

Brown Hill Community Newsletter

Edition 15, October 2018

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.



Christine Plover (L) and members of the Ballarat Highland Dancers at the 2017 Brown Hill Community Festival. Photographer: Nigel Stevens.

High time for a Festival!

There is much excitement across Brown Hill with our third Community Festival around the corner!

Held during the City of Ballarat's Children's Week (p.10), the Festival is a family-friendly night of fun and entertainment, organised by the Brown Hill Progress Association.

We are excited to be including a repeat performance from the Ballarat Highland Dancers. Their energetic dances at the 2017 Festival certainly impressed the audience!

Group coordinator, Christine Plover (pictured above, far left) says, "Ballarat Highland Dancing has been around for many years in Ballarat. The majority of our dancers live in and around the

Brown Hill area. The dancers train every Tuesday afternoon at the Federation University Pipe Band Hall in Reid Court, Brown Hill (next to the Brown Hill Oval) from 4.30 pm to 6.30 pm.

The dancers are heavily involved in the Ballarat community and are always happy to dance at retirement homes, festivals, fêtes, schools and any other event they are invited to.

They also dance in competitions all over Victoria. Some members have travelled all over Australia and even to Scotland.

The group is a non-profit organisation and are always happy to dance purely for the enjoyment of putting a smile on people's faces.

We are looking forward to

Diary Dates

See brownhill.vic.au for details.

21 September to 6 November:
Biennale of Australian Art in Ballarat, boaa.net.au

OCTOBER

Sunday 7 October to Tuesday 6 November: Victorian Mental Health Month (p.16)

Sunday 14: 10.00 am, Working Bee at the Brown Hill Pool (p.3)

Thursday 18: 6.45 pm - 8.00 pm, Brown Hill Frog Walk and Talk, Nerrina Wetlands. RSVP: jane@leighcatchmentgroup.org

... continued p.2

returning for our second year to perform at the Brown Hill Festival. Last year, one of our dancers commented that "it was so nice to actually dance around the corner from where we live".

The 2018 Brown Hill Festival will be held from **5.00 pm until 7.30 pm on Friday 26 October** in the Brown Hill Reserve, Humffray Street North (between the pool/hall and the hotel). In the event of extreme weather, it will be cancelled. See p.20 (back page) and: brownhill.vic.au/brown-hill-community-festival/

Bring your picnic rug and some gold coins. Food and drink will be available from local community groups, Masala Valley Indian and the Bean Me Up Coffee Cart.

Contact: festival@brownhill.vic.au

...continued from p.1

Friday 19 – Sunday 28: Children's Week, childrensweek.org.au (p.10)

Friday 19: 3.30 pm - 5.30 pm, Bridge Mall Children's Carnival

Saturday 20: 10.00 am - 12.00 noon, Brown Hill FireAware information session for Coorabin Estate Cluster, 11 Coorabin Drive. All welcome (p.6)

Sunday 21: 10.00 am, Working Bee at the Brown Hill Pool (p.3)

Friday 26: 5.00 pm - 7.30 pm, 2018 Brown Hill Community Festival (p.20)

Saturday 27: 9.00 am – 1.00 pm, October Brown Hill Market, Caledonian Primary School, Thompson Street (p.7)

Saturday 27: 2.00 pm - 4.00 pm, Brown Hill FireAware information session for Finlay Street and Russell Square/Humffray Street Clusters, Caledonian Primary School, Thompson Street. All welcome (p.6)

Saturday 27: 10.00 am - 4.00 pm, Ballarat Miniature Friends Fair, Brown Hill Hall.

Saturday 27 and Sunday 28: Springtime in Buninyong. See: buninyongfestival.com.au

Sunday 28: 10.00 am, Working Bee at the Brown Hill Pool (p.3)

Wednesday 31: Halloween

Wednesday 31: Lifeguard applications for the Brown Hill Pool due (p.3)

NOVEMBER

Friday 2: 7.00 pm, Caledonian Primary School Trivia Night. \$20 per person. Tickets available from the school.

Tuesday 6: 7.00 pm, Brown Hill Progress Association Meeting.

Brown Hill Hall (rear). All welcome.

Tuesday 6: Melbourne Cup Day

Friday 9: Ballarat Show Day

Sunday 11: Remembrance Day

Monday 12: Early voting for State Election opens. See: vec.vic.gov.au

Friday 16: Nominations for Australia Day Awards due (p.13)

Friday 16: Delivery of Edition 16 begins.

Saturday 24: 9.00 am - 1.00 pm, Brown Hill Market, Brown Hill Hall (p.7)

Saturday 24: Victorian State Election. Voting and Lions Club BBQ at Caledonian Primary School, Thompson Street, Brown Hill. See: vec.vic.gov.au

Friday 30: Caledonian Primary School Art Show

DECEMBER

Thursday 13: Brown Hill Carols in the Park

Saturday 22: 9.00 am - 1.00 pm, Brown Hill Market, Brown Hill Hall (p.7)



Bring your cup to the Festival to save 50 cents from Nigel and Julie at the 'Bean Me Up' coffee cart.

In this edition

It is slowly warming up in Brown Hill and preparations have begun for another fabulous summer at the Brown Hill Pool (p.3).

Renovations at the Brown Hill Hall are coming along well. This is an

exciting project for the Brown Hill community and, when completed, will allow all three rooms in the hall to be used by different groups at the same time.

On yet another sunny fourth Saturday of the month my children and I enjoyed a morning at the Brown Hill Market (p.7). We stocked up on fresh veggies, apples and delicious cheese. We swapped some books, filled our tummies with a sausage in bread and (a little later on) a crunchy, twisty potato on a stick and enjoyed chatting to loads of Brown Hill locals. We then spent a couple of hours at the playground and exploring down by the Yarrowee River. What a great way to spend a day!

Thanks to our 2018/19 sponsors:

*Silver: Brown Hill Market

*Bronze: Ballarat Treeworks, Bakers Delight Bakery Hill, The AFL Store - Ballarat and Dazzlin' Doggie Country Village.

Our final edition for 2018 will be delivered in mid-November.

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



Pool season countdown!

