

Ballarat Regional Multicultural Council Newsletter

September - October 2012

BRMC Inc Annual General Meeting

October 23rd 2012 at 7 pm

GPlace 102 English Street, Golden Point

Guest Speaker: Michael Martinez,
CEO Diversitat, Geelong



CMY Comes to Ballarat

CMY was the first organisation in Australia to work exclusively with young people from refugee and migrant backgrounds. Over the past twenty four years they have developed a successful approach that supports young people to build better lives in Australia.

Their offices are located in Broadmeadows, Carlton, Dandenong, Sunshine, Morwell and now Ballarat and serve the fastest growing and most diverse communities in Victoria. Their 60 staff and 700 volunteers support young people in areas such as education and employment pathways, justice, homelessness, resettlement and sport.

Over the past five years CMY has provided occasional training and support to community agencies, sporting clubs and homework groups in Ballarat. Their Youth Referral and Independent Person's Program (YRIPP) staff have been working with volunteers and young people who come in contact with the Victoria Police in the region for a number of years. Based on this work and following background research and local consultations, CMY has determined the most appropriate place to establish their second rural office is in Ballarat. CMY will be co-located with Ballarat Community Health in The Turret in Sturt Street.

You can contact the Team Leader Barry Petrovski on 5317 7172 for more information.



VMC Ballarat Regional Community Consultation

October 11th 2 pm

BRMC, English Street, Golden Point.

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Out of Africa	

BRMC Annual General Meeting
Tues 23rd October 7 pm at GPlace. All welcome.

Chairperson's Report



It has been extremely busy at BRMC since I last reported to all our Cultural Associations/Groups and members. There is always something happening at, or concerning, BRMC and its members.

First and foremost, I am delighted to report that we recently received VMC Grants to support some very important events and celebrations at BRMC. We were extremely pleased to receive \$10k to support our Migrant English Program and especially our Home Tutor scheme that involves some 50 voluntary, dedicated and committed tutors, that provide weekly classes to over 80 clients. We also received \$15k in support of a Multicultural Concert to be held again in the Wendouree Performing Arts Centre in November 2012. The Gala Goldfields Ball/Dinner Dance in September attracted \$1k support from VOMAC. Finally \$5k for Organisational support will greatly assist our administrative costs and help our Cultural Association/Groups. This invaluable support from VOMAC (VMC) is obviously in addition to two major fundraising activities undertaken by BRMC's energetic and hardworking Ms Georgina Vagg. (See later in Newsletter.)

Despite all these great outcomes we have had a series of ongoing Review Meetings with the Department of Health (which funds our HACC services and programs) to monitor both our short and long term financial viability. Producing a series of Action Plans and Financial Reports has certainly been a very demanding but important process for the organisation.

On a very different note, BRMC recently recognised the invaluable help and assistance of all of our many and varied volunteers with a Recognition Luncheon. Congratulations to all our hard working Committee and dedicated staff for organising this important occasion to personally thank our volunteers who contributed to our great programs and activities

BRMC has also been involved with VOICE FM in promoting and highlighting forthcoming events, activities, and celebrations. Staff and volunteers along with some Committee Members actively contribute to this weekly broadcast activity BRMC has also been promoting its programs and events via a series of power-point presentation to local government and service clubs, to gain their support as well. So far we have made presentations to the Rotary Club of Ballarat South, the City of Ballarat and the Ballarat West Probus Club.

The Committee of Managements has also been reviewing a new "Draft Constitution". We had a Special Meeting in mid-August to share the key

issues that need member consideration and input. However, the meeting was not as well attended as we had hoped for and thus we will circulate the proposal and seek further feedback from our members (Be sure to look at our Website, Facebook and Blogs as well, as part of our social media), with a variety of community activities at GPlace.

We recognise and congratulate Lek (plus Regina and Nenita) on facilitating the great Thai Cooking classes. Meire's Zumba classes, Monday and Wednesday evenings, are also terrific. Yoga has now started on a Tuesday evening. Then too, for the people needing expert Migrant Legal Advice, please make an appointment (on a fee for service arrangement), via the reception at BRMC.

The GPLACE Consortium organised a great Working Bee recently along with a delicious BBQ lunch, for all participants. As a result, the grounds and surrounds look terrific, plus we did some very important spring cleaning inside the building as well. Congratulations and thanks to all concerned with this very successful venture.

On a very very sad note, it is with regret that due to the stringent financial situation at BRMC our very energetic and dynamic Admin Assistant, Ms Annie Hamerton will be leaving the reception at the end of August. Annie has been a great asset to BRMC and we wish her every success in her future endeavours.

In looking to forthcoming events and activities, please give Ms. Georgina Vagg (Social and Fundraising Co-ordinator), every support for the Dinner Dance/Ball at Sovereign Hill. Then too, we look forward to all the Cultural Associations/Groups active participation in the Multicultural Concert.

The AGM is scheduled for the 23rd October, 2012 at 7pm, GPlace; so be sure to note this in your dairies. Likewise, be sure to consider standing for the Executive Committee to add your skills and expertise to our hard working members and the future development of BRMC.

We look forward to all Cultural Associations/Groups plus members active support to make BRMC an even stronger, more robust and dynamic organisation that better assists our migrants and enriches the wider Ballarat Community.

Frank Williams, Chairperson BRMC

Executive Officer's Report



I hope you enjoy some of the stories in this latest issue of the BRMC Newsletter.

