Brown Hill Community Newsletter

Edition 6, April 2017

An initiative of the Brown Hill Community Partnership, supported by the Brown Hill Progress Association and the City of Ballarat. The Brown Hill Community Newsletter is proud to walk this land with the Wadawurrung people.



John delivering Edition 5 of the Brown Hill Community Newsletter

John the 'Postie'

Meet John O'Brien! In fact, many people in Brown Hill and across Ballarat already know John through one of his community roles: delivering the mail, umpiring juniors' and seniors' cricket and selling tasty snacks from the pool kiosk to hungry swimmers over summer. John moved to Brown Hill in 1962 with his wife, Lyn, and has lived in 3 different houses in our suburb. They have been married 55 years, raised three children and are now proud grandparents of three boys and three girls.

John is well-qualified to be a member of the 20-strong team of volunteers now delivering the Brown Hill Community
Newsletter. He was responsible for Brown Hill's 'postie round' from 1960 to 1971. Many of the older generation of Brown Hill know

him as 'John the Postie'.

John says, "In those days, the postie on his pedal-powered push bike delivered the mail twice a day, morning and afternoon, Monday to Friday and one delivery on Saturday mornings. The round started at the top of Humffray Street North, went across to Woodman's Hill, including all streets in between, and back to the Post Office in Ballarat. A good way to keep fit!"

"Over the years," John says,
"Progress started to catch up and,
in 1962, I delivered mail on my
Vesper 3 wheel scooter, later
upgrading to a Honda
Motorcycle." Now mail is
delivered once a day.

John shared his memories of the excitement, "When riding a push bike, I would blow my whistle as I

Diary Dates

APRII

Saturday 29: 8:00am, Men's Breakfast, Brown Hill Uniting Church Hall (p.13)

Sunday 30: 7:45–9:30am, Brunch with Brown Hill Birds, Hearn Road Reserve (p.8)

MAY

Monday 1: Little Square's Garage opens (p.12)

1 to 30, Little Square's Garage free-of-charge exhibition 'Handkerchiefs & their Stories' (p. 12)

...continued p.2

entered the street to let people know I was in their vicinity. Children and their parents would come out to the letter box on the front fence. Young children were very excited to receive letters and parcels, which often included birthday cards and presents from grandparents and other relatives. There were no emails, text messages, mobile phones, tablets or computers in those times."

He says that the best part of this job was "...delivering birthday and Christmas cards, presents and parcels to the children."

In addition to delivering letters, which, John says, "People used to write regularly," he also explained that accounts were sent through the post. This meant that, after 1 July, tax return cheques were

...continued p.14

...continued from p.1

Tuesday 2: 5:30-7:00pm, Brown Hill Partnership meeting, Brown Hill Public Hall (p.4)

Tuesday 2: 7:00pm-9:00pm, Brown Hill Progress Association meeting, Brown Hill Public Hall

Wednesday 3: 11:00am-2:00pm, Ballarat Wholefoods Collective Open Day, Brown Hill Cricket Club Rooms (p.5)

Saturday 6: 6:00pm, WFPLG (Landcare) AGM, Dean Hall (p.9)

27 May - 3 June: Reconciliation Week (p.14)

Friday 26: National Sorry Day

Monday 29: 9.30am-7:00pm, Reconciliation Week activities, Ballarat Central Library (p.14)

Wednesday 31: Register as an electronic subscriber by this day to win (p.3)

JUNE

Tuesday 6: 7:00pm-9:00pm, Brown Hill Progress Association meeting, Brown Hill Public Hall.

Wednesday 7: Submissions and advertising for Edition 7 due (p.3)

Saturday 17: Top Katz Rockers - Rock and Roll Dance (p.15)

Wednesday 28: WFPLG (Landcare)
Tree Planting at Slaty Creek
(Creswick Forest) (p.9)

Late June: Edition 7 delivered across Brown Hill and available online:

brownhill.vic.au/newsletter

COMING UP

Sunday 30 July: WFPLG (Landcare) Tree Planting at Slaty Creek (Creswick Forest) (p.9)

Saturday 21 October: Top Katz Rockers - Rock and Roll Dance (p.15) Friday 27 October: 5:00-7:30pm, 2017 Brown Hill Community Festival, Brown Hill Reserve (p.4)

WEEKLY Mondays

Brown Hill Hotel: 7.30pm, trivia nights and meals (p.11)

Tuesdays

Ballarat Highland Dancers: 4:30pm during school term, Federation University Pipe Band Hall. (p.16)

Wednesdays

Ballarat Wholefoods: 9:00-11:00am and 5:00-7:00pm, during school term (p.5)

Caledonian Playgroup: 9:00-11:00am, during school term, Caledonian Primary School (p.6)

Ballarat Masters Football Club: 6:00pm (until 27 September), Russell Square (p.16)

Queen's Head Hotel: Theme and schnitzel night (p.12)

Sundays

Brown Hill Hotel: 12:00 noon -2:00pm, lunch. 3:00-6:00pm, live music and light snacks. 6:00pm-8:00pm dinner (p.11)

Welcome to Edition 6

We are so proud of the immediate success of our volunteer newsletter delivery team! Editions 5 and 6 were delivered to your letterbox and local businesses and community hubs across Brown Hill by an enthusiastic group of 20 volunteers. Each volunteer received between 100 and 200 copies of the newsletter, which they delivered to a designated area close to their home. You can read about two of our delivery volunteers in this edition, John the Postie (p.1) and Sue Walker (p.10). We've included photos of



A delivery volunteer in training

one of our younger helpers, who was out with his mum, Victoria to deliver Edition 5. Be sure to say hello next time you see our volunteers out and about.

