



NEW BEGINNINGS

LONG GULLY Community Newsletter of Hope & Encouragement



Long Gully Bike Central

Edition 102 - February 26th 2024

Free Bike Safety Workshops

By Myra

We'll be running free bike education sessions and bike repair workshops in March. With thanks to VicRoads, Healthy Loddon Campaspe, Sports Focus, Bike Bendigo, FreeWheeling Fun and Yo Bendigo.

- ✓ Two after school sessions 7th, 14th March 4-5:30pm - FreeWheeling Fun
- ✓ Bike Education Session with Bike Bendigo and Community BBQ Saturday 16th March.

To register for the Bike Repair Workshops with FreeWheeling Fun please call 54 421 165 or email community@lgnc.org.au

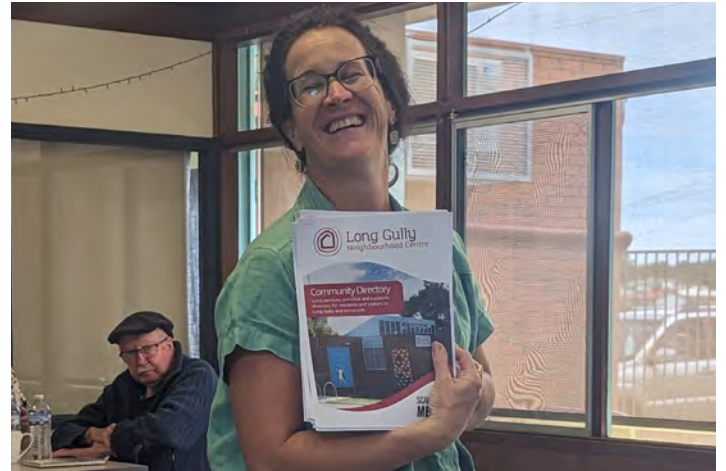
For the Bike Education Session with Bike Bendigo please register via the link <https://bit.ly/49snrJt> and complete the survey <https://bit.ly/3SvxzdA>

The free community BBQ is open to anyone, no need to register. 12:30pm-1:30pm on Saturday, 16th March at the Long Gully BMX Track (51 Derwent Drive Long Gully). Tunes, giveaways, newly installed bike tool information and more!



LG Community Directory

By Kerry



One of our volunteers, Abbey, has been working for quite a few months compiling a Long Gully Community Directory.

This great resource is available from our website: www.lgnc.org.au or you can pick up a printed copy from LGNC.

We were pleased to welcome Abbey to Chatty Café recently where she helped launch the Community Directory.

FREE!

ON YOUR BIKE! BIKE BENDIGO

DATE: Saturday 16 March
10am-1pm
Learn how to ride safely on the roads with Bike Bendigo!
An education session for teens & tweens (ages 10+)

Numbers are Limited. Register here!
<https://bit.ly/3OzSLhj>

Fill in the Bike Bendigo survey so we know what your bike skills & interests are!
<https://bit.ly/49eJRhA>

@ The Long Gully BMX Track
51 Derwent Drive, Long Gully

12:30pm-1:30pm
Freewheeling Fun demonstrating how to use the BMX track's new bike tools!

Community BBQ, toddler's trikes circuit, Tunes, Giveaways

PLUS >>>

FREE BIKE REPAIR WORKSHOP

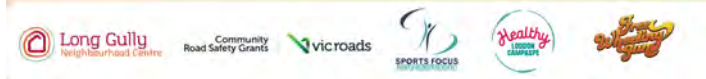
SESSION 1:
DATE: Thursday 7 March
TIME: 4PM - 5.30PM

SESSION 2:
DATE: Thursday 14 March
TIME: 4PM - 5.30PM

Come along for tips and tricks on bike maintenance with Free Wheeling Fun

AT THE Long Gully Neighbourhood Centre
52 Derwent Drive, Long Gully

Numbers are limited and registrations are required. Please call 54 421 165



Contributions & Newsletter Publishing Schedule

The next Newsletter will be Issue 103 to be published on 12th March, 2024.