Call for lifeguards

Wanted: Lifeguards for the summer season (1 December 2018 - 10 March 2019) for the Brown Hill Community Pool.

Applicants must have the appropriate current qualifications:

1. Level 2 First Aid with CPR
2. Certificate - Lifeguard Outdoor Swimming Pool (Royal Life Saving or equivalent)
3. Working with Children Check

Please send applications to Brendan Stevens, Secretary of the Brown Hill Pool Committee of Management:

bhpa@brownhill.vic.au

Applications close 31 October 2018

Working Bees

There will be a Working Bee at the pool every remaining Sunday in October (14, 21 and 28). We will start at 10.00 am. All welcome. Just turn up on the day!

Online Season Memberships

2018/19 season memberships for the Brown Hill Pool will be available to purchase from the Brown Hill Community Online Hub during November. See: brownhill.vic.au/swimming-pool/

Learn to Swim

From **Monday 7** until **Friday 18 January**, the Brown Hill Progress Association will be running a 'Learn to Swim' Program at the pool.

This program is for children four years of age and older and is generously sponsored by the Brown Hill Uniting Church.

The only cost will be a \$15 per child per week charge, to be paid upon booking.

Families with a 2018/19 pool season membership will have all costs of the 'Learn to Swim' program included.

All bookings will be made through the Brown Hill Community Online Hub. Please note that bookings will not be available through the VicSwim website this year.

To register your interest and be notified when bookings are available online, please email: pool@brownhill.vic.au.

*Brendan Stevens, Secretary
Brown Hill Progress Association (and
Swimming Pool Committee)
bhpa@brownhill.vic.au*

Baker's Delight

A message from our Bronze Sponsor

At Bakers Delight Bakery Hill, we have all your bread and bread product needs covered. Whether it's a beautiful pastry for breakfast, a sweet or savoury snack throughout the day, our everyday breads and rolls or something a bit fancier, you'll find it all in our bakery.

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We look forward to seeing you soon!

*Glenn and Kerryn Drew
Franchisees, Bakers Delight, Bakery Hill*



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ballarat@theaflstore.com.au

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Brown Hill's Little Treasures

Two Brown Hill mums, who were strangers until recently, have been volunteering for the 'Life's Little Treasures Foundation' to support the parents of sick and premature babies. Coincidentally, they live less than a kilometre apart and their babies were born within months of each other, all prematurely.

Samantha Prowse, whose twin daughters were born at 32 weeks, is organising the second 'Walk for Prems' to be held in Ballarat on **Sunday 28 October** as a major fundraiser for the foundation.

Louise Jones, whose son was born at 29 weeks, is helping with 'Treasure Time', a free playgroup supporting families who have had stays in the Special Care Nursery (SCN) or Neonatal Intensive Care Unit (NICU).

In Australia one in ten babies are born prematurely, meaning they are born before 37 weeks gestation (full term is 40 weeks). Fifteen percent of *all* babies born in Australia require support in an SCN or NICU.

It is due to this commonality that Samantha and Louise met.

"We were volunteering individually for the same organisation., It just made sense to work more closely and cross-promote our events," said Louise. "I attended the Walk last year when Samantha first brought it to Ballarat, so it's been great to have each other for support and it's funny that we live so close and our children are so close in age. They



Life's Little Treasures Foundation volunteers, Louise (with Jimmy) and Samantha (with Madelyn), at Brown Hill Reserve. Image supplied by Louise Jones.

go to the same local daycare and could end up at school together."

As Brown Hill residents, Samantha says they built and moved here before having their daughters, but her husband Trav has been a long-term resident. Louise and husband Mark are also long-term residents.

"We love the area," says Samantha. "We go to the park and are looking forward to walks and bike rides along the river as our girls get a bit older. It's great having a bigger house block to play on. Brown Hill gives us close proximity to town, without the hustle and bustle."

"Having a big public and private hospital in Ballarat, both with a Special Care Nursery, we not only have our own residents, but cater for many people from small rural towns who have had premature babies. If babies are born after 32 weeks, they can stay in Ballarat, but before 32 weeks, they have to go to Melbourne," explains Samantha. "It's great that they can come to Ballarat and avoid the big-city stress."

"When I saw the 'Walk for Prems'

happening in Melbourne a few years ago, I thought it would be beneficial to local and rural families to have it here in Ballarat. After a few phone calls, it was on! This is the ninth year for the walk nationally and the second year in Ballarat."

"We had around 200 participants last year and we are aiming for more this year. So far, numbers are up on this time last year, so it's looking good!" says Samantha excitedly.

All funds raised from the Walk go towards services, events and resources that support families in the SCN and NICU right around Australia, including here in Ballarat. 'Life's Little Treasures Foundation' organise social and educational events for parents while their baby is in hospital, provide educational resources to parents, families and professionals and many other services, such as gift bags for new parents and the 'Treasure Time' playgroup.

The wonderful line up of entertainment at the 2018 'Walk for Prems' includes: live music,

coffee, jumping castles, a face painter, Ballarat Zumba, colouring pages, plaster painting, food vans and an SES BBQ. Over 40 raffle prizes have kindly been donated.

Anyone is welcome to register for the Walk. A short ceremony remembering the angels who passed due to premature birth is also an important and emotional part of the walk; these families are welcomed and encouraged to attend.

For registration and more information, visit:
walkforprems.org.au

'Treasure Time' is held on the fourth Thursday of each month (except October which will be the third Thursday) at Eastwood Leisure Complex, from 10.30 am to 12.00 noon. For more, visit:
lifeslittletreasures.org.au

Louise Jones, 'Treasure Time'
Playgroup Coordinator

Litter is a burning issue

Environment Protection Authority Victoria (EPA) issued 12,000 litter fines in 2017-18, and the litter that annoyed Victorians most was the lit cigarette.

Cigarettes are the most common litter and the type most

commonly reported by the public.

More than three-quarters of litter reports to EPA involve cigarette butts tossed from vehicles and more than half involved a cigarette that was still burning.

Other litter fines were for food packaging, drink containers and other small items. Litter contaminates the soil, chokes waterways and endangers wildlife and a lit cigarette is a serious fire hazard.

