

Brown Hill Community Newsletter

Edition 37, Spring 2023

A project of the Brown Hill Progress Association supported by the Brown Hill Community Partnership.

We are proud to walk this land with the Wadawurrung people and all other First Nations people.



Glenn & Kerry Drew at the counter of Baker's Delight Bakery Hill. Image supplied.

Diary Dates

SEPTEMBER

Saturday 16: 10.00 am - 12.00 noon, Ballarat Biodiversity Strategy - Public Community Engagement drop-in session at Earth Ed, Olympic Avenue Mt Clear (p.24).

OCTOBER

Wednesday 4: 5.30 pm - 6.30 pm, Y Learn and Swim Kindergarten Open Evening (p.10)

...continued p.2

Thanks Glenn and Kerry, it's bun really great

For the past seven years many Brown Hill residents have enjoyed sharing a chat and smile with Glenn, Kerry and their team at Baker's Delight, Bakery Hill.

Now it is time for these Brown Hill locals to move on to other projects (after a few months of rest and holidays). The new Franchisee is Chuck Read and he comes with 16 years of Bakers Delight experience. Glenn and Kerry tell us he is fantastic!

Over seven years Glenn and Kerry have loved the people they have worked with and the customers they have met through the Bakery.

Throughout their time at Bakers Delight (and around 2.5 tonnes of flour per week), Glenn and Kerry

have employed 89 staff (currently 30 staff). They say, "One of the great things for us is that we have given so many local people their first job. As Brown Hill residents, it's been great living and working in our local area and employing locals too!"

In 2016, after 22 years working at Mars Chocolate Australia Glenn and Kerry wanted to take on the challenge of running their own small business. They knew other local Bakers Delight Franchisees and decided that a Bakers Delight Bakery aligned with what they were looking for at the time.

Challenges have included the uncertainty when the pandemic hit, the 24/7 demands of running a bakery and, being a small

business, the need to be a 'jack of all trades'!

We asked Glenn and Kerry about their favourite bakery product. Glenn says he eats a Cheesymite scroll everyday and Kerry enjoys a Hungarian Parmesan roll, saying it is, "the best roll filled with ham and salad!"

Glenn and Kerry say, "We have loved being involved in the local community. Whether through sponsoring local sporting clubs, providing bread to breakfast programs at local schools, supplying restaurants/cafes with our product or having a chat to our regular customers - it's been great!"

Thanks Glenn and Kerry!

Sarah Greenwood-Smith, Editor

...continued from p.1

Wednesday 4: 10.00 am - 11.30 am, Free Workshop for Community Groups - Promotion Online, Barkly Square, Ballarat East. (p.19)

OCTOBER

Wednesday 11: 6.30 pm - 8.00 pm, Free Workshop for Community Groups - Promotion Online, Online. (p.19)

Wednesday 11: 7.00 pm, Brown Hill Progress Association meeting and AGM. Brown Hill Hall. (p.5)

Monday 16 - Sunday 22: Aussie Bird Count. (p.8)

Saturday 21: 9.00 am - 2.00 pm, Sustainability Victoria's Detox your Home event, Ballarat Council Operation and Environment Carpark, 2 Trewin Street Wendouree. (p.14)

NOVEMBER

Wednesday 1: 10.00 am - 11.30 am, Free Workshop for Community Groups - Privacy Online, Barkly Square. (p.19)

DECEMBER

Wednesday 13: 7.00 pm, Brown Hill Progress Association meeting. Brown Hill Hall. All welcome. (p.5)

For more, visit: brownhill.vic.au

We acknowledge the Wadawurrung people and their ancestors who have been custodians of the Ballarat area for thousands of years performing age-old cultural ceremonies, celebrations and traditions.

We acknowledge the Ballarat Aboriginal community, many of whom were forcibly removed from their families during the Stolen Generations decades and brought to Ballarat.

We acknowledge and pay our respects to Elders past and present.

About our Newsletter

This publication is a community project of the Brown Hill Progress Association. It is published quarterly.

Our volunteer team:

Editor: Sarah Greenwood-Smith

Editorial Advisory Committee:

Brian Green, Brendan Stevens, Geoff Dickson and Hazen Cleary.

Editorial Support: Anne

Rowland, John O'Brien, Anna Beesley, Dianne Vanderveer, Sally McAlpin and Julie Hayes

Accounts Manager: Brendan Stevens

Social Media: Ellie Thacker, Sherene Mounier and Emma Bannan.

Over 20 wonderful local volunteers distribute the newsletter across Brown Hill with additional copies available at local businesses and community hubs. Electronic copies are available on the Brown Hill Online Community

Hub: brownhill.vic.au/newsletter/ or you can subscribe online or by emailing us: newsletter@brownhill.vic.au.

Contributions are welcome from the Brown Hill community.

Articles can be emailed to newsletter@brownhill.vic.au or delivered in hard copy to the reception desk at Caledonian Primary School, Thompson Street, Brown Hill during school term and hours.

Edition 38 articles are due by **Friday 10 November 2023**. Please read the editorial policy regarding contributions before submitting an article or advertising: brownhill.vic.au/newsletter.

The views expressed or information provided in this publication are not necessarily those of the Brown Hill Community Newsletter Committee or the Brown Hill Progress Association, including any officers, members, agents or contractors.

Occasionally, some content

included in our newsletters may be upsetting for some readers. If you need support, contact numbers are available here: brownhill.vic.au/new-to-brown-hill/need-some-support/

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Brown Hill Progress

Association Meet in the Brown Hill Hall (rear room), second Wednesday every second month, 7.00 pm. All welcome.

bhpa@brownhill.vic.au

brownhill.vic.au

PO Box 1863, Bakery Hill 3354



From the editor

My Dad is an early bird. He says that the morning is the best part of the day.

There is another early (actual) bird I know which has taken to warbling away around 5.15 am each morning outside our house in Brown Hill.

"Boo-dop-dooop" it sings. Loudly. Again and again. Very early in the morning.

The sound is quite similar to an alarm clock. So that is day-time for me at the moment. I have decided not to stay in bed and listen to what my daughter has called "mummy's bird friend". If I can't beat the bird, then I'm going to join it in enjoying Brown Hill in the early morning.

I can now confidently confirm that my "bird friend" is a Magpie (one of the top 10 birds in the Aussie Bird Count, p.8). I now say a quiet hello to it as I sneak out the (sometimes frozen) front gate for a walk around Russell Square.

As the mornings are getting lighter (and less freezing) the Russell Square crew is growing in number - joggers, walkers, dogs and even our back page superstar from the last edition, Sarah Watts,

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training for her next marathon! It is a pretty happy bunch of people travelling in one direction or the other, but always giving a wave, smile and quick hello on each lap. Quite often, the sunrise is quite spectacular from Russell Square. Maybe my Dad (and my "bird friend") are right...the morning is the best part of the day!

I would like to say an enormous thanks to two more early-birds, Glenn and Kerry Drew (p.1), who have been welcoming and friendly faces at Bakers Delight Bakery Hill for the last 7 years. When my parents come to visit, my (very chatty) Dad has enjoyed taking a trip to buy some bakery treats from (very chatty) Glenn and Kerry.

They have been so generous in their support of the Brown Hill community by donating, or providing at cost-price, many, many loaves of bread for BBQs, lunches, events and fundraisers run by local community groups, Brown Hill Kindergarten, Caledonian Primary School and many more organisations. Good luck for your next adventure Glenn and Kerry and thank you!

Sarah Greenwood-Smith, Volunteer Editor, Brown Hill Community Newsletter and Directory Committee
newsletter@brownhill.vic.au
brownhill.vic.au/newsletter/

Join the Newsletter Team

The award-winning Brown Hill Newsletter is going through a period of transition from the foundation team to whatever happens next.

Can you as an individual, or others you may know as a group, assist with the ongoing production of a quarterly newsletter?

