



NEW BEGINNINGS

LONG GULLY Community Newsletter of Hope & Encouragement

Community Cooking Class





Beginner's Cooking Classes

By Myra

With thanks to Healthy Loddon Campaspe and Foodshare we've held Beginner's cooking classes in our new LGNC kitchen for members of the Karen community and the wider community.

Working in teams, led by the very experienced chef Caroline, participants cooked themselves an 'Aussie' recipe; burgers (and Veggie burgers) as well as a delicious Karen specialty- sticky coconut rice balls.

For those without Facebook access, we thought you might enjoy reading some of the fabulous comments: From Regional Victorians of Colour: "Want to support newly arrived community members and address racism positively? Placemaking is key.

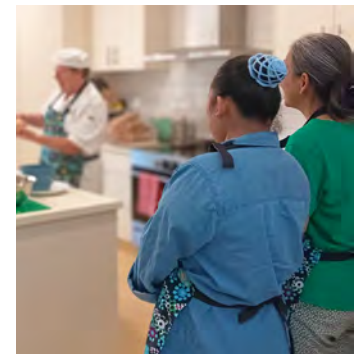
Thank you, Long Gully Neighbourhood Centre Inc and Bendigo Foodshare, for continuously building on making the Long Gully community more inclusive and welcoming. We love your work. #Placemaking #Community"

From Bendigo Foodshare: "The Long Gully Neighbourhood Centre Inc kitchen was filled with smiles and laughter yesterday. We had four women from the Karen community and four from the wider community make delicious healthy burgers and coconut sticky rice balls for lunch.

From cultural exchange to delicious food, these eight women proved that language is no barrier when it comes to cooking. The language barriers between them couldn't stop their laughter and smiles as they helped each other.

Participants learned new recipes, gained valuable cooking skills, and enjoyed a beautiful lunch together. What a success this cooking session was. Thanks to funding through Healthy Loddon Campaspe and @BendigocityofGastronomy and support from Regional Victorians of Colour this group will cook together another two times over the coming weeks, honing their skills in the kitchen and bonding over good healthy meals.

Our Grow Cook Share Food Hub is funded by VicHealth #futurehealthyvic and Bendigo UFS Pharmacies" We are very excited that tomorrow participants will be taking over our weekly community lunch to prepare a meal for everyone. 12:30pm. Please call us to book in, 54 421 165. We're hoping these will be the first of many cooking classes at LGNC



Contributions & Newsletter Publishing Schedule

The next Newsletter will be Issue 104 to be published on 25th March, 2024.

Please send your contributions by 18th March 2024 to email: newsletter@lgnc.org.au

Chatty Café

By Myra



Mind Australia came to chat to us recently. Volunteers, Laura and Amy, have been honing their barista skills, whipping up some delicious lattes and cappuccinos with thanks to Are-Able's generous gift of a coffee machine.

It's amazing to see volunteers flourish in learning new skills and enjoy making food and drink for the community to enjoy.

We have some interesting speakers in the next couple of weeks: Free Aged Care information session by Intereach. Come and speak to Intereach Aged Care specialists at our free aged care information session. Our team will be available to discuss home care and government support, and accessing My Aged Care (MAC).

When 19th March **Where** Long Gully Neighbourhood Centre **Time** 10.30am
For more information, please contact: Intereach Aged Care Services Email: aged-careintakes@intereach.com.au Phone: 1300 488 226

Health

By Sebastian

We all know how important our health is, but sometimes it can be difficult to know where to start when it comes to getting help or asking tough questions. That's why the Health Promotion team from BCHS will be coming to Chatty Cafe on the 26th of March to talk about all things health.

We will be discussing some of our services & programs as well as some of the key things you should be on the lookout for when it comes to your health. We look forward to seeing you there.

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. And again, the Branches are busy doing catering in the community.

17th March CWA will be at the Sustainability Festival. There will be jams, preserves, baking and CWA merchandise such as cookery books etc. Come and say 'hello' to us.

21st March we will be at the Epsom Bunnings for the family night. For more information or enquiries see CWAbendigonortherngroup on Facebook or contact Group President Lyn on 0411 603 320 for updates about Meetings and Functions.

Editor's Note: Check out the recipes section at the back of the newsletter for a classic Boston bun recipe.