Coming up soon is the Twelfth Annual General Meeting of BRMC Inc. The Committee that is responsible for running the organisation is elected every year in October. Unlike most other community organisations, BRMC's Constitution requires all members to come up for election every year. Now, although it doesn't happen often, this process has the potential to have a "spill" of Committee positions at an election leaving the organisation without much corporate memory. The current Committee, though, has been looking at the Constitution and in the coming months (subject to the wishes of the new Committee!) the organisation should have an opportunity to adopt a new Constitution which will have "one-third-each-year" type elections providing for fewer upheavals. Although, as I said, if you look at the composition of the Committee now and compare it with that of ten years ago you'll see

that this is not a problem BRMC has had that often!

Talking of problems, the financial viability of BRMC is the major issue of the moment and has been for the best part of the past two years (when the then Treasurer at the 2010 AGM said that the organisation only had six months left!). Whilst it remains the case that there is no recurrent funding from State or Local Governments for an ethnic community council in Ballarat, BRMC will struggle to maintain a professional operation. The overheads of our premises eat up too much of the available operational budget to the extent we have hardly any paid administrative staff. In other regional centres the local Council often will provide premises or assistance with administration.

BRMC has promoted an initiative through the Ethnic Communities Council of Victoria (which itself receives about half its operational funding and free premises from the State Government!)

to seek operational support for the Regional Councils from the State. This hasn't borne any fruit as yet.

One of the exciting trends in recent times has been our ability to assist in bringing a range of new activity and other classes to the general public. My thanks go to members and staff who have worked tirelessly to make these programs happen. These are entirely unfunded and operate on the smell of an oily rag.

As this is my last newsletter, a big thank you to the Committee, staff and the volunteers for the opportunity. It's been a great place to work. Let's hope the above financial problems can be sorted so that BRMC can get on with its core business of supporting the multicultural community of Ballarat.

Jeff Langdon, Executive Officer

Farewell CPP Hello HAA

The Community Partners Program (CPP) has been successfully implemented into the Ballarat community over the past three years and for all involved, I'm sure, would agree that it was a very rewarding and beneficial project.



The key success of CPP was that it allowed greater access to aged care service providers from CALD communities by creating opportunities for both groups to meet face to face and to learn from one another. In addition, this has helped aged care services providers to become more culturally aware of the way they need to deliver their services to our CALD community.



If you are interested in reading about the Ballarat CPP we have compiled an 'End of Project Booklet', highlighting CPP activities and the fun we had implementing the project. Also, there are CPP Memory Books available for the project's five target groups, (Dutch, German/

Austrian, Greek, Italian and Croatian) which contain translated information about how to access aged care service in Ballarat. You can access copies at the BRMC reception.

Unfortunately, all good things must come to an end and the CPP finished on 30th June 2012. We held a closure meeting on the 28th June 2012 at the 'Ansonia on Lydiard', not only to officially close the project, but to also acknowledge the long term commitment of the CPP Intercultural Peer Facilitators and Advisory Committee.

The success of the CPP illustrates to us how significant the roles of our volunteers are when trying to accomplish community projects. So it is here I would like to express sincere thanks to all the

people

and organisations that kindly supported the project throughout the three years. A special thanks to my BRMC colleagues who were always happy to give advice. All your contributions are greatly appreciated and I look forward to having the

opportunity to working with you again in the near future

Kim Romeo, CPP Coordinator

BRMC has been successful in securing funding from the Department of Health & Ageing (DoHA) for a new project titled 'Promoting Healthy and Active Ageing in CALD communities in the Ballarat region'.

This project has a three year plan and aims to:

- Support activities that promote healthy and active ageing;
- Respond to existing and emerging challenges, including dementia care;
- Support activities that build the capacity of aged care services to deliver high quality care;
- Support activities that provide information and support to assist carers maintain their caring role;
- Support people from culturally and linguistically diverse (CALD) backgrounds.

Healthy and Active Ageing (HAA) will be a successor of CPP and at present we are currently identifying CALD communities who will most benefit from this project.

If you have any suggestions or feel your community / association would like to participate in this project please contact Kim Romeo on 5332 5941.



FAABI Celebrates 21 years

The Filipino Australian Association of Ballarat Inc. on the occasion of its 21 years of community involvement and participation, successfully celebrated their two main annual events this year.

The celebration of the 114th Philippines Independence held last June 16 and the 21st Anniversary of the Association held on July 21 were very well attended by the community members from Melbourne, Geelong and Bendigo as well as the support from the Filipino Community Council of Victoria Inc. , Catherine King MP, Councillor John Phillips and the Philippine Consul of Victoria Gigi Kalong. The events were sponsored by the Victorian Multicultural Commission (VMC).

FAABI would like to thank also the community for their kindness and generosity in helping us raised funds for the victims of floods and earthquake in the Philippines early this year. \$6000 was raised and 20 boxes of goods and clothing were sent to the is-

lands where the earthquake and the floods occurred.

Sherley Hart
FAABI President



Home and Community Care Program

The **Hepburn/Moorabool Multicultural program** has held two functions in the last quarter. The first function was held on June 6



Queen of Hepburn Moorabool MCT program

at the Wallace Hotel where we had the crown making competition to commemorate the Queen's Birthday. The competition awards were for the most colourful, the biggest, the most stylish, the most noble, the most original, the tallest, the daintiest, the craziest, the boldest and the most dignified. Then we encouraged the participants to wear their crowns and to parade them. Each participant was given a number to draw for the

Queen of Hepburn Moorabool Multicultural Program. The participants enjoyed parading and were dancing as well. At the same time we ran a music trivia competition where the clients had to guess the name of the song. Everyone had a wonderful time.