Lit cigarettes are one of the major causes of fires that Glen Park Fire Brigade attend on the Western Freeway at Brown Hill and the most common cause of roadside fires in Victoria. It is very frustrating that our volunteers risk their lives many times a year to fight these fires that are so easily avoided. Every butt has the potential to cause real harm and irreversible damage.

EPA's litter reporting service gives the public a clear mechanism for reporting people who throw litter from a vehicle, by using the car's registration number to track down the alleged offender.

You can report littering at epa.vic.gov.au or by calling **1300 EPA VIC (1300 372 842)**. It's important to be willing to give evidence in court if the alleged offender challenges the fine, but if



Lit cigarettes are the most common cause of roadside fires in Victoria. Image supplied by EPA Victoria.

you get the details right, most of them just pay the fine.

Current EPA litter fines range from \$322 for a small piece of rubbish or unlit cigarette up to \$645 for a lit cigarette.

Your report should identify the car, describe the person, describe the litter and how it was disposed of and the time and place where it happened.

Discarded cigarettes don't just cause grass fire. They also have the potential to cause many other fires including house fires. They also cause harm to our wildlife and pollute our beautiful country. Please do us all a favour and dispose of your butts responsibly. If you see someone doing the wrong thing please report it to the EPA.

Tracey Webber, Captain
Glen Park Fire Brigade
0423 056 330
tracey.webber@members.cfa.vic.gov.au

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FireAware

Bushfire awareness starts with you!

“The highest risk areas of Ballarat to a bushfire threat are Nerrina, Invermay and Brown Hill ... Getting to know your neighbours by sharing bushfire plans and finding ways to work together - even 3 or 4 households - could do much to lower the fire risk to themselves and their neighbours,” says Associate Professor Kevin Tolhurst, an expert in bushfire management and a long time resident of the Creswick area.

Kevin has generously provided his expertise to the Brown Hill Community FireAware Network and offers the following observations about the bushfire risk to Brown Hill:

* The direction of the bushfire threat comes from the forested areas north-west of the city – Creswick and Clunes – and depending on ignition point a fairly large fire could develop.

* Be aware that the intensity of any fire depends on the fire rating and weather conditions at the time of ignition. Wind direction on high fire danger days usually comes from the north-west, and the fire front can change dramatically if a south westerly wind change comes through.

Kevin’s tips for the coming fire season:

* **Stay informed:** Work out alternative ways to keep informed of possible fire threats to the area and how to share that information amongst your neighbours. **Watch the weather!**

* **Give your house the best chance of surviving** by preparing your property well before the fire



FireAware mascot, Penny Platypus

season, irrespective of whether you plan to stay and defend or leave.

* **Have a bushfire plan:** know what you are going to do pre-season on high-fire-risk days and the days leading up to them. Decide if you are going to leave or stay and defend and then have a plan to know what to do if circumstances change. Know the triggers for when decisions will be made. Review your plan regularly.

REMEMBER: If a plan is not written down and practised – it is NOT a plan!

For more details on the bushfire risk to Brown Hill and how best to prepare go the Network’s web pages:

pleanetwork.com.au/fireaware-network-understanding-risk/

You can also find on these pages details of the FireAware Cluster information sessions that are happening in October.

Hazen Cleary, Brown Hill FireAware Network Coordinator

0408 690 493

hmc433@hotmail.com

Find the FireAware team at the Brown Hill Community Festival on Friday 26 October: brownhill.vic.au/brown-hill-community-festival/

It Takes Courage

Brown Hill local, Sue Walker, made a great discovery at the August Brown Hill Market.

My children will be the first to tell you my cooking is in dire need of assistance. So, when I rocked up to the Brown Hill Market, to peruse the goods and chat to Ellen at the 'We Bar None' stall, and noticed a rather intriguing cookbook off in the distance, I wandered over.

I met the ladies who wrote the 'It Takes Courage' book and had a flick through the colourful pages. I needed no hard sell; I was won over. The recipes looked scrumptious and I was drooling.

After reading some stories I was keen to start cooking and to find out some background on these amazing women. I was directed to Shiree Pilkinton and here’s what I discovered:

This unique book was developed through the Grampians Communities of Respect and Equality (CoRE) Alliance, that currently has more than 100 members (local businesses and organisations), taking action to create a safe, respectful and equal society for all.

The 'It Takes Courage' group attends classes with Shiree each week, where a key objective has been to gain more insight and learn more about the prevention of violence against women and families. The women were shocked to learn about the many women and children experiencing violence every day in their homes.

They recognised that it takes a

whole-community approach, and wanted to play a part in raising awareness and influencing much-needed social change.

The project set about to empower local immigrant, refugee and Aboriginal women and their communities. The book features art, stories, recipes, photography, predominantly by women, from 16 different cultural backgrounds.

There were 25 contributors in total, who for 10 months gathered weekly to share dishes, stories and knowledge with a passion for creating amazing food, recipes that were handed down over many generations, but often never recorded – until now!

Shiree's role at Women's Health Grampians is as the 'Intercultural Engagement Advisor', responsible for project design and co-ordination. Others involved included Small Dog Design, Michelle Dunn Photography (teaching photography skills) and Pauline O'Shannessy-Dowling who facilitated the art, enabling the women to create their own page borders.

This project also involved many other volunteers, mentors and supporters and it doesn't end here.

There is a business being developed, involving some of the women from the original book along with new participants, called 'A Pot of Courage'.



Members of the 'It Takes Courage' group. Photographer: Michelle Dunn from MDP Photography and Video.

This will include public cooking classes, catering for private dinner parties and brunch, selling spices and other ingredients ... and more! The women are currently undertaking safe-food-handling training, business administration courses and leadership training to facilitate this process.

I, myself, have started making a few of the recipes. I had no idea dumpling wrappers were so easy to make, and my children and I have had a ball making and tasting the meals. I am humbled by the stories and feel immense gratitude that I was lucky enough to find this book.

Do yourself a huge favour - support this project and buy one for yourself and many as gifts. You will not regret it.

To keep up to date: 'It Takes Courage Ballarat' Facebook page.

