

# Ballarat East

## Community News

Edition 2, March 2021

Connecting people in Ballarat East, Canadian, Eureka, Golden Point, Mount Pleasant and Warrenheip

### Fusing dance, performance and social justice with Lynden Nicholls

Lynden Nicholls is an artist, a dancer, a photographer, a retiree and a guerrilla-gifter of crocheted wash cloths around Ballarat. Lynden refers to herself as 'arty farty' - a term that she uses to poke fun at people that take themselves too seriously.

Lynden first arrived in Ballarat in the late 1980's after teaching a dance workshop as part of her work at Theatre of the Ordinary' at the Art Gallery of Ballarat. Before she jumped in the car after teaching, to rush to Melbourne to pick up her two year old son from childcare, she scooped up a real estate pamphlet and noticed a primary school was for sale on the back page - a primary school with its own old train that her son would love.

It was at that moment that Lynden and her family packed up and moved to Ballarat, after a long career at the Melbourne Zoo creating and teaching a style of dance she called 'Animotions'.

Lynden continued to spend time in both worlds - city and country. She says, "Many people seem to travel between their old and new communities for a while - there's nothing wrong with easing your way into a new place."

Lynden recalls that her career highlight was when an audience member approached her after a performance, calling it "pre-logical". He had connected with her dance in a way that was so deep and innate to



Lynden out and about. Image supplied.

his senses that he didn't have words, only feelings.

Lynden has recently received funding from Regional Arts Victoria (RAV) to develop her theatre-based work, titled 'Facing Up'. The original 'Facing Up' performance, first held in 2018, involved actors recounting the speeches of Prime Ministers along the Prime Ministers' Avenue in the Ballarat Botanic Gardens. The

speeches focus on statements each Prime Minister made regarding First Nations people from Edmund Barton to Malcolm Turnbull. Lynden contrasted their speeches with messages from Aboriginal activists.

Supported by the RAV grant, Lynden is now developing this performance into a resource to be delivered to schools, by using actors and creating

*...continued on page 3*

## Acknowledgement of Country

*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 would like to acknowledge the Ballarat Aboriginal community, many of whom were forcibly removed from their families during the Stolen Generations decades and brought to Ballarat. We would also like to acknowledge and pay our respects to Elders past, present and emerging.*

## About the Ballarat East Community News

The Ballarat East Community News is a project of the Ballarat East Neighbourhood House. Its establishment in early 2021 has been supported by the City of Ballarat through a Community Impact Grant.

### Frequency and distribution

This publication is printed six times each year. In 2021, it will be distributed in February, March, May, July, September and November to approximately 8230 letterboxes in the suburbs of Ballarat East, Canadian, Eureka, Golden Point, Mount Pleasant and Warrenheip.

Editions One and Two have been delivered by Australia Post. Future editions will be delivered by a team of local community volunteers, a key community development element of this project.

This publication is printed locally on 100% recycled paper by a family-owned business, Ballarat Mailworks.

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### Contributors

Editions One and Two were compiled by Ballarat East Neighbourhood House staff. We would like to thank our volunteer contributors and our proof reader, Ben Harrap.

Front page banner designed by Kelsie White:  
[kelsiewhitedesigns.com](http://kelsiewhitedesigns.com)

The views expressed or information provided in this publication are not necessarily those of the Ballarat East Community News or Ballarat East Neighbourhood House, including any officers, members, agents, volunteers or contractors.

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### Subscribe

You can subscribe to be emailed a link to the full-colour PDF of each edition by registering online or emailing us.

### Advertising

We would like to thank the advertisers in this edition for financially supporting this important project for broader Ballarat East.

Advertising rates per edition are:

\$100 + GST: Business Card

\$200 + GST: Banner

\$500 + GST: Half page

### Next Edition

Articles and ideas for Edition 3 are due by **Friday 30 April 2021** by email or in hard copy to the Ballarat East Neighbourhood House office. Please read the editorial policy: [ballarateastnh.org.au/ballarat-east-community-news](http://ballarateastnh.org.au/ballarat-east-community-news)

### Ballarat East Neighbourhood House

[reception@ballarateastnh.org.au](mailto:reception@ballarateastnh.org.au)

0422 612 052

Barkly Square, 25-39 Barkly Street, Ballarat East

9.00 am - 3.00 pm Tuesdays to Fridays during school term. We recommend making an appointment.

