



PACSI NEWS

Official Newsletter of the Philippine-Australian Community Services Inc

Issue 2, September 2009

PACSI Calendar of Activities

(September 2009 to June 2010)

Keep this paper where you can see it!

INFORMATION SESSIONS*

Info Session 1: Navigating the Australian Health System, 23 September 2009

Info Session 2: Filipino Diet and Nutrition, 20 October 2009

Info Session 3: Parenting Across Cultures, 11 November 2009

Info Session 4: Navigating the Australian Educational System, 9 December 2009

Info Session 5: Bridging the Generation Gap, 17 February 2010

Info Session 6: What Does My Visa Mean? Please Explain! 17 March 2010

Info Session 7: Safety First for the Elderly, 21 April 2010

Info Session 8: Filipino Perspective on Australian Culture, 19 May 2010

SPECIAL MEETINGS

- Briefing on Centrelink Pension Reforms, 30 September 2009, 10 to 12 noon, PACSI office
- Joint PACSI/Travel @ Home Filipino Culture Day, 27 March 2010, Blacktown Senior Citizen's Centre
- Seminar on the Housing Issue, 24 April 2010, venue to be announced

ORGANISATIONAL MEETINGS and CELEBRATIONS

- PACSI Annual Christmas Party, 16 December 2009, venue to be announced
- PACSI Annual General Meeting, 3 April 2010, venue to be announced

** All information sessions will be held at the PACSI office in Blacktown, from 10 to 12 noon.*



Healthy and Tasty Challenge 2009

PACSI and the NSW Multicultural Health Communication Service (MHCS) worked together to bring the recipe competition "Healthy and Tasty Challenge 2009" to the Filipino community. The recipe competition was a project to encourage people to cook easy to prepare, affordable, tasty and nutritious food with a

particular emphasis on the use of fruit and vegetables. It was a fun and education activity that involved inviting Filipinos to submit their recipes from among which 5 were chosen to go on to the next stage. Then one was finally chosen as the winner and the representative of the Filipino community to the Ethnic Cook Off showcase of winning recipe and awarding on 4 July at the Roselea Community Centre, Carlingford. Neria Soliman, represented the Filipino community in the showcase cookfest with her winning recipe, a healthy and tasty adobo dish. At the showcase/cookfest, we were very proud to show off our culinary culture with other winners – Chinese, Sri Lankan (Sinhalese and Tamil), Italian, Samoan and Tongan.

PACSI will continue to provide settlement services to newly-arrived Filipino migrants in Blacktown, Fairfield-Liverpool and Central Western Sydney.

Contact your community workers for more information about the services we provide and for other questions about your settlement needs and issues you have. We look forward to assisting you.

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Congratulations to One Move One Voice!

More than 20 young people from culturally and linguistically diverse backgrounds living in St Marys danced the night away at Coachmans Park on 13 June 2009, grooving on the dance floor with assistant choreographers Chris Chiapoco and Mark Reyes, accompanied to live music by TLB (Together Like Brother). It was a celebration of cultural diversity in a fusion of krump, hip hop dance and music, guided by internationally renowned dancer and choreographer Darrio Philips.

This project focused in the talent of young people with participants rehearsing each Saturday for several months in St Marys in the lead up to the final event.

This project was created by Dante Barcoma and auspiced by the Philippine Australian Community Services Inc (PACSI). Community partners included Information Cultural Exchange (ICE), Sydney West Multicultural Centre (SWMC) and Don Bosco Youth.