The Brown Hill Community Newsletter has been fortunate to receive seed funding of \$5000 and an additional **\$2461** from the City of Ballarat through the Brown Hill Partnership. This funding has covered the delivery (for editions 1 to 4) and printing of the newsletter, including the first 'Brown Hill Business and Service Directory' in Edition 4. This funding was also invested in the cost of three members of the volunteer committee attending the 2016 Community Newspapers Association of Victoria Conference. Separate funding was sought and received from the Brown Hill Partnership to establish the Brown Hill Online Community Hub, making the newsletters and the Business and Service Directory available online. See: brownhill.vic.au.

Alongside this financial support, hundreds of hours of volunteer time has gone into the preparation, promotion and delivery of the newsletter.

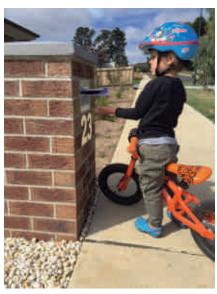
Given the success of the newsletter, the Committee and Brown Hill Community are keen for it to continue. For this to happen, the newsletter needs to become financially independent and sustainable. From Edition 7 (June 2017), advertising will be included. We encourage local businesses to support the newsletter by purchasing advertising space.

Please note that our new email address is: newsletter@brownhill.vic.au.

We are so impressed by the variety of interesting stories that are being submitted for the newsletter. We encourage you, the Brown Hill community, to continue to get in touch with us with your ideas for stories or people we can interview, or send in your own story, drawings or photos. We put this newsletter together for you and would be delighted to include contributions from across Brown Hill.

Brown Hill Community Newsletter Committee

newsletter@brownhill.vic.au brownhill.vic.au/newsletter



A delivery volunteer in training

Subscribe and win!

We have a movie ticket for Regent Cinemas Ballarat to give to one lucky new subscriber to our email updates! Subscribers receive an email as soon as each edition is available online, before the hard copy is delivered.

To subscribe, email us at newsletter@brownhill.vic.au, with 'subscribe' in the subject line.

The winner will be drawn from new subscribers who sign up before 31 May 2017.

Advertise with us

Starting in Edition 7, we are pleased to offer advertising in the Brown Hill Community
Newsletter. The Newsletter is free-of-charge and is hand-delivered to over 1700 letterboxes across
Brown Hill by our team of volunteers. It is also available at many local businesses and community hubs and can be accessed electronically through an email subscription or from the Brown Hill Online Community
Hub: brownhill.vic.au/newsletter.

The Newsletter is bi-monthly. In 2017, there will be editions in June, August, October and December. Comments about previous editions include:

"It made interesting reading and looks professional" and "WOW, what a brilliant collection of Brown Hill articles. Congratulations. I would rather read this than any other newspaper. Well Done."

Advertising rates per edition are:

\$50: 90mm x 55mm (1 x business card)

\$100: 180 mm x 55mm (2 x business cards - banner)

\$250: 180mm x 138mm (5 x business cards - 1/2 page)

\$500: 180mm x 276mm (10 x business cards - full page)

Files will need to be provided electronically and payment made online by direct debit or credit card.

Visit brownhill.vic.au/newsletter to find out more and book and pay for your space in Edition 7 (distributed late June 2017). All payments and artwork are due by Wednesday 7 June.

Contact: newsletter@brownhill.vic.au

Brown Hill Community Online Hub

Development of our Online Hub is coming along well. See: www.brownhill.vic.au.

Information includes the Brown Hill Pool, Newsletter, Progress Association, Partnership, Festival and a Directory of Businesses, Sporting Clubs and Community Groups. We are working with local businesses and groups to include more information in the directory. If you have more information to add, please contact us: directory@brownhill.vic.au.

Feedback about the Online Hub and suggestions are welcome to Brendan Stevens, Brown Hill Progress Association Secretary: bhpasec@gmail.com.au.

Community PA System

The Brown Hill Progress Association, with support from the Brown Hill Lions Club and the Brown Hill Community Hall Committee, have been successful in their application for funding to purchase a portable community public address (PA) system. Funding of \$2727.23 was received from the City of Ballarat through the Community Impact Grants Program. The community PA system will be managed by the Brown Hill Progress Association, in partnership with the Brown Hill Community Hall Committee. It will be available for hire by community groups and will be a welcome resource for local events, including the Brown Hill Community Festival and local Australia Day events.

More information about hire of the community PA system will be available shortly on the Brown Hill Online Community Hub: brownhill.vic.au.

Brown Hill Partnership

Next Meeting: **Tuesday 2 May, 5:30-7:00pm** at the Brown Hill Public Hall (back room, enter via the back steps).

R.S.V.P. to Sandra Kennedy on 5320 5746. All community members are welcome!

Find out more: brownhill.vic.au/brown-hill-partnership

Facebook: Making Brown Hill



2016 Brown Hill Community Festival (Image: Ian Wilson)

2017 Brown Hill Community Festival

We hope you have **Friday 27 October, 5:00-7:30pm** in your diaries so that you can join us for the 2017 Brown Hill Community Festival.

