

# HOTCHpotch

Issue 7

**Life**

After Uni

**Looking for Work?**

Three Useful Job Websites

**Five Ways to Lose Weight**

Without Starving Yourself





# What's in the mag.

## Editors' Welcome

The end of the university year is nearly here. For many, it is their last ever term of uni. Saffron is in this very position, and her piece on life after uni reflects the feelings of those approaching the end of their course.

This time of year can be very stressful for a large majority of students, and exams do not relieve any of this pressure.

Having good study habits can help you feel more prepared for exams and final assignments, and therefore less stressed. Check out the Ur Ballarat section for helpful tips to help you study better.

Whether this is your final term or not, and whether you have exams or not, we here at Hotch Potch wish you all the best for the rest of your studies. Good luck for exams and all your future endeavors.

Until next time,

Melita and Alexandra

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Thank you to Jeannie King, the Director of Student Connect.



## Ballarat Elections: Faces To Know

Council elections are currently underway across Victoria. The election for Ballarat City Council is a postal election. You will automatically receive a postal ballot pack in the mail if you are on the roll for the election. Ballot packs will be mailed out between 9-11 October and should be completed and returned to the Returning Officer by 6.00 pm on Friday, 26 October - which is when voting closes for these elections.



### Vicki Coltman

*Vicki Coltman is a candidate for North Ward. She is a member of the Liberal Party but is not an endorsed candidate.*

As the Executive Officer of Lead On Ballarat I am committed to our young people, inspiring them to achieve and be part of the community. With two business degrees from the University of Ballarat and as a Golden Key member, I actively mentor youth in their professional and personal development to become our future leaders.

I believe some members of the community have little or no time for youth and I advocate strongly for youth; listening to them and raising public awareness of youth issues. Having worked in a range of different organisations, I know the best way to make real and lasting change is by working from inside an organisation. We can change community perceptions, but we must work together to do so.

Ballarat must be a well managed and financially sound city if it is to continue to develop into a city where opportunity abounds; a city where you will be proud to live and raise your families. Therefore I want Ballarat's 2030 strategic vision to include the thoughts and ideas of today's youth. Young people deserve to be heard and I will work to give you the opportunity to have a voice in your future.



### Belinda Coates

*Belinda Coates is a candidate for Central Ward in the Ballarat Council election. She is an endorsed Greens candidate.*

I'm committed to our community, having worked locally in health and human services, counselling and tertiary education as a qualified social worker for 20 years. I raised my son here and live in Central Ballarat with my partner. I've publicly advocated on issues such as planning, Civic Hall, environmental, human rights and multicultural issues. I've been actively involved in organising many local arts, music and human rights events. I'm passionate about wellbeing, arts and sustainability.

If elected as a Councillor I will:

- Listen to the community, ensure genuine community engagement and advocate for the best outcomes;
- Focus on sustainability and reduce waste;
- Support local action on climate change: reducing costs through energy efficiency and waste reduction
- Advocate for better public transport, bus connections and more services
- Push for more support for community arts, live music and community theatre
- Take a strong stand against the TAFE cuts
- Work to improve pedestrian, cyclist and all abilities facilities and paths
- Support small business, innovation and job creation;
- Protect and enhance open space;
- Protect heritage -respect and promote our history and culture while encouraging innovation and resourcefulness
- Advocate for action on Civic Hall, return it to community use.
- Ensure transparency, accountability, responsible financial management;
- Respect and celebrate our diversity
- Focus on high quality, accessible services from early childhood to aged care.

I'm committed to open, transparent government and endorsed by the Victorian Greens.

## Tim Ryan: Immersing Us All in Theatre

Saturated in a world of film, Youtube, Foxtel and free to air television providing us with a plethora of education and entertainment it's hard to imagine theatre holding a candle to their CGI lights. For hundreds of years theatre was all the rage but nowadays, in most parts of Australia, it feels like an aged dying uncle that we know we should visit but so rarely do.

What will make an audience risk a perfectly good night out on another standard, expensively priced, proscenium arch play when they could toddle off to the slightly more affordable movie theatre where at least if the movie is crap, they can enjoy comfortable seats and fresh popcorn?

In order to entice audiences back, theatre needs to take risks. It needs to offer what the movies and television and Youtube can't. It needs to recreate the magic that once existed in new and exciting ways and I believe University of Ballarat's Honours Student Tim Ryan is just the man to get the fever started.

Earlier this year, Tim directed an innovative piece of theatre called *Primitive Conversation*. The performer was asked to tell the audience member a story with no movement or talking. The piece was stripped back to the earliest form of communication through eye contact. "Each audience member was able to walk away from the performance with their own personal experience, an experience that was confronting but at the same time had the ability to drag up memories to be mulled over."

