



NEW BEGINNINGS

LONG GULLY Community Newsletter of Hope & Encouragement



Bike Safety

Many weeks of planning came to fruition recently at the Long Gully BMX Track where a 3 hour bike/road safety workshop conducted by Bike Bendigo was held.

See story next page.



On Your Bike

By Kerry & Nicola

March has been a big month with two bike repair sessions held after school on Thursdays with Freewheeling Fun. This project was funded by VicRoads Road Safety Grants and has had a number of project partners who have met regularly for quite a few months including Sports Focus, Healthy Loddon Campaspe and St. Matt's - thank you to each of you.

A bike safety session was held commencing at the Long Gully BMX Track on Saturday, 16th March led by Bike Bendigo. Freewheeling Fun were also in attendance to assist with bike maintenance tips.

Keep an eye out on our Facebook for more info on safe riding! Here's some from Nicola at Bike Bendigo:

Key principles for safe riding

- **Be visible:** you must have lights when it's dark or in low light, wear bright clothes if possible, and be aware that drivers might not be able to see you as well as you think they can.
- **Be predictable:** ride on the left a metre out from the kerb or parked cars (stay out of the door zone!) Ride in straight lines - don't do anything unexpected.
- **Communicate:** always let other people know if you are going to slow down, stop or change direction (including moving into the traffic lane).
- **Be aware** of what's around you - know what's coming up and what's behind you. Always check behind before changing direction or moving into the traffic lane.

Safe riding <https://bit.ly/43pDLsG> **Bike Bendigo's 2½ min video** <https://bit.ly/4clzN8j>
Bike Bendigo map <https://bit.ly/3VIT9UQ>

Many thanks to Myra who assisted with coordinating this project and to those who helped out on the day: Jo from Sports Focus and LGNC volunteers: Karin, Deb, Paul P., Sue, Julie, Amy and Flora. Thanks to Healthy Loddon Campaspe who provided some fresh apples and bananas for morning tea plus some children's bike helmets and drink bottles (any supplies that were left were taken to the Eaglehawk Children's Festival the next day).



Contributions & Newsletter Publishing Schedule

The next Newsletter will be Issue 105 to be published on 22nd April, 2024.

Please send your contributions by 15th April 2024 to email: newsletter@lgnc.org.au

Multicultural Lunch

By Kerry & Caroline

It is always exciting to see the seed of an idea planted and grow to fruition! Last year our Coordinator Kerry was chatting with Cara from Healthy Loddon Campaspe about her dream to have cross cultural cooking classes in LGNC's new kitchen. An opportunity for Karen and Aussie community members to come together, sharing recipes and learning new cooking skills.

Thanks to funding from Healthy Loddon Campaspe the project was developed, initially with assistance from Linto (Regional Victorians of Colour) and then Bridget (Bendigo Foodshare). Where possible, fresh, locally grown produce was used in the kitchen – the benefits of having our Long Gully Community Garden closeby was acknowledged. We are very grateful to Caroline and Eh Thout from Bendigo Foodshare and Ku Ku for their expertise in delivering the project.

The third cooking session was held on Wednesday, 13th March, 2024 where the recipes learned over the past couple of weeks were cooked in bulk to serve at our Long Gully Community Lunch.

Caroline reflected, "The Community Lunch at Long Gully Neighbourhood Centre was cooked and served by a team of 8 wonderful women, 4 of whom are from the Karen community. Working with a translator they shared laughter and labour as they put the skills developed during recent cooking sessions to excellent use.

The cross cultural cooks pulled together in the small kitchen, and the resulting cross cultural dishes were piled together onto plates by the 50+ guests who tucked into the lunch with great enthusiasm. There certainly wasn't a scrap of food wasted!

This project has produced so many positives ranging from cultural exchange, making new friends, learning language, developing cooking skills and finding out more about nutrition and healthy eating. Of course, the most important aspect was FUN, and there was plenty of laughter all round!"



Editor's note: Find yummy recipes from Ku Ku & Caroline on Page 8

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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It Takes a Village

By Kerry



First term has certainly been full of activity at LGNC as well as a great deal of laughter and community spirit. I am continually inspired by our volunteer team, many of whom are facing their own life challenges and yet choose to give generously of their time and skills for the benefit of others.



On Sunday, 17th March another great LGNC volunteer team – Bruce, Linda, Julie, Amy, Paul P., Sarah and Phil came together for the Eaglehawk Dahlia & Arts Festival Children's Day at Canterbury Park. Prior to the event our Community Garden Facilitator Jonathan organized some daffodil bulbs, peat pots and an instruction sheet to "grow your own daffodil" and a number of our volunteers assembled showbags with a daffodil bulb, pen, New Beginnings Newsletter and a healthy snack.