If so, please contact Brendan (bhpa@brownhill.vic.au or 0409 018 867) or Sarah (newsletter@brownhill.vic.au).

Assistance and training will be provided. No one is going to be thrown in the deep end!

Our terrific team of volunteer delivery people will still continue to distribute the publication.

We also encourage Brown Hill community members to use available digital network links to keep up with information. Links are available through the:

*** Brown Hill Community Online Hub:** brownhill.vic.au/newsletter

*** Brown Hill Community Newsletter** on Facebook

*** Brown Hill Community Noticeboard** on Facebook

Brendan Stevens, Secretary, Brown Hill Progress Association
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bhpa@brownhill.vic.au



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Brown Hill Recreation Masterplan

PROJECT SUMMARY



Pictured above: Abolishment of the power supply by Powercor.

The implementation of the Brown Hill Recreation masterplan is being delivered in partnership with the Victorian Government.

Stage 1, the decommissioning of the Brown Hill Pool is well underway with all the essential services having been disconnected or abolished in preparation for the demolition and removal of the buildings and pool shells, scheduled for commencement this spring.

Following initial site conversations with Brendan Stevens (BHPA) the council will endeavour to honour the past collaborative efforts of local citizens by repurposing a quantity of the locally made hand moulded bricks within the future Splash Park Precinct.

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**CITY OF
BALLARAT** 

Brown Hill Progress Association

From the Secretary's Desk

Since the last Newsletter the small Brown Hill Progress Association (BHPA) crew has continued with a lot of activity to try and improve the community facilities and assist other organisations with equipment and events.

Readers of the newsletter should remember well our mid-2021 campaign to improve the Brown Hill Reserve for the broader community with a focus on a replacement for the underutilised and crumbling 80-year-old swimming pool. Our 15 years of management demonstrated to us that the pool's days were numbered and our survey taken in 2021 had us produce a master plan concept that we took to the City of Ballarat.

After 12 months of much discussion and public meetings, the final draft for the redevelopment of the whole reserve was given the green light by the City of Ballarat at its public meeting on 26 April 2023. We look forward to the works progressing

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**Catherine
KING MP**
Federal Member for Ballarat

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over the next two years.

The assets that the BHPA had accumulated in its years of pool management have been donated to various organisations around the community. Notably the aluminium stairs went to a local primary school; the first aid room, the pool pump equipment, tank and cover rollers to Black Hill pool; seats and tables will be used in other park areas around town with all new disabled-compliant park furniture to be used in our Reserve works; sports equipment to Eureka Pool and unused fridges etc. will be used by the Ballarat Neighbourhood Centre in Delacombe. Nothing has been thrown away unless it was beyond its use-by date. We thank the City of Ballarat Aquatics Team for their help with this redistribution.

We will be communicating with the project manager during the redevelopment to make sure works are to our planned expectations. We also aim to have an Information "Story Board" type structure to keep the memory of the hard work done by the community volunteers 80 years ago in the building of the pool and its changes over its lifetime. We are storing away some of the original handmade bricks and other items that we



hope to use in this memorial and hope to gather any old photos and information from senior Brown Hill residents to help tell this story.

The BHPA was also pleased to be able to help the Brown Hill Cricket Club with some limited financial and people-power assistance to run the Auskick Program during Term Two. Congratulations to Phil and his crew on a great job.

We were also able to help the parkrun group that gathers on Wallaby Track every Saturday morning with a temporary shelter gazebo for those very wet mornings. Hopefully, when the Reserve updates get to the new bridge and crossing, a permanent shelter and drink-station will be established at the start/finish point. The repairs to Wallaby Track near the tunnel are also almost complete so the whole original 5km loop will again be available for parkrun and others.

The BHPA general membership and committee numbers have dwindled enormously, especially since the COVID-19 pandemic, with only around 15 (mostly)

aging people now actively involved with this community-centred work, newsletter production and supporting the Brown Hill Hall Committee in the management of the Hall. We appeal to the growing population of our great suburb to please assist the BHPA to continue with the improvements to community assets and to have a voice to local and state government regarding planning and development in and around Brown Hill.

If you can spare an hour or two and would like to have a say, we currently have meetings every second month.

On 11 October we are holding our AGM and 13 December our final meeting for 2023. Meetings start at 7.00 pm in the back room at the Brown Hill Hall, on the second Wednesday every second month.

The best way to get in touch with BHPA is via email, **bhpa@brownhill.vic.au** or phone the Secretary, Brendan on **0409 018 867**. You could also come along and say hello at our meetings. Everyone welcome.

Keep well, Brendan.

Brendan Stevens
Secretary,
Brown Hill Progress Association
bhpa@brownhill.vic.au
0409 018 867

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Brown Hill & District Lions Club

Looking forward to a confident future



Lion Marg Crilly: First female President of Brown Hill Lions Club for 39 years. Image: Glenis Davis

Lion Marg Crilly was inducted as the first lady President of Brown Hill & District Lions Club by Past District Governor Lion Ron Thomas at their recent change-over evening. The evening was very well attended with visiting Lions from local District Clubs, along with local MPs Juliana Addison and Joe McCracken (both members of the State Parliament Lions Club).

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The highlight of the evening was the induction of new members Wendy McCann and Kaye Phillips into the Lions family.

Lion Ian Drew was presented with a service pin recognising 45 years of Service, an amazing effort. He is still an active member of the Brown Hill Lions Club. Charter members, Ed Bawden, Darryl Button and Deven McPhan all received 39 years of service tabs. Past District Governor and current Secretary, Barry Davis, has achieved 38 years.

Treasurer, Graeme Cole, was presented with the James Richardson Award for his contribution to the Lions organisation and serving 14 years as Treasurer at the Brown Hill Lions Club.



Past President Lion Geoff Hughes presenting Lion Graeme Cole with the James Richardson Award. Image: Glenis Davis.

Retiring President Lion Geoff Hughes thanked Club members for their support over the past year, said it was an honour to serve the local community with fundraising events and he looked forward to supporting the incoming President Lion Marg Crilly, and the Club, into the future.

New President for the year 2023/24, Lion Marg Crilly, said she looked forward to leading the Lions Club for this year. With five female members she envisaged the Club will grow with new ideas and hopes we can gain more new members.

Brown Hill is our local area and we hope to engage with the community to find out what they need in their area from our fundraising efforts. **We Give We Serve** is the Lions way – and Mrs Crilly said she hoped the Club would continue to do just that while she is President.

Lions are the best kept secret – lets make sure the community know about our wonderful organisation. Please contact us to discuss how we might be able to assist your community group.

President Lion Marg Crilly
0427 822 340
info@lions.org.au

Secretary Lion Barry Davis
0418 580 971
barglen9@bigpond.net.au



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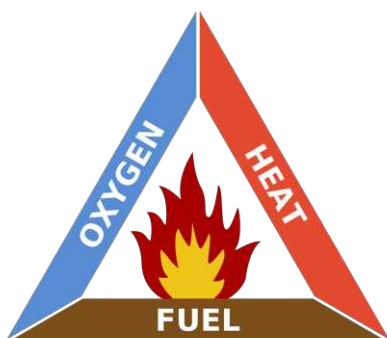
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Brown Hill FireAware

Summer is fast approaching – are you prepared?

With El Nino back there is a new urgency to ensure that Brown Hill residents are aware of and prepare for the bushfire risk to themselves and their community.

