

Ballarat Regional Multicultural Council

Dear Members,

Welcome to BRMC's second Spring monthly newsletter updating you on plenty of opportunities to get involved at BRMC or join member events and activities. Note the popular Twilight Market season is starting this week. I hope to see you there on the evening of Friday 15 November. BRMC AGM is coming up at the end of this month and all members have been invited to attend this formal annual association meeting at 6pm on Tuesday 26 November. BRMC volunteers will also be invited to the annual Thank You Luncheon to celebrate their huge and valued contribution this year.

Warm Regards, Ann Foley Executive Officer

BRMC Twilight Market

Friday 15th November, 5pm - 8pm

Venue: Ballarat Welcome Centre, 25-39 Barkly St, Ballarat

Our Twilight Markets are a celebration of Ballarat's rich array of cultures and will feature a diverse range of stalls. Tahsina will be back at our November market offering gorgeous Henna tattoos. You will also have the opportunity to purchase our Interkultura 2019 T-shirts, available in sizes S, M and L.

Barkly Square is holding an Open Day on the same dayso come along and learn more about this fantastic space, browse the market stalls and have a bite to eat. This is sure to be a fun, family friendly event!



Market Dates: 15th November, 13th December, 21st February and 20th March.

If you would like a stall at the Twilight Market please contact: 0459 253 060 / 03 5383 0613 / events@brmc.org.au

Keep up to date on our markets and stalls by following us on Facebook @brmc.ballarat



BRMC Annual General Meeting

Tuesday 26th November, 6pm

Venue: Ballarat Welcome Centre, 25-39 Barkly St, Ballarat

Agenda

- 1. Welcome
- 2. Apologies
- 3. Confirmation of Minutes of AGM 20th November 2018
- 4. Chairperson's Report
- 5. Treasurer's Report
- 6. Executive Officer's Report
- 7. Election of Executive Committee Members for 2019/2020
- 8. Appointment of Auditor for 2019/2020



Following the AGM business join us for a drink and light refreshments with our guest speaker. Please RSVP to welcome@brmc.org.au or 03 5383 0613 for catering purposes by 22nd November 2019.

BRMC looks forward to your continued membership and active participation.

BRMC Volunteer Thank You Luncheon

Thursday 5th December, 1pm - 3pm

Venue: Ballarat Welcome Centre, 25-39 Barkly St, Ballarat

We are delighted to invite all BRMC volunteers to a Thank You Luncheon to express our appreciation.

Come along and enjoy a lovely selection of finger food and be entertained with a performance from 'The Winter Berries'.



Please RSVP by 26th November to Teresa: teresa@brmc.org.au or 03 5383 0613.

Forthcoming Events

- BRMC Twilight Market
- BRMC Annual General Meeting 2019
- BRMC Volunteer Thank You Luncheon
- · Migrant & Refugee Swimming Lessons
- Barkly Square Open Day
- · Weaving Workshop
- RUN 4 A CAUSE 2019
- Ballarat Heritage Services 21st Birthday and Book Launch
- SHARE Forum
- · Local Lens: Refugees in Regional Australia
- House of Welcome Garden Party Series 7
- Language Café November 2019
- · Ubuntu Breakfast and African Australians (in Ballarat) Series: Session 1
- 2019 Beaujolais Nouveau Party
- · Stories and Events to Inspire

Quick Program Updates

- Stepping Stones Program
- Community English Language Learning (FECCA Presentation)
- Migration and Settlement Services
- Migrant English Program
- Senior Services

Opportunities & Items of Interest

- Yoga at Barkly Square
- · City of Ballarat 2020 Youth Council and SONIKA Committee
- Senior Victorians: Have Your Say
- · Thunderstorm Asthma

Events in Review

- 2019 VLGMIN Forum
- · Bridge Mall Pop-Up Play Space
- · Bendigo Mosque Fundraising Dinner

Forthcoming Events

Migrant & Refugee Swimming Lessons

Thursdays 7th November - 12th December, 10.15am - 11.15am

Venue: Ballarat Aquatic & Lifestyle Centre, Prince of Wales Recreation Reserve, Gillies St N, Ballarat

Free for all migrants and refugees.

