

The Chronicle

YOUR SOURCE FOR COMMUNITY NEWS IN LUCAS

ISSUE 8 | WINTER 2022

A Hidden Gem

Ballarat Community Health; here for the Lucas community

Page 23 →



*peace of
mind.*



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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 also like to acknowledge and pay our respects to Elders past, present and emerging.

This edition of
The Chronicle

PROUDLY BROUGHT TO YOU BY

Integra
a better lifestyle

This newsletter is compiled by Integra with stories from our community – many community organisations and individuals work together to contribute and you can too – send your stories for consideration to community@integragroup.com.au



Every Tuesday
Library Outreach
10am - 12pm
at Lucas Community Hub

Every Saturday
Garden Club
Search Lucas Community
Garden for updates

Saturday 25th
JUNE
Wine Not Latino
Time
at Michael Unwin Wines

https://www.stickytickets.com.au/n0bvc/wine_not_latino_time.aspx

Save The Date
Christmas Market
Friday 2nd December
Lucas Central Park

For more information visit
[lucasballarat.com.au/](http://lucasballarat.com.au/community/whats-on)
[community/whats-on](http://lucasballarat.com.au/community/whats-on)

Winter 2022

Welcome to the Winter edition of the Lucas Chronicle.

So much is happening in Lucas and there is still so much more to come, although it is cooling down weather wise it is still all systems go with many great new business under construction, events in planning and the community growing. The following edition has lots of great stories from the organisations and people right here in Lucas as well as our neighbouring communities. A big thank you to all of the people who are involved in contributing to the newsletter. We are always welcoming new articles and story ideas so please send us your thoughts! You can get in touch at community@integragroup.com.au. Pictured on the front page of this Winter edition is Mary-Anne Gould Manager of Medical Services at Ballarat Community Health, Mary-Anne Gould is a Lucas local and loves living in the area and you can read more about Mary-Anne and BCH on page 23.

Sign the petition for better mobile service in Lucas

A group of Lucas residents have banded together to put pressure on the big telecommunications companies to fix the appalling mobile phone coverage in Lucas, with a petition now open for you to sign.

Resident Peter Skinner has worked with State Liberal MP Louise Staley on the petition, which is available to physically sign at Wilsons Fruit and Vegetable store in Lucas.

Please note, this petition is separate to the change.org petition you may have already signed. The second petition is required so it can be presented in Parliament as change.org petitions are not accepted there.

We have had fantastic support from the Lucas area community with more than 750 people signing the change.org petition, and more than 300 signing the new petition.

If you would like to sign the new petition, please head to Wilsons before 15 June when it will close.

Thanks to everyone for your support so far – it's much appreciated!



Library Outreach in Lucas

We're back on the road!

The library outreach service will be at Lucas Community Hub every Tuesday from 10am to 12pm including a Storytime at 10:30am.

Stepping back in time with Wilsons Fruit and Vegetables

After World War Two Arthur Wilson purchased 30 acres of land at Warrenheip. (10km east of Ballarat). He planted apple trees on half and established a market garden, growing cauliflowers, cabbages, silverbeet, pumpkin and carrots on the remainder.

The produce was sold to a local merchant, but a certain amount was sold from a tractor and trailer parked on the side of Ballarat Road and from the packing shed.

Arthur, and his wife Barbara, soon established a reputation for top quality tasty apples and excellent vegetables. The demand for these wonderful fruit and vegies soon outgrew the trailer and the packing shed.

In 1977, when son Trevor Wilson left school to work in the orchard and market garden, the opportunity to open a small shop was realised. This was built on what was then a single lane road to Melbourne. The Wilsons home grown produce was supplemented with produce purchased from the Melbourne Wholesale Market. Initially trading for only several days a week during the apple season, the business continued to flourish, serving both local and travelling customers. By 1984 it was necessary to employ the first full time staff member and open all year round.

It was common for many Ballarat residents to make the trip out to Warrenheip to stock up on their fruit and veggie supplies for the week.

This shop was extended 3 times before Vic Roads indicated that they would not provide access when the Ballarat bypass was constructed. To compensate for this, land at the corner of Western Highway and Brewery Tap Road Warrenheip, adjoining the existing market garden was purchased. A purpose-built retail shop and warehouse facility was then opened in 1992. Significant growth occurred in the ten years Wilsons traded at this location and in 1997, Wilson Fruit & Vegetables was awarded the Melbourne Markets Regional Fruit and Vegetable Retailer of the Year.

Years on and here we are, Supplying Ballarat and developing areas with fresh produce from our two locations, Mair Street and right here in Lucas where we are continuing to welcome new families to our store every day.

