

ISSUE HOTCOM HOTCOM

MILLY'S **A**
TOP TIPS **CHEAP**
FOR **SOCIAL LIFE** 

E V E N T F U L
YOUR GUIDE
to **WHAT'S** 
GOING ON

 **BAG FI**
BARGAIN
OP SHOPPING
IN BALLARAT

2013

Contents

Editors' Welcome

This year is going to be a good one. We had a nice, sunny summer for the most part (a shame for those who have just arrived in Ballarat and won't see the sun again for 9 months) and we survived the apocalypse. Now we just have to survive uni.

Some students are in their final semester or final year, their hard work paying off as they reach the end of their studies. Some are in the middle of their studies, eagerly awaiting the next year (or dreading it in some cases). Most though, are at the beginning of their studies.

The first year of uni is always the most exciting and the most scary. It's a new city for many students and that means having to make new friends. Luckily, UB has great a great social community. There are so many different clubs and societies that people can join and there are always events being put on by the Uni. So make the most of it, and make the most of this year whether it be your first, second or last year.

Until next time,

Melita and Alexandra

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

Thank you to Assoc. Prof John McDonald and the contribution of the Behavioural and Social Sciences and Humanities Society and Further Education.



On the Move

Uni is back. For some of us, including myself, it's become routine; second, third and fourth year students have a good idea of what to expect. But like every other year, a wave of new first timers will break through the campus.

Any sort of change or transition is daunting; moving out of home is probably one of the biggest ones of our young adult lives. Being fully independent is scary, but fantastic. However, there is a major difference between moving across town and moving across state. Many of you would have left your family, so there is no option of raiding your parents' food when you're low on cash or taking your washing home for mum to do; you will be thrown into the adult world and all the exciting new chores that come with it.

Whether you live on Res, in a shared

house or by yourself you will soon learn how difficult it is juggling the everyday tasks of cleaning, cooking and possibly working, with Uni; and I know you will be rolling your eyes at this next word—time management. It has pretty much been drummed into our heads since VCE, but at the end of the day we need to do it. Unfortunately there are not enough hours in the day, and if you're anything like me procrastination is something you are most skilled at; but don't let things get on top of you. Bills need to be paid, studying needs to be done, rooms need to be cleaned and fun needs to be had—not necessarily in that order. When written down it all seems too much, but don't stress, it can be done.

Write out a studying timetable, incorporate everything else you need to do and try and stick to it. Trust me, it will make things easier. Take advantage of the support services at the University, don't

rush into town to see a doctor, just make an appointment with the one on campus. If you need help finding a job the Student Career-Hub can help you get some dosh; or if you need someone to talk to when it all gets a bit tough there are counselling services available. The Uni also makes available simple, everyday items that you might be running low on, and they're free, so don't freak out if you have suddenly ran out of toilet paper.

With all of this though, remember to get out of the house, don't get stuck in a rut. Take advantage of the O-week festivities and meet some new people, talk to the people you share your tutes and lectures with. Don't become isolated, your years at Uni are supposed to be the most exciting of your life, the place where you will meet some of your greatest friends. Have the best time!

By Courtney O'Neill

UB Wants You!

Do you like having power?
Do you want to meet new people?
Do you want to become more involved in the University?

If you answered yes to one or more of the above then you should think about joining the Student Senate. This is a relatively new endeavour but you can already see the difference it is making. It gives students a chance to have their opinions heard on: how the Student Services Amenities Fee is spent; UB's policies and procedures in regards to student life; and the physical, cultural and technological environments of UB.

Students are voted into the Senate and nominations open Monday, 18 February. Make sure your nomination is in by 3pm on Thursday, 7 March or it won't be counted. Nomination forms can be found at www.ballarat.edu.au/student-senate

WANT TO HELP SHAPE THE STUDENT EXPERIENCE?

JOIN THE UB STUDENT SENATE

NOMINATIONS OPEN MONDAY 18 FEBRUARY

Check your student email for instructions on how to nominate.
For further information go to:
www.ballarat.edu.au/student-senate

New Water Refill Stations

Thanks to the Student Senate Dale Boucher, UB's Sustainability Officer, students will have access to water stations. Those of you who have tasted Ballarat water will be happy to know that the water is filtered. The stations were paid for using part of the Student Services Amenities Fee. There are two stations at Mt Helen, and one at Camp St, SMB and the Horsham campuses. You can even get a free water bottle to use by visiting the Student Connect market stall during O-Week.



Help for Job Seekers

The Student Careers and Employment team fill the gap left by the closure of Unijobs back in 2010. They provide a free service related to employment support and advice. This can range from career counselling, finding work during and after uni, resume and cover letter writing, to free events and workshops, and interview tips. You can find them on the 1st floor of the Albert Coates Complex (above The Hub) and online at www.ballarat.edu.au/studentcareerhub. This is where you will find job listings and workshop dates. Just use your ID number and password to log in and create a profile. If you do it before 12pm on Sunday, 10 March 2013 you can even win an iPad.