We are excited to confirm some of our local groups that will be involved for our second event. The Progress Association will cook up a big sausage sizzle and the Uniting Church lots of pancakes. The Kindergarten will sell drinks and Caledonian Primary School a food item (to be confirmed). There will be other food and drink stalls available, details to come.

Information will be available from the Caledonian Playgroup,
Woodmans Hill (a campus of Ballarat Secondary College),
Ballarat Wholefoods Collective,
Brown Hill Community Hall,
Brown Hill Lions and Lionesses clubs and the Yarrowee-Leigh
Catchment Authority amongst many other local groups.

With **\$1793.00** funding, generously provided by the City of Ballarat through the Brown Hill Partnership, the Festival
Committee will invest in more
widespread promotion of the
event across Brown Hill, hire a
jumping castle, face painter and a
larger stage than that used for the
2016 Festival. The new Brown Hill
Community PA system will help us
to make announcements and
amplify the voices of our local
children performing at the
Festival.

Entries in the second 'Brown Hill Community Festival Photo Competition' will be on display. Information about the competition will be available closer to the time. You can see some of the 2016 entries on the Brown Hill Community Festival Facebook page.

If you are interested in getting involved in the preparation of the Festival, please get in touch.

Brown Hill Community Festival Committee

Contact: Sarah

festival@brownhill.vic.au (please note updated email address)

brownhill.vic.au/brown-hill-community-festival

Facebook: brownhillfestival

Brown Hill Pool: 2016-17 season

Although this was not one of our hottest, the Brown Hill Pool had a reasonable season this summer with 7600 patrons through the gate. A big thank-you must go to our group of lifeguards, who kept a great atmosphere around the centre and also made it one of our safest years with a very low number of incidents occurring across the summer. Special thanks to our managers, Jacqui and Kieran.

A big thanks also to our team of volunteers who put in a total of 650 hours this season to keep the kiosk running, the pool plant pumping and our special events, including Australia Day celebrations, the Learn to Swim program and Aquatic Zumba, running smoothly. Also, thank you to the local schools, youth and sporting groups and church groups for making use of the pool so much, especially in the latter part of the season. These group bookings really boost our numbers and broaden the use of the facility.

This has been the Brown Hill Progress Association's eleventh season running the pool with the assistance of the City of Ballarat and we will be back again next season. We look forward to the community's support.

To find out more about the 2017-18 season and to buy your season passes on line, visit: brownhill.vic.au/pool.

You can keep up to date with information about the Pool by following the Facebook page



Seasonal Local Organic Wholefood - Open Day on Wednesday 3 May Image: Grounded Pleasures

(search: Brown Hill Community Pool).

Bendan Stevens, Secretary Brown Hill Progress Association

Contact: bhpasec@gmail.com

brownhill.vic.au/directory/brown -hill-progress-association-andswimming-pool



Brown Hill Seniors

We had a very enjoyable day on our trip to Queenscliff in March. It was perfect. Our April trip was to the sand castles in Frankston, followed by a very nice lunch at the Frankston RSL. In the meantime, we enjoy our weekly activities, which consist of bowls, cards, bingo and community singing. Enquiries: Doreen 5331 2157.

brownhill.vic.au/directory/brown -hill-senior-citizens-club

Wholefoods Open Day

All members of the Brown Hill Community are invited to come along to the Ballarat Wholefoods Collective's Open Day on **Wednesday 3 May** from 11:00am until 2:00pm at the Brown Hill Cricket Club Rooms, Reid Court, Brown Hill

This will be an opportunity to check out what Ballarat
Wholefoods Collective is all about.
Find out how you can eat well, save money and support local producers. Join the volunteers for a cuppa and an informal chat. Kids are most welcome!

Ballarat Wholefoods Collective

Seasonal Local Organic Wholefood

9:00-11:00am and 5:00-7:00pm Wednesdays (school term time only, closed during school holidays).

For a list of our products and prices and for further details:

Ballaratwholefoodscollective.org

brownhill.vic.au/directory/ballara t-wholefoods-collective



Sarah (Caledonian Playgroup), Trish (Ballarat Toy Library), Sharon Knight MP and Andrea Perrin (Caledonian Playgroup) at the Ballarat Toy Library

Sharon Knight helps our Playgroup

The 20 or so families (including 30 pre-school aged children) that participate in Caledonian Playgroup, Brown Hill, are delighted that the group's 2017-18 membership of the Ballarat Toy Library has been generously funded by Sharon Knight MP, State Member for Wendouree. Sharon remembers being a member of the toy library when her three children were young.

For an annual fee of \$132, the playgroup will continue to have access to two large and two small toys each month. The favourites so far have included the tandem tricycle and the rollercoaster.

These are items to which the playgroup would not otherwise have access, due to their cost and the space required to store them. Each week, different families take the toy library toys home, ensuring we get the most out of their four-week hire.

The Ballarat Toy Library has been running for over 60 years as a

volunteer community organisation. Run by its members, the library is a friendly place where families can borrow toys on a regular basis. They loan a wide range of quality toys, equipment, puzzles and games, saving their members money and storage space and reducing our collective carbon footprint. With a membership to the library, members of the Ballarat community can easily meet the ever-changing needs of their children at each stage of development. Members can discover what toys their children most enjoy before buying for them. It is also a great place to meet other families. Every family with young children in and around Ballarat is welcome to be a member of the Ballarat Toy Library.