The Biggest

The second function was held at the Heritage Diner in Warrenheip. This time we had an Olympics Trivia Quiz as a tribute to the Olympics 2012 in London. The group was divided into eight sub-groups and whoever got the highest score received a gold medal.

Both events were held at a luncheon in different venues as we normally do in most cases. We continued to run the footy tipping contest on AFL games during the football seasons and at the same time we listened to Peter's (Moorabool staff) story and jokes.



Hepburn group making the crown and enjoying themselves

The **Filipino Telelink** continues to do well and have recently caught up with each other for a get together luncheon at one of the participant's home at Snake Valley. Everyone brought sumptu-

Farewell but Hello Annie and Nenita!

The Admin Assistant and Volunteer Coordinator positions at BRMC have had to be made redundant due to lack of funds. Annie Hamerton who has obtained her Certificate 3 in Business Administration will be leaving at the end of August. Nenita Drough had already finished in a paid ca-



Frank and Anna Bartaska from Moorabool Shire winners of the Olympic Trivia Quiz and Elisabeth Smoelnaers, Zig Traszkiwicz and Sandra Smoelnaers concentrating.

ous food and had a wonderful time. They warmly welcomed the Friendly Visiting volunteers and the clients alike, who really enjoyed their company.

We now also have a Maltese Telelink running which just commenced last August 16.

The **Friendly Visiting Scheme** also continues to do well. We have great volunteers who are doing a wonderful job in visiting the clients. Not only do they visit the client at home but at times they take them for a drive for a cup of coffee or take them for a walk. Other times they share each other's skills where both client and volunteer learn something from each other, such as craft making and painting.



Might and Power

Our volunteers are assisting clients to be more independent and have helped them improve their wellbeing.

As part of my job description to assist the **Social Support Bus Trips** that Centacare organises, Jason (HACC Team Leader) and myself assisted Jill Spicer (Centacare Staff) with the Bus Trip last Tuesday 14th of August to GreenVale Homestead where

horse legends now have their home.



These are the horses who have won a number of races all over Australia and overseas. It was a a great day out for everyone.

Virgie Hocking HACC Social Support/Telelink Coordinator

capacity back in April this year. The good news is that both are able to continue to assist BRMC in some voluntary capacity, so their cheerful faces will still be seen from time to time.



Home and Community Care (HACC) Program

Over the last few months BRMC's HACC team has shown itself to be an energetic and innovative group of workers, not afraid to try new things and always doing our best to create better services for Ballarat's ageing culturally diverse community.

In cooperation with Centacare's Jill Spicer and our very capable team of volunteers, the HACC team continues to excel in its provision of the Multicultural Tucker Program. We continue to attract large numbers for this service (close to 100 guests regularly attend this event) to provide delicious and culturally diverse meals (Filipino, Polish and Thai over the last three months) plus create a stimulating and active environment for our guests.

At the August Multicultural Tucker we officially launched the GPlace hearing loop. It was a grand affair coinciding with Hearing Awareness Week. It was wonderful to be able to acknowledge the assistance we received from the Deafness Foundation, who provided the grant to buy the amplifier to power the loop with. Attendees included Jan Ginus (ADEC Action on Disability in Ethnic Communities) and Wendy Maher (from the Deafness Foundation).

We were also very pleased with the coverage that we received from the Courier (please see the story below). The loop enables people with a hearing difficulty to tune their hearing aids in with the PA system. This means that when presenters come with important information about services, people with a hearing difficulty have a much greater chance of actually getting that information. Thanks go to Ashley Henan for his assistance in our grant application and in helping to coordinate guests for the event.



On the subject of Multicultural Tucker I would like to take the opportunity to say a great big THANK YOU to all the volunteers. We could not provide this service without you and if not for your selfless dedication, our community would be left without a fantastic, vibrant and very healthy opportunity to socialise, connect and get important health services information. Special thanks in particular to Margaret Towers, Halina Wood, Nenita Drough and Mary Plotecki: You have done an amazing job over the last three months, we couldn't do it without you. I would also like to say that it was great to see all our volunteers on July 26th at the Volunteer-



Happy to be in the loop? You can say that again

MELINA SHIRAZI

...paraphrase" Sir van Ruyssdael "had I get out of making people to enjoy themselves, I enjoy those who I understand better in getting on."

Ballarat Regional Multicultural Council former and community care team leader Jason Shorter said the hearing loop had been installed at the centre a couple of years ago.

But it had only recently been activated after a \$2,000 grant from the Deafness Foundation.

"If you are hearing impaired and don't speak the language that is to be used in a community setting," Mr Shorter said, "it means you are isolated."

Having the hearing loop, Mr Shorter said, would mean the other people, members would not miss out on important information.

"Being able to hear helps people get connected," he said.

The opening of the hearing loop coincided with the opening Hearing Awareness Week from August 19 to 25.

Thankyou Lunch. It highlights the variety of services that we provide here at BRMC and the great variety of people that we have making those services a reality.

I would also like to say thank you to Vic Djajamihardja in his work as our computer tutor. Vic has been providing great one to one tuition for our older clients, giving them access to the wealth of information and experiences that modern day computing and the internet provide. If you are interested in learning from Vic please give Jason a call on 5332 5941.

