

THE LUCAS CHRONICLE IS A FREE
COMMUNITY NEWSLETTER PROUDLY
BROUGHT TO YOU BY

Integra
AND
LUCAS | CRG

The Chronicle

YOUR SOURCE FOR COMMUNITY NEWS IN LUCAS

IN THIS EDITION

LUCAS LOCALS

CENTRAL PARK

COMMUNITY CORNER



Image: Facebook [Sunday Sweep]

JOHN VAN STYN

A big thank you to the Community for supporting Cleanup Australia Day at Lucas.

We had a great turnout with around 95 individuals, including many children & several dogs participating in the event & successfully removed 6 Cubic Metres of waste from our streets, parks and waterways.

The two Lucas schools, Siena and Lucas Primary also had their own events, Congratulations and well done to our future ambassadors in the making!

Ballarat Grammar School also participated with students, parents and teachers present, making our event even more successful.

Special thanks to the Sunday Sweep team who have been so instrumental in having several previous clean up events of their own in Lucas as well as in and around Ballarat.

Congratulations and well done to our future ambassadors in the making!

If you would like to participate, their next weekly planned event may be found on their "Sunday Sweep" Facebook page.

Thank you to our sponsors - Cleanup Australia, Woolworths Lucas and Bunnings Delacombe who donated gloves

and garbage bags. To the City of Ballarat for their support & the provision of a First Aid officer, big bin and waste disposal. Also, thanks to the hardworking Lucas Community Representative Group (LCRG) subcommittee "Cleanup Lucas" whose planning made the event a success.

Our LCRG would like to take the opportunity to invite all residents who would like to be involved in the Lucas Community Representatives Group or believe that they have a talent that they would like to share with the community to contact us via PM to our Facebook page "Making Lucas".



MAKING LUCAS



SUNDAY SWEEP

LUCAS COMMUNITY NEWSLETTER

Welcome everyone to the first edition of the Lucas Community Newsletter.

This is really an introduction to our newsletter and a snap shot of what is to come!

We want to hear from you, we would love to hear your stories and want to find those of you in the community who have information to share with your community. Story ideas can be sent to community@integragroup.com.au

If you are a Lucas business and would like to be included in the Lucas Business Directory please send through your details to community@integragroup.com.au.

COLOURING IN FUN

We have dropped a little surprise in all of our residents letter boxes for a bit of colouring in fun! This colouring book is full of beautiful custom artwork by illustrator and Lucas resident Katherine Scott of Olive Apple Moss.

And there are prizes! To enter the competition find the colouring in post on our facebook page and simply post a photo of your colouring in and type the age and first name of the artist! We will let winners in age categories know via facebook if they have won a prize. If you don't use facebook please email entries to community@integragroup.com.au

Please enter - any age can enter! Colouring is a great mindfulness activity and we think you will find that the images are beautiful for people of any age to colour and enjoy.

SUMMER EVENTS WRAP UP

VICTORIA RUSHTON

Throughout Summer a number of community events were held including the inaugural Summer Vibes and the re-hashed Summer Vibes 2. Although the first event was a wash out the second event was attended by around 400 people over the 4 hours of the event. Throughout that time the younger generations had the kids zone totally bustling, the Lucas Community Representative Group carved out a space for the kids to colour and add their creations to a Lucas Community Garden display that was really loved by the kids, it was great to collaborate with this clever group of Lucas locals.

Then following on from this event the Twilight Display Village Opening

coincided with the first ever Lucas Community Market. Hundreds of people turned out and took part in a big range of activities! It was great to see Shortridge drive full of activity with Power FM broadcasting live from the middle of the street. The far end of Shortridge Drive was turned into a street market with around 25 stallholders and some of our favourite food trucks. The Display Homes put on a great show many with awesome activities and giveaways in their beautifully presented homes. Thanks to all the stallholders, builders, entertainers and guests for coming along for this fun event!