Please send your contributions by 14th March 2024 to email: newsletter@lgnc.org.au

40th Anniversary

By Kerry



Long Gully Neighbourhood Centre is celebrating its 40th anniversary in June this year. We are currently compiling a history book covering from 1984-2024 - if you have any snippets of information or photos you'd like to share, please email me: coordinator@lgnc.org.au

Who remembers participating in the Easter Fair back in 2009? We're having a lot of fun trawling through old photos, newsletters and reports.

One of the treasures unearthed so far is a poem written by Shirley Grant who was Chairperson of the LGNC Committee of Governance from 1984-1987:

"The House"

A few people got together
and decided we needed a place
to sit and share a dream or thought
but not just any place.

A House where people care
for Mums and Kids and Dads
to bring us all together
to learn, crafts and other fads.

We finally found the perfect spot
beside a children's park
the house was furnished top to toe
by generous folk with heart.
The crafts were mastered soon enough
by eager hands with pleasure
though some are strange and oddly shaped
each one a little treasure.

The playgroup, crafts, and women's day
are just a tiny part
of everyday activities
and more are soon to start.
Friends are made and troubles shared
our House has really grown
a cup of tea, or just a chat
it really feels like HOME.

Tickets for our Anniversary Dinner to be held on Friday, 14th June, 2024 at 6pm at Chasers Function Centre, Junortoun are now available. Tickets are \$36/person; concession price is \$21/person. A delicious two course meal will be served, purchase drinks at bar prices. We will also enjoy anniversary cake together! You can pre-order a copy of our History Book for \$5.00.

Tickets are available until Friday, 31st May (or until sold out) from: <http://bit.ly/42lwC6m> or at LGNC Reception.

LGNC Playgroup

By Sarah

It's great to see families gathering enjoying precious time together. We're enjoying story time and music/singing/actions as well as other activities. The weather has been lovely and the shady backyard at LGNC has meant the children can enjoy time outside (including on the new little bikes). We recently had a baking day where the children helped make banana muffins. Adding fruit to easy recipes is a great way to increase fruit intake.

Community playgroup is on every Monday 9am -10:30am.



Clean up Australia

By Marie

Ironbark Gully Friends Landcare have chosen their site for the 2024 Clean Up Australia event on Sunday March 3rd.

Event name Comet Shaft, Kk Shaft and Comet Diggings Historic and Cultural Features Reserve, Long Gully

Report in The Corner of Poulston and Comet Streets, Long Gully. Sign in here and collect your bags and area map. There will be teams for heavy duty clearing and families with younger children will be directed to safer locations.

Date & Start Time Sunday 3/03/2024 from 9 to 11am - earlier start in case of hot weather.

Bring Water bottle, hat and sunscreen. Wear heavy shoes or gumboots. We can supply gloves for adults. (Sorry Children's sizes not available)

Rewards Certificate on request, yummy morning tea, the pleasure of removing rubbish that degrades our backyards.

The official website You can register before the event or turn up on the day. Go to <https://register.cleanup.org.au/s/4487/88871>

Multicultural Assisted Play

By Elisangela



Loddon Campaspe Multicultural Services (LCMS) is happy to announce the continuation of the Multicultural Assisted Play Group program at LGNC, 52-54 Derwent Drive, Long Gully. The program is now in its sixth year! The sessions are held weekly each Thursday from 10am to 12noon. All Multicultural communities are welcome. This term's activities will include in March: Information sessions about free sports vouchers and an Easter Egg Craft session, and we will be part of the Play in the Garden event in April.



Chatty Café

By Myra and Kerry



We enjoyed a very fun Chatty Café for Pancake Tuesday. Everyone loved the little pancakes with a selection of toppings and of course the delicious coffee. It was nice to have a casual morning with everyone and have a chance to chat.

Here's a few pancake ideas if you're interested in making them at home; Skip the more expensive, less healthy version. Make a ready to go mix yourself.

Bulk Pancake Mix <https://bit.ly/3HYKWY9> and the followup recipe: <https://bit.ly/30Ev4Ex> We also celebrated Kathy's birthday, with some delicious coconut cake made by Deb.