These swimming sessions are running for 6 Weeks



on Thursday mornings, 10.15am - 11.15am.

Our aim is to teach newly arrived migrants and refugees how to swim and be safe around water. Learning to swim is an important life skill and it is never too late to learn.

For more information or to book please contact: Deruka on 03 5383 0613 or d.dekuek@brmc.org.au

Barkly Square Open Day

Friday 15th November, 12pm - 8pm

Venue: Barkly Square, 25-39 Barkly St, Ballarat

Barkly Square is an initiative of BGT Jobs & Training. Through the efforts of a broad range of stakeholders, it is being transformed into a vibrant and green community centre focusing on education, training and employment outcomes in the Central Highlands and surrounding regions.

Come along and find out more at our Open Day, being held on the same day as the BRMC Twilight Market.



For more information contact BGT on 03 5333 8600.

Weaving Workshop

Saturday 16th November, 10am - 2.30pm

Venue: Ballarat Community Health, 12 Lilburne St, Lucas

A Pot of Courage is running a very unique workshop in Ballarat. Learn basket weaving skills from two different cultures - Aboriginal and Burundian. Led by Wotjobaluk Elder, Aunty Marjorie and Burundian refugee Stephania. Two amazing women, two cultures coming together. Catering by Ethiopian cook, Tsedale. This workshop is too unique to miss.

Bookings essential. Limited to 15 participants. \$100pp. All materials supplied. Payment due by November 13th.

All enquiries/bookings to apotofcourage@gmail.com or call/text Shiree on 0438 871 503.

Weaving workshop -

Saturday Nov 16th. 10am - 2.30pm. Ballarat Community Health, Lucas.



10-12 Aboriginal basket weaving. 12 - 12.30 Ethiopian lunch 12.30 - 2.30 - Burundian basket weaving

\$100pp. Bookings essential. Materials supplied. Ph: 0438 871 503

E: apotofcourage@gmail.com

Learn Aboriginal and Burundian techniques with Aunty Marjorie (Wotjobaluk elder) and Stephania (Burundian refugee).



RUN 4 A CAUSE 2019

Sunday 17th November

Venue: Lake Wendouree

Team Mac Phail are participating in the RUN 4 A CAUSE half marathon in Ballarat. Sponsored by the Ballarat Rural Australians for Refugees, they are running to raise money to assist refugees and asylum seekers living in the Ballarat region.

Please consider donating to support this team. (NB: Donations are not tax deductible) Bank: NAB Wendouree / Acct Name: Ballarat Rural Australians for Refugees BSB: 083 729 / Acct No: 839319412 / Reference: Team Mac Phail

For more information contact David Mac Phail on 0419 368 199 or david.i.macphail@gmail.com



RUN 4 A CAUSE 2019

November 17 Lake Wendouree.

SPONSOR BALLARAT RURAL AUSTRALIANS FOR REFUGEES



Team Mac Phail, David, Sophia and Lassie, prepare for the half marathon at Lake Wendouree.

Ballarat Heritage Services 21st Birthday and Book Launch

Sunday 17th November, 2.30pm - 4pm

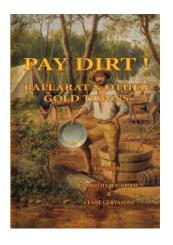
Venue: Old Colonists' Hall, 20 Lydiard St N, Ballarat

Pay Dirt! Ballarat and Other Gold Towns

Celebrating the 21st Birthday of Ballarat Heritage Services, this book offers new perspectives and different viewpoints, setting fledgling Victoria in a global context. It brings to life the culture of the goldfields, hidden aspects of identity, Aboriginal life and corroboree, women, conquest and suffering.

RSVP to bhspublishing@gmail.com

The book can be purchased online at https://ballaratheritage.com.au/bookshop/pay-dirt-ballarat-gold-victoria-eureka/



SHARE Forum

Wednesday 20th November, 10.30am - 2.30pm

Venue: Ballarat Town Hall - Trench Room

Please join us for an excellent day of sharing and learning at the Ballarat Regional Settlement Advocacy Committee's (BRSAC) bi-annual SHARE Forum.