If you're new to our community, make sure you come on in to see us at 11 Coltman Plaza, open 7 days a week and make Wilsons your local greengrocer.

Wilson's Fruit and Vegetables

GREG FAULL
Contract tile layer

For all your ceramic, marble and slate requirements

Pleased to be associated with **WILSON'S FRUIT & VEGETABLES**

For a no obligation FREE QUOTE

PH: (053) 34 5346

From left: Wilson's manager Trevor Wilson, his wife Raylene, mother Barbara, sister Raylene Lennan, brother-in-law Bill Lennan, sister-in-law Pam Butler and father Arthur Wilson.

MASON STEVENSON
BALLARAT 312597

SIGNS
COMPUTER AND TRADITIONAL

Wishes to thank Wilson's Fruit and Vegetables for the privilege of providing their new premises

HILLSIDE CONSTRUCTIONS
Specialist in joinery and general carpentry.
Ph: 34 7817.

We are proud to have been chosen to supply the complete kitchen for Wilson's Fruit and Vegetables.

ALAN TOLLIVER, MBA (2ND DEGREE)

H.W. SARAH
ELECTRICAL CONTRACTORS

INDUSTRIAL, COMMERCIAL AND DOMESTIC

CONTACTING US MEANS GETTING THE JOB DONE RIGHT

10 HIGH ST. BALLARAT, PH: 33 2122

BLUE STAR CONCRETE

is proud to be associated with the new building at Wilson's Fruit and Vegetables. We are proud to have been chosen to supply the concrete for the building.

8, SKOTCHA PH: 33 7051
5 WILLEN AVE, BALLARAT

Wilson's fruiterers since 1890

The Wilson name has been synonymous with fruit production in the Ballarat area for more than a century.

This property was a dairy farm when Arthur took it over in 1940 and he turned it into an orchard.

In addition to growing apples, the produce varied from lemons, cabbages and potatoes.

Produce has been sold direct to the public from the market since the first baskets full of apples and pears were sold in 1940. A small shop followed by the first shed in 1977 and from there the property has grown into a large modern fruit and vegetable shop.

The shop today, in 2001, was a full time business with a staff of 10, trading 12 months of the year with a complete range of fruit and vegetables.

Other local produce was also sold and selling a real home and garden produce.

Today, Wilson's still grows its own produce, which still carries the Wilson's label, and is sold direct to the public from the market.

Arthur's father was Edward.

V & M ROMANO PTY. LTD.

Proud to have been invited to apply for the new building at Wilson's Fruit and Vegetables.

We wish you well for the future.

WE ARE VERY PROUD TO ANNOUNCE OUR NEW BUSINESS PROJECT FROM SWITZERLAND! ENJOY ABOUT THE LAUNCHING OF SAP WALL SYSTEM A NEW PRODUCT!

COMMENCING SOON
ENQUIRIES PH: 34 1627

The management and staff of...
FORD ALUMINIUM and STEEL P/L
OR
50 HERTFORD ST., SEBASTOPOL

Wish Mr Wilson and staff continued success and were pleased to supply aluminium windows to their new building

K. Ford Director



Celebrating The Lucas History



Image: @medadesignau



Image: BCMA Students during Heritage Festival

Earlier this year the Integra team reached out to local author Naomi Irvin and local Illustrator Liv Lorkin to write and illustrate a children's book for our community and all of Ballarat to learn a little more about the fascinating story of the Lucas Girls. Skip forward three months and the book has been beautifully written and expertly illustrated to tell the wonderful story of the Lucas Girls and their involvement in the planting of the Arch of Victory and Avenue of Honour.

You can purchase this book now from a range of stockists including Orchard Café in Lucas and the Integra Land Sales Centre, the full list of stockists can be found below. The book can be purchased for \$20 with 100% of those funds going to the Arch of Victory and Avenue of Honour committee to help them to continue their work on the maintenance and promotion and education of the iconic landmarks.



Image by Edwina Williams of Bruce Price Great Grandson of Eleanor Lucas

To find out more...

You can find out more about Three thousand, eight hundred and one trees (and each one has a name) by following the following Integra on facebook www.facebook.com/IntegraBallarat

STOCKISTS

Ivy and Coco– 40 Armstrong Street South Ballarat

Orchard Café Lucas– 11am Coltman Plaza Lucas

Integra Land Sales Centre– 22 Shortridge Drive Lucas

Collins Books Ballarat on Lydiard- 22 Lydiard Street

Arch View Café–1728 Sturt Street Alfredton

Eau Verte Café- 31 Burnbank Street, Lake Wendouree

Collins Booksellers Ballarat Bridge Mall- 55 Bridge Mall

Copies of the book can also be made available to Primary Schools. To request a copy for your school you can contact Garry Snowden from the Avenue of Honour Committee at honouringouranzacs@gmail.com or Integra at community@integragroup.com.au

THANK YOU

Integra would like to say a special thank you to Phil Roberts from whose book (Avenue of Memories) the history for our book was researched, Garry Snowden of the Arch of Victory Avenue of Honour Committee for his assistance and support, The Lucas Past Employees Association and the Price family for graciously giving Integra the seal of approval to tell this fascinating story of community and honour.