Tim's next piece is equally as innovative. This new type of 'immersive theatre' is spreading around the globe. Immersive Theatre has been "described as a mix between performance art and installation art whilst still conveying

a traditional theatre narrative. The audience enters the performance space and is encouraged to explore and lose themselves in the world that has been created, whilst the performance occurs around them and, on occasion, involving them".

With touch, sights, sounds, smells and possibly even taste – it blows sensationalist gimmick cash-cow 3D movies with their annoying glasses out of the water. I take your 3D and raise it by two. Beat that IMAX!

Tim first encountered Immersive Theatre in 2010 when he saw a performance by Moira Finucane and Jackie Smith titled *Carnival of Mysteries* at 45 Downstairs in Melbourne. "This immersive theatre piece was representative of a carnival and I was taken by the atmosphere and from then I began researching performances like this one."



Tim credits his time at UB as being an inspiration to his work as a creative, "my experience at UB Arts Academy has been great! The teachers have been engaging in all of their fields. The range of subjects taught and the variety in which they are taught, allowed me to develop into the individual artist that I have become. The surrounding

arts community have also had a huge impact on my time at UB and in Ballarat—inspiring, diverse and creative."

**Delightfully Grimm** - 8th, 9th & 10th of Nov @ 7:30  
10th of Nov @ 3pm  
"The Black Box Theatre" situated on the corner of Sturt and Lydiard Streets, behind the "Post Office Gallery".  
Concession \$7  
Adult \$12  
For such reasonable prices – why wouldn't you experience the madness?

By Alexandra Meerbach

## Warm Chilli Chicken Salad

Serves 4



### Salad Dressing:

- 2 tbsp Sweet chilli sauce
- 1 tbsp Olive oil
- 1 whole lime squeezed
- 1/2 tsp ginger
- 1 tsp garlic
- 1/2 tbsp fresh coriander
- 1 small chilli finely chopped - no seeds (unless you like it hot!)

### Method

1. Add all ingredients to a small bowl or jar and stir until mixed.

### Salad:

- Large bowl of mixed salad leaves
- 1/2 cup of lightly crushed cashew nuts
- 1 cup of halved cherry tomatoes
- 1 small cucumber quartered and chopped (lebanese is best for this salad)
- 1/2 packet of snow pea sprouts
- Handful of coriander leaves
- 500g chicken breast

### Method

1. Add cashew nuts, cherry tomatoes, cucumber and coriander to mixed salad leaves and gently stir through 1/2 salad dressing. Set aside.
2. Cut chicken into slices and brown in frying pan.
3. Serve salad onto plate, forming a peak.
4. Place warm chicken strips onto salad mix, forming a teepee.
5. Dress salad with snow pea sprouts and drizzle with remaining dressing.

## Cocoa and Coconut Balls

Makes 12

### Ingredients

- 1/2 cup linseed
- 3 tbsp sunflower kernals
- 3 tbsp sesame seeds
- 2 tbsp cocoa powder (or carob powder)
- 1 pinch of iodised salt
- 3 tbsp honey or rice malt syrup
- 3 tbsp desiccated coconut

### Method

1. Grind linseeds, sunflower kernals and sesame seeds in a clean coffee grinder.
2. In a bowl mix all ingredients together - keep aside 2 tbsp of desiccated coconut.
3. Combine with wooden spoon or food processor.
4. Form into balls and then roll them in the remaining coconut to coat.
5. Refrigerate before serving.

Suitable for freezing



*By Alexandra Meerbach*

Do you have a flair for cooking or a recipe you want to share? Perhaps you have some helpful hints to reduce grocery costs or give a dish that extra flavour. Send your recipes and hints along with a photo to [hotchpotchmagazine@gmail.com](mailto:hotchpotchmagazine@gmail.com).

## BIG JOB

*A serial by Shane Hartwig (Professional writing and Editing)*

The hideout, was an apartment block in the northern suburbs; an area not overly notorious for either crime or extravagance. It's close vicinity to a local prep-school meant it was mostly quiet, innocuous, and subject to typical suburban banality. We guarded the apartment closely as D-day drew closer.

I went to the apartment, passing a lookout in the dingy, narrow concrete stairway and another on the second floor, so by the time I arrived at the door, Andrew was waiting for me with door open. Upon entering the apartment and progressing to the kitchen I quickly relayed my exchange with Agent Grant.

"This complicates things." Andrew observed. "I hadn't anticipated the authorities becoming interested ahead of schedule."