Chatty Café is on every Tuesday from 10am at LGNC (right after Walking Group). Our Guest Speaker on Tuesday, 27th February at 10.30am will be Lisa Henderson, Service Manager from Mind Australia. Mind Australia is being established to support people to find help, hope and purpose in their lives.

For Mind service information, call Mind Connect on 1300 286 463 or email mindconnect@mindaustralia.org.au

Whipstick Ward Councillors

By Councillor Julie Sloan

Greetings everyone. Ward Councillors Mayor Cr Metcalf, Cr Fagg and myself recently met with community members at a Listening Post in Long Gully. The event provided an opportunity for residents to informally meet with ward councillors to raise matters or concerns and receive a response to the matter in return. Thank you everyone for attending with thanks to Bennet St. Café for having us.



Long Gully Splash Park is a free, zero depth water splash park and dry play area that continues to be a great hit during Summer.

From Monday 5 February 2024, you have been coordinating weekly collection of your organics bin with lime green lid to weekly, residential general waste bins with dark green or red lid to fortnightly, and fortnightly collection of your recycling bin with blue or yellow lid. Thank you so much for helping the City switch to when waste and organic bins are collected and for assisting the City to stop about 7,000 tonnes of organic material and 4,500 tonnes of recyclables per year from going to landfill! Your waste collection calendar can be checked at <https://bit.ly/4bFJsX5>

Long Gully community will be able to celebrate Year of the Dragon due to a Tourism and Major Events update of the famous 'Bendigo' sign. Please take a look at the video promoting our dragons at <https://bit.ly/3SJJpRy> The Bendigo Easter Festival from 29 March to 1 April offers something wonderful for each of us; please enjoy this time of celebration with your family, friends and community.

Exciting news with 2024 RAW Arts Award Entries now open for people aged 25 and under who live, study or work primarily in Greater Bendigo. I encourage young people interested in apply online before entry-close 6 May 2024. For application queries please email raw@bendigo.vic.gov.au

Finally, please do not hesitate to reach out to your ward councillors on the contact details below. Take care and see you soon at Chatty Café.

Mayor Cr Andrea Metcalf	
Ph 0499 009 096	Em a.metcalf@bendigo.vic.gov.au
Cr David Fagg	
Ph 0437 892 918	Em d.fagg@bendigo.vic.gov.au
Cr Julie Sloan	
Ph 0437 862 975	Em j.sloan@bendigo.vic.gov.au

Can You Help a Neighbour?

LGNC loves receiving Foodshare & Foodbank supplies so we can offer mini free pantry items however, we sometimes run short of milk.

If you can drop off a UHT milk, feel free to swap it for some garden produce or pantry items.

FORMULA 1
ROLEX
AUSTRALIAN
GRAND PRIX
2024

21 - 24 MARCH



LIVE FAST

TICKETS SELLING FAST
GRANDPRIX.COM.AU





Time to Explore **Mildura VIC** part 6 of 9

By Carol

173.8 kl from Loxton. Well off to Mildura today, we decided to go on the Lyrup, Cullulleraine Road meeting the Sturt Hwy the Mildura side of Renmark. We decided to stay at the Apex Riverside Holiday Park with the Murray River on the other side of the road. A very big place offering powered and unpowered sites, cabins, villas, and luxury villas. They have toilet blocks, playgrounds, camp kitchen, fire pit area, dog bath, dump point, boat Ramp, BBQs. It has lots of beautiful tall trees and is dog friendly.

They are still doing repairs to some parts of the park from flood damage but its well worth the stay. The park has a new fence right around the outside with several gates so you can easily access the river across the road.

There is a walking/bike track along the river and through the scrub beside the park.

The sand area down to the river is so wide, it is more than some of the ocean beaches I have been too, there is a Life Saving Club there as well. You will have to buy your food before you get there if you want to stay connected to your car as there is no shop close by, the reception office only sells ice cream and drinks (not milk).

There is lots to look at in Mildura; Woodsies Gem Shop, Oak valley Estate (Winery), Water Play Park, Mildura Arts Centre and more.