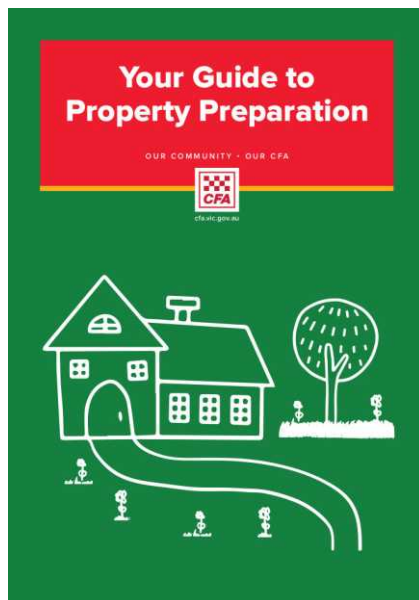
Did you know that for a fire to continue to burn it requires oxygen, heat and fuel? Take away anyone of these elements and the fire will go out. We possibly can't do much about oxygen and heat but we can do something about the fuel that feeds a fire. This is why the key thing that residents can do around their homes and blocks is to reduce their fuel load.



This is why we constantly hear from authorities to prepare your properties before the fire season as you can't do this when a fire is in the area. As we know all households need a Bushfire Plan,

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written and practised. But it is important to remember that just having plan A is not enough. What happens if circumstances change? What if you can't leave? Then a well-prepared property and well-informed family members will offer the best protection. Residents need to be prepared for all scenarios. To understand the risk and how best to prepare, access the Brown Hill Community Hub – Be Bushfire Ready page: brownhill.vic.au/brown-hill-are-you-bushfire-ready.

Did you know that homes have been lost from things as simple as embers landing on a doormat, creating enough fuel to burn down the front door? Once your property has had its clean-up in the months leading up to summer, remember to take a bit of time in

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the lead-up to any hot, dry, windy days by double checking around your property, which can make a big difference even if you plan to leave early in the event of a fire in the area. If you know a bad day is coming, here are some easy things you can do to reduce fuel around your home and increase the chances of it surviving:

- * Remove doormats
- * Store away combustible outdoor furniture/other items from decks, around or under the home especially near windows and doors, as these are the most vulnerable parts of your home
- * Move pot plants a few metres from the home
- * Mow your lawns
- * Remove build up of fine fuels - leaves and twigs (this will probably be where embers will land)
- * Check your gutters, make sure leaves haven't built up
- * Make sure trees are healthy with no dead limbs and no vegetation underneath them
- * Make sure you've sealed under the house to stop embers entering.

Hazen Cleary

Brown Hill Community FireAware Network Coordinator

0408 690 493

Aussie Bird Count

BirdLife Australia, a pioneer in bird conservation, has been at the forefront of protecting the country's precious avifauna for over a century.

The Aussie Bird Count, an annual citizen science project, reaching its 10th year, plays a crucial role in collecting data on species diversity and populations.

Part of BirdLife's ongoing efforts to drive relevant science and raise awareness about Australia's diverse birdlife, the count aims to monitor population trends and to assess which bird species are thriving and which ones need conservation attention.

"To commemorate one of Australia's greatest citizen science endeavours, Australia Post is



Australian Magpie. Photographer: Glenn Ehmke

showcasing the importance of the Aussie Bird Count in bringing people together and fostering a deeper connection with nature," said Michael Zsolt, Australia Post Group Manager Philatelic.

Australia Post has released a series of stamps that pay tribute to our country's remarkable birds. Designed to capture the essence of Australia's avian wildlife, the stamps highlight the three birds most seen in the Aussie Bird Count, the Rainbow Lorikeet, Noisy Miner and Australian Magpie

The Australian Magpie: The iconic Australian Magpie, with its distinctive black and white plumage, holds a special place in the hearts of many Australians. Known for their beautiful, melodious song, magpies are highly intelligent and form strong social bonds. They are also renowned for their swooping behaviour during nesting season, as their protective instincts kick in to safeguard their vulnerable chicks in the nest.

Join BirdLife Australia and Australia Post in celebrating our nation's avian treasures and the invaluable work of citizen scientists during this year's Aussie Bird Count, held from **October 16 to 22**.

For more information on how to participate, visit aussiebirdcount.org.au.

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Brown Hill Playgroup

Brown Hill Playgroup at Caledonian Primary School has been supporting families and entertaining pre-schoolers for over 32 years.

We have new, growing families joining playgroup and our numbers are almost back to pre-pandemic times.

We are recruiting new volunteers to help keep our playgroup going. Many community playgroups around Ballarat have been affected by the pandemic.

Playgroups are an important outlet and support system for families. They provide a free, safe and relaxed environment for parents to talk, share, laugh and for kids to play.

Our playgroup is all these things. We hope to grow and accommodate the new demands of young families lives. We want our playgroup to thrive so that pre-schoolers can continue to enjoy being out of the house, learning how to interact with one another and for parents to know their community as children move through kinder and eventually to primary school.

Our playgroup runs during the school term on Wednesdays from 9.00 am until 11.00 am in the Multipurpose Hall at Caledonian Primary School. Gold coin donation. Tea and coffee is provided.

Jane Griffin & Aimee Knight
Brown Hill Playgroup Co-Coordinators
playgroup@brownhill.vic.au
facebook.com/brownhillplaygroup
Caledonian Primary School, 5332 6955

Brown Hill Kindergarten

Dear Brown Hill Community,
Terms Two and Three at Brown Hill Kindergarten have been a time to consolidate routines, deepen relationships, build independence and confidence and, of course, immerse in play-based learning.

We have enjoyed visits from BADAC where Ash has shared Aboriginal culture and resources with the children. She introduced the children to ochre (natural clay) and discussed how Aboriginal people use ochre to paint their bodies when dancing during ceremonies and storytelling. Ash crushed some ochre with water in a small coolamon and the children were then invited to have some ochre painted on their faces. She also read indigenous stories to them.

Our four-year-old groups began their Nature and Community Walks Program last term and the three-year-old groups have joined in this term. Children and staff have engaged in lovely bush walks that run adjacent to the kindergarten as well as experiencing our local community area. They have paid attention to the sights of the surrounding bushland, pointing out the different birds and trees they could see. They have listened to the bubbling river blissfully passing them. Children observed the many informative signposts along the nature walk.

Children shared their observations:
“I’m hearing a frog right now.”



Nature Walks. Image supplied.

“The creek was faster than last week.”

“I heard a wolf.”

The benefits of these bush and community walks are invaluable. We see increasing evidence that children’s inner wellbeing is benefitted by being outdoors - the natural environment enhances their health, learning and behaviour by supporting personal and social development, as well as physical and mental health. We see a sense of calm and restoration gained from spending time in the bush. We hope that by providing children with a connection to nature while they are young, they will build a sense of belonging and respect for Wadawurrung country as they grow.

We take a small pause during the upcoming holiday break and look forward to returning in term 4 preparing all children for their future educational journey.

Debbie Perkins, Service Leader
Brown Hill Kindergarten
1 Reid Court, Brown Hill
5332 7973

For more details on our session times and tour dates you can go to the ECKA website - ecka.org.au.

Y Learn and Swim

Free kindergarten in 2024

Y Learn and Swim, which brought a new early learning concept to Ballarat earlier this year, is expanding its program offerings, creating more places for families. By combining different aspects of early education under one roof, the centre is making life easier for busy families. Having one location for Long Day Care, swim lessons and Kindergarten can add precious time to the week with fewer pickups and drop-offs.

In 2024, the centre will introduce free Kindergarten programs for 3 and 4-year-olds. Taking place in the dedicated kinder rooms, direct access to the playground allows a true indoor-outdoor experience.

As part of the Y Kinders' family, the centre's kinder program benefits from a 20-year history of delivering high quality early education. Additionally, Before and After Kinder Care is available, wrapping around the Kinder times and operating in school holidays providing added convenience for families. Interested families are invited to explore the Centre and meet the Educators at the upcoming Kindergarten Open

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Early education at Y Learn and Swim. Image supplied.

Evening on Wednesday 4 October,
5.30 pm – 6.30 pm.

The team at Y Learn and Swim takes pride in the original features and innovations incorporated into the centre, and the excitement of seeing children discover and enjoy the spaces.