The Student Advisory Service

Yet another new service that the University is providing is the Student Advisory Service (SAS). Here to provide advice and support on any matter related to your educational experience, SAS was created using the Student Services Amenities Fee (SSAF). They have already helped students to: understand some University rules and policies and how they are affected by them; appeal final grades; appeal exclusion; understand University correspondence and what actions are required; pursue complaints in regard to assessment; resolve the impact of some administrative decisions.

SAS also act as a sounding board for students who are unsure of what they want to do about a problem; they will provide realistic and straightforward advice (or find someone else who can) as well as helping to decide on a course of action. It's great to see that the Uni is putting the SSAF to use. If you have an enquiry or want to make an appointment with the student advisers call (03) 5327 6105 or email studentadviser@ballarat.edu.au. Their office is on the 1st floor of the Albert Coates building at Mt Helen, but they are more than happy to travel to other campuses.

The Roadtrip to End Poverty

From 9-16 March, the Roadtrip to end poverty will depart from capital cities and travel through communities across Australia coming at a stop in Sydney. The Roadtrip aims to capture the voices of over 100,000 Australians to ask our government to live up to its commitments to the world's poor. Their goal is for the government to increase foreign aid to 0.5 percent by 2016/17.

This year it will be passing through Ballarat, and while applications for Roadtrip Ambassadors are now closed there are still ways to be involved.

Oaktree Foundation is the brains behind this operation. It is one of Australia's fastest growing international aid and development organisations, and is run by young volunteers under the age of 26. They have organised some of Australia's largest poverty campaigns including the 2006 Make Poverty History concert in

Melbourne. Oaktree are committed to ending global poverty and urge others to help them on their mission.

If you would like to join the cause or want more information about either the Roadtrip or Oaktree visit www.roadtrip2013.com.au. Alternatively you can contact Catherine Nadel, the Victorian Roadtrip Manager: c.nadel@theoaktree.org or Nina O'Connor, the National Director: 0448 415 218 | n.oconnor@theoaktree.org



Epic Fundraiser for an Epic Battle

Ben's battle with acute myeloid leukaemia began when he was 12 years old. His first fight was successful and he went into remission. At 15 it returned, and whilst the chemo he received managed to clear the leukaemia, the final dose affected his cerebellum (the area of the brain that controls balance). Ben had to learn to walk and speak again. He suffered bullying at school, followed by continual career setbacks due to his slurred speech.



Matthew and his brother Ben

Never giving up, he set himself clear goals; he entered a body building competition and trained as a personal trainer. He passionately supported fundraising efforts, either participating or assisting in the Greatest Shave. He eventually landed work at a gym in St. Kilda. He had been in remission for 17 years. It seemed that things were looking up.

On Good Friday in 2011, Ben went into hospital again. The leukaemia had returned. After a bout of chemo, his body's immune system dropped and he contracted pneumonia. He was put into an induced coma as his lungs struggled to function, fortunately a dose of nitrous oxide expanded the cells which meant that Ben made a full recovery and left hospital by September 2011. During this time he proposed to his girlfriend Allison ... and she said "yes".

Their wedding was originally planned for February of this year. However, when most couples would be in the midst of planning, Ben told his family the leukaemia had returned. He went into hospital in June 2012. The doctors said, due to his previous reactions

to chemo and the state of his immune system, that there was nothing they could do for him. They decided to bring the wedding date forward. Ben left hospital to get married in September 2012 and returned to hospital immediately afterwards. A month later, after an epic battle that stretched across years and touched so many lives, Ben passed away.

Ben's life has given his brother Matthew Aldenhoven (third year University of Ballarat student) a greater perspective on living. On how to treat others, how to put university stresses into perspective — "after all, what do I have to complain about?" — and really opened his eyes to prejudices in the workplace and society.

In honour of his brother—of his journey, of his resilience and passion, of his commitment and determination—Matthew, with his family and friends, are holding an epic fundraiser on Saturday, 16 March. They will be participating in the World's Greatest Shave with a team of

12 people getting shaves or colours, hoping to raise the most money ever as a team. Held at the Wallace Recreation Reserve from 10am, there will be a car and bike show, kid's activities, markets stalls and bands.

The Leukaemia Foundation does not receive government support, so all of its money comes from fundraising events and donations. All money raised goes to research, counselling services for patients and their families, workshops, transport, housing and financial support for families who need time off from work to support their children and loved ones. \$2,000 = one week of research.



Please support Matthew Aldenhoven and his family by attending this year's fundraiser.

By Alexandra Meerbach

Chicken and Kangaroo Burgers

The best thing about this recipe is that it takes very little effort to create but is sensationally tasty. Perfect for the end of summer BBQs, a quiet night in or a pre-boozy night charge. Kangaroo is remarkably cheap and the difference in flavour from beef is barely noticeable. It is also a more viable agricultural alternative to cattle and the meat is exceptionally lean so you can eat more without the extra fat.