Also on the horizon we have the Reverse Mentoring program. This involves eager and tech-wise students from Mount Clear College sharing their skills with members of Ballarat's older community. There are opportunities to learn to digitise your photos and make a photo album, learn to make video calls to distant relatives, make a movie for your grandchildren and many other possibilities. To find out more give Jason a call on 5332 5941.



Apart from the very important direct work that we do with clients, the BRMC HACC team is working hard behind the scenes to make Ballarat a better place for all of Ballarat's ageing community re-

gardless of their cultural heritage. This behind the scenes work involves working with other Ballarat agencies and talking about how to make sure that everyone gets the services they need. The newly formed Ballarat Agency Diversity group (BAD group), instigated by the BRMC HACC team, is a demonstration of this: Agencies talking together to find better ways to assist people that would normally fall through the gaps.

Also in our behind the scenes work, the BRMC HACC team has been working closely with Kim Romeo from our new Healthy and Active Ageing Project. As many will know, Kim has done some great work in the recently concluded Community Partner's Project.

As part of her new project we are working together on a new advisory group that will draw Ballarat health and aged care workers to collaborate and create better solutions for our culturally diverse community. A special note, it has been great to have Kim helping out in our direct care programs as it draws our programs together and provides us with valuable opportunities to share skills and ideas to provide more opportunities to Ballarat's ageing Culturally diverse community as well as to improve their welfare and quality of life.



To conclude, I am very pleased to be announcing the commencement of Chi Gong classes at BRMC along with a new and exciting class: Belly Dancing. Both these classes will be held on Thursday evenings from 6 pm onwards, taught by the lovely Kirei Chou. Each class is only \$5 per session. Please refer to the advertisement on the activities page for further details.

Jason Shorter, HACC Coordinator

Goodwill Expedition to South Sudan

Father Peter Kunen, who has been an active member within the Ballarat Regional Multicultural Council for a number of years and a current Executive Committee Member of BRMC, has recently come back from a community building expedition in Southern Sudan. Accompanied by religious colleague Father Graeme Perkins, the two made their way into some of the remotest parts of Sudan to help build community infrastructure, strengthen the relationship between the African and Australian clergy and foster support for the local communities in Southern Sudan.



Father Kunen was born in Sudan. However, like so many others he fled the country because of the various insurgencies that threatened his village. He has lived in Australia for eight and a half years now, is currently studying at the University of Ballarat and all the while continues to play an essential leadership role in his parish of Ballan, the wider community and the global community. Father Kunen is also the chairperson in the organisation African Christian Kush Aid Program of Australia (ACKAPA), which works to raise and provide funds to assist the developing communities in Southern Sudan, including his own. It is under the direction of ACKAPA as well as the Anglican Church, Diocese of Ballarat and the support of all his friends in Australia that Father Peter's recent journey to Africa and building projects were made possible. To understand, perhaps, what these two gentlemen had to overcome in their journey, a brief synopsis of the country and its politics may be a good point to start.

At present the newly created Republic of Southern Sudan is in conflict with Northern Sudan and several of its neighbouring nations over border disputes and claims to ownership of resources and certain infrastructure. Though what unfolds under the pretence of territory undeniably also has facets of religious and cultural differences that invariably worsen the current disagreements between the nations. This conflict however is not a new one, rather, an unfortunately reoccurring one which has severely affected those who live in these regions since emancipation from the colonial powers. In fact, Civil War has been present in the nations of Sudan, South Sudan and its neighbouring countries for over fifty years. While insurgency is not as prevalent as it was prior to the division of Sudan, it is still a very dangerous place to be. In May last year around 100,000 people were displaced in the region of Abyei because of skirmishes between the North and the South.



In a sense, however, the present conflict seems to merely be an extension of a much longer and deep-seated dispute. Needless to

say the war has left the country weary, run down and in desperate need of investment. While not uncomfortable, houses are generally made of mud and there is little infrastructure in schooling or any public buildings. Schooling and church mass are generally performed under trees. There are no clinics for the sick nor kitchens or means of storing food safely. One area of concern in particular is the lack of conventional toilets as this spreads disease and attracts pests and other wild animals.

Despite the unfortunate circumstances in which the people of Southern Sudan live, spirits are high and the future is looking brighter with the continued development of the new South Sudanese government since July 2011, and of course with the support of people like Father Kunen, Father Perkins and the many others who contribute to this cause.

Money was raised for the expedition and services in Africa by various Christian communities and organisations throughout Regional Victoria, but mainly in the areas of Ballarat and Geelong where Father Kunen, Father Perkins and several influential Bishops reside. Father Kunen and Father Perkins arrived first in Ethiopia which, although it has a greater development in infrastructure and 'westernisation' than Southern Sudan, is the poorest nation on the African continent. They then travelled to the town of Gambella, which is very close to the Sudanese Border, bought building supplies and a water pump and arranged for the transportation of those supplies to the various destinations where they are to be put to use. They then made their way into Southern Sudan. All this however is easier said than done. It is not often that this part of the world receives foreigners, so sometimes cross-cultural understanding can be difficult and, as such, entering and exiting regions would arouse much suspicion and in most cases cause unnecessary delays.

The first of the villages that Father Kunen visited in South Sudan was Pagak. A church service was held and greetings made before leaving again to the second and main destination of Longechuk, after several delays. The police commissioner's car that they intended to use to get to Longechuk broke down leaving Father Kunen, Father Perkins and the police commissioner stranded in Pagak. It seems that transport was also a big challenge to overcome because of the scarcity of cars or even public transport. The most common means of transport are overcrowded, uncomfortable busses or trucks which operate irregularly. There was even an instance where the two travelled in an overcrowded ambulance from one town to the other as the opportunity presented itself.