The day will feature a conversation led by the Asylum Seeker Resource Centre entitled **SRSS Cuts: Mending the Safety Net**. The morning session will feature updates and announcements from BRSAC Action Groups and network attendees. You are welcome to attend the morning session, the afternoon session - or both!

If you plan to stay for lunch please register: https://ballaratsrss.eventbrite.com.au (registration is essential for catering purposes and to indicate any dietary requirements)

See the Agenda: <u>www.brmc.org.au/wp-content/uploads/2019/11/2019-11-20-SHARE-Forum-Agenda.jpg</u>

Enquiries: David Mac Phail - 0419 368 199 / david.i.macphail@gmail.com



Local Lens: Refugees in Regional Australia

Wednesday 20th November, 6pm - 7.15pm

Venue: Ballaarat Mechanics' Institute, 117-119 Sturt St, Ballarat

In this panel discussion at the Ballaarat Mechanics' Institute, we'll consider a global issue through a local lens.

Ballarat is Victoria's fastest growing regional city and a designated Refugee Welcome Zone. The city has a diverse and active migrant and refugee community, and a strong support from local leadership. For this conversation, join human rights lawyer Julian Burnside and Ballarat refugee community mentor Deruka Dekuek.



We'll ask: How does the tenor of debate in

Canberra - and the nature of all policies affecting humanitarian immigrants - affect the daily lives of refugees in places like Ballarat? And how does it impact the capacity for local communities to provide the support refugees need?

Tickets: \$10

Visit <u>www.wheelercentre.com/events/local-lens-refugees-in-regional-australia</u> to find out more and purchase tickets.

House of Welcome Garden Party

Sunday 24th November, 2pm

Venue: 30 Waller Ave, Newington

House of Welcome is hosting their annual garden party to support refugees, and local people and families, who are seeking asylum.

Winner of the major holiday competition will be drawn on the day. **Tickets \$2 each** - available now and on the day - books available to sell.

COMPETITION - 2 nights for 2 people at Grand Pacific Hotel, Lorne Luxury room with sea view, spa, \$100 meal voucher



HOUSE OF WELCOME BALLARAT PRESENTS SERIES 7 - JAM FOR JUSTICE

GARDEN PARTY

Supporting asylum seekers and vulnerable people

Sunday, 24 November 2019

2 pm / Drawing of competition at 4pm (Lorne Holiday)

30 Waller Avenue Newington

\$20

AFTERNOON TEA

DANCERS, SINGERS, MUSICIANS, ENTERTAINMENT, PLANT SALES, MINI AUCTIONS, FACE PAINTING, LUCKY DIPS AND MORE

Inquiries - 0401 175 045 OR Email: annekav1234@gmail.com







Language Cafe - November 2019

Thursday 28th November, 4pm - 5.30pm

Venue: Ballarat Library, 178 Doveton St N, Ballarat

The Language Cafe aims to regularly bring people from all walks of life together to chat in different languages, improve English conversation skills, make new connections and share culture, food and interests in an informal and inclusive environment.

FREE - Register online: www.eventbrite.com.au/e/language-cafe-tickets-78928263561



Ubuntu Breakfast and African Australians (in Ballarat) Series: Session 1

Saturday 30th November, 10am - 4pm

Member Event

Venue: Barkly Square, 25-39 Barkly St, Ballarat

Presented by the Ballarat African Association Inc. Please join us for the annual Ubuntu Breakfast in the Barkly Square courtyard - cost \$5. Followed by an informative session, the first in the African Australians (in Ballarat) Series, to be held in the Lecture Theatre.



2019 Beaujolais Nouveau Party

Saturday 30th November, 6.30pm

Member Event

Venue: Ballarat Anglers Club, Cnr Wendouree Parade & Devon Street, Lake Wendouree

Alliance française de Ballarat is hosting an end-ofyear party to celebrate the arrival of the 2019 Beaujolais Nouveau... and you're invited!

Enjoy a relaxed social evening with lots of fun, food and French music. Try a glass or three of the newly-released Beaujolais Nouveau, from Georges Duboeuf, with delicious platters of French charcuterie, cheeses, vegetarian tarts and baguettes followed by dessert.