Ingredients

- Lillydale chicken burgers - although you could make some patties with chicken mince, an egg, and some bread crumbs.
- Kangaroo burgers
- Tomato
- Cucumber
- Beetroot
- Cheese
- Lettuce
- Satay sauce
- Relish (your mother's home-made, local market bought or store bought pickle)
- Fresh rolls

Method

1. Fry up your chicken and kangaroo burgers (cook them separately). Whilst they cook, slice your cucumber, tomato, cheese and lettuce. If you're cooking for multiple people it may be best to place all the ingredients on a platter so that people can build their own burgers to taste. There will always be someone who doesn't like tomato or, unbelievably, beetroot.
2. Cut the rolls. You can butter the buns if you like but what is the point, you can barely taste it with all the good stuff on it.
3. Add the cheese. It's best to place cheese on the base



and the cooked burger on top. This allows the cheese to melt.

4. Add the satay sauce to the chicken burgers, relish to the kangaroo.
5. Top with chosen salad additions. Grated carrot works really well with satay chicken and if you want to go for a fresher option, grated beetroot works wonders with the kangaroo meat.
6. Top with lettuce and the other half of your roll.

If you're conscious of losing weight, then delete the roll (especially if this is for dinner when you least need the carb fuel). Have the same set up but with lots more lettuce on the bottom - have a burger salad instead. Tastes just as good, but requires knife and fork.

Best served with beer and/or sparkling.

Calories

- Chicken burger = 491
- Chicken salad = 332
- Kangaroo burger = 391
- Kangaroo salad = 232



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.



Animals of the Zodiac



Sunlight on their Faces, Part 1

If only the walls could talk. Oh the stories they could tell to those brave enough to listen! The things that happened inside them would shock the most hardened souls and frighten the biggest men.

The stone is smooth and warm in the midday sun, seemingly innocuous yet witness to unbearable suffering and hardship, a reliable keeper of intimate secrets and deep, dark wishes. Those bricks have soaked up more than the sun since they were laid. They continue to bask in the warmth, but their view is substantially improved these days. The quarried basalt and local bricks of the old Ballarat Gaol, held together with lime mortar and still standing after one and a half centuries, have borne witness to myriad internal struggles.

The sound of the inmates' own breathing would have been almost deafening in the pitch black of the cell. The only other sounds were the scurrying of small, unidentified animals looking for crumbs fallen from the dented metal tray left at the door, and the odd whispered curse. But otherwise, silence. The constant, aching silence of the mad. The lost. The broken. The creatures that once identified as men; now reduced to nothing more than shells of their former selves, covered in their own filth and that of their environment. Many of them stared hard at those walls, willing them to crumble.

The wardens, supposed curators of this hell, were often not much better. Their own sins on par and already paid for, or gone undetected. They snuck around, all broken, brown teeth and glinting eyes: madness in human form. Who was watching whom? Still, the silence continued. Men who—for days, weeks, months on end— were kept in cages too small to pace in, too dark to see more than a foot away, and too cold to describe were left to their own devices; to slowly walk the path to madness alone, observed by those only a little less mad themselves.

This cycle of punishment at the old Ballarat Gaol continued for inmates unlucky enough to be incarcerated in the 1800s. While the official registers record solitary confinement of only hours or days, it is well known that: failure to follow orders; talking or spitting; contraband; or other misdemeanors would entitle the perpetrator to an indeterminate stay in the 'dark cell'. Psychologists suggest that damage can occur after only a few hours in the dark cell. Within only a few weeks, serious psychological disturbances and bizarre behaviour can be noted and inmates would have suffered long-term from inability to focus their attention or to shift their attention, becoming paranoid and obsessive. This would have led to mental health issues in already unhealthy men. Suffice to say it would not have been a positive experience for those already suffering from mental illness.



The Quakers originally developed solitary confinement as an alternative to the squalid conditions in prisons around the turn of the 19th century. They focused on punishment and reformation. The dark cell at old Ballarat Gaol is underground; local historians and archeologists have as yet been unable to obtain permission to go in and survey the room and report on its condition. No-one has been down there since the 1970s. There are only two other intact dark cells in Victoria; one at Castlemaine and one at the notorious J Ward in Ararat. The original iron lacework gates of the Gaol are still standing however, as are the watchtower, turnkey's residence, governor's residence, and parts of the original wall. These have been incorporated into the Gaol's current reincarnation as a university.

The prison was a panopticon. Designed by Jeremy Bentham, a British philosopher and social reformer in the 1700s, this was the perfect design as it required less staff to observe inmates due to its unique characteristics. The Ballarat Gaol was built using the same plan as Pentonville in the UK, which was modeled on the Eastern State Penitentiary in America. This involved a central tower where the guard would sit, with the cell wings radiating out from the tower. This meant that the guard could look to any direction at any given time; the prisoners could see the tower but not whether anyone

was inside (often there was not) due to the layout. The access and egress to the tower were masked by zigzagged openings with no doors or lights; this ensured that the inmates would never know when or if a guard was entering or exiting the tower, lending to the idea that they were forever being watched. Prisoners would always have the central tower looming before them as a reminder of their loss of freedom and identity.