Once in Longechuk, a service was held and greetings were exchanged before meetings began about the issues in the area that needed addressing the most. The main areas of focus that were discussed included:



Profile: Fr Peter Kunen

- Church facilities
- Supply of material goods such as agricultural tools, clothes, etc.
- Public infrastructure

It was also discussed that female representation of the church and other community organisations would be a good idea in future visits. While the issues such as hygiene, equality amongst men and women and education are at a relatively good standard in Southern Sudan, other areas could benefit greatly from a more diverse representation. Father Kunen and Father Perkins then spent the remainder of their short time in Longechuk helping with infrastructure projects, interacting with the community, attending meetings as well as training the various community representatives .

The journey ended in Malakal in the upper Nile where Father Kunen stayed to meet with local Bishops and Father Perkins, after being unable to arrange transport to Gambella, managed to find a flight back to Australia from Malakal. Dialogue is continuing with the various African and Australian churches and other communities and organisations to foster a continuation of international harmony and investment into the poorer South Sudanese and border-

ing communities that need urgent support. If this dialogue continues at a friendly pace and if funds will allow, ACKAPA plans another community building expedition to Southern Sudan within the next two years where plans are in motion to build a community school.



For more information on the fantastic work that Father Kunen and the African Christian Kush Aid Program of Australia visit www.ackapa.org.au/

Father Peter is also available for local presentations on his work.

Article adapted by James Dougan from Reflections on a Journey to the Upper Nile, in the Republic of Southern Sudan by Fr. Peter Kunen and Fr. Graeme Perkins (December 2011 – January 2012)

James Dougan

My Name is James Dougan and I am in my final Semester of a Bachelor of International Studies course at the University of Ballarat, majoring in the Japanese language and minoring in international politics. I've been selected by the University to partake in a research project where I am to work with a multicultural organisation for twelve weeks and produce a report on my findings.

I unfortunately haven't had much experience with multiculturalism practically, though it is one of my main areas of study at University. In 2010, coincidentally, my research led me to BRMC where I studied the role of multicultural organisations in society (largely from a theoretical perspective). I also attended one of the Annual General Meetings in that same year. Because of these experiences, BRMC has presented itself as a very interesting and certainly very relevant topic for study.

In my studies this time I hope to glean a more practical knowledge of how multicultural organisations operate, who they primarily operate for and, just like before, their role in contemporary Australian society. I'll be helping out here at BRMC wherever I can and 'learning the ropes' for the first month or so. After that I hope to be involved in projects aimed at creating a more inter-connected multicultural network amongst the various community organisations within Ballarat, which BRMC is already working on.

As highlighted by Katharine Allan, another student from Ballarat University who did research on multiculturalism in Ballarat last year, certain services are perhaps not being provided to the best of their potential because of the tendency for organisations to keep to themselves. The successful implementation of a 'Multicultural Hub' will allow for better inter-organisational communication, which will create better, more informed policy and lead to better service coverage and quality in Ballarat. I'm very pleased to be working with the Ballarat Regional Multicultural Council and I look forward to the many experiences I'll no doubt be rewarded by in the near future as part of my placement..

SATURDAY OCTOBER 13TH 1-5PM

OUT OF AFRICA

AFRICAN HENNA
BODY ART & FACE PAINTING
HAIR BRAIDING

CRAFT & HOME-WARES FROM KENYA
FABRIC PAINTINGS

...INTO THE LAKE

LAKE WENDOUREE FORESHORE (NEAR PIPERS RESTAURANT)

AFRICAN DANCE & PERCUSSION WORKSHOP WITH GHANAIAN MASTER DRUMMER & DANCER KOFI KUNKPE 1:30-3PM BOOKINGS ESSENTIAL. \$20 FULL & \$15 STUDENT/CONCESSION. 13YEARS+ FOR WORKSHOP.

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Thai Cooking Classes a Great Success

Through the support and funding from the Victorian Multicultural Commission and in partnership with The Thai Cultural group, BRMC offered a ten-week Thai Cooking class which started on the 8th of June and ran until the 9th of August, 2012. The class was promoted to the members and the general public via email, newsletter and in the Courier and attracted 35 keen participants who range from young students to middle and senior aged people who love Thai food.

An introductory session /class were held to inform attendees on the format of the class, ingredients needed and also to introduce Lek Sassmanhaussen who provided the cooking instruction and demonstration. Lek is a very experienced cook and runs a part-time catering business. It was very satisfying to see the enjoyment of everyone as they learned and tasted Thai spring rolls, Pad Thai, Green Chicken Curry, Thai Green Sal-




ad, Curry puff and many other traditional Thai dishes.

Lek also showed the class ideas on food presentation and fruit and vegetable carving which everyone appreciated. A wind-up dinner party was held on the 22nd of August to celebrate and to share and enjoy Thai food which everyone prepared and enjoyed. There is a lot of interest from the participants to attend another cooking class which is still under consideration. We thank everyone for their participation, help and assistance with cleaning and tidying up and for just being a fun-loving, easy going and friendly bunch of people. We had fun learning with you. Happy Thai cooking everyone!!
Regina and Nenita

GPlace Clean-up Gets Consortium Members Going



On Wednesday 1st August the three groups which share GPlace (BRMC, U3A and Mt Clear College) came together for a Working Bee and BBQ Lunch. It was a very successful social event and also significantly cleaned up the exterior of the place. Many thanks to all involved particularly the students from MT Clear College who organised the lunch, plus other members of the Consortium who participated..