A project of:

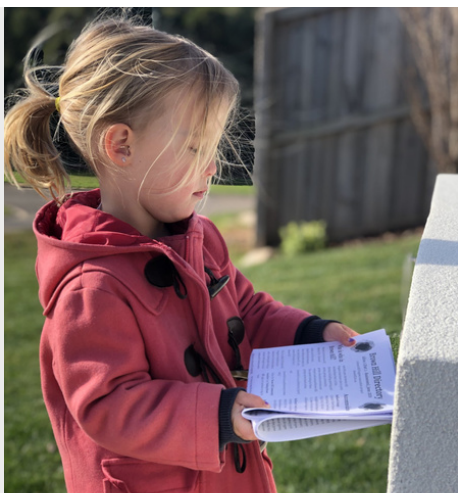


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Memberships:



## Volunteer to deliver the Ballarat East Community News

We're looking for volunteers to help us deliver this newsletter to the suburbs of Ballarat East, Canadian, Eureka, Golden Point, Mount Pleasant and Warrenheip.

*Register as a delivery volunteer by Friday 16 April and you will receive a \$5.00 voucher from Baker's Delight Bakery Hill with your first delivery box in May.*

To register your interest, visit:

[ballarateastnh.org.au/about-us/volunteering](http://ballarateastnh.org.au/about-us/volunteering) or call 0422 612 052



## Welcome to Edition Two, Ballarat East Community News

We had a fantastic response to our first edition of the Ballarat East Community News! Thanks to everyone who got in touch after reading Edition 1.

The wonderful Glenn and Kerry at Baker's Delight, Bakery Hill (opposite the Coles) enjoyed welcoming lots of customers, new and existing, with vouchers from our first edition. There is another voucher on page 4. If you know a local business which could benefit from advertising to over 8000 households in the broader Ballarat East area, please ask them to get in touch. Prices are on page 2.

It is fantastic to be able to introduce another five community organisations in this edition. Read about the Ballarat Toy Library, the Ballarat Tool Library, the Ballarat Repair Café, the Ballarat Fire Brigade Country Fire Authority and our local Lions Club. We are planning to profile many of the wonderful community organisations operating across the broader Ballarat East area, working hard to support and engage locals.

We have enjoyed meeting and interviewing individuals in our local community too. You learnt about Ballarat East Neighbourhood House volunteer and ex-GP, Jim in Edition One. We hope you like reading about Lynden and her creative pursuits in this edition. If you know someone who lives, works or volunteers in Ballarat East, Canadian, Eureka, Golden Point, Mount Pleasant or Warrenheip, and they would like to share their story, please get in touch.

### Join Our Volunteer Team

A team of over 80 volunteers will form our delivery crew for the distribution of the Ballarat East Community News six times each year.

Each volunteer will receive a map and around 100 printed copies of every edition to deliver in their local suburb. This should take about one hour each time.

If you can join our team, please complete the registration form: [ballarateastnh.org.au/about-us/volunteering](http://ballarateastnh.org.au/about-us/volunteering) or contact the Ballarat East Neighbourhood House.

We are grateful for support from the City of Ballarat through a Community Impact Grant to establish this community publication.

Thank you to those organisations which are financially supporting this important community project through advertising: BGT Jobs and Training, Commerce Ballarat, Michaela Settle MP, Tucker Tub Ballarat, Baker's Delight Bakery Hill, Catherine King MP and Jigsaw Puzzles Australia.

We hope you enjoy reading this edition and learning something new about this wonderful part of Ballarat!

*Sarah Greenwood-Smith*

*Editor, Edition 2*

*Manager, Ballarat East*

*Neighbourhood House*

*0422 612 052*

*[reception@ballarateastnh.org.au](mailto:reception@ballarateastnh.org.au)*

## Fusing dance, performance and social justice with Lynden Nicholls - continued from page 1...

a theatre-based performance to pass on the knowledge she gained from consulting history books and Aboriginal people including the Koorie Heritage Trust.

Lynden says, "I decided a few years ago that if I believed in something I had to do something about it."

During the last year, Lynden spent her spare time interacting with her local community. She crocheted wash cloths for her neighbours and left them at their doors anonymously, sometimes receiving something special back.