Michel Foucault in his 1975 work *Discipline and Punish: The Birth of the Prison*, said of panopticism that 'the effect is to induce in the inmate a state of conscious and permanent visibility that assures the automatic functioning of power...to arrange things that the surveillance is permanent in its effects, even if it is discontinuous in its action'. Prisoners were given jobs to do in their cells and guards would check on them 4-5 times every hour. To add to the mental uncertainty of being watched constantly, guards would remove their shoes, wearing only socks on their rounds so as not to make any noise under foot as they were approaching. Prisoners would only know of the guards' approach once they could see them peering into the cell. They were in their cells for up to 23 hours a day, with no access to sunlight.

By Kim Savage



February

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18 O'Week starts	19 Back to School Party @ Bluestone	20	21	22 O'Week Ends	23 Glitz and Glamour Ball	24
25 Classes start	26	27 Birds of Tokyo @ UB	28			

March

Mon.	Tues.	Wed.	Thurs.
4	5	6	7
11	12	13	14
18	19	20	21
25	26	27	28

May

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
		1	2 The Kransky Sisters	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21 Muck-heap	22	23	24	25	26
27	28	29	30	31 Hotch Potch submission deadline		

June

Mon.	Tues.	Wed.	Thurs.
3 swot Vac	4	5	6
10 Queen's Birthday	11 Exams start	12	13
17	18	19	20
24	25 Uni holidays begin	26	27

UB Higher Education Semester One Dates

O-Week	Monday 18 Feb. - Friday 22 Feb.
1st Lecture Period	Monday 25 Feb. - Friday 29 Mar.
Lecture Break	Monday 1 Apr. - Friday 12 Apr.
2nd Lecture Period	Monday 15 Apr. - Friday 31 May
Swot Vac Period	Monday 3 June - Friday 7 June
Exams	Tuesday 11 June - Monday 24 June

UB TAFE Teaching & Victorian School Terms

Term 1	Tuesday 29 Jan. to Thursday 28 Mar.
Term 2	Monday 15 Apr. to Friday 28 June
Term 3	Monday 15 July to Friday 20 Sept.
Term 4	Monday 7 Oct. to Friday 20 Dec.

UB Higher Education Semester Two Dates-

Mid Year Break	Tuesday 25 June - Friday 26 July
3rd Lecture Period	Monday 29 July - Friday 20 Sept.
Lecture Break	Monday 23 Sept. - Friday 4 Oct.
4th Lecture Period	Monday 7 Oct. - Friday 1 Nov.
Swot Vac	Monday 4 Nov. - Friday 8 Nov.
Exams	Monday 11 Nov. - Friday 22 Nov.

2013

Thurs.	Fri.	Sat.	Sun.
	1	2 Ballarat Relay for Life	3
bour ay	8	9	10
4 ipod- rsham		16	17
1	22	23	24
8 tch tch bmission adline	29 Good Friday	30	31







April

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
1 Easter Monday	2 Easter Tuesday	3	4	5	6	7
8	9					
15 Uni and TAFE Term 2 starts	16	17	18	19	20	21
22	23 The Nut- cracker	24	25 ANZAC Day		27	28
29	30					

Thurs.	Fri.	Sat.	Sun.
		1	2
	7 RockWiz	8	9
SW			16
0	21	22	23
7	28	29	30

July

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
1 TAFE Holidays	2	3	4	5	6	7
8			11	12	13	14
15 TAFE Term 3 starts		17	18	19	20	21
22	23	24	25	26	27	28
29 Uni Term 3 starts	30	31				

-  Hotch Potch Submission Deadline
-  SWOT Vac
-  UB Public Holiday
-  Exam Period
-  Uni Break
-  TAFE Break



Ballarat

What: Back to School party
Where: The Bluestone Hotel
When: Tuesday, 19 Feb. 7pm-late
Tickets available at the door

What: Free Movie Night
Where: Regent Multiplex Cinema, Lydiard St
When: Tuesday, 19 Feb. Evening and late night screenings



What: Cafe Crawl
Where: Starts at the Pancake Kitchen
When: Wednesday, 20 Feb. 6.30pm
Cost: \$7 (includes 3 beverages and selection of food)

What: Tour of Tradition
Where: Pubs and clubs. Starting venue depends on ticket colour
When: Wednesday, 20 Feb. Doors open 6.30pm, starts at 8pm sharp
Dress the colour stated on your ticket.