The Ballarat Toy Library is located in the Eureka Resource Centre at 507 Humffray Street South,
Ballarat. It is open on Tuesdays and Sundays from 10:00am to 12:00 noon. Contact: 0439 002 769, info@ballarattoylibrary.com.au, ballarattoylibrary.com.au and Facebook: ballarattoylibrary.

Caledonian Playgroup

- * Every Wednesday during school term, 9:00-11:00am
- * Multi-purpose hall at Caledonian Primary School, Thompson Street, Brown Hill
- * Gold coin donation and a piece of fruit to share
- * Parents and carers are welcome to come along with their preschool aged children
- * Contact via Caledonian Primary School on 5332 6955 or playgroup@brownhill.vic.au
- * Visit: brownhill.vic.au/directory/caledo nian-playgroup

Sarah Greenwood-Smith, Caledonian Playgroup

Brown Hill Kindergarten helps to 'clean up Australia'

Brown Hill Kindergarten participated in a Clean Up Australia activity early in March. The children picked up rubbish along the river and on the grassed area behind the kindergarten. We used the activity to talk with the children about the importance of caring for our natural environment and how they can help look after it. The children in Blue Group have become very interested in where the rubbish goes and have been practising sorting which items can be recycled, or go into the rubbish or compost.

Through our Bush Kinder programme, and the kindergarten programme in general, we aim to



Brown Hill Kindergarten children helping to 'clean up Australia' along the Yarrowee River

help the children develop an increasing knowledge of and respect for natural and constructed environments and to develop an awareness of the impact of human activity on environments and the interdependence of living things.

Christine Sullivan, Education Leader, Brown Hill Kindergarten

Brown Hill Kindergarten

5332 7973

brown.hill.kin@kindergarten.vic.g ov.au

brownhill.vic.au/directory/brown -hill-kindergarten

http://ecka.org.au/earlychildhoodcentres/kindergartenspreschools/ brown-hill-kindergarten



Brown Hill Kindergarten children learning about recycling our rubbish

Yarrowee exploration proving a big hit with locals

The day of 16 March started off grey and rainy. However, by the time our afternoon riverside botanic drawing class began, the dappled sun was shining through the leaves. A small group of six budding artists (most with no experience) sat by the Yarrowee River in Brown Hill and created a water colour of their chosen leaf. "Easy," you might say, but we were led through the detailed techniques including colour mixing and matching by resident artist and botanical illustrator, Valerie Richards. She says, "For the last ten years, botanical illustration has been my passion and I have been studying with the Royal Botanic Gardens art classes ... it is a most satisfying study and the range of subjects is endless. The gaining of knowledge while painting is an added dimension." After two hours, we had experienced a quietening of the world around us as we took the time to chat and focus on a small piece of nature in our efforts to replicate it in art. Comments on the day included, "What a wonderful way to experience the river!" and "I've always wanted to do something like this."

The focus of the evening then shifted, as we packed up our art and headed 200m along the Yarrowee River trail to the new Brown Hill wetlands for the 'Family Frog Walk and Talk'. I was overwhelmed by the interest from the local community with 50 members of all ages turning up.



Experiencing a small part of the Yarrowee through botanic art

We began the evening with a run down of some of the amazing traits of these fascinating froggy creatures (they use their eyeballs to help them eat!) and listened to recordings of their mating calls. We then had a short walk, trying to hear some live local frogs. Unfortunately, as is often the case with fauna surveys, we did not hear any due to the large crowd and windy conditions. However, this did not dampen the enthusiasm of the group, who were happy to have the time to sit quietly and listen to nature as well as catch-up with their human neighbours.

Due to the great success of the March event, we held a repeat evening on Thursday 20 April, further downstream. On a perfect frog evening of mild, still and wet weather, we explored the Nerrina Wetlands. As two groups were led around by torch, we heard a cacophony of at least four frog species. We were also lucky enough to see approximately 40 frogs hopping on the pathways and edge-side vegetation! Mostly young pobblebonks and some Ewing's Tree Frogs.

Brunch with Brown Hill birds

Sunday 30 April, 7:45-9:30am

Meeting: Hearn Road Reserve, Brown Hill, corner Hearn Road and Ditchfield Lane

Join a Birdlife Australia expert for a discovery walk around the beautiful Ditchfield Bushland Reserve spotting Blue Fairy Wrens, Yellow Breasted Robins, Grey Fantails, Brush Bronzewings and more. We will provide a brunch at the end of the walk, giving you a chance to discuss all the marvels you have seen.

Jane Bevelander, Yarrowee-Leigh Catchment Authority



The finished product

Yarrowee-Leigh Catchment Authority

0426 873 202 or jane@leighcatchmentgroup.org brownhill.vic.au/directory/yarro wee-leigh-catchment-group

Frog Watch

Become a Citizen Scientist. See the information on the following page and:

leighcatchmentgroup.org/#curren t-projects to find out more.



Listening by the Yarrowee River for local frog calls at the Family Frog Walk & Talk



IT'S SO EASY TO BE INVOLVED

- 1. Using your phone record local frog calls.
- 2. Join the free wildlife database Bowerbird
- Upload your recordings to our newly established database group <u>Ballarat and</u>
 Beyond Froggers. Then wildlife experts will be able to identify your call.

Queries: please contact Jane on or 0426 873 202 or janelcg@iinet.net.au.

We will also be running training days and frog survey events so stay tuned to Leigh Catchment Group Facebook Page.



concluded for the winter months and will start again in mid-Spring - join us any time you like!