Free Counselling Service in Bendigo

Life can be challenging, and sometimes we all need a supportive space to share our thoughts and feelings. Our counseling service provides a confidential and judgment-free environment where you can discuss any concerns you may have.

Who Can Benefit?

- ✓ Individuals dealing with stress and anxiety
- ✓ Those facing challenges in relationships
- ✓ Anyone seeking a safe space to express themselves

How to Access the Service

1. Simply call 0473 221 662 to make an appointment during business hours
2. Our dedicated counselors will be there to provide support and guidance.

Confidentiality

Your privacy is of the utmost importance to us. All sessions are strictly confidential, and our counsellors adhere to the highest professional standards.

If you or someone you know could benefit from this service, please don't hesitate to send them this email. You don't need a referral from a clinician to use this service.

We are here for each other, and together, we can create a supportive community. Thank you for being a part of our caring community.

CWA Bendigo Northern Group

By Bev

We would like to invite more ladies to join us in helping to improve conditions for women and children, lobby for change etc. We need all types of people as it is more than cookery and craft - we have great projects and roles for contributions by all.

As a Registered Charity, the Country Women's Association of Victoria Inc. - CWA is asking for your support to nominate us as the recipient of your refunds. Every little bit really does help and your support will go a long way in helping us in our work supporting vulnerable women, children and families across the State. Victoria's Container.

Jenny Nola, our State President was in attendance at our recent AGM to chair election of office bearers and spoke on State wide issues and events.



Photo shows some of the baby rugs made by the members. For more information or enquiries see CWAbendigonortherngroup on Facebook or contact Group President Lyn on 0411 603 320 for updates about Meetings and Functions.

Home Visiting Volunteers Needed

For more information, call Jane 0439 038 140
Batpcare Bendigo Home-Start Coordinator

Community Garden News

By Jonathan Ridnell

You probably know that phrase about how one small seed can grow into a mighty tree. But what that saying doesn't mention is that sometimes you need to give that seed, and then seedling and then that small tree a lot of love and care to reach a giant size. The Long Gully Community Garden doesn't grow a lot of mighty trees, but we do plant lots of seeds and seedlings, give the plants lots of love and care, and produce food for the Mini Pantry at the Neighbourhood Centre.



So why am I talking about this? Because on Saturday, March 2nd, we're sharing some of the seedlings we sowed at our Autumn Seedling Swap and Share. Come along and grab a few plants for free to grow at home, have a chat with other gardeners, and if you have surplus plants at home, bring them along to share too. We may not be growing a mighty tree, but we are helping to grow a great network of gardeners across Bendigo. The event runs from ten til eleven thirty on Saturday morning, see you there.

Building Digital Communities

By Kerry

We are commencing a new project with Good Things Foundation Australia and Bendigo Bank which is based on the premise that, "Everyone in Australia has the right to have access to affordable digital technology and the skills and confidence to use it."



We were pleased to meet with Alex and Gracie from the Eaglehawk Branch of the Bendigo Bank (they managed to enjoy some birthday cake at Chatty Café). The Bendigo Bank will be referring customers to us for tech help (through Your Tech Help sessions on Wednesdays at 10am with our dedicated volunteer, Trevor). These sessions are open to anyone - if you'd like to book in, phone 5442 1165.

Helping Neurodivergent Children Cope with a New School year. The first few days and weeks back at school can be stressful and overwhelming especially for a neurodivergent child.

Try these tips to help your child cope through this time.

Night before Pack your child's schoolbag, lay out their uniform, make lunches
In the morning Have a schedule to follow. Try to stay calm and positive about the day ahead.

After school Allow your child half an hour before starting any routines (longer if they are really tired)

Try not to ask too many questions about their day, and give them extra time to process and respond to instructions.

Come along to our Carer Support groups to learn more tips and enjoy a cuppa and a chat with other parents who have faced similar struggles.