\$50 non-members / \$40 members

Numbers limited. Book now: https://www.trybooking.com/BFVDT

'Stories and Events to Inspire'

Celebration - Fundraiser... supporting schools for refugees in Indonesia.





Film & Conversation: 'The Staging Post' Nominated for best stand alone cinema documentary, directed by Jolyon Hoff, it tells the story of three refugee/asylum seekers stranded in Indonesia. *Meet Muzafar Ali who will recount the story of courage, inspiration and vision*. Visitor to UNCHR conferences in Geneva 2019, co-founder and Program Director at CISARUA Learning Centre.
7:30pm Tuesday 26th November @ Stirling Place Dunkeld. \$25 includes supper.

Cabaret evening with Mathew Fagan: A vibrant performance by renowned international guitarist Matthew Fagan. 'A voyage of music from around the globe". Matthew is a master of Spanish, Celtic, Flamenco and Finger style Guitar. "The best guitarist I have worked with"-Billy Connolly.
7:30pm Friday 29th November @ Stirling Place Dunkeld. Cost \$30pp BYO drinks and food.

Photographic Exhibition: works & talk by Muzafar Ali.

10:00am Saturday 30th November - Talk @ Off The Rails Gallery.

Photo Exhibition from Tuesday 26th November—Sunday 1st December 10am — 4pm.

Gold coin donation entry and works for sale.

PACKAGE DEAL: \$50 FOR ALL 3 EVENTS.

TICKETS CAN BE BROUGHT AT THE BENDIGO BANK
BEFOREHAND OR AT THE DOOR.

Bookings for table or seats phone Paul - 0407 833 515 or
Maree - 0448 387 998











All funds raised by DRASS and OTR will support Cisarua Learning Ltd.

Quick Program Updates

Stepping Stones to Small Business

BRMC's latest initiative - Stepping Stones to Small Business - is bringing skills and knowledge to women entrepreneurs across the Central Highland and Goldfields regions.

Stepping Stones sessions are knowledge-rich and fun-filled, and enrolments are still open!

Upcoming skill sessions in December include Effective Record-Keeping, Pricing For Maximum Profit, Financial Fundamentals, Effective Business Networking, and Developing Your Business Plan.



Stepping Stones is also looking for women with business backgrounds of their own interested in providing one-on-one mentorship, working closely with a participant once she has completed the course at the end of this year.

The program runs on Tuesdays, 9.30am - 3pm at Ballarat Regional Multicultural Council: 25-39 Barkly St, Ballarat.

For more information contact Deborah Klein, Stepping Stones Ballarat Regional Coordinator: steppingstones@brmc.org.au / 0457 934 728 or explore the Brotherhood of St. Laurence Stepping Stones web pages: www.bsl.org.au/services/refugees-immigration-multiculturalism/stepping-stones

Community English Language Learning

Migrant English Program & Diversity Homework Club presentation at FECCA 2019

The Federation of Ethnic Communities' Councils of Australia (FECCA) organised their biennial national conference titled 'Purpose. Leadership. Progress. 40 years and beyond' in Tasmania from 9 to 11 October 2019. Ballarat Regional Multicultural Council was invited to attend the national conference held at Hotel Grand Chancellor in Hobart. Deruka Dekuek and Sarabjit Kaur won a scholarship to present their programs 'Diversity Homework Club' and 'Migrant English Program' at the session 'Community English Language Learning'.

The session was well attended and there was a rich exchange of ideas on the structures/services available and the challenges faced by the refugee-migrant population of Australia and service providers in the sector.







Migration and Settlement Services

Diversity Homework Club



Diversity Homework Club provides homework support for primary and secondary school students in a supervised venue with trained tutors.

Homework Club gets together every Wednesday at the Ballarat Library 3.30pm - 5.30pm during school terms.

Please contact Deruka on 03 5383 0613 or email d.dekuek@brmc.org.au if you would like to enquire.

Migrant English Program

Eighteen tutors receive induction training

A day-long induction training session was organised for 18 volunteer tutors at Ballarat Regional Multicultural Council on 2nd November 2019. The training day covered aspects of cross cultural communication, adult learning and language teaching. The attendees participated in rich discussions and exercised their creative skills designing language teaching plans.