I waited in silence while Andrew looked pensive, the gears of his mind at work.

"How did you go with Mr Marretti?" he inquired.

"He didn't like that I had nothing to tell him." I answered.

"Told me to 'get disappeared quick-frigging-smart'."

Andrew chuckled and I smiled uncomfortably. I had almost crapped myself when the mobster thrust the revolver to my face.

"I found the guy." I said.

Andrew had concocted an ambitious plan. This man I sought was the final in a long list of potential candidates, it was after securing his services that I was detoured by Marretti thugs.

Eighteen months ago I was employed in several menial jobs. During the day I sorted cans at a recycling plant for a pittance, picking up some shifts washing dishes at low-level takeaway spots on Friday and Saturday nights. Better paid jobs were sometimes beyond me with my recurrent complaining leg. It's shameful to see a 29 year old, at times prone to limp like a man twice that age. But I survived, though my life was miserable and lonely. And so, ready to wash out in declining depression, a day, starting like any other, was the pivotal turning point.

I returned home to my low grade apartment, after another night in a mundane stream of identical evenings to find a figure that hadn't been there when I left.

It wasn't unusual in that neighbourhood to have uninvited company prepared to part a unit with its contents, or someone lost in a narcotic haze to seek shelter in the first domicile that took his stupefied fancy, or a person of the less benign intention of indulging the more ruthless and equally senseless thrill of beating for sport and accolade. Such things ran through my head as I beheld the man standing in my sparse lounge. Alarm gave way to confusion. The elder, astute looking man seemed to have no intention of robbing the place (or harming me at that junction).

"Stay calm Michael." The man ordered.

"What the hell are you doing here!?" I roared.

"I've come to give you this." He said, dropping a tiny business card on the dented coffee table then walking carefully around me and out the open door.

After consuming an adequate amount of liquor to calm my twitching aggression I ventured to pick up his ambiguous gift. On the card was printed a cell-phone number. A more sensible man would have discarded the card of a bizarre intruder, fearing a hook lay in the inquiry, but poverty and long desolation from self respect and care have a way of making men open to their curiosity. Finally I indulged to take a risk against my usual prudence; after all, what was the risk in a phone-call? So, half-tanked and driven by careless questions, I called the proscribed

number.

After three rings, someone answered. "Hello Michael."

How unpleasantly familiar the voice sounded. Before I could reply, the voice continued:

"This message will only be played once, so pay close attention and I advise you take details ..."

There was a short break in the speech, perhaps to allow me to gather a pen and paper, but I judged that the prank in the message was not worthy of being written.

"You are among a select few that possess the personal characteristics that are required for an extremely lucrative operation set to take place in the near future. I, as the leader of this project, wish to extend you the opportunity to partake in this project; the earnings of which are close to five times you annual income ..."

I snapped to attention and scrambled for the pen as the voice persisted:

"Due to the high-stress, hazardous and unscrupulous nature of the task, you are not obliged in any facet to pursue the position further. If you choose to undertake it, return the card left with you to office 42B, Jeffers St, North Hallston, no later than 11:45am next Tuesday."

The line went dead, the dial tone sounding as I scribed the details. Scarcely sure I had even taken these things right, I mulled on everything I had heard that had just profoundly altered every aspect of my situation.

And here I come to my situation as it stood some moments ago: cuffed to a desk, writing a confession.

You may come to think I'm self-righteous, trying to sell you a story to convince you I'm innocent and all about me are the guilty ones. You don't have to like me, you're just reading my story in this frigging brief and after you've put this down you'll go back to your life. Go see your family, watch T.V over a beer, drive your car to the

supermarket, spend ten minutes picking the right breakfast cereal, go out clubbing and chase sluts- strike out, go home alone, masturbate and flounder in self-pity. For me and my crew, life is shit, life will always be shit and we will never cry about it.

I'll tell you what's going to happen from here. It is currently 15:51 pm. In exactly four minutes, the power will be cut to this building. The back-up generators, waiting in the basement are already primed with mild explosives. If all goes well my man will be on time, and once the power is gone, the cark-park on the western side of the building will visited by the usual dump-truck at 15:55. The guards will pay no attention to the truck, or its usual driver. It will ram the western wall, delivering a tactical assault team into the building. They will subdue and infiltrate the main corridors into this room. While this occurs my man will be deactivating the alarms and operating the remote doors via the control console in the security office on the fifth floor. I can only hope they won't have to use live-rounds. But given that this is an FBI office and every one of the staff, will be packing firepower, I believe someone will be killed.

The team will collect me, break down the door, free me, and the rest will be history ... two minutes, twenty seconds left.