We coordinated the free children's painting station where some beautiful artworks were created, it was lovely to see children and their parents enjoying painting together. We also oversaw a mini Easter egg hunt which was extremely popular.

Adult Colouring-In

By Kerry



You could've been mistaken for thinking LGNC reception had been overtaken by an Adult Colouring Group recently. Some of our volunteers – Julie, Amy and Lea-Anne had a delightful time colouring in some Easter pages.

If you'd be interested in joining a regular adult colouring-in group at LGNC, please email coordinator@lgnc.org.au

Community Playgroup

By Sarah



We've been enjoying the mild Autumn weather at Playgroup on Mondays at 9am. It's been lovely to see families enjoying playing together in the sunshine!

By the time the Newsletter is distributed we will have held our last Playgroup for Term 1 (with an exciting Easter egg hunt – the children will be finding plastic eggs and trading them for some fun items such as books, bubbles and the occasional chocolate Easter egg).

Looking forward to seeing everyone in Term 2 – we will be starting up on 22nd April at 9am.

Harmony Week

By Kerry

On Wednesday, 20th March we were able to hold another Multicultural Community Lunch, this time with funding from City of Greater Bendigo and Regional Association of Neighbourhood and Community Houses (RANCH) as part of Harmony Week. Harmony Week commenced on 18th March, Thursday 21st March was the United Nations International Day for the Elimination of Racial Discrimination (Harmony Day).



We greatly appreciate the richness of culture and friendships we are able to build through conversations and activities with our local multicultural community – whether it be at the Long Gully Community Garden, through Loddon Campaspe Multicultural Playgroup or activities like the Multicultural Cooking Classes and meals we've been able to enjoy this term. Some information about Harmony Week: <https://bit.ly/3IGA0p9>

Since 1999, more than 80,000 Harmony Week events have been held in child-care centres, schools, community groups, churches, businesses and federal, state and local government agencies across Australia.

Australia is a vibrant and multicultural country – from the oldest continuous culture of our first Australians to the cultures of our newest arrivals from around the world.

Our cultural diversity is one of our greatest strengths and is at the heart of who we are. It makes Australia a great place to live.

An integrated multicultural Australia is an integral part of our national identity. All people who migrate to Australia bring with them some of their own cultural and religious traditions, as well as taking on many new traditions. Collectively, these traditions have enriched our nation.

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



End of School Day Strategies

By Carolyn

RIAC's Tips for Carers/Parents of ASD and ADHD children. Helping Neurodivergent Children Cope at the end of a school day. After spending all day navigating the socially demanding world of school, neurodivergent children often arrive home exhausted and overwhelmed. It can be hard to get them to open up and share their struggles and successes from the day.

Allow them time to process the day on their own terms. Perhaps by enjoying some down time engaging with a special interest. Some parents have found success joining in with their child and playing alongside them. This gives your child the opportunity to talk if/when they are ready without feeling pressured to answer questions. As one parent of a neurodivergent child said, "it is amazing what they tell me when we are colouring-in together".

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

Community Garden News

By Jonathan Ridnell



A lot of gardeners will tell you to prune your fruit trees in July. But a group of keen Bendigo gardeners descended on the community garden to learn about summer (or in this case early Autumn) pruning, which can help shape a tree, keep it short enough to be netted against fruit fly and discourage lots of growth come Spring. Katie Finlay from Grow Great Fruit explained the theory of fruit fly prevention and pruning, then 20 keen gardeners descended on the Community Garden orchard to try out their new skills. We now have a couple of plum trees looking fabulous - thanks to the support of Katie and the City of Greater Bendigo's Sally Beer.

One of the different trees at the Community Garden is the pair of pistachios. Pistachios have male and female trees, with the female bearing the fruit, and looking really pretty with bunches of nuts turning a pinky orange as the fruit ripens. Our volunteers picked a kilogram of nuts last week, and quite a few didn't make it past morning tea, while those which made it to the Mini Pantry disappeared extra fast. We'll be harvesting more over the next week or two, keep a lookout.

I know we talk a lot about the fruit fly netting we put over all 27 of our fruit trees this summer. The nets have been really successful in keeping out fruit fly and birds, but some insects remained inside, including the pesky Codling Moth. But the netting tunnels created a different ecosystem, and we discovered a couple of apex predators in the apple trees recently - a mantis looks quite friendly, but you wouldn't want to get too close to one if you were an insect.



Strengthening Your Connections

By Helen Yorston

Excitement is building as we head towards Easter, school holidays, sunny autumn days and interaction with our wintertime sport and recreational activities.

