



# NEW BEGINNINGS

LONG GULLY Community Newsletter of Hope & Encouragement

## Do you have your ticket?



Have you booked in for our 40th anniversary dinner, see next page for details.

This photo was taken at the official opening of the Long Gully Community House in 1984.

# Do You Have Your Ticket?

By Kerry

We are keenly looking forward to celebrating 40 years of Long Gully Neighbourhood Centre next month. A great deal of work continues to bring together some of the stories since 1984 – a sneak peak of one of the stories in the anniversary book currently being compiled.

On 14th June 1984, the "Long Gully Community House" was created with these key objectives:

- Social development;
  - Family support; and
  - Community involvement through self-help groups and basic skill workshops
- On 28th June, 1984 a sausage sizzle on the new BBQ provided by the Bendigo City Council on the New Chum Reserve was held. There were over 70 children in attendance and after the BBQ they watched a video of the film E.T.

On the 23rd July, 1984 the "Long Gully Community House" sign proudly went up on the front wall of the building.

The official grand opening of the Long Gully Community House, 17 Derwent Drive, Long Gully was held on 13th October, 1984. Community Welfare Service Minister, Mrs Pauline Toner officiated with over 100 people attending.

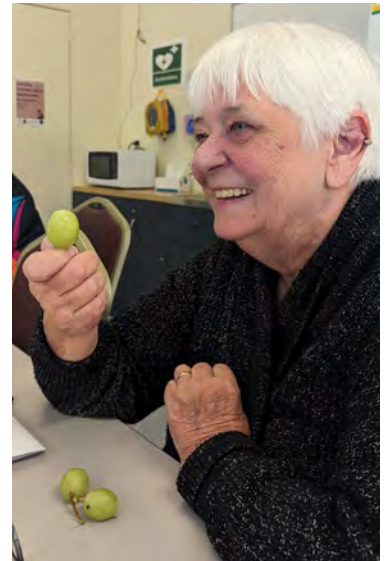
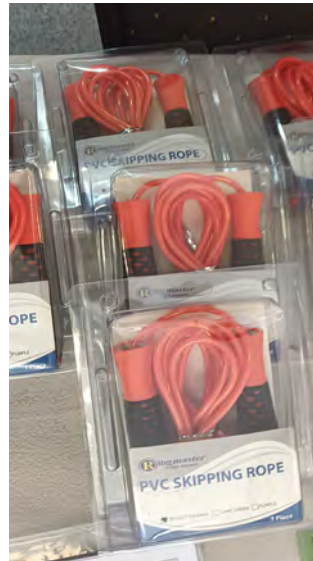
Pauline Toner was the first woman to hold a ministerial position in the Victorian Parliament when she was appointed Minister for Community Welfare Services in 1982 (when the ALP formed government). Her work focused on the rights of children and she also implemented funding for Neighbourhood Houses. She held office until 1985, and continued to serve as a backbencher until her resignation on 28th February, 1989. She died of cancer 3 days later on 3rd March, 1989.

The LGNC 40th anniversary book will be launched at our anniversary dinner to be held on Friday, 14th June, 2024. You can purchase your ticket online (and also pre-order a copy of the book). Tickets are available until Friday, 31st May (or until sold out) from: <http://bit.ly/42lwC6m> or at LGNC Reception.



# Chatty Café

By Myra



It was great to have Bendigo Community Health Service (BCHS) join us late last term to share easy ways to improve our health. They gave us some great information, free skipping ropes, and showed us a fun mindfulness activity.

The idea is called 'Mindful Eating'. Often, we are busy and rushing and eat without much ceremony. To do mindful eating, we first study the food object with our eyes, then touch it, smell it, and of course, lastly, we eat it and take note of how it tastes, savouring every bite. The practice is thought to improve our eating habits and increase appreciation for the food we have, which can only be a good thing!



We also celebrated Deb Wylie's birthday. Deb has been around LGNC for many a year, volunteers on reception, excels at Spanish language class, and teaches a class of her own 'Creative Cards' in which many works of art have been produced.

Coming up at Chatty Café we have Gerry from Moneycare (Salvation Army) joining us on the 30th of April. See the following article for more information.

## Contributions & Newsletter Publishing Schedule

The next Newsletter will be Issue 106 to be published on 6th May, 2024.