Image: Victoria Rushton



ASH BEDFORD

EMILY EAMES

The Lucas Community Representatives Group was formed one year ago consisting of local community members and assistance from City of Ballarat staff. The aim of the group is to support or undertake community development projects within our community such as the Lucas Community Garden and Cleanup Australia Day. Below is a quick interview with one of our newest members Ash Bedford.

You are a new member of the Lucas CRG. What was your motivation?

I live locally in Alfredton and my son attends Lucas Kinder, I wanted to give back to my community and engage with positive people.

What skills (and qualities) do you bring to the group?

I bring gardening and permaculture design skills and have a fitness and personal training background however I'm happy to help out in any way I can. I hope to bring positivity and some creative ideas to the group going forward about ways we can enhance our community.

What is your message to the Lucas Community?

Lucas is a beautiful community, which is exciting because it's still so new. I see Lucas as a thriving place where neighbours know each other and help each other out regularly. I see it as a safe place for kids and families to play, adventure, learn and grow together. I feel blessed to live where I do.

If you would like to be involved in the Lucas Community Representatives Group or have a special community project contact us via PM to the Facebook page "Making Lucas".

COMMUNITY GARDEN UPDATE

KATHERINE SCOTT

Have you visited the Lucas Community Garden yet?

If you haven't, tucked away in the green space behind the Community Hub and kindergarten you'll find twelve garden boxes, decorated by local kids, sporting a variety of herbs, vegetables and flowers. Seasons are changing, so you'll find tomatoes and other summer vegetables coming out and new planting going in. Most 'bare' spaces have seeds in them, so keep watch for the beetroot and greens that will begin to show soon. Visit, if you're out on a walk, take some herbs, pull some weeds and enjoy the space.

A couple of volunteers are popping out there just enough to keep things ticking over at the moment, while we all try to stay in and wait out this strange time. When things have settled we will be resuming

events and looking for volunteers, to gather the community together again. We're starting a newsletter to keep in touch- with volunteering and event information, gardening tips and recipes. Find the sign-up link on the facebook page (Lucas Community Garden) or directly at <https://mailchi.mp/adc203192902/lcgnewsletter>

Meanwhile, there's never been a better time to think of growing some of your own food at home! Whether you have a courtyard or a big backyard there's something you can grow, and we're lucky to have some space to do it. Right now plant broccoli, cabbage and cauliflower seedlings, or for some fast growing greens- kale, spinach, rocket, pak choi, lettuce and parsley. Or get researching and planning your Spring garden!



LUCAS COMMUNITY GARDEN



Image: Katherine Scott

The Chronicle



Search for The Lucas Chronicle group on facebook to find these stories and more!



JOAN ENNIS, PSYCHOTHERAPIST (RETIRED)

Social distancing, isolation and lockdown aren't words that we usually use often but are now hearing constantly. Living in a state of constant change and concern is difficult.

However, it is possible to use this time of being unexpectedly at home as a time of unexpected opportunity. Of course the things we choose to do are different for all of us. But remember that we do have choices.

Listed below are three suggestions that you may find helpful.

1. On a piece of paper make two columns. The headings are COULD do and ENJOY doing. Take time to make notes in each. The idea is that to keep boredom at bay you refer to your list each day, making sure that you do plenty of things you really enjoy. It can also help you to stay focussed on making this time matter by starting or completing things that you previously couldn't do because of lack of time.

2. Keep in touch with friends and family by any means possible: phone, social media, a card, note or letter in the post, or a sign in the window.

3. Most importantly, have some exercise as well as some fun every day or as often as possible. Play board games or make up your own, garden inside or out, try new recipes, do quizzes and puzzles, build something. You may surprise yourself by what you come up with!

Please note: It is anticipated that many people will have increased symptoms of anxiety or depression during this time of social isolation. If this applies to you there are people and organisations you can call.

Your usual doctor
Lifeline ph. 13 11 14
Beyond Blue ph. 13 00 22 or online



Image: Adam Lee

VICTORIA RUSHTON

The Lucas Central park project has been a huge amount of work to undertake, to plan and develop this enormous area and our team of landscapers and project managers have been working hard to ensure the space will have something for everyone to be used well into the future.