What: Jungle Justice Party
Where: Karova Lounge
When: Saturday, 23 Feb. Doors open 9pm
Cost: \$10

Who: Birds of Tokyo
What: March Fires Tour
Where: University of Ballarat
When: Wednesday, 27 Feb. Opens at 7.30pm
Cost: Students: \$37, General Admission: \$41 + \$3 b/f
Tickets from Oztix.com, UBuy store, New Generation and Pre-mix King (Mt Clear)

Who: The Smith Street Band
+ Bomb The Music Industry (USA)
+ The Bennies
+ Japan For
Where: Karova Lounge
When: Thursday, 28 Feb. Doors open 8.30pm
Cost: \$15 + b/f
Tickets from New Generation, Karova Lounge and Oztix.com

Who: The Yard Apes
+ La Bastard
+ Swhat
Where: Karova Lounge
When: Saturday, 2 Mar. Doors open 8.30pm
Cost: \$10

What: Relay For Life Ballarat
Where: Bray Raceway
When: Saturday, 2 Mar.-Sunday, 3 Mar. 4pm-10am

What: The Sweetness of Relief Live Workshop
Where: The Soul Gym, 207 Joseph Street
When: Saturday, 2 Mar. 1-4pm
Cost: Early bird (before 20 Feb.): \$55, Full: \$65
Book direct at janette@sweetreliefcoaching.com or 0404 595 601

What: Flix in the Stix
Where: Fairylands, Lake Wendouree
When: Saturday, 9 Mar. 6.30pm
Cost: \$31.90-\$64.90

What: Ballarat Begonia Festival
Where: Ballarat Botanical Gardens and Lake Wendouree Forshore
When: Saturday, 9 Mar.-Monday, 11 Mar. 10am-5pm
Cost: Free

Who: Pete Murray
Where: Regent Multiplex Cinema
When: Thursday, 14 Mar. 8pm
Cost: \$39.50
Tickets from Box Office



What: Anything Goes
Where: Her Majesty's Theatre
When: Thursday, 16 May-Sunday, 26 May
Cost: \$22-\$39

What: Moon
Where: Her Majesty's Theatre
When: Monday, 27 May. 8pm
Cost: \$15-\$45

What: Rockwiz
Where: Her Majesty's Theatre
When: Friday, 7 June. 8pm
Cost: \$23-\$78

Who: Melbourne Ballet
Where: Her Majesty's Theatre
When: Friday, 14 June-Saturday, 15 June. 7.30pm

What: Melbourne International comedy Festival Roadshow
Where: Her Majesty's Theatre
When: Friday, 21 June. 8pm
Cost: \$39.90 - \$49.90

What: Benny's Mob Family Day and Show'N'Shine
Where: Wallace Recreation Reserve, Ormond Rd
When: Saturday, 16 Mar. 10am
Cost: \$2

What: Sticks, Stones, Broken Bones
Where: Her Majesty's Theatre
When: Tuesday, 19 March. 7pm
Cost: \$12.00 - \$30.00

What: Animal Farm
Where: Her Majesty's Theatre
When: Friday, 22 Mar. 11am and 7pm.
Cost: \$15-\$54

What: Boxman
Where: Her Majesty's Theatre
When: Saturday, 13 April. 3pm and 7pm
Cost: \$12-\$30

What: The Nutcracker
Where: Her Majesty's Theatre
When: Tuesday, 23 April. 7.30pm
Cost: \$67.90-\$87.90

Who: The Kransky Sisters
Where: Her Majesty's Theatre
When: Thursday, 2 May. 8pm
Cost: \$39.90-\$44.90



Horsham

What: The Girls from Oz
Where: Wesley Performing Arts Centre
When: Wednesday, 20 Feb. 11am
Cost: \$20
Tickets from wesleypac.com.au

What: Horsham Market Day Stalls
Where: Courtyard, Baillie Street
When: Wednesday 20 Feb. 12pm
Cost: Free

What: Unilife Performance
Where: Auditorium, Baillie Street
When: Wednesday, 20 Feb. 1pm
Cost: Free

What: Horsham Fishing Competition
Where: The Wimmera River
When: Sunday, 10 March. 7.30am-3.30pm
Cost: Seniors: \$40, Juniors: \$15
For more info contact: horshamfishingcomp@gmail.com

Who: Tripod
What: Men of Substance
Where: Wesley Performing Arts Centre
When: Thursday, 14 Mar. 8pm
Cost: \$39.90-\$44.90
Tickets from wesleypac.com.au

What: 6th Annual Horsham Country Music Festival
Where: Various venues
When: Thursday, 21 Mar.-Sunday, 24 Mar.
Cost: Free-\$24 depending on event. Festival Pass: \$57

What: 2013 Victorian Street Stock Car Titles
Where: Blue Ribbon Raceway, Kalkee
When: Saturday, 16 Mar.-Sunday, 17 Mar.
Cost: Adults: \$16, Pen/Conc: \$12, Students: \$8, Children: Free, Families: \$38

What: Swap Meet and Market
Where: Horsham Showgrounds
When: Saturday, 6 April. 8am-2pm
Cost: Free

Who: Polyglot Theatre
What: Muckheap
Where: Wesley Performing Arts Centre
When: Tuesday, 21 May. 11am
Cost: \$5-\$15
Tickets from wesleypac.com.au

What: Jung Market
Where: Jung Reserve
When: Last Saturday of every month. 9am-1pm
Cost:Free

Ararat and Stawell

What: Eventide Homes Glitz and Glamour Ball
Where: 65 Main Street, Stawell
When: Saturday, 23 Feb. 7.30pm
Cost: \$65 per head

What: Stawell Times News Steal and Deal Day
Where: Main Street, Stawell
When: Friday, 1 Mar. 8.30am-5.30pm
Cost: Free

What: Stawell Main Street Sensation
Where: Main Street, Stawell
When: Saturday, 30 Mar. 9am-1pm
Cost: Free

What: Songs with Legs
Where: Stawell Entertainment Centre
When: Saturday, 2 Mar. 7pm
For more information call David: (03) 5358 2059.