She played the ukulele with a group online via Zoom, and also on her front porch where a friend videoed her and shared it on Facebook. Lynden also participated in a program called 'Random CoLab' which paired her with a photographer in Thornbury. She created double exposures showing old buildings overlaid with images of the bush which were exhibited at Unicorn Lane in Ballarat.

Lynden spent time teaching herself how to edit and make videos. She remarks that, during the pandemic, "people stopped to say hello, they were friendly and there was space to bring creative projects to life."

To find Lynden: [lydennicholls.com](http://lydennicholls.com)

*Article by Kelsie White,  
Ballarat East Neighbourhood House*

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Authorised by M Settle, 15 Main Road, Bakery Hill. Funded from Parliamentary budget.



ADVERTISEMENT



Look at all the amazing Ballarat Toy Library toys! Image supplied.

## Ballarat Toy Library

We are a not-for-profit community initiative that has been running in Ballarat for over 35 years. Offering a range of memberships, we rely on our volunteers and a small committee to oversee the day-to-day maintenance of the Toy Library. Every member is invited to join the committee and welcome to attend meetings which are held monthly.

We loan a wide range of quality toys, equipment, puzzles and games, catering to the ever-changing needs of a child's development. Assisting with school readiness is a particular passion of ours and through our 'Isolated Playgroups' project we can focus on children living on the outskirts of Ballarat, making sure they have access to our wonderful resources.

### Why join the Ballarat Toy Library?

- Help the environment and reduce your carbon footprint by sharing toys rather than buying them.
- Save money! For the price of one good quality toy, you can have access to a great variety of toys for a whole year.

- Save space by not having to store large or multiple toys in your house.
- You can discover which toys your children most enjoy before buying for them.
- Meet other families in your community.

*"I have been a member of the Ballarat Toy Library for eight years now. My favourite thing is when the kids get excited about all the different toys and, young or old, there is something for all of them."* Ben, Ballarat Toy Library member.

So get in touch and come for a visit. You'll love the Ballarat Toy Library!

*Steph Freeman, Vice President,  
Ballarat Toy Library*

10.00 am - 12.00 noon Tuesdays and  
Sundays  
Room 201, Level 2, Barkly Square, 25-  
39 Barkly Street, Ballarat East.  
ballarattoylibrary@gmail.com  
ballarattoylibrary.wixsite.com/ballarat  
Find us on Facebook

## Mount Pleasant Observatory Colouring Competition

Congratulations to everyone who entered our Edition One colouring competition. We had some fantastic colouring of the Mount Pleasant Observatory. The winners have been emailed and a selection of entries can be found on our website: [ballarateastnh.org.au/ballarat-east-community-news/ballarat-municipal-observatory-colouring-competition](http://ballarateastnh.org.au/ballarat-east-community-news/ballarat-municipal-observatory-colouring-competition). Prizes were generously donated by the Observatory.



Colouring by Hope, aged 5

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### EDITION 2 SPECIAL

Come in and purchase a 6-pack of our **Award Winning Hot Cross Buns** and get a 6-pack of rolls (White, Wholemeal, Grain or Hi Fibre Lo Gi) for **free!**

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## Short Courses at BGT

**bgt** .org.au  
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HLTAID003 Provide First Aid  
HLTAID001 Provide Cardiopulmonary Resuscitation

Dates: 9th April, 21st May, 2nd July

### White Card:

Construction Induction Training (White Card)

Dates: 24th March, 14th April, 5th May

Delivered at our Barkly Square Campus, 25-39 Barkly Street, Ballarat  
Book now: [training@bgt.org.au](mailto:training@bgt.org.au) or 5333 8617



## Our local Lions Club

### Where there's a need there's a Lion

*Are you interested in helping others or making a difference in your local community?*

Perhaps you're passionate about a particular cause or simply you would like to meet some like-minded people. Lions may help you achieve this.

### Who are Lions and what do they do?

At the heart of every community is a Lions Club. A group of people of all ages and walks of life who come together to do what they can to help others and make a difference. They have fun doing so.

Whatever your interests, chances are there is a Lions club that can help you achieve your goals. Some Lions are on a mission to cure childhood cancer and diabetes whilst others are committed to those affected by drought and floods. Some recycle spectacles which are distributed to third world countries.