And when the site is ready these are the things you can expect:

A two tower giant adventure playground, A 25m flying fox, agility trail, nest swing, wizards hideaway hut, boulder climbing wall and spinning four arm swing. Plus a series of wetlands, toilet facilities, BBQ and undercover area, scooter track, Basketball/Netball/Soccer court and new

native plantings and stone arrangements. All of this will back onto a full size football oval for all to enjoy.

We understand that many of our locals have been waiting a long time for the Central Park to be open to be enjoyed and we do hope that it will be worth the wait. We want to caution our community to keep well away from the site as it will take time to have the equipment ready to be safely enjoyed by our littlest locals.



Image: Adam Lee

VICTORIA RUSHTON

In May the Integra Landscaping team will commence its seasonal planting throughout Lucas. And there is a whopping 4000 plants to be planted in the Central Park area alone! These will include tree species such as Autumn Blaze Maples, Little Spotty Gum and Sapporo Autumn Gold Elm.

There will be hundreds of shrubs planted out including plenty of hearty natives like Gold-dust Wattle, Correa Dusky Bells, Woolly Teatree and strappy lomandras like Lime Tuff and Tanika mixed in with groundcovers like Creeping Boobialla.

Then further to the Central park another 600 plus trees will be planted in and

around Lucas including Eucalypts, Cimarmon Ash, Japanese Elm and many more.

"Lucas residents will see lots of action around our streets and parks, with new plantings and works taking place. It is a really exciting time and you can expect the new work to really add to the vibrancy of the estate. With close to 5000 plants to get in the ground and established our team will be very busy in the coming months"

MATT REYNOLDS
LANDSCAPE FOREMAN, INTEGRA

A MESSAGE ON FIRST AID

LINNEA BYRNE

My name is Linnea Byrne and I work for The Parentmedic Movement. It is an organisation which enables parents to teach local families home based Infant and Child First Aid and CPR. I am a parent and I too struggle through health scares and accidents with my kids, just as everybody else does. It's normal and it's not a sign of bad parenting... It's just life.

Now you know that I'm here, you can reach out to for advice, clarification, support and non-judgemental education. The only silly question, is the one that isn't asked!



PARENTMEDIC EDUCATOR -
LINNEA BYRNE



LUCAS PLAYGROUP

TEGAN RATCLIFFE

We love hearing all the different play ideas families at our Playgroup have to help entertain their little ones at home. One of our favourites right now which is simple, won't require a trip to the shops, and doesn't use any pantry ingredients, is ice cube play.

Ice activities are super easy to prepare and do - simply fill up a couple of ice cube trays with water before bed one night and you're all set for some fun the next day. If you don't have an ice cube tray then a muffin tin, small plastic containers, sandwich bags, or empty yoghurt & butter tubs can work well too. For extra fun you can also add a few small waterproof toys to the water before putting it in the freezer.

Kids can use the ice cubes to stack up an ice wall or make a sculpture; test how fast they can make the ice melt; to see if it floats or sinks in

water; try to rescue any little toys frozen in the ice; or simply enjoy the sensation of the cold. Another fun activity is to do an ice & spoon race (instead of an egg & spoon race).

Babies can also enjoy playing with ice cubes as long as they are closely supervised, and the pieces of ice are large enough not to pose a choking hazard. Place your little one on their tummy on a mat or a towel, or have them sit in a high-chair, and add a piece or two of ice to a container, then give it to them to explore.

We hope your little ones have as much fun with the ice cubes as ours did. Happy playing from all of us at Lucas Playgroup!



LUCAS PLAYGROUP

Connecting
with us

Integra

LAND SALES
CENTRE

The Integra Land Sales Centre is closed while we all navigate through the current challenges. However, it is business as usual with our land sales team! You can still connect with them in many ways:



0475 111 162 landsales@integragroup.com.au



And now also available
for appointments via

zoom

For further information on these and other ways to connect with us,
please visit integragroup.com.au/connect