"We love our unique all abilities multi-level playground," said Centre Director, Emma Davis. "Our programs have a real focus on building a connection with the natural world and our play spaces are thoughtfully designed to reflect this."

"Outdoor play is incredibly important and we make the most of our special features, such as the climbing structure which we affectionately call 'the fort'. Our

playground allows children to experience and explore the natural environment, rain, hail or shine! The space is full of textures,

playful elements and surprises to encourage discovery and learning."

With summer around the corner, the Swim School has added more classes teaching swimming and water safety skills, with enrolments now open.

Lucy Conn, Swim School Co-ordinator, was keen to share how essential these skills are for children. "It's a really important time of the year to enrol your child in swimming lessons, to develop and improve their aquatic skills, increase their familiarity and confidence around water and to understand their capabilities. With holidays and hot weather, we all want to know that we've done our best to prepare our children to be safe around water."

To enrol in swimming lessons, long day care or free 2024 kindergarten at Y Learn and Swim, visit ylearnandswim.org.au or contact the centre on **4320 0850**.

The Kindergarten Open Evening is on **Wednesday 4 October at 5.30 pm**.

Little Bendigo Primary School

From the Principal's Desk

Over the past two terms, our Grade 5 and 6 students participated in the DASH program run by Blue Light Victoria. DASH stands for Dynamic activities, Active voices, Safe communities, and Healthy engagement. The program facilitates meaningful and protective partnerships with Victoria Police, emergency services and other community experts to achieve a sense of belonging in, and connection to, the local community. Thanks to the DASH team and all the community volunteers who made this experience so worthwhile. The program culminates in a student-led project that harnesses the capacity of young people to generate solutions for real needs in their local community. Hanna, Jude and Chance designed the 'Welcome to our Community' pack which was awarded a \$2200 grant from Blue Light Victoria to implement in our community. They will be busy next term producing the packs.

Our Grade 5 students joined with other smaller schools to attend

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Students on camp in the Grampians, near Halls Gap. Image supplied.

the Sovereign Hill Costume Schools. This annual experience gives our students an insight into life during the gold rush era and what the lives of children were like. Students also compare and contrast the past and the present, including culture, food, housing, toys, jobs, and technology.

This term our whole school visited Halls Gap Zoo. This was the culmination of an inquiry theme on the conservation status of animals from around the world. Before we visited the Zoo, students researched the animals including their habitat, diet, size, and conservation status. Our students have made dioramas and posters of the different habitats. We were lucky enough to visit at feeding time and were able to see

the animals (except the elusive Cassowary!) up close.

Then our senior students headed to Halls Gap for a three-day camp. We had a great time at Tandara Camp on the low and high ropes course, completing team challenges and games and bush walking to McKenzie Falls. Camps are a great way for students to develop their creativity, team building and problem-solving skills - and independence!

This warmer weather is helping our vegetable and native gardens bloom!

Anthony Tait

Principal, Little Bendigo Primary School, 5332 6317

littlebendigo.ps@education.vic.gov.au

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BALLARAT EAST MEDICAL DR FRANKLIN BUTUYUYU

Dr Franklin's interests include skin health, complex care and caring for families. He is taking new patients.

He joins Dr Rodney Allen in supporting the ongoing physical and mental health of our current and future patients.

Caledonian Primary School

From the Principal's Desk

To the Brown Hill Community,
Spring is simply our favourite! As our grounds have many fruit trees, the blossoms have started to open and the burst of colour gives us all the little boost we need. Winter is always a little gloomy in Ballarat and for children it often means inside play, so this shift in the season is wonderful!

This year we are working through our School Review. This is a fantastic opportunity to reflect on the last four years and our successes and challenges during this time. Whilst the pandemic has passed, we must acknowledge that, for our community and our school, it did have a significant impact. However, the real results are in the resilience our school community has demonstrated.

2022 required our school to dig deep and 'bounce back' and if National Assessment Program – Literacy and Numeracy (NAPLAN) results are anything to go by our students certainly have, with Caledonian kids performing above similar and network schools in nine of ten categories and above state results in many areas as well. Learning had been disrupted as a result of lockdowns and the teachers here knew there was work to be done to support our students.

They did not hesitate to roll up their sleeves and put in a mammoth effort to build the learning stamina and skills in core



Grade Three and Four Caledonian Primary School Students at Sovereign Hill. Image supplied.

areas of Maths and English and I would suggest the entire community should be proud of Caledonian Primary School's achievements.

During this time, we have redeveloped many of our approaches to teaching and learning ensuring strong evidence-based approaches are embedded. Strategies include direct instruction, monitoring and feedback and carefully structured learning sequences. Again, our teaching team have achieved this during, and directly following, a very challenging pandemic period.

During this last four-year cycle we have trialled a number of strategies, some of which were remote-learning specific, to support wellbeing as well. These have included 'Caledonian News' – a student-led recorded news broadcast, skateboarding, Chess and Lego Clubs, introduction of student voice leadership group, high levels of engagement with sports clinics (basketball, soccer,

gymnastics), Junior (P-2) Yoga with a specialist instructor and whole-school celebrations (particularly the end of year 2022 colour-run as a highlight).

Let's not forget that our School Council has worked very hard on key upgrades including the resurfacing of both courts, replacement of both playgrounds, replacement of all classroom furniture and landscaping what was not so fondly described as our "mud pit".

Overall, I would say, as we go into our review, that regardless of the challenges it has been a very successful strategic cycle.



We do have a rather exciting new project starting this year as a small number of students will be engaging in what's called "Citizen Science" as part of the River

Detectives program. River Detectives is a water testing and research initiative that will allow our students to make close connections to the local environment by testing water quality in the Yarrowee River on a regular basis. You may see us out and about taking measurements which we will then send to the Corangamite Catchment Management Authority to help monitor the health of the river.

Our students this term have had a fabulous Sovereign Hill camp. Students in Years Three and Four had a wonderful historical experience including candle dipping, the AURA sound and light show, goldfields science and engineering, immigration on the goldfields, mine tours and they saw a pantomime show!

A bunch of Caledonian Primary School families participated in our Active Transport to School project earlier this year by helping to film a 2.5 minute short film about the benefits of using active transport to travel to and from school. Families (and a beautiful dog) travelled by foot, bike and scooter to school that day. It is an inspiring short film and will soon be available on the City of Ballarat and the Caledonian Primary School websites.

Finally, we have farewelled our much-loved crossing supervisor. Chris has been keeping kids safe since 1996 and has been greeting kids with a smile as they head to or from school, for 26 years!

We know many of our students spend time every morning having a chat with Chris and often every afternoon as well. She has been a fabulous support to our school, keeping a keen eye out for



Taylah and Izzy in their Girl Guides uniforms. Image supplied.

children's safety and I know there are quite a few parents and grandparents who love to have a chin-wag with her at the gate.

We wish Chris all the best in her travels - I have had many chats with her about getting up the Newell Highway and the road conditions and am very aware that she loves a trip!

Thanks Chris!

Ben

Ben Moody,
Principal, Caledonian Primary School
5332 6955
caledonian.ps@education.vic.gov.au
caledonianps.vic.edu.au

Ballarat Guides' Collection

Hello, my name is Taylah. My friend, Izzy, and I do Girl Guiding with the 11th Ballarat Girl Guides.

We are collecting towels (any colour, any size) and glasses. We will give the towels to the Shower Bus. It is a bus where the people that live on the streets can have a shower and feel nice and clean.

With the glasses, those will go to the Rotary Club who will then send them overseas to underprivileged countries for the people that need them.

Please drop them to Caledonian Primary School in opening hours.

*Taylah, Grade 5,
Caledonian Primary School*

Detox Your Home

Cleaning out unwanted household chemicals from local sheds, cupboards and kitchen sinks is helping Brown Hill and Ballarat residents safely dispose of everyday household chemicals, making homes safer and protecting our environment.