Getting out and about, building relationships and staying connected with others is good for our mental health and well-being. Lending a hand at your local grassroots community activity, builds our confidence, enables us to share our time, skills, knowledge and energy with others shapes our friendships and makes our community a better place.

Drop in to the community garden, visit the aged care facility and share a laugh or two with an elderly resident, show off your creative flare for fashion by helping out at an Op-shop or help our young people to learn to drive, giving them independence and opportunities to follow their dreams.

Give volunteering a go this autumn, winter season by sharing your talents or learning something new or re-discover an old interest. Do something positive for your mental health and well-being! Give Volunteering a GO. www.bgvolunteers.org.au

Editor's note: Tuesday, 21st May as part of National Volunteer Week, Bendigo Volunteer Resource Centre will be hosting a special morning tea with us for Chatty Café.

Chatty Café

By Myra



Interreach joined us recently to chat all things MAC (My Aged Care). They talked us through the steps of the registration process and answered questions of the community. For more information check out: <https://bit.ly/3VpVAGc>

Coming up we have a speaker from BCHS joining us to discuss their services and programs, as well as key things you should be on the look out for when it comes to your health. They'll be at Chatty Café from 10am Tuesday the 26th. BCHS Website: <https://bit.ly/3THa0jW>

Chatty Café will then return on the 16th of April (after the school holidays).

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.

CWA recently delivered food items to Blaze Aid at Goornong. We celebrated International Women's Day hosting a "Count Her In" Event with representatives from Women's Health Loddon Mallee and WIRE at the Tennis Centre. The quilt was won by Lyn from Dingee Branch who related to the subjects well having just been through floods herself. The Easter basket was won by Sally from Bendigo Region Women's Shed.

Craft Days are 3rd Wednesday of the month from 1.30pm at 150 Neale Street, Flora Hill. Bring along what you are working on or join in the 'craft of the day.'

For more information or enquiries see CWAbendigonortherngroup on Facebook or contact Group Lyn on 0411 603 320 for updates about Meetings and Functions.



Scottish Terrier love

By Manda Appleyard

I have had Scotties in my life since 1969. Scotties have brought me so much joy in my life. The Scottish Terrier is a big dog in a little body. This compact, short legged, sturdily built terrier of good bone and substance is very intelligent and quite a sensible dog. They mature very quickly and are a lot less destructive than many other breeds. They are great guard dogs because they don't bark without reason. They have a deep bark which makes them sound like a much bigger dog.



The Scottie is a robust breed requiring little or no veterinary intervention, and their versatility is unsurpassed. They adapt to any environment equally at home from the farmhouse to apartment living. They even make great travel companions and love caravan holidays. They are couch potatoes that suddenly spring to action whenever there is anything a foot.

The Scottish Terrier is loyal and does not suffer separation anxiety. When left alone they will just laze about and wait for your return. The Scottish Terrier is Hypo-allergenic as they do not shed hair. A medium level of grooming is required but a good brush once a week and a trip to the groomers every three months is all that is required. They are truly worthy of consideration when you are next considering a new addition to your family. I always say, "If it isn't a Scottie it is just a dog..."

Editor's Note: Do you have a precious pet? We'd love to include some stories/photos about pets in the Newsletter. Please email newsletter@lgnc.org.au

New Volunteer

By Britta



Hi, I am a new volunteer at the Long Gully Neighbourhood Centre. I have been looking after my granddaughter and now she has started school, I was looking for something to do to help the community.

My interests are music, particularly country and the old 50's and 60's as well. I also love walking, jigsaw puzzles and reading. All these things motivate me although my greatest motivation is my granddaughter. When I get "down" time, I usually put a favorite piece of music on and do puzzles.

I like living in Bendigo as it has the feel of a country town, with the convenience of having most things like hospitals etc. easily available. If I let myself dream about a "bucket list" item, it would be a cruise around Australia.

I am looking forward to being able to make a valuable contribution to the Centre. Cuppa time for some of our volunteers welcoming Britta to the team

Editor's note: Britta has already settled in well, her meticulous book covering has come in handy as we support a small rural school's library contacting 100+ books for them. Our volunteers are able to support other schools who may need assistance, please contact Kerry coordinator@lgnc.org.au

Please note: LGNC will be closed for the school holidays from 29th March until 14th April.




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Time to Explore **Deniliquin NSW** Part 8 of 9

By Carol

125kms from HAY -167kms from Bendigo Well, we have found another lovely place to stay for a few days, we are lucky enough to be on a site that overlooks the Edwards River. We are down the end where most of the sites are owned by families and are called Annuals, (they own the buildings but can only stay 130 days per year). The park is a large one and has been under new management for the past 3 months and they are doing lots of repairs to areas that were affected by flooding.