I should like to leave you with some kind of deep and profound final sentence, but I've just executed a near perfect robbery, and I look hopeful to be alive long enough to spend it, so good-bye.

P.S Agent Grant: If you care to find me you might like know that my name isn't Michael.

**This was the last part of the Big Job serial. Past installments can be found online in previous issues of Hotch Potch.**

**If you are interested in creative writing, photography, or art, then we are interested in seeing your work. Email us your creations: [hotchpotchmagazine@gmail.com](mailto:hotchpotchmagazine@gmail.com), or find us on facebook: [www.facebook.com/hotchpotchmagazine](http://www.facebook.com/hotchpotchmagazine)**



## Ballarat

**Who:** Josh Pyke  
+ Jack Carty  
**Where:** Karova Lounge  
**When:** Thursday, 25 October. Doors open 8.30pm  
**Cost:** \$30 + b/f  
**Tix:** New Generation, Karova Lounge, and Oztix

**What:** Baby and Children's Expo  
**Where:** Ballarat Mining Exchange  
**When:** Sunday, 28 October. 10am-4pm  
**Info:** 03 5331 8036

**What:** Royal South Street Stems Showcase  
**Where:** Her Majesty's Theatre  
**When:** Sunday, 28 Oct. 2pm  
**Cost:** \$25 Adult, \$10 Child, \$18 Group 20+

**What:** UB United vs Copperoos  
**Where:** J Oval, Mt Helen Campus  
**When:** Wednesday, 31 Oct. 12-2pm  
**Cost:** Free  
**Info:** 03 5327 9446; international.ss@ballarat.edu.au

**What:** On the Road: Ballarat - Di Morrissey in Conversation  
**Where:** Art Gallery of Ballarat  
**When:** Thursday, 1 Nov. 6-7pm  
**Cost:** Free  
**Info:** 03 5320 5858

**Who:** The Tiger & Me  
+ Young Werther  
+ The Nymphs  
**Where:** Karova Lounge  
**When:** Thursday, 1 Nov. Doors open 8.30pm  
**Cost:** \$12  
**Info:** www.karovalounge.com

**What:** Jon English-Rock Revolution  
**Where:** Her Majesty's Theatre  
**When:** Thursday, 1 Nov. 7.30pm  
**Cost:** \$64 Adult, Conc \$59, \$54 Child  
**Info:** 03 5333 5800; www.hermaj.com

**What:** Australian Poetry Heat  
**Where:** Ballarat Library, 178 Doveton St  
**When:** Thursday, 1 Nov. 7-9pm  
**Cost:** Free (Entrants + audience)  
**Info:** www.australianpoetryslam.com/vic

**Who:** The Paper Kites  
+ The Art Of Sleeping  
+ Battleships  
**Where:** Karova Lounge  
**When:** Saturday, 3 Nov. Doors open 8.30pm  
**Cost:** \$18 + b/f  
**Tix:** New Generation, Karova Lounge, and Oztix

**What:** Intro to DSLR Photography Workshop  
**Where:** Eastwood Leisure Comple, 20 Eastwood Street  
**When:** Wednesday, 7 Nov. 6.30-8.30pm  
**Cost:** \$55  
**Tix:** info@michelledunn.com.au

**What:** Russian National Ballet: Sleeping Beauty  
**Where:** Her Majesty's Theatre  
**When:** Wednesday, 7 Nov. 7.30pm  
**Cost:** \$47.90-\$87.90  
**Info:** 03 5333 5800; www.hermaj.com

**What:** Ballarat Show  
**Where:** Ballarat Show Grounds  
**When:** Friday, 8 Nov-Sunday, 10 Nov  
**Cost:** \$35 Family- 2 Ad. + 3 Children, \$10 Pensioner, \$7 Children (5-15 years), Free Under 5 years  
**Info:** www.ballaratshow.org.au

**Who:** The Toot Toot Toots  
+ Howlin' Steam Train  
**Where:** Karova Lounge  
**When:** Friday, 9 Nov. Doors open 8.30pm  
**Cost:** \$10  
**Info:** www.karovalounge.com

**What:** Let's Talk Poetry with Barry Breen  
**Where:** Art Gallery of Ballarat  
**When:** Tuesday, 13 Nov. 12.30-1.30pm  
**Cost:** Free  
**Info:** www.artgalleryofballarat.com.au





**What:** Art Insight: Cecily Davis  
**Where:** Art Gallery of Ballarat  
**When:** Wednesday, 14 Nov. 12.30-1.30pm  
**Cost:** Free  
**Info:** [www.artgalleryofballarat.com.au](http://www.artgalleryofballarat.com.au)