Image: @medadesignau

New Perspective On Life

Robyn Upton

For Robyn Upton, volunteering in a varied range of roles provides a sense of belonging and it has given her a whole new perspective on life. Read on to find out a little more about volunteering from someone who has been involved in a range of organisations and charities. This is a snippet of Robyn's volunteering story...

Since retiring and my marriage ending I joined Alfredton Rotary through an introduction from a friend. It has given me a whole new perspective on life. The members give so much to the Ballarat community & we have also had projects in Bali & Africa. At first I thought meeting every week was onerous. But we meet every Monday night & keep to a strict timetable of a 60 minute meeting so it goes very quickly. Most of our members are still working & manage their time very efficiently. Going to a Rotary conference opened my eyes even wider in terms of how many projects there are worldwide. The Rotary Website is extensive- it would take a very long time to explore!! There is also training through workshops (and during Covid lockdowns the training was conducted via Zoom). Rotary Alfredton also have our meeting via Zoom available.

Part of my volunteer involvement with Alfredton Rotary club, includes delivering sandwiches for 'Eat Up'. Woolworths supply the ingredients for cheese sandwiches plus snacks and a few of us from Rotary help deliver them to primary schools in

Ballarat, once a fortnight. The year 7 & 8 students at Ballarat Grammar make up the sandwiches. Ably co-ordinated by Deb Robertson, we currently deliver to 30 schools. The program is ran throughout Australia and it was started by a young man in Shepparton who discovered (from a newspaper article) that 2 out of 5 children in primary school go to school without lunch. The school staff are incredibly grateful.

A couple of years ago I was asked to be involved in Ballarat Foundation's fundraiser "Dancing With Our Stars". It was fabulous fun and I met a great range of fun loving people. And I learned to dance! But my favourite volunteer role was with Story Dogs. I saw an article in the Ballarat Courier about a woman who was wanting to start "Story Dogs" in Ballarat. At the time I had my pet, Manilla (a re-classified Guide Dog). She hadn't passed as a Guide Dog as she had excess cartilage on one elbow and it was predicted she wouldn't have been able to fulfil the requirements of being a Guide Dog for the full 10 years. Manilla came to me at 15 months of age- she had gone through puppy training and was very well behaved. I thought she would be perfect for Story Dogs- it's a program where people (accompanied by their dogs) go into Primary schools. Adults need to complete a short course and all dogs have to be assessed by a test also. The program is all about the children who need extra help with their reading "read to the dog". Manilla and I went out to Bungaree P.S. every Wednesday morning during term and it was an absolute joy. Sadly, Manilla died suddenly in November last year.

If someone was interested in joining Alfredton Rotary they could expect a sense of belonging to a community, a sense of purpose and a sense of helping others.

People could reach out to become a volunteer by talking to friends/ acquaintances. Reading the local newspaper and checking with the local council as to what voluntary roles are available.



Robyn Upton

Clare Irving: Your Parkside Lucas Community Manager

When you've lived in the area for 35 years, there's no doubt you've amassed a good amount of local knowledge. That's one of the reasons Clare Irving is the ideal Community Manager for Ingenia Lifestyle Parkside Lucas.

With the first residents moving in from June, Clare is gearing up for plenty of good conversations and meeting new people (which she absolutely loves). There are plans to be based in the Community Clubhouse once it's finished, but Clare's office will be in the temporary clubhouse for the present - and her door is always open.

Coming from a background in nursing, aged care and cafe management (she ran Arch View Cafe in Lucas), Clare prides herself on staying calm under pressure, being reliable, but also bringing an element of fun to anything she does (her friends call her an 'entertainer'). As the Parkside Lucas Community Manager, she sees customer service as her responsibility.

"I enjoy making people's day and putting a smile on someone's face," she says.

As Parkside Lucas has been developed, Clare's role has focused on much of the back-end operational elements of running a community. She's naturally very organised, so you can just imagine what her meticulous planning is like. But she's looking forward to getting into Parkside Lucas as much as many of the new residents.