They offer a wide range of accommodation, Glamping Tents, Riverview Villa, Family Riverview villas, Riverview Deluxe Cabins, Deluxe Cabins as well as Powered and Unpowered sites. They have a Playground under shade sails, Outdoor chess, Basketball hoop and Kangaroo jumping castle. There are also clean amenities blocks, Dump point, Camp Kitchen with BBQ's and Pizza Oven, Kiosk. It is a short distance to McLean Beach and Boat ramp as well as the walking track which takes you from the Beach to the shopping centre, where there is a lovely park.

On one of our walks in the park I saw this great idea for the lazy person in a two-story home that cannot be bothered taking the rubbish down to the bin. You tie a rope to the lid and to the rail of the balcony, good aim is a must.



Tried and True Recipes

Baked Vegetable Burgers

By Caroline



INGREDIENTS

1 med	carrot grated
1 med	zucchini grated
1 sml	potato grated
½	onion, grated
½	celery stalk grated (optional)
1 can	kidney beans, drained and mashed, or 1 can corn (drained)
2 tbsp	chopped fresh parsley
¼ cup	plain flour
1	egg
	Salt and pepper
1½-2 tbsp	olive oil

All or any of the following to serve: sliced tomato, sliced red onion, beetroot, mayonnaise, ketchup, handful iceberg lettuce or rocket, etc

METHOD

1. Pre-heat oven to 180C. Line a baking sheet with baking paper, brush the sheet with ½ tablespoon of olive oil.
2. Wash, peel and grate vegetables, squeeze out excess moisture and place in a large bowl.
3. Drain and lightly mash the beans and add to the bowl (or add corn kernels).
4. Add the parsley, flour, egg, salt and pepper and mix gently to combine. Add extra flour if the mixture is too wet.
5. Form the mixture into 4 patties and place on the prepared baking sheet. Drizzle with 1-1½ tablespoons of olive oil and bake for approximately 25 - 35 minutes, turn the burgers halfway through baking then continue baking. Serve immediately topped with your favourite sauce, dip or mayo. Enjoy

Coconut Rice Balls

By Ku Ku



INGREDIENTS

	Enough water to cover the rice by 1cm
½ cup	coconut milk
1	pinch of salt
1-2 tbsp	sugar
1 cup	short-grain sticky rice
Coating	
½ cup	shredded coconut

TIP Sticky rice, also known as glutinous rice or sweet rice

METHOD

1. Soak rice: Rinse the rice thoroughly and soak it in water overnight (at least 12 hours).
2. Steam the rice: Drain the rice and steam it in a steamer basket over boiling water for 20-25 minutes, or until cooked through and translucent.
3. Prepare the coconut milk: While the rice steams, combine the coconut milk, salt, and sugar in a small saucepan. Bring to a boil, then reduce heat and simmer for 5 minutes.
4. Combine rice and coconut milk: Combine the cooked rice and hot coconut milk in a large bowl. Mix gently until the coconut milk is absorbed by the rice.
5. (Optional Step) Add chosen flavourings: If using, gently fold in your chosen flavourings (fruits, vegetables, spices, etc.) into the rice mixture.
6. Cool and shape: Let the mixture cool slightly until it is warm enough to handle comfortably. With wet hands, roll the mixture into small balls, about 1 inch in diameter.
7. Coat with coconut: Place the shredded coconut in a shallow dish. Roll each ball in the coconut to coat evenly.

Serve: Enjoy your coconut rice balls fresh! For a warm treat, you can quickly toast them under a broiler or in a preheated oven for a few minutes, watching closely to avoid burning the coconut.

TIP Use good quality sticky rice for best results. If you don't have sticky rice, you can substitute short-grain sushi rice. If the mixture is too sticky to handle, add a little more shredded coconut or unsweetened condensed milk.