**What:** Bare Witness  
**Where:** Her Majesty's Theatre  
**When:** Thursday, 15 Nov. 8pm  
**Cost:** \$25-\$50  
**Info:** 03 5333 5800; [www.hermaj.com](http://www.hermaj.com)

**Who:** Ian McNamara  
**Where:** Wendouree Performing Arts Centre  
**When:** Thursday, 15 Nov.  
**Cost:** \$49 Adult, \$44 Conc  
**Tix:** [www.wcpa.com.au](http://www.wcpa.com.au)

**What:** Culture through Music  
**Where:** Wendouree Performing Arts Centre  
**When:** Friday, 16 Nov.  
**Cost:** \$15  
**Tix:** [www.wcpa.com.au](http://www.wcpa.com.au)

**Who:** The Beards  
 + The Snowdroppers  
 + The Stiffys  
 + The Baker's Digest  
**Where:** Karova Lounge  
**When:** Thursday, 22 Nov. Doors open 8.30pm  
**Cost:** \$20 + b/f  
**Tix:** New Generation, Karova Lounge, and Oztix

**What:** The Twilight Saga: Breaking Dawn  
**Where:** Mount Clear Primary School, 1206 Main Rd  
**When:** Friday, 23 Nov. 6.30-9pm  
**Cost:** \$15

**What:** Panda-monium Festival  
**Where:** Mount Clear Primary School, 1206 Main Rd  
**When:** Saturday, 24 Nov. 10am-3pm  
**Cost:** Free

**What:** Opera Pops  
**Where:** Wendouree Performing Arts Centre  
**When:** Sunday, 25 Nov. 2.30pm  
**Cost:** \$30 Adult, \$25 Conc, \$15 Student  
**Tix:** [www.wcpa.com.au](http://www.wcpa.com.au)

**Who:** Evil Eddie  
**Where:** Karova Lounge  
**When:** Friday, 30 Nov. Doors open 9pm  
**Cost:** \$10  
**Info:** [www.karovalounge.com](http://www.karovalounge.com)

**What:** Christmas Fest by the Lake  
**Where:** Pleasant Street Primary School, by Lake Wendouree  
**When:** Friday, 30 Nov. 5-9pm  
**Info:** [www.christmasfestballarat.com.au/](http://www.christmasfestballarat.com.au/)

**What:** aMAZEing Ballarat  
**When:** Saturday, 1 Dec. 8.30am-2pm  
**Cost:** \$25 Adult, \$10 Child  
**Info:** [www.eurekaorientees.asn.au](http://www.eurekaorientees.asn.au)

**Who:** Jeff Martin (The Tea Party)  
**Where:** Karova Lounge  
**When:** Wednesday, 5 Dec. Doors open 8.30pm  
**Cost:** \$25 + b/f  
**Tix:** New Generation, Karova Lounge, Oztix

**What:** Denis Walter's World of Christmas  
**Where:** Her Majesty's Theatre  
**When:** Monday, 10 December. 2pm  
**Cost:** \$20 Adults, \$17 Conc/Group 10+, \$15 Member, \$10 Child/Student

**What:** The Datsuns  
**Where:** Karova Lounge  
**When:** Wednesday, 19 Dec. Doors open 8.30pm  
**Cost:** \$15 + b/f  
**Tix:** New Generation, Karova Lounge, and Oztix

**What:** Ballarat Beer Festival  
**Where:** City Oval Ballarat  
**When:** Saturday, 19 Jan 2013. 11am-8pm  
**Cost:** \$40 Adult (Entry only), \$15 Junior (13-17 years), \$95 2 Ad. + 2 Jr (Entry only) \$60 Adult (Entry + 10 to-kens)  
**Tix:** [www.ticketek.com.au](http://www.ticketek.com.au)

Do you have an event you want students to know about? Or maybe you have some good photos from an event you went to. Let us know of an event, or send us a pic. at [hotchpotchmagazine@gmail.com](mailto:hotchpotchmagazine@gmail.com)

## Horsham

**What:** Wimmera Racing, Horsham Cup  
**Where:** Horsham Racecourse, Bennett Road, Horsham  
**When:** Sunday, 21 October. 11am - 6pm  
**Info:** 0438 902 131; horsham@countryracing.com.au

**What:** Kanga 8's Cricket Carnival  
**Where:** Dudley Cornell Park  
**When:** Tuesday, 23 Oct- Thurs, 8 Nov  
**Cost:** Free  
**Info:** 03 9563 1103; www.cricketvictoria.com.au