Book sales (\$40) are online: ittakescourage.org.au

All proceeds go back to the project.

In person:
Women's Health Grampians
2 Drummond Street South,
Ballarat.

Kittely's Café
Lydiard Street, Ballarat.

Ballarat Regional Multicultural Council
145 Victoria Street, Ballarat East.

Ballarat Neighbourhood Centre
(behind Phoenix College)
Sebastopol.

<p>BROWN HILL MARKET</p>	<p>Due to booking clash, Brown Hill Market is at CALEDONIAN Primary School for this month only! Please come support our stallholders! 9 am - 1 pm @ 2 Thompson St</p>	<p>OCTOBER 27 ONLY</p>
<p>Back at Brown Hill Hall next month</p>		<p>www.ballaratmarkets.com.au</p>

Brown Hill Kindergarten

August and September have been very busy at Brown Hill Kindergarten, with the preschool group having visits from Emma to talk about how Aboriginal people used to live a long time ago, star gazing in the evening, visits from Shannon from Central Highlands Water to talk about drinking water, and dads at bush kinder.

The prekinder group also had special visitors (grandparents, dads, mums, friends and other family members) visit the kindergarten and spend time with the children.

Children in the red room also shared their ideas about Brown Hill with Steph, for the Local Area Plan. They talked about how they liked the bush, the pool and riding along the track on their bikes. Some of the children who live east from the Western Freeway in Brown Hill said they needed more shops and that it was a long way to ride their bikes from there. They were also keen for a new skate park to ride scooters and skateboards!

Star-gazing

On Wednesday 22 August, about 50 children from Brown Hill Kindergarten, accompanied by their parents, went out at dusk into the parkland across from the kindergarten (the area we call the wild), to look at the stars with Judith, from the Ballarat Observatory. Although it was a cloudy night, the clouds did clear long enough for us to see the moon, planets and stars. Judith was able to talk about some of the stars the children had learnt about



Judith, from the Ballarat Observatory, teaching families from Brown Hill Kindergarten about star gazing. Image supplied by Brown Hill Kindergarten.

from Aboriginal stories Emma told them. On the way home everyone had fun with their torches in the dark.

The star-gazing night has led to lots of interest from adults and children about what we can see in the night sky and the discussions continue as everyone shares their stories and knowledge.

Choose tap water

Central Highlands Water's Shannon Haintz, who is also a Brown Hill Kinder mum, came and talked with the children about the importance of fresh water to our health and our lifestyles and how

we need to be careful not to waste water. She read a story about water to the children and they joined in a song and dance before carrying out science experiments with water.

Since the presentation, parents have reported their children commenting on taps left running, and talking about not wasting water.

Christine Sullivan, Educational Leader, Brown Hill Kindergarten (a Eureka Community Kindergarten Association [ECKA] Kindergarten)
5332 7973

brown.hill.kin@kindergarten.vic.gov.au



Central Highlands Water's Shannon Haintz reading to the Brown Hill Kindergarten children about water. Photographer: Christine Sullivan.

Caledonian Primary School

Principal's Report

What a busy Term Three it was at Caledonian Primary School. The students and staff were all involved in high-quality learning opportunities and celebrations such as 'Footy Colours Day' and 'Book Week'. One of the many highlights and celebrations of learning was listening to the Grade Five and Six students perform in a 'Poetry Slam'. The poems were based on topics such as poverty, which linked to the Grade Five and Six Integrated Studies Unit. These poems were so powerful and allowed the students to investigate issues around human rights and using literature to express their feelings.

It is experiences like these that make Caledonian Primary School a great place to learn. Caledonian Primary School's vision is to ensure the potential for each child is reached through high-quality teaching and learning experiences. We give our students the opportunity to discover and explore their passions – whether it's in the arts, music, sport or science.

The recently-launched 'Public School. Our School' initiative highlights the work of our public schools. The initiative is a great reminder of the programs and activities that our school delivers to make sure that your child has access to a high-quality education.

Here is a snapshot of some of the programs and activities that our school is currently focusing on:

- * High-quality Literacy and Numeracy Strategy
- * Community Garden Program
- * Celebrations or events involving the whole school community, e.g., Trivia Night and biannual Art Show and School Concert
- * Community engagement activities – Parents and Friends Association, School Council and Sub-committees
- * Extra-curricular activities, e.g., Science Week, Robotics Club, STEM (Science, Technology, Engineering and Maths)
- * School-wide Positive Behaviour Framework
- * Respectful Relationships
- * Breakfast Club
- * Camps, sports and excursions - fund opportunities
- * Inclusive education for students with disabilities

I am proud of our dedicated teachers and staff who work every day to inspire and challenge every

student to reach their potential.

As Term Four begins, we look forward to welcoming our 2019 Preps into the school. We are running a transition program for the families to get to know the staff and students at Caledonian Primary School. I encourage any families who are interested in enrolling at Caledonian Primary School to come and visit the school. Find out more about the opportunities listed above and visit the classrooms. See the students in action and meet the dedicated teaching team.

In Term Four we are looking at some different ways to engage the community and hear about what makes Caledonian Primary School a great school. I am looking forward to hearing some of the things about which you are passionate.

I look forward to continuing the journey of education with our families and Brown Hill community members.

See you at the Brown Hill Community Festival!

Brea Terris

Principal - Caledonian Primary School

5332 6955

caledonian.ps@edumail.vic.gov.au

caledonianps.vic.edu.au

Caledonian Primary School

You are invited to visit Caledonian Primary School to have a look at the school and meet Principal Brea Terris. Find out more about the excellent opportunities we have to offer, visit classrooms and meet students and staff. Please contact the office on 5332 6955 to organise a tour.



Book Week

From August 20 to 24, Caledonian Primary School had our annual celebration of 'Book Week'.

On the Monday, we had our 'Terrific Teams Day'. This is when students are put into multi-aged groups for an event. We moved from one classroom to another doing activities based on the shortlisted books that our teacher

read to us. Some of our favourite books included: 'Mopoke' and 'Do not lick this book'.

On the Tuesday, each senior class partnered up with a junior class and each senior student 'buddy-read' with a younger student for an hour. All students enjoyed this activity.