BRMC Inc.

Ballarat Regional Multicultural Council
cordially invites you to the
Gold Miners - Dinner Dance Sovereign Hill
(1850-60's era)


Savouries with complementary drink on arrival at 7pm in the Victoria Theatre
Sumptuous 3 Course Meal, at the New York Bakery

Includes complementary red and white wine, cheese and nibbles.

Entertainment by Barry Currie and Friends
Raffles and Lucky Entrance Prizes
\$70 per person
Drinks at Bar Prices

Dress Period Costume or Semi Formal
WIFEEN: Friday 28th September 2012, 7:30pm
Contact: Ms. Georgina Vagg - (03) 5335 7937 or 0408 109 471

Admittance by tickets only
RSVP by Friday 21st September 2012



Continuing Education Opportunities at BRMC

Zumba

Zumba classes are now running Monday and Wednesday evenings at GPLACE from 6-7 pm each week. Ms. Meire de Mello, a wonderful, enthusiastic and fun teacher will demonstrate all the dance/fitness steps and procedures and actively engages all participants in the sessions.



BRMC invites everyone to come along and join in these terrific sessions, improve your fitness in an exciting and enjoyable way and meet lots of interesting new people. Come and join us tone-up your body and enhance your cardio with this great Latin American based activity Remember Zumba fitness is a great way to get fit and fab while having fun.

Computer training

Conducted by Vic Djajamihardja. I've recently had the pleasure of helping BRMC with IT tutoring and have thoroughly enjoyed the experience, meeting many interesting people from a wide variety of backgrounds. As the son of Indonesian migrants in the 60s, I received an abundance of help from other migrants who arrived before us and I hope to return the favour in my work with the BRMC.



My background in IT in Ballarat extends back to the mid-90s where I helped establish Cyberlink Access Systems, one of the first Internet providers in town. From there, I've been involved in the local IT industry in roles as diverse as programming, training, customer relations, network support and internet develop-

ment.

In my volunteer role, I hope I can help BRMC members become more comfortable with Information Technology, particularly the use of the Internet, whether you be a rank beginner or one familiar with the basics. Concerned about viruses and internet scams? I can help you keep safe and put the reality of the risk in proportion. I can show you the basics of commerce on the internet and how to take advantage of that, as safely and securely as practicable. If you're interested in communicating internationally, there are many options available on the internet.

If you're interested in some assistance, please contact me through the

NEW AT BRMC !!!

TWO GREAT THURSDAY NIGHT CLASSES

CHI GONG

Originating from China, Chi Gong consists of simple breath and movement exercises that can help you to relax, build up your energy levels and feel good about yourself. It's a form of exercise that people of all ages can do and gain benefit from!!

\$5
6pm - 7pm

BELLY DANCE

A great opportunity to get to know your body and have a really good time!!! Learn to move in amazing ways and get fit!!!

\$5
7pm - 8pm

Both Classes will be taught in the Gplace main Function room by the wonderful Kirei Choe
Call 5332 5941 to book or enquire. Classes Begin Thursday September 20th

Ballarat Regional Multicultural Council
BRMC Inc.

Yoga Classes

When: Every Tuesday
28 Aug.—30 Oct.

Where: GPlace, Golden Point

Cost: \$50 for 10 sessions

Time: 6-7 pm

Contact: 5332-5941

Email: admin@brmc.org.au

Instructor: Mina

Physical
Mental
Spiritual
Exercise

BRMC.

Reverse Mentoring

Learn from a young tech guru!!!

High School Students are offering their knowledge to you so you can ...

- Learn to digitise your photos and make a photo album
- Make video calls to distant relatives
- Make a movie for your grandchildren
- and many other fun possibilities

To find out more give us a call on 5332 5941.

Ballarat Regional Multicultural Council
BRMC Inc.

Migration Consultation Service

Visa Questions

Citizenship Questions

Sponsorship Questions

Other Immigration Questions

When: Every Wednesday
03 Oct. to 24 Oct.

Cost: \$75
Initial Consultation

Booking required:

Contact: 5332-5941

Email: admin@brmc.org.au

Interested in learning something? Tell us what you want!

Profile: Khushi Maharaj

I am a third generation Indian born in Fiji. My great Grandparents were brought to Fiji from India in 1879 by the British Raj as indentured labourers to work on the sugar cane farms owned by the C.S.R Company.

I am the seventh child in the family of seven. My father died when I was only eight months old. I have no recollection of my father. My mother single handedly raised the whole family. I am the only fortunate one to be educated.

My wife (Satya Maharaj) and I are trained high school teachers in home economics and wood and metal craft respectively.

Why we came to Australia, and why Ballarat?

After travelling to several countries like India, Australia, United Kingdom, Thailand, the Philippines and Singapore, my wife and I decided that there was no better place than Fiji, both socially and economically.

In 1987 the military coup in Fiji became the curse on the people of Indian origin; we also became the victims of the coup. Our house was broken into about 10-12 times during 1987 and 1988. All valuables in the house were stolen and I decided to leave the country I loved very much. When my son told me that my wife was blackmailed by thugs with a gun against her throat making her promise that she would fulfil their demands otherwise they will kidnap our son. She was not supposed to tell me about this threat My wife is of very calm nature but due to this threat she started acting frantically whenever I was just a few minutes late at picking up my son after school.