Northern MAD Camp

By Narelle

This year's SU Australia Northern MAD Camp (Make a difference) is to be held in the heart of the Goldfields! It is on 8th-10th April, 2024 for Years 4-8 at Koolamurt Scout Camp, 44 Mandurang Road, Spring Gully. The cost is \$180 which includes adventure activities, Central Deborah Mine Tour, Fun, Friends and... GOLD. Contact: northernmadcamp@suevents.org.au or phone Narelle 0490 879 510 or Di 0419 530 455 for details.

Multicultural Lunches

By Kerry

We have two opportunities to enjoy delicious (free) food together and enjoy conversations around the meal table at two Multicultural Community Lunches to be held on Wednesday, 13th & 20th March, 2024 at Long Gully Neighbourhood Centre.

- **13th March 12.30pm** Our amazing participants in the Healthy Loddon Campaspe multicultural cooking classes will be cooking some of the recipes they have learned in previous weeks - come and enjoy Aussie burgers and Karen chicken dish with rice. You can rsvp by phoning 5442 1165.
- **20th March** Thanks to funding from City of Greater Bendigo and Victoria State Government, we will be celebrating Cultural Diversity Week together. From 11.30am Ku Ku will be sharing some common Karen words with us and we'll be sharing stories together followed by lunch supplied by Karen Lady House at 12.30pm. You can rsvp by phoning 5442 1165 or online at: <https://bit.ly/3ulPrdG>

We look forward to welcoming you.

Cultural Diversity Celebrations

By Kerry



It was wonderful to participate in the Launch of the Cultural Diversity Celebrations for March 2024 hosted by City of Greater Bendigo in the beautiful Bendigo Library Gardens.

There is a wide range of activities available during this month - you can see the full program at: <https://bit.ly/3P1b1PS>

Long Gully Neighbourhood Centre is pleased to be hosting a Multicultural Lunch on Wednesday, 20th March as part of the festivities.



Festive Fun

By Myra

March is jam-packed with fun in Bendigo, Long Gully Neighbourhood Centre are holding free bike education sessions for young people. There will be a free 3 hour bike education session held by Bike Bendigo for teens and tweens. (10am-1pm). Registrations required: <https://bit.ly/42YwKil>

The general public are invited to the BMX track for a free barbeque, toddler trike track, giveaways and more. 12:30pm. This session and event are thanks to Bike Bendigo and Vic Roads, in collaboration with Healthy Loddon Campaspe and Sports Focus.

- Pride Festival is on 13th-24th March
- Dahlia and Arts Festival (We'll be at the Children's Festival at Canterbury Park on Sunday, 17th March will lots of free activities for children & families)
- 'Paris' opens at Bendigo Art Gallery, 16th
- Festival of Friendship, 16th
- Bendigo Sustainability Festival, 17th



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>

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

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

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

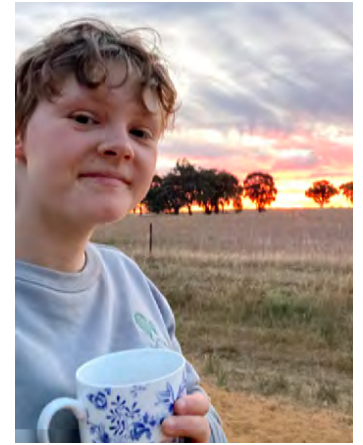
PLUS >>>

New Youth Worker

By Ella

Long Gully has a new youth worker. My name is Ella, and I am working with St Matthew's (the church opposite the post office).

I've just moved to Bendigo from Melbourne and I'm looking forward to spending my first few months getting to know more people in the community and finding out more about Long Gully. I enjoy a good joke and I love hearing other people tell stories about their lives. If you see me around, feel free to introduce yourself, I'd love to get to know you.



Editor's Note: It is great to see a youth worker coming to Long Gully.

A recent article published by The University of Melbourne said in part: "Loneliness highest amongst young people Between 2001 and 2009, the greatest proportion of lonely people was among those aged 65 and older. However, by 2021, this group contained the lowest proportion of lonely individuals of all age groups with the 15-24 age group now the highest. All other age groups had a lower proportion of lonely people in 2021 than in 2001.

"There is a clear trend of younger people becoming lonelier and feeling more isolated as time goes on," said co-author Dr Ferdi Botha. "If there aren't actions taken or policies implemented to intervene, we may see loneliness and psychological distress increasing in the younger generations and this may lead to lower mental and physical wellbeing and other wider societal issues.