"From the beginning, I want to make it a fun and inviting place for our residents. I want them to enjoy it as their own, and I'll always treat it as their home. I want them to settle in and enjoy the lifestyle and the other residents."

Clare joined the Parkside Lucas team because she knows how beautiful the area is, and she loves how Ingenia creates a fun and rewarding lifestyle for their residents. She genuinely can't wait for the residents to move in and make it home.



Clare Irving

AUSSIE MEN ARE TOUGH BUT EVERYONE NEEDS A HAND

Statistics show
that more men
are experiencing
depression and
anxiety these days.

*Data derived from the ABS, Mental Health, 2018

Lifeline (13 11 14)
Beyond Blue (1300 22 4636)



SOVEREIGN
PRESS

youth advisory board
yab

Chatty Cafe

Ballarat Neighbourhood Centre (BNC) to host Chatty Café every second Wednesday.

Have you ever been to a café and noticed lots of tables with someone sitting by themselves? The creator of Chatty Café had, and she wondered if those people might have had a brighter day if they'd shared a table and a chat with another person.

Every second Wednesday at 2pm commencing from the 1st of June, BNC will host a Chatty Café during the active school term.

We're a friendly bunch and we'll be offering a warm and welcoming space with a hot cuppa and a sweet snack for all to enjoy. Everyone is welcome, mums or dads can bring kids, carers can bring the person they care for, and if you're on your own please come along knowing everyone's there for a friendly conversation.

Check out this link or call us on (03) 5329 3273 for more details: <https://chattycafeaustralia.org.au/venue/ballarat-neighbourhood-centre/>

Celebrating the Mums of Lucas Kindergarten

What a lovely start to 2022 we have had at Lucas Kindergarten. It's been wonderful inviting families back into our service and exploring the wider community again, after a tumultuous couple of years. We are busily organising a range of fun and exciting incursions and excursions within our local community, including trips to Wilson's and our community garden. We are also excited to recommence visiting the outreach library on a Tuesday Morning and visits to Siena Catholic Primary School and Lucas Primary school throughout the year.

This month, we were excited to offer our families the opportunity to get involved in our kinder community by attending our special Mother's Day pamper afternoon. This provided us with the opportunity to connect with families on a deeper level, allow the children to give their loved ones a sneak peek of what kinder life is all about while being pampered at the same time.



Stories and drawing submitted by Jayden, Joshua, Evangeline and Aislyn



THE LAZY GIRL

By Jayden Gritty

Once upon a time there was this girl called Bella, she was at the shops buying so many stuffs. When she came home her mum said, "a parking ticket that costs \$ 200. What are all these designer bags for?" Bella said, "These are my shoes and clothes". Dad heard all the noise and said, "what is all the racket?" Mum said, "a parking ticket that costs \$200 and all these designer bags." Dad and mum decided to take her credit card away and said "you will have to make money by earning it and getting a job. If you don't do that, we will take your designer bags away." Bella said "fine." A few months went by, and Bella starts to realize how hard it is. Bella starts to understand to use money wisely. Mum and dad said "we have a surprise for you Bella," "what is it?" Your credit card," Bella said "no thanks". "I am happy for what I have" Mum and dad fell in a shock. "Are you the Bella we knew before? Come here." They hugged each other and lived happily ever after.

TRYING YOUR BEST

By Joshua Poulrose

Nick, why do you go to the toilet when maths starts all the time? complained Alex. Uh um because..... said Nick. Because what? said Alex. Suddenly the bell rang, Nick zoomed away and went home. How was your day asked Aunt Jackie to Nick? Good moaned Nick. He went to his bedroom. Aunt Jackie went to Nick's bedroom. What's up, there is something wrong here said Aunt Jackie.

Well, you see Alex asked me why do I go to the toilet at the start of maths all the time said Nick. Why, please tell your aunt well are you making excuses said Aunt Jackie. Well, I am making excuses you are correct but I also think that I am not good at it I saw the things in maths it looks difficult Nick complained with a shaky voice. Some things we are not good at and no one can be perfect explained Aunt Jackie. We have to try our hardest, just u need to try said Aunt Jackie. Nick made a choice that he definitely will try according to his aunt's words.

Nick practiced maths, he is trying and trying. Aunt Jackie is helping him one by one every day after school and weekends. The next few days Nick never made those excuses in class again at the start of maths. He is answering tons of questions in maths lots of them at school. Turns out his favourite

subject is maths now. Alex, the kids in his class and the teacher is confused about him like his changing into another person. Nick improved with the help of his aunt.

MAL'S ADVENTURE

By Evangeline Danish

Mal was born in the most high-priced hospital. She was the daughter of the royal family. They lived in Australia, and that country was very lucky because they didn't have a ton of covid. Mal's parents rejected her because she was too unsettling.