If you would like to give back to the community, please register your interest to be a volunteer tutor by sending an email to Sarabjit at mep@brmc.org.au

Migrant English Program

Make a difference

Register to be a Volunteer Tutor Contact Sarabjit Kaur Email: mep@brmc.org.au P (03) 5383 0613



Senior Services

Multicultural Tucker

November Multicultural Tucker is on next week and will feature a Mexican theme!

Wednesday 13th November, 12pm Victoria Bowling Club, 231 Victoria St, Ballarat East

To find out more about Tucker or if you are eligible for Senior Services, contact Teresa or Helen on 03 5383 0613.



Social Hub

BRMC seniors enjoyed painting and socialising at our October Social Hub. Why not get involved and join the fun! Social Hub is held on the third Tuesday of each month.







Our next Social Hub is on Tuesday 19th November, 1.30pm - 3.30pm Victoria Bowling Club, 231 Victoria St, Ballarat East

Cost is \$4. Bookings are essential! To book please call Teresa or Helen on 03 5383 0613.

Seasonal Lunches

Our seniors enjoyed a wonderful afternoon at the October Seasonal Lunch. The Spring **Bloom** theme will continue at our November Seasonal Lunch.



Wednesday 27th November, 12pm Victoria Bowling Club, 231 Victoria St, Ballarat East

Cost: \$8

Don't miss out - limited numbers. Bookings essential!

Call Teresa or Helen on 03 5383 0613.

Tai Chi Classes

Tuesday afternoons, 1pm - 2pm

Venue: Victoria Bowling Club, 231 Victoria St, Ballarat East

DATES



· 3rd & 10th December

There are many amazing benefits of Tai Chi for Seniors including:

- · Promotes deep breathing
- Helps with arthritis pain
- · Reduces blood pressure
- Enhances mental capacity and concentration
- · Improves balance and stability by strengthening ankles and knees

Limited places. To register call Teresa or Helen on 03 5383 0613.

Health & Wellbeing Day

October Health and Wellbeing day was a hit! We had two informative presentations from Australian Unity and Ballarat Community Health - Diabetes Educator. Our seniors left feeling fit and healthy following an exercise class with Jason from Ballarat Community Health! Thank you to our presenters and all who attended this great event.







Want to see BRMC deliver MORE programs for seniors?

Get in touch and tell us what YOU want.

Opportunities & Items of Interest

Yoga at Barkly Square

This is an opportunity to move your body and calm the mind. Classes are suitable for all levels of experience.

Cost: Intro discount for Barkly Square tenants - \$10 / General - \$15

What: 45 minute yoga class

Where: Barkly Square courtyard or indoors, 25-39 Barkly Square, Ballarat

When: Thursdays, 5.30pm - 6.15pm

Classes will run each Thursday night until the week before Christmas. **Dates:** 7th, 14th, 21st, 28th of November & 5th,



12th, 19th of December.

BYO yoga mat. If you need a mat, please let Sally know and she will have a mat for you.

Please bring with you a bottle of water and wear comfortable clothing suitable for dynamic movement.

Please email Sally to sign up: <u>sally@bgt.org.au</u> (sign-ups close Wednesdays at 3pm).



City of Ballarat 2020 Youth Council and SONIKA Committee

APPLICATIONS ARE NOW OPEN!

City of Ballarat Youth Services is seeking dedicated and enthusiastic young people to join our Youth Council and Sonika committee in 2020.

Youth Council is made up of young people who are passionate about being involved in their community and representing the views, ideas and needs of youth in the Ballarat area. Throughout their term, Youth Councillors develop their skills in areas such as project management, cultural competency, media and communication, and are given unique opportunities to develop their community networks and leadership skills.

Meanwhile, Sonika is Youth Services' FReeZA committee, a State Government-funded initiative that gives young people the opportunity to lead the planning and staging of live music and cultural events within their communities. The program provides participants with hands-on experience and training in the Australian music industry through extensive event management, mentoring and networking opportunities.