Who: Annabelle Collett
What: Plastic Fantastic
Where: Ararat Regional Art Gallery
When: Thursday, 14 Mar.-Sunday, 28 April

What: The Wandering: Moving images from the MCA Collection
Where: Ararat Regional Art Gallery
When: Thursday, 14 Mar.-Sunday, 14 Mar.

What: Raising Dust: StawellBiz Easter Ball
Where: Stawell Town Hall
When: Saturday, 30 Mar. 7pm
Cost: \$48
Tickets from events.ticketbooth.com.au/event/StawellEasterSaturdayBall

Who: Alex Burns and Jen Hawley
Where: Stawell Entertainment Centre
When: Sunday, 28 April. 7.30pm
For more information call David: (03) 5358 2059.

If you are hosting or know of an upcoming event then let Hotch Potch spread the word.

Email the details to: hotchpotchmagazine@gmail.com

Eventful



Taking Flight from the Ashes

It's been nearly three years since their last full length album but Birds of Tokyo are back and sounding better than ever. The past year saw many changes for the band. They welcomed two new members and said goodbye to three originals.

These changes have not slowed the band down. Last year they released *This Fire*, an EP which gave fans a taste of the new sound. 'We really made a conscious choice to just put a match to everything we'd done before so that we could create something that felt fresh and exciting for us. Hopefully people who like the band will feel the same way when they hear it', explains Adam Spark.

Fans certainly seem to be loving the new sound. The title track off their last EP, also titled 'This Fire', even made it onto Triple J's Hottest 100 list coming in at number 51.



March Fires, their new full length album, is set to drop 1 March. They kick start their tour right here in Ballarat. Last year the University of Ballarat was lucky enough to have the Hilltop Hoods perform at the Mt Helen campus.

This year the Uni got Birds of Tokyo. It is the Birds' first national tour in 18 months and with this being their only regional concert this side of Melbourne, tickets are sure to sell fast.

It is fantastic that Ballarat is getting to hear such a band play live. It is sure to be an

amazing show so make sure you support our great Aussie talent and pick up your ticket as soon as possible.

The concert is Wednesday, 27 February. Tickets are available at the UBuy store (students only), New Generation, Pre-Mix King (Mt Clear) and Oztix.com. Tickets are \$37 for students or \$41 General admission + \$3 booking fee.

Les Miserables



Les Misérables; first a novel, then a famous stage show, and now the most talked about movie of the summer. Set during the French Revolution the story follows the character Jean Valjean (Hugh Jackman) over the course of 17 years. At the beginning he is just a poor, disadvantaged ex-convict who is given a second chance

with a new identity; soon becoming the mayor of a town in France he must forever dodge the exposure of his true identity to the relentless police inspector Javert (Russell Crowe), and then takes on the role of adopted father of Cosette (Amanda Seyfried). The film fantastically intertwines the musical stylings of

these actors—with Anne Hathaway giving an unbelievable rendition of 'I dreamed a dream'—with the political turmoil that was the June Rebellion of France.

Director Tom Hooper (best known for *The King's Speech*) has given audiences the chance to experience one of the greatest shows on the big screen. This three hour spectacular will definitely leave you with a numb bum from uncomfortable cinema seats, but it is totally worth the pain. Even the mediocre singing of Russell Crowe won't dampen the mood; the talented Hugh Jackman certainly makes up for this. Up for eight Academy Awards including Best Picture, Best Actor (Jackman) and Best Supporting Actress (Hathaway), this is definitely a film to take the girlfriend to, or forcefully drag the boyfriend along. You could even make a compromise, *The Hobbit* for *Les Misérables*, either way, go see it!

By Courtney O'Neill

Burlesque

Fun, sexy, and a little bit cheeky—burlesque is a great way to get fit. Classes are held at 6pm every Friday at The Dance Studio, and it's only \$14. It may seem silly or embarrassing at first but it's easy to get into and you're bound to have a good time.

Roller Derby

If you're looking for a contact sport, look no further than roller derby. Finally a sport where players are encouraged to push and shove their opponents. The Ballarat Roller Derby League have fresh meat intakes for those who want to compete, but they also hold social fun skates at Doug Dean Stadium from 6.30-8.30pm every Thursday.