"Loneliness increased in the first two years of the COVID-19 pandemic, but for young people, there is a longer-term trend increase apparent. It may be that this is partly connected to growth in smart phones and social media use," he said." You can read the full story at: <https://bit.ly/3ljmDen>

Top up instantly with the PTV app

With the PTV app, you can check your myki balance and top up with a tap of your phone. Or set and forget - with auto top up. You can even manage up to 10 family members' myki cards at once. Which is great for those who like to run a tight ship. Or in this case, bus, train or tram.



Download the app and add your myki



ptv.vic.gov.au



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Waste Collection Changes

By Alice, City of Greater Bendigo

Change to fortnightly general waste collection is a BIG win for the environment. Sorting your waste makes a difference. Compared to February 2023, we've doubled the amount of green waste collected in organics bins. This means more food scraps and garden clippings are being composted by the City, rather than producing harmful greenhouse gases in landfill.

We can still improve though, so our team is checking bins most days to educate the community about correct waste sorting. The checks help households find out what items should go into which bin for next time.

If you find a tag on your household bin, don't be alarmed. The Oops tag tells you what items have been put in the incorrect bin. Read the tag and see how you can improve your waste sorting. It is much appreciated.

If there is lots of contamination, the truck might not collect your bin. If your bin has been tagged and not collected, please:

1. Take the contaminant items out of the bin
2. Correctly dispose of the items (into the correct bin or to a transfer station)
3. Tell us your bin is ready to be collected

We will send a letter explaining audits and next steps if we keep finding the wrong things in your bin.

Don't put these things in the recycling bin:

- Bagged items - put items in the bin loose, not in bags
- Hard rubbish such as toys, carpet, household and garden appliances & tools
- Unaccepted plastics eg low quality plastic takeaway containers & soft plastics
- Non-recyclable paper and cardboard e.g. UHT cartons, heavily soiled paper and cardboard, takeaway coffee cups

E-waste

E-waste is any item with a cord or battery, including batteries themselves. E-waste has been banned from all kerbside bins since 2019. Free e-waste drive-through drop-off is available at Eaglehawk Recycle Shop, 191-193 Upper California Gully Road.

For more tips on reducing waste, contact rr.education@bendigo.vic.gov.au

Container Deposit Scheme

By Kerry



The Victorian Container Deposit Scheme commenced on late last year. Most aluminium, glass, plastic and liquid paperboard (carton) drink containers between 150mL and 3 litres are eligible. Keep the lids on, they are recycled too.

Find your nearest collection point at: <https://cdsvic.org.au/locations>

Collecting cans and glass bottles is a great way for children to earn some pocket money (and learn about preserving our environment). Alternatively, you may like to collect items and donate the proceeds to Long Gully Neighbourhood Centre - simply scan our barcode to donate to us. (Thank you to those who have already made donations).



We found...



Other:

but it belongs in...



General waste

Glass drop off points

Recycling

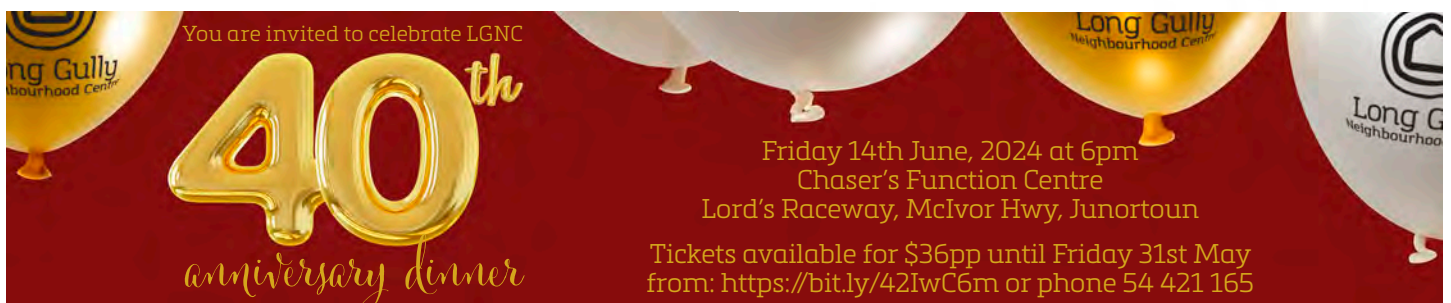
Taken to a transfer station

Organics

Other:

Is your bin going to be collected? YES NO

Please remove before the bin can be collected.