AGM: Saturday 6

May: 6:00pm, Dean

Ditchfield Reserve

working-bees have

May: 6:00pm, Dean Hall. All welcome. Presentation: 'Antarctica: It's all about the weather!' WFPLG member and intrepid explorer Hazen Cleary has recently returned from a four week trip to Antarctica. Live part of her adventure through her photographs and stories of encounters with penguins and pack-ice. Gain an insight into the new understandings she has about this frozen and fragile part of the planet.

Tree Planting: Wednesday 28 June

and **Sunday 30 July** at Slaty Creek (Creswick Forest).

WFPLG welcomes anyone with an interest in environmental and conservation projects in the Brown Hill area to contact us.

Wattle Flat-Pootilla Landcare Group

Contact Andrew: 0419 091 601 or Stephanie: 5334 8035

brownhill.vic.au/directory/wattle -flat-pootila-landcare-group

Indigenous plants for Ballarat gardens

Check out the new page on the City of Ballarat's website about selecting local native plants suitable for urban gardens. Whether you're after a small tree, bushy shrubs or pretty lowgrowing ground-covers, there is a plant suitable for your space. The website contains information about their size, water and sun preferences and how to care for these garden delights. www.ballarat.vic.gov.au/sh/treesand-native-vegetation/indigenous-plants-for-

vegetation/indigenous-plants-for-ballarat-gardens.aspx, or search: 'City of Ballarat indigenous plants'

Local Landcare

If walking or riding the Yarrowee Trail north of the Western Freeway, you might notice that a significant number of guards and stakes have been removed from young plants. At a 'Clean-up Australia Day' event and regular monthly working-bees, members of Wattle Flat-Pootilla Landcare Group (WFPLG) removed twothirds of a skip of rubbish and "unveiled" several hundred new young plants.



Ballarat's local trees, shrubs and ground covers provide a profusion of colour and texture to brighten this spring-time garden

It won't happen to me....

BUSHFIRE MYTH: "It won't happen to me."

guarantee that it won't happen to you. When you think of recent large bushfire events, do you think that the people impacted thought that a bushfire would happen to them? If you prepare and nothing ever happens then you have lost nothing. If you do not prepare your family and home in order to best protect them from a bushfire, you may regret it when a bushfire does occur!

Did you know that the highestrisk areas of Ballarat to a bushfire threat are Nerrina, Invermay and Brown Hill? Basic questions to check your level of risk:

- 1. Do you live within a couple of streets of bushland?
- 2. Does your local area have a history of bushfires?
- 3. Do you have many trees and shrubs around your home?
- 4. If you need to leave your home, do you need to travel through bushland?
- 5. Is your 'Bush Fire Survival Plan' more than one year old?

If you answered 'Yes' to one or more of these questions, then you and your family may be at risk in the event of a fire. Knowing your level of risk means you will be able to make the safest decision for you and your family.

The FireAware Network is looking for Brown Hill residents who are interested in forming their own



FireAware mascot, Penny Platypus

street cluster to help their neighbours understand the bushfire risk to their street and how to prepare for such a risk. If you would like to know more please contact the Network Coordinator Hazen. Many hands, or even a few, make light work!

For more information go to the Brown Hill Community FireAware Network's web pages:

pleanetwork.com.au/brown-hill-community-fireaware-network/

Hazen Cleary, Brown Hill FireAware Network Coordinator

hmc433@hotmail.com

0408 690 493

brownhill.vic.au/directory/brown-hill-fireaware



By scanning this QR with an appropriate device, you will access the Brown Hill Community FireAware Network's web pages

Sanative Sue

Sue Walker is a Brown Hill community member who owns her own massage clinic. She massages clients to help with muscle strains, injuries and sports recovery and practises both remedial and relaxation massage. Sue's massage clinic is called 'Sanative Massage'. Sanative is defined as "conducive to physical or spiritual health and well-being; healing."

Jacqui, a student from Woodmans Hill, interviewed Sue to find out why she is a massage therapist and why she loves her local community in Brown Hill.



Sue Walker, Sanative Massage

Sue stated that she was introduced to massage therapy when she started baby massaging. She said she "...found it a really good way to bond." When asked about what a massage does, Sue said, "Basically, massage therapists deal with muscle tissue on a client's body, they do not diagnose or manipulate at all." She also said, "We look at tight muscles and injuries. It's about loosening people's muscles and muscle dysfunction and making them feel

better."

Massage has significant benefits for an individual's mental health. Sue said, "The mental benefits include that it helps the nervous system, helps with depression and anxiety and helps relieve stress."

Sue is very passionate about her work. When asked what she enjoyed about being a massage therapist she said, "Everything. I love my clients!" Sue also mentioned that she massages a range of people, from 'tradies' to retired people, and all professions inbetween. Sue massages people of all ages, but she recommends that an under-eighteen year old be accompanied by a parent or guardian. She said she loved the stories that she hears from her clients. Sue also said she liked not having a boss, rather, being selfemployed.

Sue has a wonderful home garden. When we talked about this interest in gardening, Sue said that growing her own food made her happy and healthy and she stressed the link between healthy eating and well-being. "If I eat heavily processed food, I feel the effects both physically and mentally for days and it affects me in not a good way. Home-grown food and freshly-cooked food makes me feel good and perform better physically with my yoga and mentally with work and with running a busy family."