Sustainability Victoria's Detox your Home event will be held, **Saturday 21 October** at Ballarat Council Operation and Environment Carpark, 2 Trewin Street Wendouree from **9.00 am to 2.00 pm**.

Running for more than 29 years, Sustainability Victoria's Detox your Home events are a free and convenient service for Ballarat residents to safely dispose of unwanted household chemicals.

Common products such as weedkiller, pesticides, cleaning chemicals, cosmetics and cooking oil are all materials harmful to the environment and should not be placed in kerbside bins or poured down sinks.

Each Detox your Home event, on average, removes over four tonnes of hazardous chemicals, keeping them out of landfill and waterways and making homes safer.

Common chemicals collected at Detox your Home events include:

- * Fuels and flammable liquids – turpentine, methylated spirits, petrol, kerosene, diesel, paint thinners
- * Garden – herbicides, pesticides, fertilizers, pool chemicals, poisons
- * Household – cleaners, bleach, ammonia, oven cleaner, solvents,



Detox Your Home at the October event in Ballarat. Image supplied.

cooking oil, cosmetics, fire extinguishers

* Car – wax, transmission fluid, body filler, brake fluid.

Detox your Home events are staffed by expert chemists who identify and sort the chemicals for safe transport back to a licenced facility in Melbourne where they are processed for reuse or safe disposal. Chemicals collected are processed and recovered or recycled wherever possible. If they cannot be reused in any way, they are safely disposed of.

Booking a spot to attend is essential and can be done at Sustainability Victoria's website: sustainability.vic.gov.au/DetoxYourHome



Brown Hill Senior Citizen's Club

Regular members are coming back to the Brown Hill Senior Citizen's Club after their yearly winter migration up North.

The Club meets every Monday afternoon at the Brown Hill Hall.

Sequence is played 12.15 pm -1.15 pm with indoor bowls and euchre at 1.30 pm. On the first Monday of the month, Hoi is played.

Our bus trip to the Tesselaar KaBloom Festival at Silvan was enjoyed by all, with the weather being kind. Our second bus trip for the year will be on Thursday 14 September to the newly refurbished RAAF museum at Point Cook with an interactive air display.

As part of the Brown Hill Seniors' celebrating Seniors' Month, the Club is holding a 'Round Robin Indoor Bowls Bash' on Monday 16 October. Names are required by 1.00 pm on the day.

The Club's 53rd birthday will be held at the Hall on Monday 4 December and the Christmas break-up luncheon is Wednesday, 13 December at the Ballarat Leagues Club. This is our final meeting for the year and the Club will resume on Monday, 5 February 2024.

*Dianne Eden, President,
Brown Hill Senior's Club
5331 1769 or 0428 379 979*

Walter has left the building

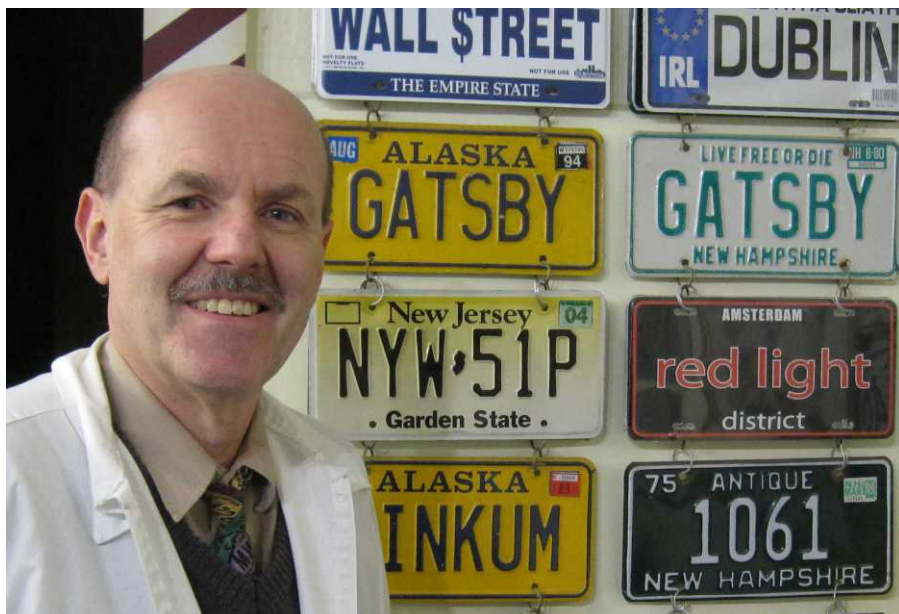
Brown Hill Barber, Walter Burt 2nd, has been an integral part of Brown Hill as our popular barber for over 29 years.

Walter came from New Hampshire on the east coast of America. He grew up in Alaska before moving to Australia.

He is a great character and, in July 2016, he was interviewed for the cover story of Edition 2 of this newsletter by Gemma and Connor, two students from Caledonian Primary School. Walter told them, "I am 26 years old". In 2017, his daughter would have been older than him!

The walls of Walter's Barber's Shop on Humffray Street North were adorned with many quirky ornaments, including signs, number plates and photos.

Over the years, his collection of number plates grew with many of his customers bringing number plates from all over the world to hang on his walls. They were a great conversation starter! At last count, there were over 300 plates!



Walter Burt 2nd, as photographed for Edition 2 in July 2016 for the article 'Quick-witted Walter'. Photographer: Sarah Greenwood-Smith

A highlight of the display was a prosthetic leg allegedly, according to Walter, belonging to his grandmother...but that is another story!

Walter has recently travelled across America on land in an RV with his daughter, son-in-law and two grandchildren to visit family and friends in New Hampshire.

Walter has been a real character and an institution in Brown Hill.

The Brown Hill community wish Walter and his family all the best for the future and thank him for his contribution to us all (and our hair).

In early July 2023, a new person took over the Brown Hill Barber.

Tash is her name and she has been a barber for 35 years. Tash has run her own business in the north of Ballarat for 19 years. Tash offers haircuts for men and boys.

Her hours are:

7.30 am - 3.00 pm
Monday to Friday

Closed weekends and public holidays.

We welcome Tash to Brown Hill and it is great to see that she is already receiving support from the Brown Hill community.

John O'Brien, Brown Hill Progress Association

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Brown Hill Uniting Church

Thoughts for Spring

Patience is a virtue that is highly valued in many cultures and religions. It is the ability to remain calm and composed in the face of adversity, delay, or frustration. However, it is difficult to think of anyone who does not need patience. In fact, patience is a quality that can benefit everyone, regardless of their age, gender, or occupation.

We live in a world of quick fixes and instant gratification, and it has become difficult to remain patient when things don't go our way or we are faced with challenging situations.

But being patient is an essential ingredient to our success, happiness, and well-being.

Ephesians 4:2

Be always humble, gentle and patient. Show your love by being tolerant with one another.

Good News Bible

Silver Sponsor

Craft, Cuppa and Chat is meeting on the first and third Thursdays each month at 1.30 pm in the church hall, unless otherwise notified. Come along if you're interested in doing any sort of craft, or just come for a chat if you're not!

Wednesday Communion at 1.30 pm in the church hall for those who like a midweek opportunity for casual worship and sharing the sacraments if you choose.

Our **Op. Shop** is open on Thursdays and Fridays, 9.30 am-12.30 pm providing our community with very good quality clothing and bric-a-brac at very affordable prices.

Men's Breakfast

On Saturday 2 September, Pete Morrison from BREAZE (Ballarat Renewable Energy and Zero Emissions) spoke about moving towards all-electric homes.

Twenty-two men enjoyed breakfast. Afterwards, nine ladies joined in and all were captivated by Pete's talk. Pete spoke about reducing our environmental footprint. He talked about simple things that we can do to reduce our footprint. For example, draughts in our homes increase



An engaged audience listening to Pete Morrison from BREAZE speaking about moving towards all-electric homes. Image supplied.

our heating costs by 30%, so draft proofing our homes is a simple thing that we can all do.