With over 1,300 Lions Clubs and 30,000 members across Australia there are thousands of different and exciting projects happening across the country every day.

Volunteering is critical to keeping our communities well and functioning, and Lions have been there for 75

years, supporting communities across Australia. 100% of funds raised by Lions Australia goes directly back into the local communities.

If you have an idea for a local project in the broader Ballarat East area or are simply interested in getting involved, Lions will be there to help.

For more information visit [lionsclubs.org.au](http://lionsclubs.org.au) or contact the Brown Hill Lions Club:

President, Darryl Button:

0437 314 705

Secretary, Barry Davis:

0418 580 971

PO Box 2334, Bakery Hill 3354



*Relationships Australia*

Relationships Australia is the home of Neighbour Day  
Australia's annual celebration of community

## What is Neighbour Day?

Neighbour Day is an annual celebration that encourages people to connect with their communities; bringing together the people next door, across the street or on the next farm.

It is the perfect day to say thanks for being a great neighbour, connect with new neighbours, and feel part of your community.

Neighbour Day is held on the last Sunday in March every year.

You can make your Neighbour Day as big or small as you'd like; whether a casual cuppa, a picnic in the park or a message of support; it's the perfect day to say thanks for being a great neighbour and for being there when I needed you most.

Visit the Neighbour Day website to register your event and download a FREE kit to help celebrate Neighbour Day.

## How to celebrate ideas

- Host a BBQ with neighbours
- Plan a 'bring a plate' street party
- Organise a game of anything on the local oval
- Have a party on your front lawn
- Meet for afternoon tea in the back paddock
- Enjoy a neighbourhood picnic in your favourite park
- Or simply have a cup of tea or a chat with a new or old neighbour.

**The community you want starts at your front door!™**

[www.neighbourday.org](http://www.neighbourday.org)

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Facebook and Insta - Tucker Tub Ballarat**

## The latest from the Ballarat East Neighbourhood House

We are settling in well to our new office at Barkly Square. With so many community groups on site, everywhere we look there are amazing people working together to make great projects happen.

If you are part of a community group or organisation in Ballarat East, Canadian, Eureka, Golden Point, Mount Pleasant or Warrenheip, please get in touch with us. We are keen to see how we can best connect with and support local community organisations through resources, networks and training opportunities.

In Term Two, 2021, we are running a range of courses and activities. For more and to book into a class, visit: [ballarateastnh.org.au/what-s-on/activities](http://ballarateastnh.org.au/what-s-on/activities).

### Be Connected (free of charge)

If you are aged 50 and over and would like to improve your digital skills, we have a whole host of Be Connected classes on offer.

We will also be holding digital drop-in sessions at Barkly Square. Bring your own device or use one of ours and get those pesky digital questions answered.

#### Wednesdays:

1.00 pm - 2.00 pm (class)

2.00 pm - 3.00 pm (drop-in session)

#### Fridays:

10.00 am - 11.00 am (class)

11.00 am - 12.00 noon (drop-in)

Please note that classes must be booked as numbers are limited.



Watercolour artwork of an insect hotel  
by our Drawing Group with Jenette

### Tai Chi with Jeni (\$8-\$10/class)

These very popular classes, run by Jeni, are held at Eureka Hall on Tuesday and Thursday mornings from 10.00 am - 11.00 am.

### Drawing Group with Jenette (\$8-\$10/class)

Join our weekly Drawing Group with Jenette at Eureka Hall, on Mondays from 1.00 pm - 3.00 pm. Limited places available. See some of the beautiful artwork created by current participants above and online: [ballarateastnh.org.au/what-s-on/drawing-group-online-gallery](http://ballarateastnh.org.au/what-s-on/drawing-group-online-gallery)

### Walking Group with Jeni and Bernadette (free of charge)

Our Heart Foundation Walking Group meets on Mondays from 10.00 am - 11.00 am, starting behind Barkly Square, Ballarat East. Numbers are limited and registration is required.



The view from Jim's garden by our  
Drawing Group with Jenette

### Writing Community Newsletters

Come and learn all the tips, tricks and skills involved in putting together your publication - or helping with this one! For this course to go ahead, at least six people must register.