Sue also loves being a part of the Brown Hill community and has seen it grow over the last 20 years. She enjoys the locals and little things like being able to text Nicole at the milk bar to save her a paper. Sue is one of the community volunteers who delivers the Brown Hill

Community Newsletter.

If you would like to get a massage from Sue, visit sanativemassage.com.au or phone 0417 136 618 to book an appointment. Sanative Massage is also listed on the Brown Hill Online Community Hub: brownhill.vic.au/directory/sanative-massage.

Jacqui, Woodmans Hill, a campus of Ballarat Secondary College

Meeting and eating in Brown Hill

We are so lucky to have three keen and vibrant new owners of food related businesses that service our Brown Hill community. Brian Green, a member of the Brown Hill Community Newsletter Committee, popped in to find out more.

Need a great coffee in a warm friendly space? Visit **Start Café** (formerly Vegas and Rose), as I did, and meet Michelle Guevara & Brian Cabo.



Michael, Brian Cabo and Michelle Guevara at Start Café

Open Tuesday to Friday from 7:30am until 4:30pm and on Saturday and Sunday from 9:00am until 3:00pm. For breakfast or lunch, waffles or salads, fantastic coffee or teas, these sharp young folk will offer you a friendly smile and a top place to meet for a chat.

Contact: Michelle Guevara and Brian Cabo 0456 379 646 96 Humffray Street North startcafeballarat@gmail.com brownhill.vic.au/directory/start-cafe

Facebook: startcafeballarat Instagram: cafestart



Michelle and Craig at Brown Hill Hotel

Brown Hill Hotel and

Sportsbar's new owners, Michelle Brown and Craig Stone, bring a lot of energy and new social activities to our community. They have introduced live music from 3:00-6:00pm on Sundays, followed by evening meals. They have also started trivia nights each Monday night from 7.30pm with meals for special prices. Their new chef offers lovely meals seven days a week and great coffee or a beer. Two decks overlook the Yarrowee Trail and the Brown Hill Wetlands. Drop in and say hi, have a meal and catch up with some locals.

Open 7 days a week for lunch and

dinner. Mondays to Fridays: 11.00am - late, Saturdays: 10.30am - late, Sundays: 12:00 noon - late.

Contact: Michelle Brown and Craig Stone, 5331 3037 385 Humffray Street North visitus@brownhillhotel.com.au Facebook: brownhill.hotel



Dean at the Queen's Head Hotel

The Queen's Head Hotel and **Bottle Shop** has recently been reopened by Dean, who looks forward to seeing old and new customers visit his communityand family-friendly pub (with no poker machines or sports bar). The new chef and renovations have seen the dining room booked out, so get in early or give them a call. Dean says you can get "schnitz-faced" on Wednesdays with many schnitzels to choose from on the special theme night. Open daily from 10:30am until late, with the adjacent bottle shop opening from 11:00am.

Contact: Dean, 5384 5514
146 Humffray Street North (cnr
Queen Street)
brownhill.vic.au/directory/queen
s-head-hotel

Little Square's Garage

This warehouse & café is relocating to 81A Humffray Street North (previously Wolveschildren's Gallery), next to The Eastern. It is opening on Monday 1 May.

Owner, Heidi, says, "Inside, you will find Little Square's Garage's own range of products, including 'Garage79's' T-shirts and 'Boutique Heidi' handkerchiefs, all made in Ballarat. The café will have toasted sandwiches, good organic coffee and a large range of organic teas." Online orders will be shipped from the warehouse.

Open Mondays, Tuesdays, Thursdays and Fridays from 10:00am until 3:00pm and Saturdays from 9:30am until 2:00pm. Closed Wednesdays and Sundays.

Exhibition: Hankies & their Stories

Heidi also let us know that from 1 to 30 May, Little Square's Garage will be holding a free-of-charge exhibition: 'Handkerchiefs & their Stories'. It will be a showcase of Handkerchiefs from hankie lovers in our community. Handkerchiefs will be on display along with the stories of how they were acquired, loved and the journeys they have had. On display will be hankies from Sir Robert Menzies, alongside some from our local community.

Little Square's Garage

Contact: Heidi 1300 957 557 boutiqueheidi.bigcartel.com

Wynter Electrical

Licensed A-class electrician and Registered Electrical Contractor. A local Brown Hill resident, Alex has been in the electrical industry since 1996. He prides himself on being reliable, professional and hardworking. Alex says, "My qualifications, training and experience over the last 20 years have taught me the importance of respect for my customers, positive communication and providing quality products and workmanship."

Contact: Alex Wynne
0415 523 755
wynterelectrical@mail.com
wynterelectrical.com.au
Facebook: Wynterelectrical
brownhill.vic.au/directory/wynt
er-electrical



Ballarat Treeworks

Tree pruning - Tree and stump removal - Chipper hire - Mulch sales - 18-metre travel tower

Free quotes. Contact Jake:
0417 370 312
Jake@ballarattreeworks.com.au
www.ballarattreeworks.com.au
brownhill.vic.au/directory/ballara
t-treeworks

Contact details for these and other Brown Hill Businesses can be found on the Brown Hill Online Community Hub: brownhill.vic.au/directory/business



Rupert McKenna in 2007

Vale Rupert McKenna

Over the many years of building and maintaining the Brown Hill Public Hall, the McKenna name has been well known. Rupert was always available to clean, move bins, deliver keys and other important tasks.