Robert Glass thanked Pete for his presentation, and for the practical strategies that he gave us.

Visit **breaze.org.au** for details on ways to reduce your footprint.

Louise Wright

Brown Hill Uniting Church

0407 893 468

Interviewing and writing

We need volunteers to help interview people and write articles for the Brown Hill Community Newsletter.

There are so many great stories to share with our community.

Please contact us if you are interested:

newsletter@brownhill.vic.au



7 Sawmill Close
Brown Hill
0434 522 477

Our local Neighbourhood Houses

Ballarat North Neighbourhood House

Term 4 is shaping up to be a busy term with several new programs running at the House.

Gentle Yoga with Audrey

We are hosting Audrey Burking, who is a Level 2 Yoga teacher with Yoga Australia and a physiotherapist of over 40 years' experience. Audrey will be facilitating gentle yoga classes with both floor and chair options to make the class more accessible.

Sewing for Beginners

Fridays will start with a new sewing class welcoming people who are new to sewing and those

who have been away from it for a long time. To register: socialplanet.com.au/activity/view?id=17453

Rhythm for Recovery Sessions

These sessions are for people aged 18 to 64 years old with a diagnosis of a mental health condition and who have a carer and/or are caring for someone with a mental health condition.

Learn a fun new skill, meet new people and express yourself through music. No experience necessary! Participants will learn and practise simple Djembe Drumming rhythms and techniques in a supportive environment.

The sessions will be hosted by Ballarat Neighbourhood House and facilitated by Paul Hartwood, a Mental Health and Wellbeing Practitioner from CatholicCare

Victoria. Paul is trained and experienced in running both Djembe drumming sessions and mental health programs.

I.T. Programs

A range of programs (1:1 and group sessions) is available to support you to develop your computer and smart phone skills. Greg, our resident IT tutor, has also designed a range of workshops to support you to better utilise your iPad or iPhone applications. Our creative group of Procreate artists will be back and looking for some new participants.

Kristen Sheridan, Manager,
Ballarat North Neighbourhood House
6 Crompton Street, Soldier's Hill
0491 753 307

Kristen.sheridan@salvationarmy.org.au
socialplanet.com.au/at/ballarat-north-neighbourhood-house
8.45 am - 3.30 pm Tuesdays, to Fridays during school term



Ballarat North Neighbourhood House 2nd October, 2023 Term 4



Monday	Tuesday	Wednesday	Thursday	Friday
Closed: Room Hire Only	10am-12pm One on One IT support sessions available by appointment. Call or email to book. First 2 free	10am-12:30pm Garden Social Group Beginners and experienced people welcome! Free	9:15am-12pm Water Colour Social Group \$50 (More sessions will be created if there is interest)	9:30am-12pm Sewing for Beginners (BNC Course) \$65
	10am-12pm IPALS Life skills program for people with disabilities. Free	10:30-11:45am Gentle Yoga with Audrey Chair and floor practice available: 10 sessions \$110	Watch This Space! New Walking Group and Garden Mosaic Class Coming Soon!!! Contact to register your interest	10am-12pm Supported Internet Cafe Any IT questions welcome! Free
	12:30-3pm Procreate Digital Art Program Computer Room \$80	1-2:30pm Rhythm to Recovery For people with mental health diagnosis and carers. Fortnightly sessions beginning 11/10/2023 Free	12:30-3pm iPad Power Tips For Beginners and regular users. \$10 per session (free sessions available- refer to website for details)	12-2pm Chatty Cafe No bookings required Free



Book through the QR code



0491753307



6 Crompton Street, Soldiers Hill, 3350



Term 4, 2023: Activities

Mondays

Tuesdays

Wednesdays

Thursdays

Fridays

~~X~~ **Drawing Group**
with **Jenette**
1.00 pm - 3.00 pm
Ballarat East
Neighbourhood
House Community
Room, **Barkly Square**
\$80, 9-week course
BYO supplies
From 2 October

The Ballarat East
Neighbourhood House
staff and volunteer
office (Room 102) and
our Community Room
(Room 103) are on
Wadawurrung Country,
downstairs at
Barkly Square,
25-39 Barkly Street,
Ballarat East.

We are available from
9.00 am - 5.00 pm
Tuesdays to Fridays
(closed Mondays, Public
Holidays and school
holidays).

Please ask for us at the
Barkly Square Main
Reception (near the
Barkly Street entrance).

*All activities and prices
require registration,
agreement to the Activity
Terms and Conditions,
are subject to change
without notice and
require minimum
participant numbers
(usually 7 people). Please
contact us to register and
confirm start dates.*

*For the most up-to-date
version of this calendar,
visit:*
**[ballarateastnh.org.au/
classes/activities](http://ballarateastnh.org.au/classes/activities)**

**Playgroup with the
Ballarat Toy Library**
with **Jane**
10.00 am - 12.00 noon
Barkly Square
FREE
From 3 October

**Sewing:
Short Courses**
with **Christine**
12.30 pm - 3.00 pm
Barkly Square
Beginner's Applique
10 & 17 October
Beginner's Patchwork
24 & 31 October
Beginner's Overlocking
14 & 21 November
Repairs and Alterations
28 November &
5 December
\$40, 2-week course
OR
\$140, 8-week course
Learn Local Course
From 10 October

Auslan: Advanced
with **Jane**
1.00 pm - 3.30 pm
Eureka Centre
\$70, 8-week course
Learn Local Course
From 10 October

Alexander Technique
with **Julianne**
3.45 - 4.45 pm
Eureka Centre
\$70, 8-week course
From 10 October

Sewing Circle
3.00 pm - 5.00 pm
Barkly Square
FREE
Bring your own machine
and material or hand-
sewing project to work
on.
From 10 October

**Waste-Free
Lifestyle**
with **Julie**
9.30 am - 12.00 noon
Barkly Square
FREE, 8-week course
Funded by
Sustainability Victoria
From 11 October

Walking Group
9.30 am - 10.30 am
meet outside the Café
at **Barkly Square** for a
walk along Specimen
Vale Creek
FREE
From 4 October

**Be Connected
Improving Digital
Skills**
with **Greg**
Group/1:1 sessions
9.30 am - 10.30 am
10.30 am - 11.30 am
**WEDNESDAYS &
THURSDAYS**
Barkly Square
2 sessions FREE for
people aged 50+
Please register.
From 11 October

**Chatty
Wednesdays**
10.30 am - 11.30 am
Café, **Barkly Square**
FREE
From 4 October

Winter Woollies
with **Sandra**
1.00 pm - 5.00 pm
Barkly Square
FREE
From 4 October
*Often also on during school
holidays - contact to confirm*

~~X~~ **Auslan:
Intermediate**
with **Jane**
9.30 am - 12.00 noon
Barkly Square
\$70, 8-week course
Learn Local Course
From 12 October

**Exploring Writing:
Short Courses**
with **Melissa**
12.15 pm - 2.45 pm
Barkly Square
Poetry
5 & 12 October
Fiction Writing
26 October &
2 November
Memoir
23 & 30 November
Writing Feedback
7 & 14 December
\$40, 2-week course OR
\$140, 8-week course
Learn Local Course

**Waste-Free
Lifestyle
Social Group**
1.00 pm - 2.30 pm
2nd & 4th Thursday
Café, **Barkly Square**
FREE - All welcome
From 12 October

**Auslan:
Exercise Group**
2.00 pm - 3.00 pm
Café, **Barkly Square**
FREE
From 5 October

Watercolour
with **Tegan & Blazer**
6.30 pm - 8.30 pm
Workshop, **Barkly Square**
\$140, 8-week course
From 12 October