Ultimate Frisbee

Like Frisbee but want more of a thrill? Then why not play Ultimate Frisbee! UB has its very own team that competes against other universities at the Southern and Australian University Games. As it's a team sport, Ultimate Frisbee is more social than Frisbee. And, most importantly, it has Ultimate in its name making it more awesome. Contact ballarat.uni.ultimate.frisbee@gmail.com for more info.

Bag a Bargain

Wanna pop some tags? Only got \$20 in your pocket? Then you should go op-shopping. Ballarat has op-shops everywhere—including the city centre, Sebastopol, Wendouree, and Alfredton—and you are bound to find a bargain if you look hard enough.

The most well-known op-shops are probably the Salvos. Though at times they can be a tad expensive, by op-shop standards, they do have the largest variety. Their Beverin St store in Sebastopol is one of the biggest in Ballarat and is a great place to find clothes—especially for all the themed nights The Bluestone has.

All clothes in op-shops are washed before they're sold, so you can be assured that they are clean. Though it doesn't hurt to wash things before first use.

Op-shops are also great places to find furniture. A large majority of students rent but not all houses come fully furnished. Since studying doesn't allow much time for work, money can be tight. Many op-shops will have chairs, desks, couches, cabinets, and a variety of other furniture that will cost you far less

than if you buy them new. And as all renovation shows will tell you: giving furniture a new coat of paint can give them a second life.

The best thing about buying pre-loved furniture is that you don't have to be careful with it if you don't want to. You can keep it as long as possible or use it as a cheap, short term item.



Be sure to check the condition of an item before you buy it. There may be holes, permanent stains, or missing pieces. Sometimes they can be fixed, but it's really up to you whether you get something that needs repairs or not.

It really is like looking for gold. There will be times when you find nothing but junk, and times when you find something special.

If you are keen to go op-shopping, Howitt St, Wendouree is a good place to start as it has three or four op-shops within walking distance of each other. Once you have been op-shopping a few times you get the hang of all the little tricks. So go and op-shop, soon you will be able to spot bargains from a mile away.

Always sit next to a good-looking person during your first lecture and tute. Chances are the lecturer/tutor will ask you to introduce yourself to the person sitting next to you.

Some Vitamin C tablets and as much water as you can swallow will help you feel better after a night of drinking.

**HELPFUL
HINTS!**

If you're going to The Bluestone, wear close-toed shoes. There is always bits of broken glass on the floor.

Irish Murphy's is the place to be on St Patrick's Day. And don't forget to wear something green!



Milly's Top 5:

Tricks to Living an Affordable Social Life in Ballarat

1. Get a Movie Club Card

This is an offer that the Regent Multiplex has been offering for yonks now, and it doesn't seem to be going anywhere—thank God. The beauty



of this plastic treasure is that absolutely anyone can join. For an annual fee of just \$12.50 (which is actually cheaper than one adult ticket—delicious logic) or \$20 for two years' membership, you get a free movie ticket, \$10 movie tickets from then on, \$25 off Gold Class tickets, discounts on live shows and 20% Candy Bar combo deals. This is my favourite deal in Ballarat by far—it is so good I actually feel like I'm putting my people out of the job. You would literally have to be insane not to join.

2. Tuesday parras at The Queen's Head



According to my sister, the “connoisseur of the family” in Ballarat dining, Tuesdays at The Queen's Head is the place to dine if you're looking for

a satisfying but affordable meal. Every Tuesday The Queen's Head offers a \$14 schnitzel and bain-marie deal. That means: all you can eat. The best part about this is that the food is actually hearty—not slabs of questionably rubber god-knows-what. If you play the pokies, these guys will offer you free coffee too.

3. Wednesday night at Seymour's

For years now, Seymour's on Lydiard has been offering \$8 gourmet pizzas, or a \$10 pizza and pot combo, every Wednesday night. The pizzas



are nothing to write home about; however, the service and atmosphere make up for the loss well. As a poor student, I found this was enough to kick-start a

good night.

4. Lal Lal falls

They don't always have water in them, but the falls are nice to look at whether they are full or not. This is the perfect place to go on a sunny day to have a barbecue, picnic or play frisbee. The best thing about Lal Lal falls though is that it is completely free to go.



5. Eerie tours

If you're looking for something a little less peppy, you might try taking a group of friends for an Eerie Tour of Ballarat. In short, this involves you and a group of strangers following a very professional, costumed narrator around Ballarat, while they tell you true stories of grisly tales in Ballarat, often in the spot that they happened. This particular tour is sometimes referred to as a ghost tour, however, I don't recommend you



waste time staking for ghosts. Instead, let yourself be freaked out by reality, and learn fascinating truths behind Ballarat's history. With a concession card, one ticket is \$20—without it, it's \$25. I know that's not cheap, so let me advise this: take a group of five people and get yourselves a family pass. This will cost \$65, which equals out to \$13 per person. The people who run it aren't nearly as gnarly as you'd expect, and will be more than happy to accommodate. As a matter of fact, it's well worth discussing deals with any business in Ballarat. Just don't push their hospitality: this is one small town.

