and culminates in real life events such as performances, installations, screenings and other

happenings.

Tim is enthusiastic about the first member-initiated theme: "Sharing Time is about Fluidity itself. We create using time, tools and materials, then we share the creation with the world. Likewise, it's about volunteer efforts. We share our time with the community for the greater good."

Fluidity org au is free for Blue Mountains - Lithgow creatives of all types with the project operating as part of the Blue Mountains Creative Arts Network - [www.bmcan.com.au](http://www.bmcan.com.au)

The Fluidity org au platform development was all done locally by Tim K Jones, Brad Dietrich, Simon Hearn and Deborah Sheehan. The website is located in Sydney and is carbon neutral.

Contact: Tim K Jones via [info@fluidity.org.au](mailto:info@fluidity.org.au) or 0407 248 620

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

Facebook: [www.facebook.com.au/fluidity.org.au](http://www.facebook.com.au/fluidity.org.au)

Instagram: [www.instagram.com/fluidity.org.au](http://www.instagram.com/fluidity.org.au)

### **R.E.A.C.H. - 9 week wellbeing program for anyone living with a mood disorder**

**9.30 - 11.30am on Tentative delayed start date is Tuesday 13 July**

**This is a psycho-educational program run by a qualified Black Dog Institute trained facilitator and is suitable for over 18s - Contact Virginia on 0412 729 088  
Old Presbyterian Church Hall, 125 Wentworth St Blackheath**

**All details are correct at time of printing.**

**Please contact event organisers to confirm details.**

**Send events to [events@thebigfix.org](mailto:events@thebigfix.org) or phone Lis on 0407 437 553**

## Support available during Lockdown at the Top of the Mountains

Family Friendly Grocer	4787 8477	Credit card payment and delivery - offer to deliver for other essential businesses as well
Dash's Pharmacy	4787 8358	Delivery on Thursday only - restrictions may apply so it's important to check first
Veggie Patch	4787 7108 0414 186 942	Free delivery. Order via vegiepatch2yourdoor.com.au
Blackheath Butchery	4787 8759	Delivery coordinated with the Family Friendly Grocer orders
Bogbean Health Foods	4787 5777	Delivery available on selected days of the week. Check first.
Katoomba Taxis	4782 1311	Offering delivery of goods and parcels, can do shopping for you and can help with postal needs
Blackheath Area Neighbourhood Centre (BANC)	4787 7770	Closed to all visitors but phone: 9.30am - 12.30pm Mon-Fri 1.30-4.30pm Monday to Thurs
BANC Access	4787 5684	Closed to all visitors but phone: between 8.30am - 12.30pm and 1.30pm-4pm Monday - Friday
BOOSH email: boosh@banc.org.au	0438 099 006	BOOSH will remain open for Vacation Care from 8am-6pm Monday - Friday
Blackheath Veterinary Clinic	4787 7388	Social distancing measures in place. Strict hygiene practices. Call before presenting to clinic. Hours may change.
Blackheath Laundrette	4787 8044	Free Pickup & drop-off. Hospital grade disinfection service. Please call first if any experiencing any health issues.
Family First Credit Union	1300 369 900	Over-the-phone support, including paying bills, account management etc. Can organize 3rd party collection of cash
Blackheath News and Gifts and Bendigo Bank	4787 8449	All times, services and products as normal. Newspapers delivered daily and other items at owner's discretion
Katoomba Taxis	4782 1311	Offering delivery of goods and parcels, can do shopping for you and can help with postal needs
Weber's Nursery Mt Boyce	4787 5133	Delivery available

Tournament at Medlow Bath		Open for takeaway Wed to Sun including a whole range of frozen meals, coffee, treats
New Ivanhoe Hotel	47822652	Take Away Pizza - order and pickup from the Bottle Shop. Home delivery alcohol.
Ellie Belly's	0401 986664	Chocolates and candies 30% off! Takeaway menu available
Wattle Cafe	47878153	Pickup and home delivery available
Blackheath General Store	0410 062 705	Open 7 days from 8am. Ready-made meals and produce available. Vegan & vegetarian options available. Can do meal plans. Delivery packs available.
Bakehouse on Wentworth	47876744	Phone orders and pick up only
Thai Silk	4787 6968	Order online at <a href="http://www.thaisilkblackheath.com">www.thaisilkblackheath.com</a> Free delivery on orders over \$80
Ho's Palace Chinese	4787 8809	Delivery and takeaway available. Home delivery minimum of \$45 and \$5 delivery.
Altitude Café	4787 6199	Takeaway & delivery available. Strict hygiene and social distancing in place
Megalong Valley Tea Rooms	04011 622122	Takeaway service for locals and people exercising in valley. Can organise a limited times delivery in Upper Mountains
Niccolo's Restaurant at Hotel Etico in Mount Victoria	0402 362 708	Takeaway pizza and pasta on Fri 2, Sat 3 and Fri 9 July 5-8pm
Hounslow Cafe		\$5 and \$12 Lockdown Takeaway only. See Facebook for menu
Blackheath Fish and Chips	47878280	Pickup only
Blackheath Kebab Shop	4787 7386	Pickup only
Victory Cafe Bake Shop		Fri - Sun 8.30am until sold out takeaway only
Site Rescue	0434 575 470	IT support and help with websites via phone or screen share
Twig Blackheath	0466 509 919	Open daily 10am-4pm with essentials like face masks, sanitizer, cleaning products etc. Free delivery for purchases over \$50
Blackheath Physiotherapy & Pilates	0410 699 698	Offering TeleHealth video-based consultations Mon-Thurs.
Blackheath Lawyers	0466307708	Email, Facetime or phone consultations with signatures via self distancing at office by appointment only.