#### Tuesdays:

9.30 am - 12.00 noon at Eureka Hall

27 April - 15 June (8 weeks)

Cost \$25.00

Contact us for registration details.

We look forward to welcoming you to one of our Neighbourhood House activities in Term Two!

### Contact the Ballarat East Neighbourhood House:

0422 612 052

[reception@ballarateastnh.org.au](mailto:reception@ballarateastnh.org.au)

[ballarateastnh.org.au](http://ballarateastnh.org.au)

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Ballarat East

Opening hours: 9.00 am - 3.00 pm

Tuesdays to Fridays during school  
term. Appointments recommended.



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## Ballarat Repair Café



Repair Café is an international movement and community-run event where members of the public bring items to be repaired, working with a volunteer fixer to learn how to repair the item in a hands-on way. It's a fun, social event which aims to reduce waste and household spending. Sometimes items are not repairable, so advice or suggestions about other solutions, such as specialist repairers, or parts required may be given.

Ballarat Repair Café is held at Barkly Square, 25-39 Barkly Street, Ballarat East, on the last Saturday of the month, from 1.00 pm - 4.00 pm. Entry is via the laneway on the north-east end (parking on Barkly Street) or via Princes Street, where there is off-street parking.

Items are 'triaged' by expert volunteers at the point of entry and members of the public are invited to wait in the café until called to have their item repaired. There is no charge for the repair, although donations are gratefully received.

For more information, to register as a volunteer or to send an enquiry about an item, please visit the Repair Café website: [repaircafeballarat.com.au](http://repaircafeballarat.com.au). Find us on Facebook and Instagram.



Ballarat Tool Library. Image Supplied.

## Ballarat Tool Library



The Ballarat Tool Library was started by a group of like-minded community members in February 2020 and is supported by BREAZE. It is a member/volunteer-led initiative that provides access to the tools needed to repair and care for your home and belongings while saving you money by not having to buy new tools. Our values, of supporting sustainability and bringing the community together to create a local share economy, are at the heart of our project.

The library has over 400 tools in its collection. It stocks a range of tools - both used and new - for use in gardening, construction, preserving, plumbing, carpentry and general maintenance. It is situated at Barkly Square, 25-39 Barkly Street, Ballarat East and is open for borrowing by members.

Tools can be booked online and picked up at dedicated times: Tuesdays 5.00 pm - 7.00 pm and Saturdays 10.00 am - 12.00 noon. Memberships are available for families/couples, single adults and concession holders. Sign up to become a member at [ballarattoolibrary.org](http://ballarattoolibrary.org) and like our page on Facebook.

**Catherine KING MP**  
Federal Member for Ballarat

☎ 03 5338 8123  
✉ [Catherine.King.MP@aph.gov.au](mailto:Catherine.King.MP@aph.gov.au)  
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AUSTRALIAN MADE AND OWNED

## Ballarat Fire Station

Formed in 1856, the Ballarat Fire Station, on the corner of East Street and Barkly Street (opposite Barkly Square), is the oldest continually operating fire station in the Southern Hemisphere. Ballarat Fire Brigade Country Fire Authority (CFA) is a fully volunteer emergency service serving the community of Ballarat and surrounds. The Brigade members attend approximately 500 calls a year.

Ballarat Fire Brigade CFA is the primary provider for Road Crash Rescue for the greater area of Ballarat and surrounds, travelling to incidents within approximately 30 minutes from the station.

The Brigade undertakes various aspects of rescue including rail, aircraft, domestic (e.g. stuck fingers), heavy vehicle, low angle rope access, industrial and farming incidents. The brigade is the busiest CFA rescue in the state.

To find out more, visit: [cfa.vic.gov.au](http://cfa.vic.gov.au) or find the Ballarat Fire Brigade CFA on Facebook. You can call District 15 Headquarters on 5329 5500. In an emergency, dial 000.

### Ballarat Fire Station Colouring Competition



Drawing by Ballarat Artist Kelsie White  
[kelsiewhitedesigns.com](http://kelsiewhitedesigns.com)

All ages: Get creative! Colour in, take a photo and get your grown up to email it to us with your first name and age to [reception@ballarateastnh.org.au](mailto:reception@ballarateastnh.org.au) by Friday 23 April 2021 and you could win one of ten Baker's Delight Bakery Hill vouchers.