Margaret, his wife, was Treasurer for many, many years and, when needed, could advise the Committee to beware of over spending.

Rupert, while being a good worker, at all times preferred to be in the background and not look for publicity.

Thank you Rupert and Margaret.

Ed Bawden, Brown Hill Public Hall Committee

Uniting Church events

Autumn Fair

On the morning of Saturday 22 April, the Brown Hill Uniting Church had their Autumn Fair. 10 people booked sites for the Car Boot Sale, there was an op. shop clothing sale and participants were able to buy cakes, produce, plants, books, coffee and Devonshire tea from many stalls set up by the Church community. One organiser, Barb, said, "We have really enjoyed a most successful Brown Hill community-focussed morning, with a good number of people staying around to chat, buy, swap and sell and, most importantly, enjoying many reminiscences with very special individuals."

Through the generous support of the Brown Hill community, the event raised \$1900 to support the Brown Hill Community Pool's 'Learn to Swim' program to be held in January 2018. Well done to all involved!

Liz Mason, Brown Hill Uniting Church **April Men's Breakfast**

The next Men's Breakfast is on Saturday 29 April starting at 8:00am. The guest speaker is Father Constantine from One Humanity Shower Bus. \$5 for a full cooked breakfast. Please reply to 0407 893 468 (for catering purposes).

Louise Wright, Brown Hill Uniting church

Beyond Brown Hill in May

Music

The exciting music year will continue with some excellent concerts coming up:

Saturday 6: 6:00pm, Choir of Hard Knocks, St.John's Church, Creswick. creswick.net/calendar

Sunday 7: 2:00pm, Ballarat Grammar Performing Arts students, St.John's Church, Creswick. creswick.net/calendar

Sunday 7: 2:30pm, 'Piano for Pleasure' concert, Art Gallery of Ballarat. 5320 5858.

Saturday 13: 7:30pm, Don Huntley Memorial piano recital, featuring brilliant Australian pianist, Caroline Almonte, Wendouree Centre for Performing Arts. wcpa.com.au or 5338 0980.

Bronislaw Sozanski

Heritage Tours

Sunday 28: 1:00pm, Old Ballarat Cemetery tour run by Ballarat and District Genealogical Society Inc. during Ballarat Heritage Weekend. Focus on graves of the 1850s. Cost: gold coin donation. Contact: Neva Dunstan on 5330 7005.



Car Boot Sale at the Brown Hill Uniting Church Fair

...continued from p.1

always welcome, because they were not paid directly into bank accounts as they are now.

Together with a developing group, John has played a role in fighting to retain local post for our community. He was also part of the campaign to keep the Brown Hill Community Pool open and he plays an active role in the Brown Hill Progress Association.

As one of the many volunteers who help to make Brown Hill such a welcoming community, John says, "It is very rewarding to receive thanks for our efforts and we are sure we are very much appreciated."

Keep an eye out for John the Postie and our other newsletter volunteers delivering to your letterbox again soon!

Sarah Greenwood-Smith, Brown Hill Community Newsletter Committee

Celebrating our Aboriginal history and living culture

During Reconciliation Week 2017 (27 May – 3 June) Brown Hillians are invited to take part in a range of events being coordinated by the City of Ballarat and the Sovereign Hill Museums Association.

The City of Ballarat's
Reconciliation Week program will
feature a full day of events at the
Ballarat Library on Monday 29
May (9:30am-7:00pm) with a range
of free activities for all ages, from
children through to adult
workshops. Activities will include
cultural awareness workshops,
indigenous storytime, author talks
and special seminars. Keep an eye
on the Library's Facebook page
(centralhighlandslibraries) for
more details.

The Sovereign Hill Museums
Association's Reconciliation Week

program, the 'Gnarrwirring Ngitj/Learning Together Festival', will begin on National Sorry Day (26 May) with a free lecture at Sovereign Hill's Victoria Theatre from Dr. Janice Newton, author of 'Mullawallah: The Last King Billy of Ballarat'. A range of free and costed events will occur during Reconciliation Week, including a 'Gourmet Wadawurrung Dinner', a special 'Wadawurrung GoldBar' event at the Gold Museum, and of course, the popular 'Wadawurrung Corroboree' will again be the festival highlight. Information about the '2017 Gnarrwirring Ngitj Festival' can be found here: sovereignhill.com.au/visit/what-

s-on/gnarrwirring-ngitj-festival

Alice Barnes, Brown Hill Community Newsletter Committee

Local ANZAC History

On 11 April at the Arch of Victory, a memorial event was held to honour seventeen Ballarat and district servicemen who were killed in the 1st battle of Bullecourt in 1917. On this day, 100 years ago, Brown Hill man Harold Edward Trethowan lost his life. Harold lived on Daylesford Road, then known as Gong Gong Road, Brown Hill and attended the Brown Hill State School, Harold's niece and nephew, Norma Moulton and Doug Wilson, also long-time Brown Hill residents, together with other Trethowan relations, attended the event. Harold's tree of honour is number 2720. His name is also recorded on the Villers-Bretonneux Memorial in France.

Wendy Green (nee Moulton)



The Trethowan family, Harold 2nd from the left in the back row

Brown Hill Community Newsletter

This publication is a community project of the Brown Hill Progress Association and is supported by the City of Ballarat through the Engaging Communities Program / Brown Hill Partnership. It is published bi-monthly.