With thanks to Healthy Loddon Campaspe, Adventure Bingo is coming to Long Gully. Get active and have some fun for free with Adventure Bingo in Long Gully. The rules are simple:

- Head to the start point and start your walk.
- Mark off the sites on the Bingo card as you see them.
- Once you find all the sites in a straight, vertical, horizontal or diagonal line you've got Bingo.

For more information check out: <https://bit.ly/49F1yau> Long Gully Neighbourhood Centre also has a printed version of the Adventure Bingo card – call in and pick one up.

Community Garden News

By Jonathan Ridnell



Welcome to Autumn - a time when summer veggies start to slow down, and we think about what to grow over the colder winter months. We kicked off the change in season with our Seedling Swap and Share. It was lovely seeing new and existing faces coming to the Community Garden for a look, and to take home some plants to grow at home

At the Community Garden, we're going to continue to grow silverbeet this winter, along with some brassicas (we'll experiment with broccolini-type plants, so that we get a continuous harvest over time) as well as peas and broadbeans. The volunteer team is also keen to continue with onions and garlic. What are you going to grow at your place?

If you go for a walk in the Victoria Hill Reserve, you'll notice we're removing the fruit fly nets from the orchard. Lots of people at the Neighbourhood Centre have reported making plum jam and sauce from the local trees, and we're currently harvesting apples. Don't forget the Long Gully Community Garden regularly contributes fresh produce to the Mini Pantry at the Neighbourhood Centre - where you can pick up some vegies for free.

Editor's note: Thanks to Bunnings Epsom for their generous support, look at this photo of a very happy Jonathan with goodies. We are very grateful.



Neighbour Day

From RUOK

31 March is Neighbour Day - an annual celebration of local communities and a day of action to increase social connection in your own area.

There are a number of tips, ideas and free resources available from Relationships Australia to help you organise your Neighbour Day activities. They can be accessed at: <https://bit.ly/49vjCDG>

One of the ideas is a series of Conversation Cards, some of the questions are:

1. What is something you can do better than anyone else you know?
2. What is the most inspiring place you've travelled to and what did you love about it?
3. Ask your conversation partner if they have/had a favourite pet and what they love(d) about them.
4. Ask your conversation partner what topic they are most knowledgeable on; see if you can learn something from them.
5. What is your favourite book or movie and why?

Use these suggestions to get a conversation started, or talk about something else. Just remember to be kind.

Editor's Note: You might see some of the Conversation Cards pop up at our Chatty Café sessions!

Help at Hand

By Pam

Eaglehawk UFS Dispensary pleased to announce that we now offer UTI consultations for female patients aged 18 years and older. These consultations aim to address urinary tract infections (UTIs), provide support and guidance, and answer any questions related to prevention and management.

If anyone is experiencing a UTI or has questions about prevention and management, we encourage them to schedule a 15-minute consultation appointment with one of our qualified pharmacists. Appointments are available now and can be scheduled by phone at 5446 8203.

Giggle & Sing

By Kat



We had a splendid time of giggling, singing, learning actions to songs and enjoying one another's company on 4th March. We're gearing up for LGNC's 40th anniversary dinner on 14th June, 2024 at Chaser's Function Centre, Junortown where we're planning to sing a couple of fabulous songs (one is a parody of YMCA re-written for LGNC).

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.

Giggle & Sing won't be meeting in April as the first Monday falls during the school holidays, but we'll be back together again on 6th May & 3rd June 5-6pm.



Stop kidding yourself. If you drink, don't drive.

Thinking about driving after a couple of drinks? Think again.
If you blow .05 or over, you could face serious penalties,
including fines, losing your licence, getting an interlock installed
in your car and having to blow zero for three years.

TAC

VICTORIA
State
Government





Time to Explore **Hay NSW** Part 7 of 9

By Carol

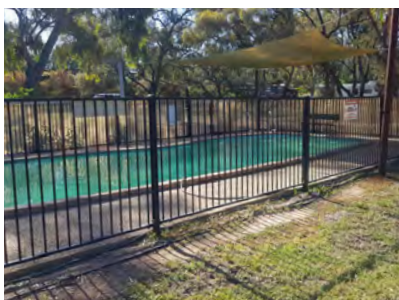
Hay has two CV parks and a free camp which is on the banks of the Murrumbidgee river, this is also the town's swimming beach, and boat ramp. We stayed at the Hay Caravan Park, which is a lovely little park with cabins for large or small families, and is dog friendly.