On the Wednesday the whole school did a 'Big Write'. For this

writing piece, we had to use the theme 'Find Your Treasure'.

Finally, as our last celebration of 'Book Week', we got to dress up as our favourite book character and show our costume off to everyone during a 'Book Week Parade'.

On Thursday, some students also participated in the 'Write a book in a day' challenge.

All of the students had a great time during 'Book Week'.

Connor and Jonah, Grade Six

Write a book in a day

On 23 August, ten grade five and six students from Caledonian Primary School participated in a National Writing challenge called 'Write a book in a day'. The students who participated were Alexis, Amelia, Alana, Connor, Izabella, Jade, Jamison, Jonah, Ruby and Reese.

We were at school from 8.00 am until 8.00 pm. We had to write, illustrate and publish a book, all within 12 hours!

When we finished the book it went off to children's hospitals all around Australia, for kids that have cancer to read.

We had a free-dress day at school and students brought a gold-coin donation. All the money we raised

CELEBRATE CHILDREN'S WEEK
20-28 October 2018

Special Event
Family Day at the Ballarat Wildlife Park
Saturday 27 October
City of Ballarat and BADAC
Adult entry \$22.50*
1 child aged 5-15 years - free entry, additional children \$14.50 each**
All children under 5 years of age - free entry
*On Family Day only, tickets must be purchased at front entry

Fun Day
at Victoria Park
Inclusive Play Space
Saturday 20 October
From 12:30pm
FREE EVENT

Children's views and opinions are respected

BRIDGE MALL KIDS' PARTY - YMCA FUN SKATE - GYMBAROO OPEN DAY
CHILDREN'S AUTHOR MICHAEL PANCKRIDGE - BREAD MAKING - COME TRY GYMNASTICS
BOTANIKIDS - EUREKA EXPLORERS' PROSPECTORS' TRAIL - DAZZLING DAN
SPRING INTO SPRING! - POP-UP PLAYGROUP - BOAA CHILDREN'S ACTIVITIES

For full program listing visit ballarat.vic.gov.au or check our Facebook page



*Sensitive to glare or fluorescent lights?
Reading &/or spelling difficulties?
Poor concentration? Messy handwriting?
Frequent fatigue? Headaches? Visual Distortions?*

These symptoms can indicate IRLLEN SYNDROME, a visual processing disorder.

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Christine Phillips: Ballarat-based Certified Irlen Screener; member of the Australasian Association of Irlen Consultants - aaic.com.au
50% discount for children aged 7 to 12 (Must mention this ad.)

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Ballarat's best Indian restaurant

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5334 4833, masalavalley.com.au

goes to cancer research, to try and find a cure for childhood cancer.

We were only told about all the parameters (the rules) for our book that morning. The characters, setting and problem we were given were unique to our team. No other school group in Australia had the same. We had to include a beautician and a juggler as our human characters and our non-human character was a lamb. Our setting was a garden and our problem was a flood.

There were also five random words that we had to include which were: silver, patch, struggle, clock and prickly. Our story had to have Australian content. We had to write our book with a word-count between 2000 and 2500 words.

It was very challenging. Some of the challenges that we faced were getting the word limit right, working in a group, and getting the book done by 8.00pm. We finished the book, which we titled 'Jerome's Journey', at 7.50 pm, with 10 minutes left! It was hard to maintain focus towards the end of the day but it was a great experience. It was very stressful, but at the same we *really* enjoyed it.

We would definitely do it again because we enjoyed it so much. There were lots of smiles and laughs.

Amelia and Alexis, Grade Five **Prep visit to Gong Gong**

On Wednesday 12 September, the Caledonian Primary School prep classes were invited by the Leigh Catchment Group to go on a nature excursion. This activity was funded by the City of Ballarat through the Brown Hill Engaging



Ollie and Ned investigating Yarrowee River water bugs. Photographer: Ange Davies.

Communities program.

The sun was out and it made for a fantastic day for all. Bianca and Jane from the Leigh Catchment Group greeted the children and teachers at the start of the Yarrowee River in the Gong Gong Reserve, just outside Brown Hill, and explained the activities they had planned.

Jane introduced the children to various types of local frogs and played recordings of the different sounds each frog makes. The group had fun trying to make the sounds themselves!

This was followed by an adventure along the walking tracks to search for some frogs in their natural habitats, enjoying the beautiful weather Mother Nature had provided. One group was lucky enough to not only hear, but also see, a frog.

With magnifying glasses and binoculars, the children explored with four of their five senses: sight, smell, hearing and touch. Touching the moss and the leaves of the trees. Taking a moment to

close their eyes and listen to the sounds - the frogs, birds, running river and the rustling of the trees. The group searched high for birds and spotted a couple of possum huts among the trees.



A frog, by Lizzie

Bianca helped the children to explore tubs filled with water from the Yarrowee River. They saw tiny water bugs and used magnifying glasses to watch the bugs' movements and interactions in the water. They had posters with photos to identify the different species they found.

After a quick snack, a run and a roll down the grassy slopes, we boarded the bus for the quick ride back to school.

Thanks Jane and Bianca for sharing some of the secrets of this great local natural asset!

Ange Davies, Parent, Caledonian Primary School

Walk to School

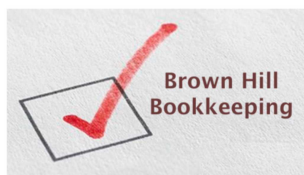
Keep an eye out for local school children pounding Brown Hill's footpaths on their way to school!

The City of Ballarat has joined forces with VicHealth to encourage more families to ditch the car and instead walk, ride or scoot to school from **8 October** until **2 November 2018**.

The annual Walk to School program aims to encourage families to get active on the trip to and from school to help build healthy habits for life. Caledonian Primary School, on Thompson Street, Brown Hill, is taking part.