To apply, applicants need to:

- be aged between 12 and 25 years;
- · live, work or study in the City of Ballarat;
- be able to attend at least 80 per cent of the weekly meetings; and
- be able to attend training sessions and events

Applications for both Sonika and the Youth Council close on 18 November. To apply and for more info, visit http://bit.ly/ballaratyouth2020, call our team on 03 5320 5186 or email youth@ballarat.vic.gov.au

Senior Victorians: Have Your Say

The Commissioner for Seniors Victorians is seeking the views of senior Victorians on Food Standards in Victorian Hospitals and Public Sector Aged Care Services, as well as on the review of the Retirement Villages Act 1986.

Food Standards in Victorian Hospitals and Public Sector Aged Care Services

We know how important food is to health and well-being. The public now has a chance to provide their views and ideas on ways food can be healthier, tastier and more diverse for patients and aged care residents.

To contribute visit: www.engage.vic.gov.au/food-public-hospitals-and-aged-care
The survey is open until 25 November 2019.

Review of the Retirement Villages Act 1986

The Retirement Villages Act 1986 (Act) regulates the contractual arrangements under which residents enter retirement villages, including ongoing charges, management of disputes and the sale of residential units.

A copy of the Issues Paper is available at: www.engage.vic.gov.au/retirementvillagesact The survey is open until 6 December 2019.

Thunderstorm Asthma

Grass pollen season (October to December) brings the chance of Thunderstorm Asthma.

Thunderstorm Asthma is thought to be triggered by a unique combination of high amounts of grass pollen in the air and a certain type of thunderstorm. For people who have asthma or hay fever this can trigger severe asthma symptoms.



Find out how to protect yourself and your loved ones with these resources from the Better Health channel - available in 20 languages: www.betterhealth.vic.gov.au/campaigns/thunderstorm-asthma

Thunderstorm Asthma video: https://youtu.be/fWOSEo01-TQ

Events in Review

2019 VLGMIN Forum: Hope for Harmony

On 26th September, the City of Bendigo hosted the 2019 VLGMIN Forum. We know that racism and discrimination have harmful effects on people and their



ability to fully participate in society. The 2019 VLGMIN Forum explored how far we have progressed in our combined efforts to understand and respond to racism at the individual, community and local government levels.



Watch the VLGMIN 2019 Forum Wrap-up Video: https://vimeo.com/368144604

Bridge Mall Pop-Up Play Space



Ballarat Regional Multicultural Council was pleased to join other local businesses and organisations during the Spring school holidays for the Pop-Up Play Space at Bridge Mall Ballarat.

On 1st October kids enjoyed hair braiding by Deruka along with toys, games and activities. Lots of fun!

Thank you to all the wonderful kids that visited the Pop-Up Play Space.

Bendigo Mosque Fundraising Dinner

Bendigo Islamic Community Centre launched their first fundraising event in Ballarat on 19th October. The fundraising dinner was held to assist in building the first Mosque in Bendigo.

The centre is now building its facilities to cater for 400 Bendigo residents who identify themselves as Muslims. The centre's president explained that he sees the centre having an open door policy to welcome anyone through



their door and will also be engaged in teaching to bridge any misconception about Islam.

Reminder

It is helpful if we receive RSVP for activities and events. This helps us to deliver a quality service for all. RSVP to 03 5383 0613 or info@brmc.org.au

Volunteering

We often need a helping hand and every volunteer is valued. We have various positions available and everyone can find the perfect position to suit them.

If you are interested in volunteering at BRMC, or know someone who is, please contact Teresa on teresa@brmc.org.au or 03 5383 0613.



Visit our website for more information: www.brmc.org.au/get-involved

BRMC is currently seeking Volunteer Drivers to transport seniors to and from events in a BRMC vehicle. Volunteers must hold a current Victorian driver's licence.

BRMC Contact Details

Ballarat Welcome Centre, Barkly Square

25 - 39 Barkly St, Ballarat VIC 3350

Phone: 03 5383 0613 Email: <u>info@brmc.org.au</u>

Facebook Page

www.facebook.com/brmc.ballarat

Website

Visit www.brmc.org.au



BRMC respectfully acknowledges the Wadawurrung and Dja Dja Wurrung people, their elders and community leaders, past, present and emerging - traditional custodians of the land on which we live and work.







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