We arrived in Ballarat in 1989 empty handed with only a few pairs of clothes. My brother in-law provided the accommodation on our arrival and the basic needs to start our life from zero.

I was employed as a joiner for a year and then came the recession of 1990 and I lost my job.

With the help of our neighbour my wife did stitching for almost two years, until we tapped into market stalls with Indian finger food, followed by catering for parties, etc. We were determined to work for our survival with the skills we had and not be a burden on our Government

In Ballarat both of us have been passionately doing community service ever since we were able to stand on our own feet. We have reached out to help any New Arrivals in need of guidance irrespective of race or religion.

I have been on the BRMC executive committee for the last six years as well as Founder of the Ballarat Indian Association

I firmly believe in unity in diversity for the harmony and the prosperity of our country, Australia.



us

Khushi Maharaj

Fundraising

Special effort

The following prize winners were drawn at GPLACE and the lucky winners are

A Night for 2 in Sovereign Hill Museum – A. Bernadeschi
Banquets for 2 at Dragon Boat Restaurant Melbourne – F. Kheng
Six Bottles of Wine – T. Blackburn
Forest Resort Golf for 2 – S. Chandrasekhira
Lunch for 2 at the George Hotel – V. Barbaro
Pole Dancing Lesson – L. Carranza

Pictured are Cr Cheryl Bromfield who chose the winners with BRMC Chairperson Frank Williams and Executive Officer Jeff Langdon, Tamie Blackburn, Isaac Moises selling tickets at Stocklands, and Frank with first prize winner Alda Bernadeschi

May I thank everyone who has helped in anyway, by buying tickets for our raffle which proved very successful, just over \$ 2000. Grateful thanks to Mr. Frank Williams who organised with Stockland Wendouree, to have a table and chairs for the tickets sellers who were Teresa and Roman Skyrpko, David Vendy, and Mary Plotecki. A big thanks to all BRMC staff members who help sell tickets through your networking. Well done!!!

The Sapphires

A wonderful and another tremendous fundraising success, conducted by Ms. Georgina Vagg (fundraising coordinator). One of Australia's most heart-warming, fun filled exciting and educational movies enjoyed by 132 attendees on the 12th August 2012 at the Regent Theatre. Followed up with a tea, coffee and savouries at the George Hotel. People had a chance to mingle whilst having fun in discussing how brilliant the movie was. They said it was something they would watch again. What a wonderful feeling to see that everyone had an absolute great time. Hopefully I can put another film on at a later date to the same standard as the Sapphires was. I would like to thank each and every one who supported and attended this successful fundraising event. Thank you very much.



Sovereign Hill

I'm thrilled to say tickets are selling fast, so I'm very grateful to those people who have purchased tickets; there are only a few tickets left to sell.

The night is coming together extremely well, it will be a wonderful evening to remember it will also have a great and wonderful atmosphere being at the Sovereign Hill outdoor museum. Special guests will help us celebrate this great event. Dress code will be exciting as you can come with a costume that you like e.g. A Gold Miner, Ladies in a Ball dress (going to one of their old time balls with the Captains or Soldiers), can- can dancers, old costumes, Chinese vegie gardeners or suits-tie for men and semi-formal for the ladies.

Please be on time in the Theatre for pre-drinks and nibble (Sovereign Hill) at 7pm on Friday 28th September. See advertisement on page 8 of the Newsletter.

We hope to see you there!!!



Georgina Vagg
Women's Officer
Fundraising Coordinator
BRMC

Multicultura!!!

Coming November 16th Wendouree Performing Arts Centre.

Keep this date free!

Artistic Penny!

BRMC Administration Volunteer Penny Hetherington has been active again painting Traffic Signal Boxes for the City of Ballarat's Arts program. Her latest two creations are shown below. As Penny says, "It was an amazing and enjoyable experience. I have been very lucky to be given an opportunity to work in an area that I have a great passion for. Maybe someday I will be lucky enough to work on a similar project again for the City of Ballarat! Fingers crossed." Well done Penny.



New Social Inclusion Worker

To strengthen links with CALD communities in the region, Relationships Australia Victoria (RAV) Ballarat has appointed Pat Harrison as Liaison Officer. She will be responsible for ensuring that established and recently-arrived migrants in the region are aware of the programs RAV has to offer and that the programs are accessible to all members of the community, regardless of their background.

Pat has been with RAV in Ballarat for 7 years. She has worked in the Family Relationship Counselling program and at the moment works as a Gamblers Help counsellor and a Child Consultant in the Family Dispute Resolution program.

The Family Relationship staff offer individual and couple counseling to anyone who wants to improve their relationships. Counselling for children is also available.

Family Dispute Resolution is primarily concerned with helping couples who are separating to make Parenting Plans and property settlement agreements. The wellbeing of children is the first priority in this work.

Fees for both these programs are based on your income, beginning at \$30 for a daytime appointment.

Gamblers Help counselling is free and available to problem gamblers and anyone who is affected by someone else's gambling. The aim of the counselling is to reduce the harm that gambling causes to individuals, families and the community.

All the staff at RAV Ballarat have been trained to be sensitive to the issues facing people trying to make a place for themselves in Australian society. Interpreters will be provided if you need one.

If you think someone you know would benefit from any of the services Relationships Australia Victoria provides, or if you would like Pat to come and talk to members of your community, you are encouraged to call her on 5337 9222 .

Featured Volunteer – Katja Fiedler

From Berlin to Ballarat via Kathmandu. My last big travel adventure just four months ago brought me from my home town, the capital of Germany to fairly smaller Ballarat. Now I am settling in here in Regional Victoria.