	Bendigo Walking Group	Bendigo Carer Self-Care Hub
When	9.30am - 11am 2nd, 4th Thur each month	10am - 12noon 1st Thursday each month
Where	Lake Weeroona (at seats next to Coffee Man)	Strathdale Community Centre 155 Crook Street, Strathdale

For more information Email carers@riac.org.au - Phone Carolyn 0488 605 363

Have you subscribed to our New Beginnings Newsletter?
Call 5442 1165 or visit <http://bit.ly/lgnclub>



Come and Try Badminton
Ages 5-18 First Night is Free

Wednesdays*
Under 12 training 6:15-7:15pm
Under 18 training 7:30-8:30pm

Fridays*
Junior Competition
6:45-8:30pm

*School terms only

Bendigo Eaglehawk Badminton 140 Victoria Street Eaglehawk
Call **0499 731 811** for enquiries

Donations Welcome

Our Mini Food Pantry gratefully accepts donations of non-perishable food items



Items can be dropped off to LGNC Mon to Thur 9am-3pm

Beginner Cooking Classes

By Myra

We're very excited to soon to be running Aussie and Karen beginner cooking classes. We're very grateful to Regional Victorians of Colour, Healthy Loddon Campaspe and Foodshare for assisting with these.

These classes are currently full but stay tuned for future cooking classes at LGNC. The classes will culminate in a delicious Community lunch on Wednesday the 13th of March.



COOKING 101:

Aussie and Karen style cooking sessions

Tuesday February 27, Tuesday March 5 and Wednesday March 13



Join us for a community lunch!

Celebrate a multicultural lunch at Long Gully Neighbourhood Centre

Wednesday March 13 • 12.30pm



Contact LGNC for details and registrations on 5442 1165

Tried and True Recipes

Chicken Rissoles

By LGNC Vollies



INGREDIENTS

500g	Chicken Mince
½ cup	panko breadcrumbs
1tsp	ginger in a jar
1tsp	garlic in a jar (can use fresh of either ginger or garlic)
3	spring onions - sliced
1tbsp	soy sauce
1	egg

METHOD

1. Place all above ingredients in a bowl. Mix, leave in fridge for 30mins
2. Shape into patties coating with extra breadcrumbs
3. Cook in frypan in 1 tbspn of oil until cooked
4. Serve with a salad

Blackbean Brownies

By Live Lighter*



INGREDIENTS

	olive or canola oil spray
1	egg
½ cup	brown sugar
1½ tbs	oil
1 400g	can black beans, drained and rinsed
4 tbs	cocoa powder
1 tsp	vanilla extract
1 tsp	baking powder

METHOD

1. Preheat oven 180°C (160°C fan forced). Lightly spray a muffin tin or use patty pans to line. Makes 6 brownie bites. To double the recipe you will need a large food processor.
2. Add ingredients in order listed to food processor. Blend till smooth, scraping down the sides a couple of times. Add a tablespoon of water if the batter is not blending.
3. Spoon batter into the prepared muffin tray (about 1/3 cup per muffin). Bake for 15 minutes and then test. Take out of the oven when they are coming away from the edges of the tin, not jiggly, but still quite wet inside. Let cool in the tray - they will keep cooking a bit but hopefully stay moist and fudgy.

*<https://bit.ly/3unCsOk>

Word Find Plays and Musicals

N E O G J W I C K E D C W F A N L T D O
K L R K Z A F X L E C I U J E L T E E B
N A S K L L N W N O T L I M A H C Q U A
S E W E Y A R P S R I A H R I A H W A D
H G X B U D H J G H C B L C B B K C P O
T H F U P D B O X O T A E A D J F A Z X
A L Q A I I I S M R G L R G O L N R Z S
M F J L Q N S L Q A E E T N A T P O Q Z
P B K Y Y E X U M B T V S V V E J U I D
J M S I Q M Z Y R D B N I S M L R S T L
Q Z T B U L Y A M R T I E L O M O E S E
G O A F O O T L O O S E V F O A G L I X
K U C W T I C A M N A M J B C H A C H P
O T Q R O B D G R E A S E J G H C N P J
M V A N F W N M K L S B U L Z H I X M M
F D W Z A I G A A B V J O R Q C H Q E Y
E W Y Y B Y S Z N F H Z G L T U C P M J
M A T I L D A Q Z N K N L Y F G X F Q B
H X H W D A C P I U I T Z C T L A F J W
U X K J O M Y Y C E N E R S T F Y I X Y