Ballarat Mayor Samantha McIntosh says, "According to the 2016 Census, there are more than 40,000 families living in Ballarat and of that number there are approximately 10,000 young people aged between 5-9 years. How fantastic would it be to see as many of these young people as possible choosing to walk to school or walking part-way to school throughout October!"

walktoschool.vic.gov.au



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Ballarat Society of Artists

Meetings are held from 10.30 am on the first Saturday each month at the Brown Hill Uniting Church, Humffray Street North (corner of Thompson Street). Membership is open to artists of all ages, styles and abilities. Members' exhibits are shown at The Corridor Art Space, Trades Hall, Camp Street. This space is open Monday to Friday and exhibits change every month.

Top Katz Rockers

20 October Dance, Brown Hill Hall

The Atomic Hi-Tones are a highly-regarded band from Melbourne, widely popular in the Australia-wide rock-n-roll and rockabilly dance scene. They play high-octane, high-energy music, that gets the blood pumping and the toes just itching to go! This will be one of THE music nights for Ballarat this year. Contact: Joyce Mearns on: 0438 830 707 or 5463 2337

Smarter Parking

A community Smarter Parking consultation was held in Brown Hill on Friday 31 August.

Central Ward Councillor Belinda Coates said, "We had some great suggestions and input from community members. City of Ballarat officers were on hand to answer questions and were keen to take on board feedback."

"So far, more than 1000 people have had their say online via City of Ballarat MySay and over 700 people have discussed ideas and suggestions in person. When the revised Smarter Parking Plan comes before Council again towards the end of the year, it will be strongly informed by this community consultation process".

Nearly two months of community consultation began on Monday 6 August. To date, the survey shows:

- * **53.0%** support two-hour free parking per day in Zones Two and Three
- * **53.1%** support managing your parking via a Smart Phone app
- * **69.3%** support topping up your parking time allocation from any meter in the CBD
- * **14.8%** support making parking bays close to the CBD more expensive
- * **8.4%** support extending paid parking in Zone One to 7.00 pm Monday to Saturday and
- * **75.3%** support providing a free residential parking permit (with the option of a second or third one) to each household within the three zones.

mysay.ballarat.vic.gov.au/proposed-smarter-parking-plan



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Australia Day Awards

Nominate a co-worker, nominate a friend, nominate a mentor – just don't forget to nominate!

The City of Ballarat invites all residents to join us in honouring local people who have made a significant contribution to our community.

The Awards are provided by the Australia Day Committee (Victoria) and are administered by Local Government Authorities throughout Australia on behalf of the Council. There are three categories:

1. Community Activity of the Year

2. Citizen of the Year

To be eligible, the person must be 25 years or older on 26 January in the year of the presentation of the award.

3. Young Citizen of the Year

To be eligible, the person must be under 25 years of age on 26 January in the year of the presentation of the award.

Nominations close **Friday 16 November 2018**.

mysay.ballarat.vic.gov.au/awards

About our Newsletter

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

It is published bi-monthly in February, April, June, August, October and November.

Editorial Advisory Committee: Tania Busse, Geoff Dickson, Brian Green and Sarah Greenwood-Smith. Proof reader: Jock Freeman. Social Media: Rachael Houtsma. Brown Hill Directory: Hazen Cleary and Ange Davies.

Local volunteers distribute the newsletter to all businesses and residences in 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

Contributions are welcome from the Brown Hill community. Submissions are due by the first Tuesday of the month in which the edition is published 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.

Edition 16 submission are due by **Tuesday 6 November**. Please read the editorial policy regarding contributions before submitting an article: 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.

Printed by Ballarat Mailworks on 100% recycled paper.



COMMUNITY NEWSPAPER ASSOCIATION of VICTORIA

the voice of the community

MEMBER 2018

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Authorised by Joshua Morris MP, 211 Dana Street, Ballarat. Funded from Parliamentary Electorate Office and Communications Budget.



The ABC's Gardening Australia host, Costa Georgiadis, visited Wendy Aston and younger members of the Ballarat Wholefoods Collective. Photographer: Sophie Welton.

Wholesome Wholefoods

Costa's visit

On Monday 10 September, the ABC's 'Gardening Australia' host, Costa Georgiadis came to visit the Ballarat Wholefoods Collective (BWC).

Following a thorough tour of the great range of products on offer, Costa said, "All this local food, it's just fantastic!"

On the noticeboard, Costa wrote, "Collectively crafting a whole food future. Big hugs and admiration."

During the visit, Costa made a video of the BWC. You can see it on the BWC Instagram page ([instagram.com/ballaratholefoodscollective/](https://www.instagram.com/ballaratholefoodscollective/))

Raising funds for Oisin

We held a morning tea to help raise funds for a beautiful local family.

Liz and Greg's young son, Oisin, has a rare genetic condition and they are trying to obtain a wheelchair-accessible car for him.

Bianca Slade from Wholefood Simply joined us to speak about her new recipe book and offered tasty samples.

We also ran a raffle with over 20 amazing local prizes, donated by Ballarat Wholefoods Collective, Grounded Pleasures, Simply Christene, Vegas & Rose, Essential Care By Wendy, Kitteltys and many others.

We raised \$1000 to give to Liz and Greg.

For more information about Oisin and his family, see:

thecourier.com.au/story/5544297/Imagine-if-your-son-was-unlikely-to-reach-his-teenage-years/

Wendy Aston, President, Ballarat Wholefoods Collective
0419 898 286
ballaratwholefoodscollective@gmail.com
ballaratwholefoodscollective.org

Ballarat Food Strategy

An update on the Ballarat Food Strategy project is now available on the Brown Hill Community Online Hub:
brownhill.vic.au/news/2018/08/17/ballarath-food-strategy/

Community consultation about the Ballarat Food Strategy took place across Ballarat during September 2018.

The aim is to get a draft of the Food Strategy to council in February 2019, allowing sufficient time for consultation and engagement.

For more information, please contact Caroline Amirtharajah, Health and Wellbeing Planner, City of Ballarat on 5320 5704 or carolineamirtharajah@ballarat.vic.gov.au.

Advertise with us!

We are pleased to offer limited advertising in the Brown Hill Community Newsletter. Visit brownhill.vic.au/newsletter to find out more. Contact: newsletter@brownhill.vic.au



Presenting the defibrillator: L-R John Orton (BHUC property officer), Ian Drew (President, Brown Hill Lions Club), Jane Measday (Chairperson, BHUC Church Council), Barry Davis (Secretary, Brown Hill Lions Club). Image supplied.