Editor: Sarah Greenwood-Smith.
Editorial Advisory Committee:
Alice Barnes, Geoff Dickson, Brian
Green, Megan Hekkema and Ian
Westerland. Editing support: Julie
Hayes. Proof reader: Jock
Freeman.

Approximately 20 local volunteers distribute the newsletter to all businesses and residences in Brown Hill. Additional copies are available for collection at businesses and community hubs around Brown Hill. Electronic copies are available in .pdf format on the Brown Hill Online Community Hub: brownhill.vic.au and promoted through the 'Brown Hill Community Newsletter', 'Making Brown Hill' and 'Brown Hill Community Pool' Facebook pages. To subscribe, email: newsletter@brownhill.vic.au.

Contributions for Edition 7 must be submitted by Wednesday 7 June to newsletter@brownhill.vic.au or in hard copy to the reception desk at Caledonian Primary School, Thompson Street, Brown Hill during school term and school hours. Contributions should not exceed 250 words and up to two photographs per item may be submitted (but may not necessarily be published). Material may be edited due to space, style, clarity or for legal reasons. The

name and address of the person submitting any material must be provided (address not for publication). The Editorial Advisory Committee reserves the right not to publish material considered to be offensive or inappropriate or which is not deemed to have community interest or relevance. The views expressed or information provided in this publication are not necessarily those of the Brown Hill Progress Association or the City of Ballarat, including any officers, members, agents or contractors.

Printed by Ballarat Mailworks on 100% recycled paper.



Top Katz Rockers

Organisers Joyce & Kelly are excited that the Top Katz Rockers are holding a rock and roll dance on 17 June 2017 with a "terrific band from Melbourne", 'The Atomic Hi-Tones'. They are also holding a dance on 21 October 2017 with a band called 'The Fender Benders', another "awesome rock-n-roll band", also from Melbourne. Joyce and Kelly say, "We appreciate being able to use the Brown Hill Hall and everyone loves the quality of the dance floor and the facility in general." To find out more, contact: 0419 319 417 brownhill.vic.au/directory/topkatz-rockers

Victoria Bowling Club

The Victoria Bowling Club was founded in 1907 with Abe Levy being President for the club's first two years. The bowling club is situated at 231 Victoria Street, Ballarat East with the club's car park entry along Gent Street, off Stawell Street North. This is near the pedestrian bridge over the railway line, south west from Russell Square.

During the summer months the club participates in the Saturday pennant competition, with teams entered from 'Premier' to 'Division Nine'. On Mondays, the club enters teams in divisions 'Two' and 'Four'.

The club is always looking for both men and women to play in the pennant competition. Social bowls gatherings are also encouraged.

Victoria Bowling Club also has a large function room which seats up to 300 people, with a modern kitchen and bar facilities. Birthdays, weddings and presentations are just a few of the functions that are regularly held at the club. For function bookings, please contact Darren Britt on 0419 326 709.

Michael Walsh, Victoria Bowling Club

Contact: Michael Walsh
0457 111 399, 5332 6242
info@victoriabowlsclub.com.au
victoriabowlsclub.com.au
brownhill.vic.au/directory/victori
a-bowling-club

Ballarat Highland Dancing

The 'Ballarat Highland Dancers' group has been running for many years. They are a non-profit organisation that is heavily involved in the community, having danced at many local retirement villages, nursing homes, fêtes, schools and private functions. Their dancers also travel all over Victoria taking part in competitions.

The group meets at the Federation University Pipe Band Hall, Reid Court (next to the Brown Hill Cricket Club Rooms and opposite the Brown Hill Kindergarten).

They have classes for children on Tuesday from 4:30pm. If you are interested in learning Highland Dancing, please feel free to drop in during one of these lessons or contact Christine Plover on 0408 329 701. Find us on Facebook: ballarathighlanddancing

brownhill.vic.au/directory/ballara t-highland-dancers

Rob, a Master Footballer

Meet Rob Walters, the young-old man of the Ballarat Masters Football Club.

Rob started playing football at the age of five in Adelaide and progressed to senior football where he turned down the opportunity to play at the highest level because they wanted him to do a time trial, in which he wasn't interested. As a result, at the age of 23, Rob gave the game away, only to take it up again at the age of 37!

23 years later he started with the Ballarat Masters team. He still plays in the ruck. Rob loves keeping fit and enjoys a cool drink after training. Most of all he enjoys the mateship of his team and the opposition.

Rob regularly represents Victoria in the yearly AFL Masters National Championships and has six Premierships to boast about. He proudly reflects that he is still recognised as a 'top-kick' on either side of his body.



Rob Walters

Rob's football genes have lead to his boys' keen interest in the sport, with one son fronting up to play for Dunnstown each weekend.

A couple of the different rules from Rob: "A drop kick from greater than 25 metres scores two goals!" Rob tells me he hasn't scored one.

He also says, "No knees up when marking."

The Ballarat Masters Football Club meets for training each Wednesday night until 27 September, from 6:00pm at Russell Square. Games are once a fortnight on Sundays. Rob says, "If you are over 35 with a pulse, enjoy football and think you could be fitter, come along and have a chat with us. We have a mix of skills and ages."

Contact: Rod Lewis, Club
President: 0422 670 779
brownhill.vic.au/directory/ballara
t-masters-football-club
Facebook: BallaratAFLMasters

Brian Green, Brown Hill Community Newsletter Committee



Some of the Ballarat Highland Dancers