## Sherlie McMillan and the Blue Mountains Women's Shed

When you first meet Sherlie McMillan you're instantly bowled over by her disarming warmth, infectious laughter and wicked sense of humour.

During the last Covid restrictions, when only 10 were allowed into the Rotary meeting room at the Blackheath Golf and Community Club, Sherlie's laughter rang out from 'the naughty table' that met outside in the dining room.

But don't underestimate the hard work, strength of character and resilience that underpins her 'joie de vivre'! In the ten years since the 2011 Christchurch earthquake severely damaged her house, and caused a lot of her friends to leave the City, Sherlie has 'pivoted' many times.



After a long career as a pattern maker, in which she worked for the Canterbury Clothing Company (CCC) in Auckland, and taught computerized pattern making at the Polytech and the Design and Art College, Sherlie worked as a carer while she rebuilt her house in the aftermath of the quake. She then eventually followed her three sons to Australia.

Her main passion now is helping to set up the inspiring Blue Mountains Women's Shed. Sherlie's currently the Vice President of the Women's Shed and works closely with President Karen Stevenson. It's taken dedication and a long-term commitment to become incorporated as a NFP organization,

find a venue, gather equipment, and develop programs of activities. In the past year she ran workshops under gazebos throughout the Mountains to create a number of Kids' Street Libraries, but now classes are being held at the Central Blue Men's Shed at Kihilla in Lawson on Mondays from 10am-12noon. One of the things she's proudest of is that they've created a proper fully enclosed workman's trailer (7' x 7' x 5') with tools and a generator which gives them complete off-grid capability and will allow them offer workshops throughout the Mountains. Find out more at their FB group.

So, for someone so gregarious, how did she cope with Lockdown? Turns out the hardest thing was not being able to give people a hug! While she's very happy with her own company, the extended Lockdown did make her flat at times so she just gave herself permission to lie in, rest and not do anything ... even just pop in a bath to relax! "I always find nature is fabulous. One of my favourite places to go is down the Megalong Valley because that feels like New Zealand to me. I get out and I do biking ... I go for walks in nature ... I go and sit on a rock and watch the sunset." Read more at [www.thebigfixblackheath.org](http://www.thebigfixblackheath.org)

## Experience Japan in Blackheath with Harumi Hayakawa

In March this year, Japanese journalist Harumi Hayakawa wrote a piece for the Japanese publication Asahi Weekly in which she explained why the terrifying Australian fires of December 2019 actually made her like the Blue Mountains even more. In her article she described the many ways the community came together during and after the fires and how, like the green shoots that sprouted from blackened eucalypts, the community gave her “a glimpse of hope in a dark world filled with alarming news of the pandemic”.

“Why do I like the mountains better now? I love the countless, resilient, ordinary people who care for others and for nature.”

In the six years she's been in Blackheath, Harumi herself has been a regular volunteer at two community farms, and she's participated in a restorative planting blitz with a neighbour who lost 80% of their bushland vegetation to the fires. One of the first things you notice when you visit her home are the beautiful curtains in each room. She was delighted that a neighbour helped her make the curtains in exchange for Japanese lessons; and another neighbour offered her free shiatsu classes as long as she 'paid it forward'.



It's all about growing strong community bonds and a sharing economy. It was this bond that was like a balm to Harumi after back-to-back crises. The Lockdown hit her, and many in the Mountains, hard. With an average of four million international tourists a year to the Mountains, Harumi had been enjoying working at the Tourist Information Centre in Katoomba. Overnight, tourism dropped by 90% and the Tourism office closed.

She took a deep breath, reconnected with her community, and decided to focus on seeing the Lockdown as an opportunity to learn news skills – like shiatsu.

She also started her own business teaching Japanese and Japanese culture – all those reasons so many of us have always wanted to visit Japan ... the food, the origami, the calligraphy, the ikebana (the Japanese art of flower arrangement) ... the elegant aesthetic.

If you'd like to experience Japan and learn Japanese language while in Lockdown and beyond, Harumi is now teaching Japanese online.

You can follow her Spring Studio on Instagram @spring\_studio\_bm and ring her to discuss Japanese language and culture classes on 0417 681 277. Read more at our website.

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## **BANC: The Stories We Tell**

Stories are being gathered from the community to transform the last few years of bushfires, floods and COVID into a community theatre performance. If you'd like to share a story, poem, song or have a chat contact Liz Barclay at [liz.barclay@banc.org.au](mailto:liz.barclay@banc.org.au) or leave a message at BANC on 4787 7770 to receive a questionnaire or arrange a time to meet.

**Liz is also looking for performers over the age of 15 to be involved in the performance/film/multi-media process**

## **Congratulations Murray & Larry**



The Rotary Club of Blackheath recently held its Changeover Dinner at the fabulous Hotel Etico in Mount Victoria. Blackheath's Murray Reid was awarded the Blackheath Rotary Club Ross Hatswell Perpetual Trophy for Outstanding Contributions to Community Service, and Mount Victoria's Larry Howard received a Paul Harris Award for his contributions over many years, particularly through the RFS.

## **Medlow Bath Viral Kindness**

Residents of Medlow Bath are encouraged to contribute or request help via the Viral Kindness Medlow Bath Facebook page or by emailing [medlowbathresassoc@gmail.com](mailto:medlowbathresassoc@gmail.com) if they need company, assistance shopping or anything else.

## **Food Donations needed by BANC**

Blackheath Area Neighbourhood Centre is seeing many more community members experiencing food insecurity. Please donate to BANC's Emergency Food Pantry at 41 Gardiner Crescent.

**The Big Fix is a registered charity and umbrella organisation for The Big Fix Media, Blackheath Local News, The Lithgow Sprint, BM Permaculture Institute, BM Pluriversity, and Blackheath Community Farm. You can support us with donations or by advertising in this newsletter.**