Brown Hill Uniting Church

Sponsorship

The Brown Hill Uniting Church will again sponsor the 'Learn to Swim' program at the Brown Hill Pool in January (p.3). We are also making a donation to the Brown Hill Community Festival on Friday 26 October, where our pancake team will be in action (p.20).

Lions Club Carols in the Park

We have accepted an invitation from the Brown Hill Lions Club to take part in the first Carols in the Park on Thursday 13 December, including a BBQ. There will be no

evening Carol Service/BBQ at the church this year. However, the Brown Hill community is invited to join in a morning carol service at the church from 10.00 am on Sunday 9 December.

Defibrillator

We now have a defibrillator at the church thanks to the generosity of the Brown Hill Lions Club. At a recent Sunday morning tea, Ian Drew, President, presented it to Church Council Chairperson Jane Measday. Jane expressed appreciation and thanks for the donation and the training that followed. The defibrillator is available for use by members and the many community groups who

use our hall.

Men's Breakfast

Ballarat Community Health, Health Promotion Team Leader, Louise Feery, presented an informative and engaging talk on Men's Health and General Wellbeing at the Men's Breakfast held on Saturday 29 September.

Louise's presentation challenged men's perceptions about their health. She highlighted that Australian men are more likely than Australian women to get sick from serious health problems. They also visit their doctor less frequently, have shorter visits and only attend when their illness is in its later stages.

Louise also discussed the prevalence of depression amongst Australian males and that they often try to manage their symptoms of depression by using alcohol and other drugs, which make the symptoms worse.

Copies of the 'Men's Health Tool Box' were distributed. This document is produced by the Australian Men's Shed Association and aims to encourage men to be more proactive in tackling their health issues.

We all left the breakfast challenged to take our health more seriously. Thank you, Louise.

Liz Mason and Rob Soar
Brown Hill Uniting Church



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Mental health awareness

Victorian Mental Health Month runs from **Sunday 7 October until Tuesday 6 November** and includes World Mental Health Day on **Wednesday 10 October**.

Local resident and Newsletter Delivery volunteer, Sue Walker, writes about her experiences

'World Suicide Prevention Day' and 'RU OK? Day' both fell in September. It is now 'Mental Health Month' in Victoria.

I am mindful that the Australian Bureau of Statistics data on suicide have just been released and they are sobering to read. See: ontheonline.org.au/blog/. Australia-wide, we certainly have a lot of work to do and I believe this should, and could, start at a community level.

I am not mental-health qualified. However, as someone with a much-lived experience of mental health issues, having experienced them for most of my life, I know what has worked for me and would like to share, in case I can help others.

The aim of 'Mental Health Month' is to reduce the stigma and raise mental health awareness. The theme for this year is aimed at youth mental health and, with the rates for experiencing a youth mental health condition being 1 in 7, this is a much needed initiative.

More information can be found on the 'Mental Health Foundation' of Australia' website: mhfa.org.au. This organisation has a range of activities advertised to promote awareness of mental health. They have a section with crisis numbers

for support and access to mental health first aid courses.

I have found a number of key things very helpful in managing when I have experienced times of challenging mental health. I hope this may be helpful to others.

1. Finding a good GP. Seeing them regularly and following their advice.

2. Linking in with other health providers as needed. Utilising the 'Mental Health Care Plan'. See: betterhealth.vic.gov.au/health/conditionsandtreatments/mental-health-care-plans

3. Exercise. Swimming, cycling and walking work for me. This will be different for everyone.

4. Yoga. This is my relaxation, my fitness, my mindfulness and helps me ground myself and focus.

5. Connection. Be it with family, friends, online and/or in person. I try to stay connected - with my neighbours, with the community - to feel a part of something, particularly if I am feeling isolated.

6. Nutrition. I eat as much variety of healthy food as I can. If I don't, my mental health will suffer. As simple as that.

7. Mindfulness. I am able to do this on my bush walks, just be still and quiet and take in nature. I listen to the birds for just 5 minutes to slow down my anxiety.

8. Art Therapy. I'm not fussed if I am creating it or looking at other people's work. The latter is preferable to my family, as my art is not that good and they don't like hurting my feelings when asked for their opinion!

9. Gratitude Journaling. I started

this about 10 years ago. I record three things I am grateful for every single day. I buy a particular diary for this.

10. Time management and social media. I have had to learn boundaries, when to say "no" and when to limit time reading news and social media.

11. Pets. Pet therapy is pretty amazing and can really assist with a range of conditions. It is great for companionship, too.

12. Volunteering. Giving back in some way is a great way to connect with others and give back to your community. I have had many volunteers give their time, meals and care to me and my family throughout my life, so I like to return that favour in some form.

Mental Health Crisis Numbers

These crisis numbers have been kindly gifted from Maurs Hatcher from the 'Loud Fence' Facebook page.

* **Beyond Blue:** 1300 22 4636

Chat online 3.00 pm - 12.00 am

* **Carers Australia:** 1800 242636

* **Headspace:** 1800 650 890

* **Kids Helpline:** 1800 55 1800

* **Lifeline:** 13 11 14

* **Mensline Australia:**

1300 78 99 78

* **Suicide Call Back Service:**

1300 659 467

Phone and Online Counselling 24 hours a day, seven days a week

* **Sexual Assault Crisis Line:**

1800 806 292

These numbers are also listed on the Brown Hill Community Online Hub: brownhill.vic.au/new-to-brown-hill/need-some-support/

Testing the health of the Yarrowee River



Corangamite Waterwatch put the Yarrowee River under the magnifying glass.

School holidays are great for getting outdoors in your gumboots!

On Friday 5 October, families became citizen scientists for the day as they joined Corangamite Catchment Management Authority's Waterwatch team and surveyed the Yarrowee River at Brown Hill.

Participants explored the water-plants and gravel and discovered the importance of water and habitat to waterbugs. Children used nets to collect waterbugs and then sorted the animals out – snails, beetles, scuds, fly larvae and stonefly larvae were amongst the finds. The favourite animal we found was the stonefly – both as larvae in the river and as a flying adult beside the river. The presence of these waterbugs help us to establish the condition of our waterways.