Gentle Yoga
with **Kate**
7.45 am - 8.45 am or
~~X~~ **9.00 am - 10.00 am**
Eureka Centre
\$90, 10-week course
From 13 October

~~X~~ **Auslan: Beginners'**
with **Jane**
9.30 am - 12.00 pm
Barkly Square
\$70, 8-week course
Learn Local Course
From 13 October

Watercolour
with **Tegan & Blazer**
10.00 am - 12.00 noon
Workshop, **Barkly Square**
\$140, 8-week course
From 13 October

**Hypnotherapy/
Meditation**
with **Clare**
12.50 pm - 2.00 pm
Barkly Square
\$70, 8-week course
From 13 October

Drawing Skills
with **Tegan & Blazer**
1.00 pm - 3.00 pm
Workshop, **Barkly Square**
\$140, 8-week course
From 13 October

**Exploring
Watercolour**
with **Christine**
2.30 pm - 5.00 pm
Barkly Square
\$105, 8-week course
Learn Local Course
From 13 October
(no class 17 November)

To book or find out more: **ballarateastnh.org.au**, 0422 612 052, **facebook.com/BallarateastNH**
~~X~~ = SOLD OUT or **reception@ballarateastnh.org.au**

● = Limited space remaining

Updated 12 September 2023

Ballarat East Neighbourhood House

Free Digital Literacy Help

Do you or someone you know aged 50+ need some free support to use your digital devices? Our Digital Mentor, Greg is running two free Be Connected Workshops at Barkly Square, Ballarat East:

Session 1: Wednesday 4 October,
9.30 am - 11.30 am

Avoiding Scams

Session 2: Wednesday 18 October,
9.30 am - 11.30 am

Staying Safe Online

Community Groups

The Community Governance Project funded by City of Ballarat is working to provide support to community groups in Ballarat, delivered by our four local Neighbourhood Houses through a Strategic Partnership.

Register now for FREE Workshops:

ballarateastnh.org.au/community-governance/community-groups (or call on **0422 612 052**)

1. Let's Get Social:

Online Promotion for Community Groups

Presented by Lou Ridsdale, Food is Free Inc.

Session 1: Wednesday 4 October,
10.00 am - 11.30 am - Theatre,
Barkly Square, Ballarat East.

Session 2: Wednesday 11 October,
6.30 pm - 8.00 pm - Online via
Zoom.

Do you struggle with getting your story out as a not-for-profit or community group? Find it hard to pitch to your target audience for donations, volunteer recruitment, stakeholder engagement via social media?

As a public relations(PR)/Comms specialist with over 30 years' experience, Lou has also been running a successful local not-for-profit for 9 years, Food Is Free Inc. and is an expert in multiple forms of promotion from traditional PR, to online & digital comms plus, strategy.

In this 'Let's Get Social' session, Lou will simplify how to get your good news stories out, how to attract the differing sectors of your audience to hear your successes, share your impact and get ideas about how to make your organisation stand out from the crowd in a noisy social media market. Also learn about online tools to get the job done.

2. Managing Privacy Online for Community Groups

Presented by Greg Horgan, Digital Mentor, Ballarat East and Ballarat North Neighbourhood Houses.

Session 1: Wednesday 1
November, 10.00 am - 11.30 am -
Theatre, Barkly Square, Ballarat
East.

Session 2: Wednesday 15
November, 6.30 pm - 8.00 pm -
Online via Zoom.

In this workshop we will benefit from Greg's extensive experience and knowledge in relation to:

- * Managing members' information – e.g. dos and don'ts for sending out group emails and lists;

- * Managing volunteers' contact details – dos and don'ts for using this information;

- * Who is responsible for this information in a community group and where and how should it be stored;

- * Using social media – e.g.

Facebook comments on posts on group pages – managing reputational damage;

- * Scams – what to watch out for.

3. Collaboration for Success: Partnerships and Networking for Community Groups

Session 1: Wednesday 22

November, 10.00 am - 11.30 am -
Ballarat Neighbourhood Centre,
Sebastopol (TBC)

Session 2: Tuesday 28 November,
6.30 pm - 8.00 pm - Online via
Zoom.

Presented by Vicki Coltman, Ballarat Neighbourhood Centre and Kay Miller, Ballarat East Neighbourhood House.

This workshop will focus on the benefits of partnering with other organisations to deliver events and services. Issues with partnerships and other forms of collaboration will also be explored. We will look at the many forms partnerships can take and explore what networking for community groups really means.

Child Safe Standards: Community of Practice

Community Groups are invited to join these monthly meetings at Barkly Square to work through implementing the new standards.

Join us 1.00 pm - 2.30 pm on
Thursdays: 19 October and 16
November, Room 103, Barkly
Square.

*Sarah Greenwood-Smith, Manager,
Ballarat East Neighbourhood House
Barkly Square, 25-39 Barkly Street,
Ballarat East
0422 612 052*

*reception@ballarateastnh.org.au
facebook.com/BallaratEastNH/
ballarateastnh.org.au*

**9.00 am - 5.00 pm Tuesdays to
Fridays during school term**

Ballarat Wholefoods Collective

Ballarat Wholefoods Collective (BWC) is celebrating their Tenth Birthday this September.

Ballarat local, Wendy Aston, and a small group of people founded the collective out of Wendy's backyard. The Collective quickly evolved into a community boasting hundreds of members.

Bursting at the seams, the store moved to the Brown Hill Cricket Club rooms on Reid Court before making its final move to a wonderful permanent home in a shop on the ground floor at Barkly Square in Ballarat East.

Ballarat Wholefoods Collective exists and thrives due to the passion and commitment of its community members and their drive to champion produce from local, ethically-minded makers and farmers.

Operating as a collective, it relies on its members and their

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Claire and Hugo at Ballarat Wholefoods Collective. Vegas & Rose Photography.

contribution to sustain its ever-growing upkeep.

Membership has continued to grow and create a vibrant community with a passion for seasonal, local, ethical, and organic whole foods.

Ballarat Wholefoods Collective is open:

Thursdays

9.00 am to 1.00 pm,
5.00 pm to 6.30 pm

Saturdays

9.00 am to 12.00 noon

We are closed during all school holidays.

The next Op. Shop Market will be held from 10.00 am - 1.00 pm on Saturday 11 November, at Barkly Square, Ballarat East.

Pentheia, Member

Ballarat Wholefoods Collective

ballaratwholefoodscollective@gmail.com

facebook.com/ballaratwholefoodscollective

ballaratwholefoodscollective.org

Barkly Square, 25-39 Barkly Street,
Ballarat East

Brown Hill Community Hall

The Brown Hill Hall is continuing to be extensively booked with meeting rooms one and two being used throughout the day and evening.

Birthdays, Festivals, Family Gatherings and various dance and exercise groups keep the Hall busy both week-days and week-ends.

To make a booking visit:
hall.brownhill.vic.au/bookings/

Dianne Eden, Treasurer/Bookings
Brown Hill Community Hall
hall.brownhill.vic.au

Advertise

For advertising opportunities in the Brown Hill Community Newsletter, please contact us:
newsletter@brownhill.vic.au

Yoga for Kids

Young Yoga Ballarat offers yoga classes specifically designed to support children with their physical and emotional development. They incorporate meridian based yoga therapy which targets both physical and emotional elements including strength, flexibility and balance, healthy functioning of organs and mental health. Classes are designed for ages five to 17 years of age.

Local resident, Ellie, spoke with Emma about Young Yoga.

How did Young Yoga Ballarat come about?

I always wanted to venture out to an alternative way of teaching and working with young people after being a high school teacher for several years. I sought to teach the whole person, not just the subjects of maths and physical education in a traditional classroom.

After practising yoga myself for many years, I came across an advertisement for kids' yoga and instantly decided that was my calling.

What was involved to get your qualification?