Aladdin
Broadway
Cats
Footloose
Hairspray
Matilda
Oliver
Annie
Cabaret
Celebration
Grease
Hamilton
Memphis
Wicked
Beetlejuice
Carousel
Chicago
Hair
Hamlet
Oklahoma

Trivia Quiz

Answers next page

1. The song "I Feel Pretty" comes from which popular musical

2. Who is the main character in My Fair Lady

3. What is the longest running musical on Broadway

4. Cats was based on the work of which famous poet

5. Who wrote the play The Mousetrap

6. What is the name of Annie's dog in the musical Annie

7. What is the nickname of Broadway, New York

8. Which musical features the song "Oh What a Beautiful Morning"

9. P L Travers created which famous character

10. The musical Hairspray is set in what American city



Long Gully
Neighbourhood Centre

What's On

subject to change - Bookings essential
Please check what's on by phoning 5442 1165

Mondays

9am LGNC Playgroup

Tuesdays

10 - 12 Chatty Café
9:30am Walking Group

Wednesdays

12:45pm Community Lunch
10:30am PopUp Growers Market
10am Your Tech Help

Thursdays

10am - 12noon
Multicultural Playgroup

Fridays

9:30am
SmallTalk Playgroup

February

26th Volunteer info session at Community Garden
27th Mind Australia @ Chatty Café 10:30am
HLC Multicultural Cooking Class 11am

March

1st Creative Cards 10am
2nd Community Garden Seedling Swap 10:30am
4th New Beginnings Newsletter Deadline
Katz cards 11am
Giggle & Sing 5pm
5th HLC Multicultural Cooking Class 11am
6th LG Community Garden Pruning Workshop
7th Bike Repair workshop 4pm

Open: Monday-Thursday 9am-3pm

Please phone 5442 1165 to book your place in any activities.



Long Gully
Neighbourhood Centre

The Long Gully Neighbourhood Centre (LGNC) is a non-profit organisation governed by a voluntary Committee of Governance comprising mostly of community members, and managed on a day to day basis by a Centre Coordinator. The Centre commenced operations in 1984. LGNC's active engagement is modelled on the principles of community development through community participation, community ownership, empowerment, lifelong learning, inclusion, access and equity, social action, advocacy, networking and self-help.

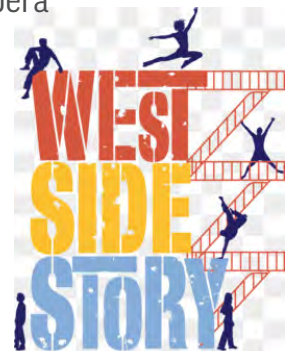
The Centre is situated at 52-54 Derwent Drive, Long Gully (in Bendigo, Victoria). We are open Monday-Thursday 9am-3pm subject to COVID-19 restrictions. We can be contacted by Phone: 03-5442 1165 or Email: newsletter@lgnc.org.au "Like" our Facebook page to stay up-to-date facebook.com/lgncorg

Disclaimer This publication is grateful for the contributions of community members and organisations for its content. While we are proud to support news for the people by the people, responsibility for the content remains with the author to ensure accurate dates, time, prices and content. The New Beginnings editorial team reserves the right to edit content for spelling, grammar and article length. Items submitted for publication are published on this premise. This disclaimer informs readers that the views, thoughts, and opinions expressed in these articles are those of the authors and do not necessarily reflect the official policy or position of Long Gully Neighbourhood Centre.



Trivia Answers

1. West Side Story
2. Eliza Doolittle
3. Phantom of the Opera
4. TS Eliot
5. Agatha Christie
6. Sandy
7. 'Great White Way'
8. Oklahoma
9. Mary Poppins
10. Baltimore



You are invited to celebrate at the LGNC

40th

anniversary dinner

Friday, 14th June, 2024 at 6pm

Chasers Function Centre, Lord's Raceway, McIvor Hwy, Junourton

Tickets available for \$36pp until Friday, 31st May from:

<https://bit.ly/42IwC6m>

or phone 5442 1165



Long Gully
Neighbourhood Centre