By Amelia Siebring

Golden Opportunities

The Golden Key International Honours Society founded in 1977 celebrates academic achievement, community involvement, and leadership initiatives within over 365 colleges and universities in eight different countries across the globe. As a non-profit organisation, Golden Key recognises and encourages academic achievement and excellence among university students, and offers a number of leadership programs and scholarships for its members.

Since 2001 the University of Ballarat has been involved in the efforts of the Golden Key, the largest university honours society in the world. Chartered as a chapter of the society in 2001, the University of Ballarat Chapter has been involved in a number of successful on campus events, as well as regional and international networking events including the De-stress Campaign, English Corner and representation at the Golden Key Asia-Pacific Summit.

In 2012 the Golden Key society successfully ran a tai chi and relaxation based de-stress campaign in or-

conversation and activities every Friday, to give international students an opportunity to utilize their language skills.

Though initiatives such as these and the Asia-Pacific Summit which was held in Atlanta, Georgia, USA in 2012, make up a large portion of the program for our chapter of the Golden Key society, locally our biggest event each year is our New Member's Reception and our information evening where we induct our new members for the year and raise funds for a local charity.

This year the event will be held on campus at Mount Helen and we will once again be raising funds for the Ballarat Foundation now part of United Way.



The Golden Key Executive Committee

der to help students decrease tension and anxiety during the busy exam period. Run by Executive Committee Member Glenn Sandford, the De-stress Campaign proved a remarkable success attracting both students and staff to sessions which aimed to guide participants into achieving a stress free work and study environment. This year we hope to repeat this initiative, and increase our presence in the University of Ballarat English Academic Preparation (EAP) program. The English Corner provides volunteers for

Membership to the Golden Key is by invitation only and goes to undergraduate students who score within the top 15% in their field of study and who have completed one full year of their course, or equivalent in part time. Students commencing their second year of study in 2013 should keep an eye out for their invitation, but remember that you are eligible to receive an invitation every year of your undergraduate study.

Becoming a member of the Golden Key International Honours Society gives students access to over \$500,000 worth of undergraduate and post graduate scholarships, academic and career based networking opportunities, recognition for academic excellence and achievement, leadership opportunities and options for travel, study and networking nationally and abroad. For commencing members, existing members, interested students, alumni and staff an information session detailing more on the Golden Key International Honours Society will be held at Mount Helen Campus on Monday, 22 April. It is never too late to become involved and we hope to see you there!

By Angela Kern



Top Ten Tips for Keeping on Track

You'll probably get lots of advice like this in the first few weeks but a bit more won't go amiss. This is the view from the Student Advisory Service based on some of the issues we've noticed cropping up regularly: ten top tips to help you prevent problems happening or to prompt you into action if your studies start sliding downhill.

1. Access all the services and programs designed to develop your academic and learning skills (online; the Library, PASS program etc.)
2. Manage your time – know the important dates; plan your study sessions; make use of the Library & other quiet spaces to study; don't over commit hours to paid employment
3. Balance time spent on study by getting involved in campus life, check out the extra-curricular activities, clubs and societies, leadership and volunteer activities offered on campus
4. Use your University email address and it check it regularly – this is the address the University will use to send you important & official correspondence; if you don't want to use the address as your main account then forward it to your personal address.
5. Keep a record: save copies of all University correspondence sent to you and any emails or letters you send to the University
6. If you are struggling with one or more of your studies don't wait for it to get better- it won't if you don't act. Be proactive- speak to your lecturers & program coordinators to address issues early.
7. Keep a record of discussions about your academic progress; follow up all meetings with your School with an email summarising what you have discussed and what actions have been agreed.
8. Access the Counselling service for help with academic and personal issues
9. Make yourself aware of other services available to you include health services, disability support, accommodation services, scholarships, chaplaincy, careers and employment.
10. Enjoy what you do, and if you don't, think about changing to something that interests you more.

Unisports Memberships

Based at the University of Ballarat Mt Helen Campus, UniSports offer an exciting range of dynamic and innovative recreation, education and health programs and services run by fully qualified and experienced staff. UniSports welcomes participation from students, staff and the community.

Some of the facilities offered at UniSports include a 25m swimming pool, a fully equipped gymnasium 'The Toning Point', gymnastics hall, get active studio, and tennis courts.

Join before the end of O-Week to receive 10% discount off student memberships!
Visit www.ballarat.edu.au/unisports

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This year *Hotch Potch* aims to be bigger and better than ever. We can't do it alone though. We are seeking writers, editors and artists to help generate content, cover events, do layout, create covers, take photos and edit submissions. If you want to get involved or have any questions, please contact us on Facebook, Twitter, or by emailing hotchpotchmagazine@gmail.com.

We hope you enjoyed this edition of Hotch Potch. It is always nice to get feedback whether good or bad so let us know what you think of this issue.



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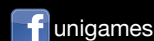


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