When she was four, she got adopted by the Flally family. They were the IDEAL parents. She loved them so much!

She had a brother named Bash and a sister named Bella. When Mal was eighteen, she decided to become a painter. She enjoyed painting and painted her way to victory. When she was twenty-two, she became a famous painter and loved her life.

One day, a tragedy smacked her life. It was a dreadful thing. Her parents had to flee without her. She was devastated. She decided to pack her suitcase and flee. The next day she fled to the airplane and flew to America. She was thrilled and worried at the same time. What would happen? Is she going to lose everything? She was going to have to obtain money. First, she went to an art club, because she wanted to obtain money.

She painted and painted for hours. When she was finished, she took her painting outside and obtained gobs of cash. Her painting had millions of stars, twinkling in the night blue sky. The next day she was the richest person in America! She lived her life as a rich painter and helped the poor.



Drawing by Aislyn

Own Your Game in Lucas

Exciting news for Own Your Game Fitness - Ballarat who will open a 24/7 gym in Lucas. The gym will feature the latest technology and equipment and all of the current classes and programs will move across making room for the existing gym to become a dedicated Yoga/Pilates studio.

If you would like to be kept up to date and get some exclusive membership offers jump on to the Own Your Game Fitness- facebook page for contact details.

The gym is soon to be under construction on Turnbridge and Merz St with plans to be open towards the end of this year.

Congratulations and good luck to Mel, Darrin and the team!



Dentist on the move

Towards the end of 2022 the team at Ballarat Family Dental hope to be in their new clinic currently under construction in Lucas on Merz St and Dyson Drive (opposite McDonalds Lucas). You may have noticed the new construction which includes a section that is double story as well as parking at the rear of the building. If you are a patient of Ballarat Family Dental you will know the team place a big emphasis on making their patients feel comfortable with a philosophy to be gentle, caring and friendly.

We wish the Ballarat Family Dental team the best of luck with the build over the coming months and look forward to the opening of their new clinic.

You can find out more about Ballarat Family Dental by visiting **ballaratfamilydental.com.au**



Winter Pet Care: A 10-point Survival Plan!

Winter is upon us! As we rug up and brace ourselves for the season that Ballarat is most famous for, we need to ensure that our pets are also ready to face the challenges that the cooler weather presents.

Please read on for our top ten winter pet care tips:

1. Arthritis Management

Winter can be particularly hard on our older pets and those with osteoarthritis. Just like people, the pain associated with arthritis can be more problematic in the cooler months of the year. A proactive arthritis management plan involves a maintenance program of anti-inflammatories, nutraceuticals and exercise, combined with weight control and environment modification to them with any mobility issues. The best time to tailor such a plan for your pet is before they experience any debilitating flare ups.

Consider an arthritis check up with your veterinarian to ensure that your pet is as comfortable as possible over Winter.

2. Geriatric Pets

As our pets age, a number of health issues can arise. Winter is often a challenging time for our senior pets. A geriatric health check can allow your veterinarian to diagnose any underlying sub clinical diseases that may have developed. Renal and liver disease as well as dental and heart conditions can easily go undetected and seemingly develop suddenly in Winter. A thorough check up and simple blood test will ensure that your pet is living their best life.

3. Water

All animals require free access to fresh water at all times.

Inside pets should be especially encouraged to drink regularly for optimal hydration and urinary tract health. This is particularly important with cats. Multiple sources of clean, fresh, drinking water in various forms (water fountain, water bowl etc.) can encourage good water consumption. Also consider adding water to their food. Regularly clean and top up water bowls and closely monitor water intake. Multiple, regularly cleaned litter trays also promote good urinary tract health in cats.

4. Weight Management

Many of us are less active over winter. This often means that our pets are getting less exercise too. If we are spending more time inside over Winter often our dogs and cats will also be more sedentary.

Be sure to adjust your pet's diet accordingly. Consider switching to a low-calorie food which is designed to maintain a feeling of fullness without the added calories. Also be sure to limit treats. 'One treat a day' (including training rewards, biscuits, leftovers etc.) is a good rule of thumb.

5. Exercise

Exercise is important for musculoskeletal health. It also helps to promote good mental health and behavior in our pets. Of course, most dogs are happy to go for a walk rain, hail or shine. Daily walks encourage socialisation, improve and maintain mobility and ward off excessive weight gain. Encourage your pets to be active throughout Winter!