You ask me why I decided to move to Ballarat? Well, that happens when you travel with the wind and you are always open to new adventures. Traveling and exploring new cultures, learning new languages and tackling all sorts of outdoor adventures all over the world have been lifelong companions to me.



My family has a great contribution to this travel passion of mine. Growing up in former East Germany that was separated from West Germany by not only the Wall but also by fundamentally different political and social systems it wasn't possible to travel wherever you wanted to. Of course, you could go to most of the countries of the former Soviet Union (and there were many) but you wouldn't be able to visit so called "Capitalistic Countries" on the other side of the *Iron Curtain*. Being very limited in your freedom to travel my family just couldn't wait for the Wall to come down in 1989 and to take me on amazing trips to old Medina towns in Morocco and traditional Massai tribes in Kenya amongst many other adventures in my childhood and teenager days.

One year of working and travelling in Australia as a backpacker straight after high school was the first big adventure on my own. I then fell in love with this diverse country with its migrants from all over the world, its vastness and amazing landscapes as well as its fairly laid back mentality. Working and living in very remote Aboriginal communities in the Kimberley (where I met my Australian husband to be), I could intensely experience this incredibly old Aboriginal culture. At the same time I observed the ongoing difficulties of integration of Indigenous Australians into the social system and the still problematic coexistence with Indigenous and non-Indigenous people being confronted with racism and prejudices towards the other. This experience should influence my future path.

After all, my interest in other cultures, languages and my idealism towards intercultural understanding and communication made me decide to enrol in Social and Cultural Studies back in Germany.

Now, many years after my first visit to Australia, with a Bachelor's Degree and experience as a volunteer in Cultural Community Projects in my luggage I am back in Down Under and I am highly motivated to get involved with the interesting and inspiring programs of the BRMC. This place gives me the opportunity to work with all the different Cultural Groups, to broaden my knowledge on foreign cultures and hopefully to make a little contribution to intercultural exchange and understanding. In the near future, with more experience and further studies in the field of community program work I hope to get the chance to realise community projects on my own. There are many ideas in my mind, to be translated into action.

Help BRMC by becoming a Volunteer

Call 5332 5941 or fill out the form on our website.

What's on

Lino Prints by
Australian Master
John Taylor
&
East Timorese
Printmakers



You are warmly invited
to join Ballarat Mayor
Cr. Mark Harris
in opening

Send Me More Lino

Opening
Friday, 12 October
6 - 8pm

Please RSVP by 10 October
aksmiller@gmail.com

Continuing through Sunday, 28 October
Thursday - Sunday 12 - 4pm



backspace
gallery
Huyghue House
Alfred Deakin Place
@ Camp Street & Police Lane

Supported by:
Ballarat Friends of
Ainara Community
Committee
Australian East Timor
Association (Ballarat)
Ballarat Grammar
Creative Framing Gallery
Radnac Office Choice

Proceeds supporting
East Timor
community art
projects



Hepburn Moorabool Multicultural Lunch

When: Wednesday October 3, 2012

Where: Bacchus Marsh Golf Club
Links Road, Bacchus Marsh



Time: 11:30 a.m. - 2:30 p.m.

Cost: \$5.00 two course meal

RSVP : By Thursday September 20

Bookings are essential for catering purposes.



The Hepburn/Moorabool Multicultural program is a social support program for people from diverse cultural backgrounds who are : aged , have a disability and feel isolated.

Carers are most welcome.

If you feel this activity would benefit you or a friend, need transport and have any

special dietary needs: Please contact: Virgie Hocking

BRMC Social Support / Telelink Coordinator

Phone: [5332-5941](tel:5332-5941) or E-mail: virgieh@brmc.org.au



Who's Who

BRMC Executive Committee

Chairperson: Frank Williams
Deputy Chair: David Vendy
Secretary: Khushi Maharaj
Asst. Secretary: Carmel Kavanagh
Treasurer: Lisa Howlett
Assistant Treasurer: Lynda Andeobu
Interfaith Officer: Fr. Peter Kunen
Publicity Officer: Brigette Kerrutt
Women's Officer: Georgina Vagg
Youth Officer: Dr Sundram Sivamalai
Community Representatives:
Sherley Hart, Mona Hatwal, Mary Nyaw,
Ugo Lo Iancono

Staff

Executive Officer: Dr Jeff Langdon
Finance Coordinator: Regina Bautista
Volunteer Coordinator: Nenita Drough
HACC Team Leader: Jason Shorter
HACC Support: Vacant
MCT Food Coordinator: Juliet Montague
HAA Coordinator: Kim Romeo
HAA Support Worker: Vacant
Telelink/SSG Coord: Virgie Hocking
Migrant English Program: Judy Brumby*

* Voluntary positions*.

Contact BRMC

Office Address:

GPlace Cnr. Dunn & English Street
Golden Point, 3350

Phone: 03 5332 5941

Fax: 03 5332 5944

Email: admin@brmc.org.au

Postal Address:

PO Box 1418 Bakery Hill, 3354

BRMC Financial & Program Supporters



home and community care

A JOINT COMMONWEALTH AND STATE/TERRITORY PROGRAM
PROVIDES FUNDING AND ASSISTANCE FOR AUSTRALIANS IN NEED



Australian Government

Department of Health and Ageing

Department of
health

Achieving the best health and wellbeing for all Victorians



VICTORIAN
multicultural
commission