Ensuite sites, powered and unpowered sites, with plenty of grassed areas, camp Kitchen, swimming Pool, lovely clean amenities block with laundry and a kiosk which sells essentials. You can also walk down to the river through a gate at the back of the park. They also have a very friendly dog called Joan who has the run of the park and loves you to throw her a stick. But be aware, you will win her for life if you do so (she is just beautiful).

The young lass that was on reception when we were there was very helpful and passionate in telling us about the town and what it had to offer.

You are about 3 k's from town which on a nice day is a lovely walk. The town has many different shops, Robertson's bakery is lovely and the owner loves dogs and if you come with one you are given a snack pack of pet food, "As our 4-Legged family are important members too". Many of the shops only open on certain days to reduce costs including; The pizza and fish & chip shops only open on Thursday, Friday and Saturday. I believe they are very busy on these days.

There is lots to see depending on time. I have a few places to show you next edition.



Tried and True Recipes

Boston Bun

By CWA



INGREDIENTS

1 cup	mashed warm potato
2 cups	S.R. Flour
1 cup	sugar
½ cup	milk
1 cup	mixed fruit
1 tsp	cinnamon or mixed spice

METHOD

1. Put potatoes and sugar in a basin, then add other ingredients.
2. Mix altogether and cook in a moderate oven for ¾ hour.

Zucchini slice

By Myra



INGREDIENTS

5	Free Range Eggs
150g	(1 cup) White Self Raising Flour, sifted
375g	zucchini, grated
1 lrg	onion, finely chopped
200g	rindless bacon, chopped
1 cup	grated cheddar cheese
60ml	(¼ cup) vegetable oil

METHOD

1. Beat the eggs in a large bowl until combined. Add the flour and beat until smooth, then add zucchini, onion, bacon, cheese and oil and stir to combine.
2. Grease and line a 30 x 20cm lamington pan. Pour into the prepared pan and bake in oven for 30 minutes or until cooked through.

*We made these for community lunch recently, and added in some corn.
They were yummy.*

Word Find **Star Wars**

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

Yoda
Sith
Luke
Skywalker
Anakin
Darth Vader
Ewok
Han Solo
Obi Wan
Jedi
Force
Leia
Wookiee
Droid
Boba Fett
Chewbacca
Empire
Galaxy
Kenobi
Mandalorian

Trivia Quiz

Answers next page

1. Which species stole the plans to the Death Star

2. What is the name of Han Solo's ship

3. How many Star Wars films are there in total

4. In Star Wars, what invisible power binds the galaxy together

5. What bounty hunter captures Han Solo

6. What colour is Mace Windu's lightsaber

7. Who played Princess Leia

8. Which order brought about the death of the Jedi

9. Q9. Who is the write of the Star Wars franchise

10. Q10. Who discovers the adorable droid D-O



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

March

14th	Bike Repair workshop 4pm
15th	Creative Cards 10am
16th	On Your Bike! Bike Bendigo @ BMX Track 10am Community BBQ @ BMX track 12:30pm
17th	LGNC @ Eaglehawk Children's Festival
18th	New Beginnings Newsletter Deadline Katz cards 11am
19th	Beginner's Spanish 11:30am
20th	Multicultural Community Lunch 11:30am
25th	New Beginnings Newsletter published
26th	Beginner's Spanish 11:30am

**Centre closes for school holidays
29th March to 14th April**

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. Bothans
2. Millennium Falcon
3. 12
4. The Force
5. Boba Fett
6. Purple
7. Carrie Fisher
8. Order 66
9. George Lucas
10. BB-8



FREE BIKE REPAIR WORKSHOP



Some FREE bikes available (10+ year olds) plus some children's new helmets

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

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

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

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



Community Road Safety Grants



FREE!

ON YOUR BIKE! BIKE BENDIGO INC.

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+)



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

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

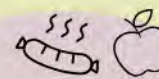


Fill in the Bike Bendigo survey so we know what your bike skills & interests are!
<https://bit.ly/49eJRhA>

12:30pm-1:30pm

Freewheeling Fun demonstrating how to use the BMX track's new bike tools!

PLUS >>>


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



Community Road Safety Grants