**What:** Wimmera Geranium & Pelargonium Show  
**Where:** Sawyer Park  
**When:** Saturday, 3 Nov-Sunday, 4 Nov. 10am - 4pm  
**Cost:** \$5 entry  
**Info:** 03 5384 2244; jwmhood@tadaust.org.au

**What:** The Old Fella Comedy Show/Rod Gregory from "Australia's Got Talent 2011 Season"  
**Where:** Wesley Performing Arts Centre  
**When:** Friday, 9 November. 8pm  
**Cost:** \$25 - \$32  
**Tix:** www.wesleypac.com.au

## Ararat and Stawell

**What:** Golden Years  
**Who:** Stan Kelly Art Group  
**When:** Monday, 24 Sept-Sunday, 28 Oct  
**Where:** Ararat Regional Art Gallery  
**Info:** 03 5355 0200

**What:** Ararat Show  
**When:** Sunday, 28 Oct  
**Where:** R.T. White Raceway, Blake Street  
**Cost:** Prepaid- \$6 or \$15 for two adults and four children under sixteen. On day- \$10 Non-members, \$7 Seniors Card, \$5 Child (U16), \$22 Family  
**Info:** www.araratshow.com.au

**What:** Free Lunchtime Concert featuring Jane O'Toole  
**Where:** Ararat Performing Arts Centre  
**When:** Wednesday, 21 Nov. 12-1.30pm  
**Cost:** Free  
**Info:** 03 5352 2181; pac@ararat.vic.gov.au

**What:** Horsham Darts Open Tournament  
**Where:** Greyhound Racing Club, MacPherson St  
**When:** Saturday, 10 November 2012. 9am - 5pm  
**Info:** 0428 907 848; inbin33@hotmail.com

**What:** Richard Morris Memorial Concert  
**Where:** Wesley Performing Arts Centre  
**When:** Saturday, 17 November. 7pm  
**Cost:** \$20.00 - \$25.00  
**Tix:** www.wesleypac.com.au

**What:** Maker's Gallery Christmas Market  
**Where:** Maker's Gallery - 28 McLachlan St, Horsham  
**When:** Saturday, 1 December. 9am to 1pm  
**Info:** 03 5382 0066; trish.venn@gmail.com

**What:** Family Fun Day  
**Where:** Horsham City Oval, Firebrace Street  
**When:** Sunday, 2 December. 10am to 2pm  
**Info:** 03 5381 1111; amber.hey@oamps.com.au

**What:** Carols by Candle Light  
**Where:** Saqyer Park, Horsham  
**When:** Sunday, 2 December. 7pm to 12am  
**Info:** 0420 945 525

**What:** Stawell Spring Racing  
**Where:** Wimmera Racing Club  
**When:** Friday, 2 Nov. 11am  
**Cost:** \$8 General admission  
**Info:** 03 5358 5290; stawell@countryracing.com.au

**What:** Dreamweavers  
**Where:** Ararat Regional Art Gallery  
**When:** Friday, 2 Nov 2012-Sunday, 20 Jan 2012  
**Info:** 03 5352 2836; www.ararat.vic.gov.au

**Who:** Geoff Achison  
**Where:** Diamond House Heritage Restaurant & Motor Inn, Stawell  
**When:** Friday, 30 Nov 2012-Sunday, 20 Jan 2012  
**Info:** 03 5358 3366

If you have an upcoming event, let us know here at Hotch Potch so we can include it in the next issue.

Just email hotchpotchmagazine@gmail.com



Sean, Gabrielle & Benjamin



The DJs

## Silent Disco at Bluestone

Bluestone had a silent disco on Wednesday, 10 October. This means that those attending wear headphones and can choose, from three live streamed channels, which music they like. It made for an interesting night; when I took the headphones off I could hear groups of people singing lyrics. Moving through crowds was harder because no one could hear you say “excuse me”. Dancing was better, people almost became oblivious to others whilst they danced to the music they preferred. Most of all, I like the connection that I had with people listening to the same music as me. The channels lit up on the headphones, blue, green and red—so as I walked around the dance floor I could tell who was listening to the same music as me. Some people would nod or smile at me because they knew I was appreciating the same sounds as they were. A fantastic and unusual experience. Bluestone has a few silent discos a year and I would really encourage anyone who hasn’t tried it to go along to the next one.



Emma, Lauren, Emma, Lisa and Kay



Gill & Nat

I was lost  
Stuck in the Void  
With no way out



Then I heard a voice  
A voice I'll never forget



It was HER

**JENOVA!**



And that's how I  
got my wing!