I started with a 'Foundation of Teaching' course which involved all aspects of not only teaching yoga but teaching children. From here I decided to build on my knowledge and understanding by completing further, more advanced courses.

Tell us a little more about the benefits of yoga therapy for the children?

The benefits are endless. However, some of what I believe are the more powerful ones include:



Emma with two Young Yoga students. Photographer: Ellen Eustice

1 - **Digestion** - Absorbing 'the good' and eliminating the waste both mentally and physically.

2 - **Focus** - Allowing the minds of young people to slow down and bring focus and concentration by reducing the busyness of their thoughts.

3 - **Stress / Anxiety** - Practising mindfulness and providing coping tools through breath and poses that can be utilised throughout their day.

4 - **Strong, flexible backs** - Creating a better posture and reducing aches and pains, which brings increasing confidence and a strong sense of self.

5 - **Healthy lungs** - Helping with symptoms of asthma, seasonal allergies, coughs and colds. This always incorporates lots of upper body strengthening and opening.

Emma is currently teaching regular classes at Caledonian Primary School and they have become a part of the school's Wellbeing Strategy to increase wellness and body sense.

For those interested, Emma is holding classes open to the public

on Wednesdays during the school term from 3.45 pm - 4.45 pm for five-to eight-year olds. Classes are held at Russell Square Hall for \$10.

Emma is excited to extend those classes to other age groups, days and times as demand increases.

If you are interested, please contact Emma
0447 805 613
emma@youngyogaballarat.com.au

Ellie Thacker,
Brown Hill Resident

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Russell Square

Russell Square Outdoor Gym Equipment

The Russell Square Outdoor Gym Equipment project is now completed and free and available for community use. The project delivered four new outdoor fitness stations with gym equipment, with the stations linking into the existing fitness track around the perimeter of the Russell Square Recreation Reserve. The project will provide further opportunities for the community to be physically active at the reserve and realise health benefits associated with use of the gym equipment. This project was funded by City of Ballarat in partnership with Regional Development Victoria, through the Community Support Fund.

*Mitch Jenkins,
Coordinator Sport & Recreation
Strategic Planning
City of Ballarat*

Russell Square News

Russell Square welcomes three new user groups:

1. The **Ballarat Clovers Club** (Gaelic Football)
2. **Young Yoga** (weekly at the

Silver Sponsor

Russell Square Hall)

3. The **Together We Inspire** NDIS group.

This season, the East Ballarat Cricket Club is offering boys and girls from ages six to eight the opportunity to play Junior Blasters. Sessions will commence on Saturday 21 October from 10.00 am to 11.00 am.

Should you require further information about any of these activities, please contact me.

*Damian Ryan,
East Ballarat Cricket Club
0437 125 062
eastballaratcc@gmail.com
eastballaratcc.vic.cricket.com.au
facebook.com/Eastballaratcc*

Brown Hill Cricket Club

With the cricket season only several weeks away, the Brown Hill Cricket Club (BHCC) senior players have commenced training. The Club is looking forward to the new season and will be starting with several new recruits.

The Club looks forward to welcoming Lahiru Gunasinhage from Deepdene Bears Cricket Club in Melbourne. Both he and his wife have moved to Ballarat to work and live.

We will also welcome back Viraj



Lahiru Gunasinhage. Image supplied

Pushpakumara to the club after two seasons playing with Napoleons - Sebastopol Cricket Club.

Junior training commences Thursday 21 September at 4.30 pm at Major League Indoor Centre and Woolworths Cricket will commence at 11.00 am on Sunday 22 October. Registrations are now open for all junior cricket.

If there are any new families that have moved to the area and are looking to play cricket, Brown Hill is the Club to join! Please do not hesitate to contact me if you have any questions.

*Phil Knowles,
President, Brown Hill Cricket Club
0407 399 971*



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New
members
welcome

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Wallaby Track parkrun

It is with some hesitation that we say Spring is in the air, as we all well know that can change very quickly in Ballarat. However, it is looking very spring-like and our parkrun track is looking fantastic. Although, as of writing this we are still on our alternative course eagerly awaiting the repairs to the track to be completed. Everyone in our parkrun community is looking forward to being able to run our full track again which heads out to Springs Road through the beautiful bushland past the tunnel. We also have a lot of tourists waiting for the full track to re-open so they can come and run through the tunnel, which seems to be a real highlight.

In the last week of July, we had a Junior Takeover week where our volunteer team was made up entirely of juniors and they ran the whole event. It was so great to see our young volunteers taking charge and showing us older folk how it's done.

Throughout winter it has been

Advertisement



The Junior Takeover Team in July. Image supplied.

fantastic to see so many people still coming out on Saturday mornings to join in the parkrun community. We have seen a pleasing increase in the number of participants who are coming along and walking each Saturday which we think is terrific. Although the name might suggest it is just for runners, we love seeing people come along to walk and enjoy the company.

Of course, this event doesn't happen without the wonderful volunteers and we are so grateful for those who put up their hands to volunteer. It is a great way to join in the community and get to know people and the roles are all

very easy. It doesn't require you to commit every week, you can just come along or volunteer whenever suits.

If you would like to find out a bit more about our event, you can check us out online or just come along on Saturday morning at 8.00 am to join in. We meet on the Wallaby Track behind the Brown Hill Playground and Brown Hill Hotel.

See you there!

Aaron and Laurinda Coulter
Wallaby Track parkrun
coordinatorswallabytrack@parkrun.com
Find us on Facebook
parkrun.com.au/wallabytrack

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Wattle Flat – Pootilla Landcare Group

National Tree Day Activity

Sunday 30 July was cool and sunny – perfect for a planting activity at our project site along the Yarrowee Creek at Ditchfield Reserve in Brown Hill.

This site is an established planting area due to numerous plantings over the past 10 years. However, a very large manna gum had fallen across the track and onto a previously planted area.

The resulting damage and clean-up created space for further understorey planting. We never waste an opportunity to put more plants in the ground!

Thirty-four members attended and 350 plants were quickly planted, staked and guarded. Of note is the participation level of our members who were aged from six-months to 80+ years. Landcare is for everyone! Our members' contribution and assistance makes the whole planting experience both practical and community-building.

The planting was exclusively plants that grow naturally along



Landcare volunteers on National Tree Day. Image supplied.



Ballarat's many small birds, like the Brown Thornbill, thrive on the insects and shelter provided by Silver Wattles and other native vegetation. Image: D. Wilson.

the Yarrowee and other water courses around Ballarat and included trees to re-close the canopy, a variety of shrubs and robust clump-forming groundcovers to provide shelter and food sources for the many small birds which frequent the area.

Plants included: Blackwood, Swamp Gum, Manna Gum, Silver Wattle, Prickly Moses, Sweet Bursaria, River Bottlebrush, Prickly tea-tree, Woolly Tea-tree, Hop Goodenia, Pale Rush, Tall Rush, Spiny-headed Mat-rush and Common Tussock Grass.

Thanks to everyone who helped out on the day. Many hands make a planting enjoyable and satisfying. Ditchfield Reserve is a noted local bird hotspot so if you have a quiet moment pop down one day with your binoculars and try your luck.

Maureen Ryan
Wattle Flat - Pootilla Landcare Group member

Ballarat Biodiversity Strategy Community Engagement

The Ballarat Biodiversity Strategy will be an important document which will guide decision making on a number of issues over the coming years. The City of Ballarat (CoB) are encouraging all community groups, individuals and families to have a conversation and then contribute their thoughts up until 15 October. Your input may be contributed in two ways:

Saturday 16 September 2023

10.00 am - 12.00 noon: A public Community Engagement drop-in session at Earth Ed, Olympic Avenue Mt Clear.

Friday 15 September - Sunday

15 October 2023: Online via MySay on the CoB website.

Should you find it helpful, a 'Conversation Starter Kit' is available to help guide discussions.

Contact:

heathsteward@ballarat.vic.gov.au