These survey results will be entered into a nation-wide database, the 'National Waterbug Blitz'. This citizen-science program is conducted each spring and is a great way for community members to contribute to the protection of our precious natural



Young citizen scientists, Millie and Edie, sort waterbugs they collected from the Yarrowee River as part of the National Waterbug Blitz. Photographer: Deirdre Murphy

resources. To learn more about this initiative, visit: waterbugblitz.org.au

If you have an interest in water quality monitoring of the Yarrowee River and you are interested in volunteering on a monthly basis to test water quality (and do seasonal waterbug surveys), then why don't you enquire about the Waterwatch program? Contact Deirdre (details below).

*Deirdre Murphy
Regional Citizen Science Project
Officer, Corangamite Catchment
Management Authority
52329100
deirdre.murphy@ccma.vic.gov.au
ccma.vic.gov.au*

Brown Hill Seniors

It is a busy month for the Brown Hill Seniors, with October being

the 2018 Victorian Seniors Festival.

We were successful in our application to the City of Ballarat for \$3600 through the Community Impact Grant program. One of our members, Dianne, said, "The funding was given for two new much-needed indoor bowls mats. Our current mats have had a great deal of use and are showing their age, like all of us."

In September, we went on a trip to the coast. Just before Anglesea we had morning tea, consisting of chocolate and ice cream! Then we travelled on to Apollo Bay for lunch. We had a change of scenery on the drive to Colac, before heading home. An enjoyable day was had by all.

We are having a busy time at the club, with membership growing.

Enquiries: Doreen on 5331 2157

*Doreen Braebrook, Brown Hill Senior
Citizen's Club Coordinator*



Mt Xavier Bowling Club

The Mt Xavier Bowling Club is on the look-out for new members. If you want to make new friends, like a challenge and to keep fit, then lawn bowls is for you!

The bowling club has an eight-rink grass green with beautiful surrounds. The clubhouse deck

overlooks the green.

We are about to start our 2018-2019 pennant season. The club will be fielding three weekend pennant sides (Division One, Division Four and Division Nine) and two midweek pennant sides (Division Two and Division Four). Midweek pennant commences on Monday 1 October and weekend pennant commences on 6 October.

For further information please contact:

Phillip McGrath
Committee member / Selector Mt

Xavier Bowling Club, 0409 196 913
Find us on Facebook

El Dorado Line Dance Classes

Thursdays at the Brown Hill Hall

- * 9.00 am - Basic Beginner
- * 10.00 am - Beginner
- * 11.30 am - Easy-Intermediate and Intermediate

Everyone welcome for fun and friendship.

Contact: Ella on 0401 017 758.

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Brown Hill's AFLW rising star

Caledonian Primary School student, Jovie, has had a stellar AFL season this year. Ten-year-old Jovie has finished her third season playing football on a high, taking out several awards, both in the league and in her club, the East Point Dragons.

On the AFL Goldfields Junior Girls' Football awards night, Jovie was named the 'Rising Star' in both the Ballarat and Riddell divisions. Jovie was also named on the 'Team of the Year', where twenty-three girls out of around two hundred and sixty were given the honour.

For her club, Jovie took out the Under-13 'Best and Fairest' award and, once again, was placed on the midfield in the 'Team of the Year'.

Since a very young age, Jovie has always had a footy in her hand. She quickly developed footy skills in her first season playing with the boys' team at the East Point Bulldogs, where she played for two years. Last year, Jovie played her first season with the East Point Dragons.

Jovie is a dynamic midfield player, who is well known for getting the ball out of the pack and her quick snap at goal. She has kicked nine goals this season, the second highest in her team.

Jovie looks to have a bright future, and wishes to become an AFLW player for Richmond Football Club when she is old enough.

Jonah (Jovie's big brother)



Brown Hill's rising AFLW Star, Jovie, in action on the football field. Photographer: Danielle, Jovie's mum.



Brown Hill Cricket Club

The Brown Hill Cricket Club's (BHCC) Junior Cricket program commenced on Tuesday 9 October with Under 12 and Under 13 teams starting their training.

Next up is the 'Woolworths Cricket Blast', starting on Tuesday 23 October. This program costs \$85 per child and will be run on Tuesdays from 4.30 pm to 5.30 pm.

There will be 11 sessions, finishing on 26 February (there is a break over the summer holidays). Children need to be at least six years old.

This program is for kids new to cricket with participants building their skills through fun, game-based activities.

If any further information is required please don't hesitate to contact us.

BHCC is also looking for players for the Under 17 and Seniors teams for the coming season.

Phillip Knowles
President of the Brown Hill Cricket Club, 0407 399 971
phillip.knowles1960@gmail.com

BROWN HILL COMMUNITY FESTIVAL 2018



The award-winning Brown Hill Community Festival is a free family-friendly event.

5 to 7.30pm | Friday 26 October

Brown Hill Recreation Reserve, Humffray Street North

The Brown Hill Community Festival is a Brown Hill Progress Association event



GREAT ENTERTAINMENT AND ACTIVITIES

Jumping castles. Activities by Girl Guides, Brown Hill Cricket Club and Waterwatch Victoria. Nature crafts for kids. (Some activities will request a gold coin donation)

Ballarat and Glen Park CFA Fire Trucks (weather permitting)

Performances by children from Brown Hill Kindergarten and Caledonian Primary School.

Performances by the Ballarat Highland Dancers and the Federation University Pipe Band.

Local community group displays including Ballarat Toy Library, Eureka Mums, Ballarat Wholefoods Collective, Grampians Central West Waste & Resource Recovery Group and Boomerang Bags.

Brown Hill Local Area Plan display.

To keep up-to-date
with the Brown Hill
Community Festival:

Email
festival@brownhill.vic.au

Web
brownhill.vic.au

 Brown Hill
Community Festival



FOOD AND REFRESHMENTS



Sausage Sizzle	Brown Hill Lions Club
Pancakes	Brown Hill Uniting Church
Drinks	Caledonian Primary School
Coffee cart and food vans	