That's  
great, but I  
asked how you  
got in my  
house



By Sharra Veltheer



## Life After Uni

I'm sitting here on the couch, gazing out the window. I'm watching the neighbours' cat pace up and down the street. I don't really like cats, but this one is kind of cute. I wonder what its name is. Then the postman arrives. I hope it's not a letter from the tax office. Maybe it's that ebay parcel I've been waiting on. Speaking of ebay, I might just go and see what else I can buy.

My mind is clearly absent from this assignment I'm supposed to be doing. So absent in fact, I thought I'd share this with you all. You see, in a few weeks' time, I will have finished my course. That's it. Done and dusted. I guess the thought of being so close to finishing is clearly distracting me from doing any work. Now don't get me wrong, I am pretty excited. How nice will it be to start to have a life again, earn some money and not write another 2 000 word essay? Pretty nice indeed. But I have mixed feelings about this.

Uni has been my security blanket. It's easy enough to know what you're doing each week, as you've got your timetable and your routine pretty much put in place. You've slotted in a few shifts here and there, worked out who you're going to carpool with, and made some sort of allowance for the week (mine never lasts past Monday). And everything just goes nicely and according to plan. But when it's all over, it's time to step into the real world. A full-time job. Moving out. Paying bills. Groceries. Car payments. Being on hold for half an hour to phone companies. Listening to dodgy door-knockers trying to install a smart-meter. Taking out loans. Worrying about how to

pay back those loans.

Most of you may already be doing all of these things, and well, kudos to you. But for some of us, it's about to start. Now I do feel proud that I've taken myself off to uni; it's cool. Companies like nicely framed pieces of paper. But now I actually have to find a job in my field (anybody looking for a journalist?).

Then I have to save. And move out (Mum started my 'moving out' box, consisting of saucepans and mugs and towels when I was about thirteen). Then I guess I'd better buy a car that isn't a heap of crap like the last one. I'd love to travel. I've already circled heaps of countries on a map. And if you're anything like me and have made some sort of whack, ten-year plan, all these things have to happen before I'm thirty so I can have a baby.

Oh god.

See how scary the big, wide world is? I'm so unsure and uncertain of what the future holds because I have limited control over it. These things may not happen. I might still be working at Cotton On when I'm forty and my only 'overseas' experience having been Tasmania.

I guess I should try not to worry, and take each day as it comes. I should embrace adulthood and all the adult things that come with it. I should finish this assignment.

*By Saffron Hazelager*

## Three of a Kind... Job Websites

[www.jobsearch.gov.au](http://www.jobsearch.gov.au)

*Job Search* is a government website. As such, it is a free service and has a large variety of jobs. There are many professional jobs on there. The search options are advanced which is very useful; you can search via postcode, location, job type.

[www.artshub.com.au](http://www.artshub.com.au)

*Arts Hub* is a great website for those looking for jobs in the arts sector. From performing arts to publishing, this website advertises them all. The only downside is that you do have to pay in order to fully access all the job information and to apply online. It is worth the fee though.

[www.careerone.com.au](http://www.careerone.com.au)

*Career One* is a good website to search for jobs on though perhaps not as thorough as some others. Its real strength is in its helpful links to resumes, cover letters, and career advice for those who may be a little unsure of how to apply for jobs.



## Milly's Top 5:

### Ways to Lose Weight Without Starving Yourself

1. Cut red meat down to twice a week. Not only does this make a dramatic difference to your calorie intake, it is also beneficial to the environment and your health. Unless you have a deficiency, you do not need to eat red meat more than twice a week in order to have enough iron. Meat—particularly red meat—is extremely fatty, so cutting down your consumption helps with problems like heart conditions, constipation and a fat belly too.



2. Cut out/cut down bread and pasta. It is a Western myth that bread and pasta are what you should consume the most of. The reason this came about is that oats and grains are considered one of the healthiest food types and being the quickest and tastiest, foods made of wheat or flour won in this department. In reality, they are not that good for you and have a whole lot of calories in them. Instead, opt



for things made of whole oats and grains (muesli, rice, cous cous, wraps, porridge or a decent muesli bar—try Nature's Way or Carman's), or, if you do choose to eat bread or pasta, ensure it's the healthiest version possible. Think gluten free, wholemeal, sourdough, etc. This will help you lose weight, feel less bloated, and will probably lighten your mood.

3. If you're a snacker, snack all day! As someone who is used to consuming snacks throughout the day on top of lunch, I found that I was going over my calorie count when I started my diet. I would get tired and hungry when I tried to lose the snacks, which I won't stand for in trying to get healthy. So, I found that by replacing



lunch with a large snack instead, I was satisfied throughout the day and wasn't going over my calorie count. For a lunch in these cases, I recommend 3-4 carrots and hummus (or 4-5 sticks of celery and hummus), a bowl of low-fat yoghurt and a banana, a small bowl of mashed potato and pumpkin (easy on the butter!), a small rice salad or a bowl of vegetable stir-fry.