6. Parasite Control

Parasite control is something that should be continued even throughout Winter. Whilst fleas are typically more active during the warmer months, the ambient temperature of the inside home environment is less seasonal. This means that cats and dogs sharing our indoor living spaces can still be harboring an actively breeding flea population.

For inside pets that share our family living spaces, couches and beds; regular scheduled flea and worm control is essential especially in households with small children.

7. Environment

With inside pets, be vigilant around heaters especially wood fires. To avoid burns or overheating, consider safety barriers to protect pets from heat sources.

When outside, dogs should have access to a sheltered draught free area, ideally with a waterproof kennel which sits off the ground. Warm bedding should also be provided and needs to be carefully chosen especially for young dogs and those prone to chewing/destructive behavior. The same applies to the winter wardrobe!

Animals that are likely to destroy their bedding or drag it out into the yard may be better protected if allowed to sleep in the garage or laundry. Consider using a crate.

8. Grooming and Skin Care

In Winter, grooming is particularly important. Thicker coated dogs allowed to grow a longer hair coat over Winter need to be groomed regularly to prevent painful matts from forming. Keeping the tail region clean also requires regular attention. The same applies to long haired cats.

With dogs more likely to need regular bathing over Winter, it is important to pay close attention to their skin health. Over-bathing combined with external heat sources can rob the skin of moisture which in turn can make them prone to dermatitis and skin infections.

Consider spot cleaning where possible instead of whole-body bathing. Also be sure to use a good quality animal shampoo and then apply conditioner after bathing. Avoid the use of hair dryers. If unavoidable, use only the cooler settings.

9. Clothing

For thin haired dogs who live outside consider a lightweight wind and waterproof coat. In order to avoid overheating during exercise choose a dog coat that is not too insulating.

Beware the chewer. Dogs prone to destructive behavior and likely to eat their wardrobe may be prone to gastrointestinal blockages. It may be best to provide such pets with additional external shelter instead or allowing them inside.

10. Pocket Pets and Birds

We strongly recommend that all small exotic pets like rabbits, ferrets and guinea pigs are moved into a sheltered area over winter especially at night and on particularly cold days. Consider moving their hutch /enclosure into an area such as a garage or shed. Provide plenty of straw and bedding for them to burrow under and closely monitor food intake, water intake and droppings.

Bird aviaries should also be similarly provided with extra protection from the cold in winter.

By following this 10 point winter pet care survival plan your pets should flourish this Winter!

These tips have been provided by:

Lucas Veterinary Clinic
9 Merz Street, Lucas
PH: 5303 9000



Orchard Cafe; A Lucas Staple



Orchard Café has become a staple in Lucas for the morning coffee, the Sunday bacon and egg roll and the super friendly team you find behind the counter every day. But they do so much more for the community than amazing coffee and toasties. This year Belinda takes on a big challenge taking part in Dancing with our Stars to help raise much needed funds for the Ballarat Foundation who run programs supporting people in need throughout Ballarat. We caught up with Belinda to find out a bit about Orchard Café and her upcoming participation in Dancing with our Stars.

What was the catalyst for yourself and LeRoy to open Orchard Café and why did you decide to open in Lucas?

The opportunity to take over The Orchard Cafe in Lucas was too good to pass up and between us we decided it was time to share our years of experience with the Lucas community.

What is unique about Orchard Cafe?

We offer a unique selection of toasties and burritos using only the best local produce matched with great coffee using our own special blend.

If you had one piece of advice for someone just starting out, what would it be?

Do your research and make sure you get a few years of experience under your belt before you take the leap.

Where do you see yourself in 10 years?

Business wise we look to grow and have multiple venues, possibly even franchising The Orchard Cafe? We never just settle LeRoy and I and we are always setting goals and looking for the next opportunity. Personally I would hope to be still enjoying my work/life/family balance including holidays to my favourite holiday destination Byron Bay a few times a year. I also hope to be still surrounded by my family and friends making amazing memories and still enjoying life just like I do now.

What would we find you doing in your spare time?

I am currently training to compete in my first ever ICN Muscle and Model Body Building Championships which involves weight training in my local gym The Playground five days a week and eating a specific diet to reach my goals to get on stage in September. I am learning to dance for this years Ballarat Foundation Dancing With Our Stars. I spend as much time with my three year old son Lenny when I am not in the cafe. He is growing so fast so every day that I can spend with him I make the most of. And I also create social media content for incredible brands and my own Instagram page @lifewith_lenny. I love getting creative with fashion and styling products around our home. It was a hobby that has now become a business which I love.

What is your favorite thing to do in Ballarat?

I am a real foodie and enjoy a good wine! I absolutely love going out for breakfast, lunch and dinner dates. Ballarat really has come a long way over the past few years in terms of cafes and restaurants which is great to see. I also love a good walk around our iconic Lake Wendouree on a sunny day.