Word Find Harry Potter

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

Magic
Hogwarts
Harry
Wand
Snape
Dobby
Hagrid
Scar
Hermione
Wizard
Ron
Albus
Draco
Bellatrix
Voldemort
Neville
Hedwig
Snitch
Myrtle
Gryffindor

Trivia Quiz

Answers next page

1. What house at Hogwarts does Harry belong to

2. What do Harry Potter and his friends call normal people

3. What position does Harry play in the game of Quidditch

4. What is the name of Hermione's cat

5. What collective name is given to Lord Voldemort's followers

6. What type of creature is fluffy

7. What is the name of the Prisoner of Azkaban

8. If Harry went to Olivander's what would he be buying

9. What was Lord Voldemort's original name

10. Where does Ron's father work



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

March

25th New Beginnings Newsletter published
26th Beginner's Spanish 11:30am

29th Closed for school holidays until April 15th

April

15th LGNC reopens 9am
New Beginnings Newsletter deadline
22nd New Beginnings Newsletter published
29th New Beginnings Deadline
30th Moneycare @ Chatty Café 10am

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. Gryffindor
2. Muggles
3. Seeker
4. Crookshanks
5. Death Eaters
6. 3 headed dog
7. Sirius Black
8. A wand
9. Tom Riddle
10. Ministry of Magic





Term 2 Activity Guide

Social & Community Connect

Chatty Café

10am Tuesdays commencing 16th April

Come and enjoy a cuppa and a chat. Bring along your knitting/crochet/craft if you'd like to or just come and meet new people, discuss a variety of topics and learn new things!

Long Gully Community Garden

Mon & Thu mornings. Enjoy the great outdoors, help in the garden or simply come for a chat. Garden beds available for hire.

Community Lunches

12:30pm Wednesdays commencing 17th April, Free

Come and enjoy a delicious lunch and great company.

Health & Wellbeing

Giggle and Sing

12:45pm Monday 5pm Monthly, Free

6th May & 3rd June

Walking Group

9:30am Tuesdays commencing 16th April, Free

Enjoy a Walk along the Long Gully Trail with an enthusiastic group of walkers (all levels)

PopUp Produce Market

10:30am call 5442 1165 or Facebook page for dates

Bendigo Foodshare invites you to come and purchase fresh, locally grown produce.

LGNC Assist

Your Tech Help

10-12noon Wednesdays, commencing 17th April

Computer and phone troubleshooting with Trevor

Justice of the Peace

10am Tuesdays and by appointment

Statutory Declarations, Affidavits and other documents witnessed, certifying documents



stay updated
[facebook.com/lgncorg](https://www.facebook.com/lgncorg)

Everyday Services

Mini Food & Toiletry Pantry

Limited non-perishable food items, toiletries and some garden produce available.

Printing & Photocopying

Photocopying, scanning & laminating available

Room for Hire

Room/s for hire for meetings or classes.

DVDS/CDs/Book Libraries

Borrow, exchange or keep dvds, cds or books from our libraries stocked by generous community members. Donations accepted.

Long Gully Community Plan

Regular meetings at LGNC for Long Gully Community Plan Working Group. New members & interested people welcome.

Information & Referral

If you would like to find out more about local services or programs, feel free to contact us. Everyday services

LGNC Website

www.lgnc.org.au Keep up-to-date with services offered.

New Beginnings Newsletter

Published Monday fortnightly - contributions can be emailed to newsletter@lgnc.org.au Paid advertising available. Can be downloaded from www.lgnc.org.au/newsletter

LGNC Facebook

Check out and "like" our Facebook page to read news and stay informed of upcoming events. [facebook.com/lgncorg](https://www.facebook.com/lgncorg)

Be Creative

Creative Cards

10-12pm Friday fortnightly commencing 26th Apr \$10

Led by Deb Wylie. Cost is \$10 for 2 cards - all materials supplied, come and learn new skills in a friendly group environment. Phone to join waiting list **BE**

Katz Cardz

11am-1pm Monday fortnightly 29th April, \$15

Learn the finer art of cardmaking with step-by-step instructions. Cost \$15 for 2 cards, all materials supplied. **BE**

Children's Activities

LGNC Playgroup

9am Mondays commencing 22nd April

Come along and enjoy singing, music, games, stories & more.

LCMS Multicultural Playgroup

10am Thursdays commencing 18th April

Special Events

Multicultural Cooking Classes

Expressions of interest for the next round of cooking classes currently being taken. Please email coordinator@lgnc.org.au

Trivia Morning

10am, Tuesday, 28th May

Book in your team (or put your name down to join a team) and enjoy some fun facts with Helen. Great prizes to be won.

Neighbourhood House Week

10am Tuesday, 14th May

Morning Tea to celebrate all things Neighbourhood Houses.

National Volunteer Week

10am Tuesday, 21st May

Morning Tea with Bendigo Volunteer Resource Centre At Long Gully Neighbourhood Centre

Adult Colouring In

Starting Term 2 Contact LGNC 5442 1165 to express interest.

BE = Bookings Essential

Save the Date
Long Gully Neighbourhood Centre
40th Anniversary Dinner

6:30pm Friday, 14th June

Chasers Function Centre, Junortoun