4. Gardening. Or more so, weeding. I was so shocked when I found out that 30 minutes of hardcore gardening burned the same amount of calories as the 30-minute walk/jog I'd been working so hard on! As long as you put your back i to it and really hack into those weeds, you're looking at burning about 170 to 200 calories per half-hour. This is about as much as a decent power-walk, but you will probably find you have more drive to keep going on this one as you visually see the progress you're making. Just be careful you wear gloves and don't make your garden look like an excavation (guilty as charged).



5. Calorie counting. I know, I know, I'm a real wanker for suggesting this, but unfortunately, it works. It's extremely hard at first and a bit of a risk if you're not the most disciplined Joe, but once you've been doing it for about two or three weeks, you will know enough off the top of your head to know around how many calories you're consuming. Just don't tell anyone you're doing it, because you really will look like a piece, and for God's sakes, don't try to do it on your own! Download an app such as My Fitness Pal or Calorie Counter and let them do the work for you. I would highly recommend this method if you've been trying to lose weight and are not getting anywhere. Remember, you never have to go hungry or unsatisfied when dieting!



By Amelia Siebring

## Tips for Studying in the Lead up to SWAT VAC

### Encourage yourself to study through rational thinking.

- Recognise your irrational ideas about studying and replace them with more helpful ideas. For example, "There's no time for both study and fun" can be changed to "There's plenty of time for both study and fun when I use my time effectively."
  - Eliminate thinking that results in procrastination. Statements like "I have plenty of time to do my project" often result in putting the project off until the last minute.
  - Develop a positive attitude toward study.
1. View study as helping you achieve your long term goals.
  2. Look for points of interest and practical application in each subject.
  3. Get to know each of your professors. Knowing them will help you become more positive about your courses, and it will make it easier to seek help from them if you need it.

### Gain control of your study environment.

- Find a place to study that is free from distractions. Study only in that place and do nothing else there but study.
- Arrange to study regularly; allot some time each day for study.

**Study in segments.** 60 minutes used in 3 groups of 20 minutes each is more effective than 60 minutes used all at the same time.

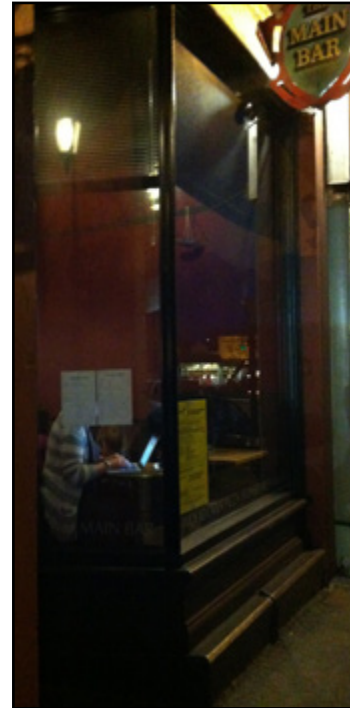
- Break up the learning period for any one subject
- Avoid fatigue
- Review and strengthen previous learning
- Increased motivation= better concentration

**Map out what you need to study between now and your exam.** Instead of looking at a mountain of study – break it into achievable pieces.

- First understand the subject
- Learn the relevant material
- Revise the material in the days before the exam.

## Cafe Review: The Main Bar

There is something really satisfying about eating a well crafted, flavour-topped wood fire pizza. It's a tastebud sensation that no mass produced, grease-filled, frozen or fresh distant dough relative can match. Creating these unique delights is a particular art— something the Main Bar on Main Rd, Ballarat does exceptionally well. With its interesting décor and fantastic range of pizza creations it's a great way to either begin a night out on the town, or a perfect location to snuggle up for a romantic dinner. The fact



that it is tucked away from the main hubbub gives you the feeling that you've found a secret hideaway. The cosy atmosphere is great for escaping Ballarat's cold winter (and springtime) chills – but come summer, the private shaded beer garden serves equally well as an escape from the heat.



What did you think of the issue? Is there something you want to see more of or less of in the magazine? Perhaps you would like to become a writer or editor for *Hotch Potch*. Why not send us an email at [hotchpotchmagazine@gmail.com](mailto:hotchpotchmagazine@gmail.com). Alternatively we can be found on Twitter: @HotchPotchMag and Facebook: [www.facebook.com/hotchpotchmagazine](http://www.facebook.com/hotchpotchmagazine)