What is something that may surprise people about you?

I was a dental nurse for 20 years!

What are you most looking forward to about competing in Dancing with Our Stars?

I am so excited for the actual gala night where we get to showcase our absolutely incredible dances. My dance for the night is the tango which I am absolutely stoked to learn. Shelly from The Dance Studio Ballarat is a brilliant choreographer. The night really is going to be spectacular!

You can donate here: <https://www.ballaratfoundation.org.au/my-fundraising/7/belinda-pilcher>

NEW OPENING HOURS
Open 7 Days 6:30am - 3pm

Housing Appeal for Flood Victims

Alfredton Rotary Club have been collecting pet supplies to send to the people in flood affected areas in northern NSW and through that have got to know some of the locals. They learnt that there is still a huge need for housing as many houses are full of mould and uninhabitable, so people have been living in tents, in friends or neighbours' places and in cars. Because of that, the Rotary District here in Western Victoria has established an appeal to assist people to pay for housing pods. Basic units that have beds, bathroom and small kitchenette, but are safe, dry and provide independence to families and individuals. The pods cost \$35,000 but with government assistance of \$25,000 available, \$10,000 is all that is needed to house a family. The company supplying the tiny homes, BDC Global Group is based in Wendouree, but is using local NSW tradies and suppliers to construct them, to ensure money and employment stays in the flood-affected region.

Donations from individuals, groups or corporate sponsors are keenly sought, to open this opportunity to as many people as possible, so please spread this wide and far. Donations are tax-deductible. Click this link to donate <https://donations.rawcs.com.au/65-2021-22>



**IT'S TIME TO
DONATE**
**TO PROVIDE HOUSING TO FLOOD
AFFECTED PEOPLE IN NSW**



Let's give them a
hand, Australia

[DONATIONS.RAWCS.COM.AU/65-2021-22](https://donations.rawcs.com.au/65-2021-22)

Donations over \$2 are tax deductible



Environmental Challenge

Entries for the Environmental Challenge have now closed.

An array of fabulous, innovative ideas were entered dealing with all sorts of environmental issues from climate change, pollution, food waste, waste reduction, biodiversity, recycling of plastic, metal etc and food production. Presentations to winners will be made on World Environment Day June 6, 11am – 12pm at Rotary Place, Burnbank St, Ballarat (next to the railway line).

Cash prizes to the winners have been made available through the generosity of our sponsors, so please be sure to support their businesses –

Major Sponsor and Sponsor of Open section: Caine Property Ballarat

Sponsors of School aged section: Integra, PPT Accountants, Baird & McGregor Lawyers, Smart Options and Central Highlands Water.

Alfredton Rotary welcomes all participants and members of our community to join them for this celebration of innovation!



Welcoming New Volunteers

Alfredton Rotary members recently participated in a couple of events to spread the word about volunteering, their projects, who they are and what they do and to .

The Mini Volunteering Expo was run by Ballarat Foundation and featured many organisations providing volunteering opportunities in our community. The Welcome Morning Tea was run by Ballarat Regional Multicultural Council and was an opportunity for new community members to meet each other and longer term residents and to develop friendships and connections within their new community.

Both events were a lovely way to meet new people and encourage them to get involved. If you are interested, please get in touch via the Alfredton Rotary Facebook page.



Rotarians on the North Road



Four Alfredton Rotary members have recently undertaken a 6000km road trip to deliver a bus that has been donated by BDC Global Group to be converted to provide housing for another flood-affected family. On the way to Lismore, they will deliver boxes of computers to another flood-affected community and purchase pet supplies to be distributed in the Lismore area.



Begonia City High Tea

A lavish high tea was recently served in the St Patrick's Cathedral Hall to raise funds for the refurbishment of Rotary House at St John's. Rotary House was built over 20 years ago to provide accommodation for rural & regional people receiving cancer treatment and for families accompanying them or having family members as inpatients at St John's or the Base Hospital. The building now needs a spruce up and Alfredton Rotary members were pleased to raise over \$4,000 to start the fundraising process. A successful event made so by all involved, particularly the magnificent serving team of Ballarat & Clarendon College and Ballarat Grammar students.



Palliative Care Hub Room Hire

Room solutions for your next event or meeting. The conference and meeting rooms at the Palliative Care Hub are bright, calm, warm and welcoming with integrated, user friendly audio visual and wireless internet.

- Room hire includes:
- tables and seating
- large screen TV, camera and speakers (in the meeting rooms)
- Wi-Fi internet access
- access to kitchen facilities for tea and coffee making
- access to the room prior to the event for room set up
- tea and coffee making facilities.

Request a brochure by calling 03 5333 1118 or visit the Ballarat Hospice Care website today.
www.ballarathospicecare.org.au



Volunteer Information Session



For new volunteers

Learn about the unique volunteer experience at Ballarat Hospice Care. Volunteering with us makes a local impact and directly helps people in our community.

Volunteering can be a time of growth, new friendships, appreciation and understanding. It starts by attending an information session.

Come along to find out about

- Ballarat Hospice Care – who we are and what we do
- Current volunteering opportunities
- Things to consider before volunteering

Details

Venue: Ballarat Hospice Care
Address: 1836 Sturt St, Alfredton VIC
Date/Time: Thursday August 11, 10-11am
Date/Time: **OR** Thursday August 18, 6-7pm
Parking: Front of Ballarat Hospice Care or on the street
Registration: By August 10, 2022 on [Eventbrite here](#) or go to the Eventbrite website and search for Ballarat Hospice Care



Need more information?

P: 03 5333 1118
E: admin@ballarathospicecare.org.au

Cancellation policy: Ballarat Hospice Care Inc. reserves the right to cancel or postpone this event if minimum numbers of participants are not achieved. Participants will be offered a place in the next available information session.



LUCAS COMMUNITY OVER 60's SOCIAL GROUP

Looking to meet people in your own Community?

If you would be interested in a regular get-together, to make friends and join in mutual activities, starting with a Coffee Catch-up!

Get in contact now with Jan via the Lucas Community facebook page which can be found by searching Lucas Community in facebook.

The first catch up is planned for June 14th at Emma's Bakery at 10am but bookings through Jan are essential.

LAND NOW SELLING FROM \$255,000

Situated in the flourishing suburb of Alfredton, this limited land release brings contemporary urban living to Ballarat. Providence Alfredton provides a blend of traditional and future living spaces with homesites ranging from 244m² to 630m² ensuring options for all budgets and lifestyles.

Providence

ALFREDTON

by Integra

providencealfredton.com.au

**The
Chronicle**
ON FACEBOOK

**Keep up to date with
all things Lucas!**



JOIN THE LUCAS CHRONICLE GROUP ON FACEBOOK TO FIND THESE STORIES AND MORE!

Looking for a local GP? We've got you covered

Ballarat Community Health (BCH) operates six clinics across Ballarat and the surrounding region with our largest site based right here in Lucas. Our clinic at 12 Lilburne Street provides wholistic care and health services to any member of the community, no matter their background or circumstances.

Our local GPs are approachable, caring and are currently taking new patients, and we also have a range of other services operating on your doorstep! Visit us any time for your health and wellbeing needs - we can help with:

- General Practice
- Physio and Exercise Physiology
- Counselling (for mental health challenges, addiction support or youth)
- Podiatry
- Dietetics
- Sexual Health Clinics
- Community Art Programs
- Meeting room hire
- Plus more!

Manager of Medical Services at BCH, Mary-Anne Gould is a Lucas local and loves living in the area.

"Lucas is a thriving part of the city of Ballarat and is only getting better as time goes on."

"We are seeing great developments popping up, beautiful open spaces being created and all the essentials brought together for us all to utilise."

"Ballarat Community Health is a hidden gem in the Lucas landscape. Despite having a large presence physically, not many people know we are here to provide medical services for them."

"We're here for the community every day. Come in, say hi and find your new care provider here with us."

BCH Lucas is open 9.00am -5.00pm Monday-Friday. Visit us any time to see this beautiful local facility for yourself and take the time to find out about our many programs and projects running across Lucas, Ballarat and surrounds.

Find out more about how we can help you with your health and wellbeing goals at bchc.org.au

Dr Choy



Nurse Kerryn



Dr Jennifer

Looking for a new GP in Lucas?

Call us: 03 5338 4585



**BCH doctors are welcoming new patients at
our GP Clinic at 12 Lilburne Street, Lucas.**

GP CLINIC SERVICES INCLUDE

- General Check ups
- Women's and Men's Health Screening
- Chronic Disease Management
- Immunisations
- Wound Management
- Blood Collection
- Sexual Health & Family Planning

ALLIED HEALTH SERVICES

- Physio
- Dietician
- Speech
- Pathologist
- Counsellor
- Exercise
- Physiologist

Our GPs take a friendly, non-judgemental approach to the delivery of examinations, treatment, advice and referrals.

Call us: 03 5338 4585, 8.30am - 5.00pm, Monday - Friday

Book online: www.bchc.org/service/doctors-clinic/



Scan the QR code
for more information