Please send your contributions by 29th April, 2024 to email: [newsletter@lgnc.org.au](mailto:newsletter@lgnc.org.au)

# Moneycare @ Chatty Café Have Your Say

By Gerry



I am a financial counsellor with Moneycare at the Salvation Army up at Gravel Hill in Mundy Street. I've been a financial counsellor for over 15 years both in Southern New South Wales and Victoria.

I'm looking forward to meeting with you. I will be going through several topics related to financial wellbeing such as hardship, concessions and scams. There will be plenty of time for questions and I hope to learn from you regarding your own experiences.

Financial counsellors are often confused with financial planners or advisors, but we provide quite a different service. Where planners and advisors are providing advice re investments and generally work on a commission basis with credit providers we work with people in debt, who have some sort of financial hardship or financial stress and are unable to meet ongoing expenses. We have an exemption to licensing requirements but need to follow strict conditions. The service must be free, we can't receive payment or commission from banks, credit companies or third parties and don't recommend specific financial products. We must be qualified in financial counselling, be a member of our state body and keep up with ongoing professional development.

Financial counselling is a role that works to identify solutions and options to help clients, it is looking at the person holistically and understanding what other impacts are going on in this person's life. The financial stress may be symptomatic of other things going on in their life. For example, issues with relationships, health or past trauma impacting their current ability to make financial decisions. On the other hand, it can be changes in circumstances like loss of employment, ill health, loss of a life partner that brought about a change in the financial situation and this has begun to impact on the person's health either in a physical or emotional way or both. In reducing financial stress, the person can then focus on those other aspects of their life that need addressing.

To make an appointment at Moneycare Bendigo call 03 5440 8410.

Have you subscribed to our New Beginnings Newsletter?

Call 5442 1165 or visit <http://bit.ly/lgnsub>

By Lisa Chesters Office

Were you affected by the 2022 floods? Have your say. The response of the insurance industry to major flood events across Australia in 2022 is the focus of an inquiry by the House Standing Committee on Economics. In October 2022, households and businesses in our region were affected by the floods. The trauma is continuing for many people.

A number of the affected towns were also hit again by floods over the recent Christmas/New Year period, compounding the trauma. The Committee wants to hear from people who have been impacted by floods and their experiences with their insurance companies. Their evidence will inform the discussions throughout the inquiry and help guide the recommendations in the final report that will be tabled in Parliament.

Locals have shared with me their frustration and distress of trying to navigate and negotiate with their insurance provider post the October 2022 flood event with some claims not being settled before the flood event experience over this summer. This is unacceptable and unfair. The survey is anonymous, takes 10 minutes to complete, and gives those affected the chance to inform the public debate with their personal experience. For more information or to participate in the survey, visit <https://bit.ly/4apToD7>

## Giggle & Sing

By Kat

We're having a fabulous time at Giggle & Sing each month as we learn some new songs together. We're planning a couple of special items for the 40th anniversary dinner in June.



One of the songs we've had a bit of fun with is based on a train sign from many years ago (come along to Giggle & Sing and I'll tell you the back story!). We found a similar sign on a steam train in the Hunter Valley recently. The song is:

To stop the train,  
In cases of emergency,  
Pull down the chain, pull down the chain,  
Penalty for improper use  
Five pounds!

It has a catchy tune that sticks in your head. We look forward to welcoming anyone who's keen for a sing and laugh on Monday, 5th May at 5pm at Long Gully Neighbourhood Centre. Call to book 5442 1165.

# Going Away?

By Carol



**Some Important Information** that may make you feel safer whilst away from home.

You may not be aware that if you are going away from home for any length of time, be it two (2) days or two (2) months that you can fill in a **Victorian Police Absence From Residence** form.

1. You can do this Online by going to Victorian Police Absence from Residence site, fill in and submitting a form (as below) they will send you an email confirming registration.
2. You can download the form from the website, fill it in and take it to our local police station.
3. You can go to your local police station and ask them for a form and fill it in whilst there

## National Volunteer Week

By Myra

We're excited to be hosting a morning tea here at LGNC for National Volunteer week! With many thanks to the Bendigo Volunteer Resource Centre, all are welcome for a friendly and free Morning Tea.

Tuesday 21st May, 10am onwards. 52 Derwent Drive Long Gully. Please RVSP to: [bvrchub@bgovolunteers.org.au](mailto:bvrchub@bgovolunteers.org.au)

National Volunteer Week runs from the 20th to the 26th of May. If you know of an amazing volunteer (from any community group or organization) who gives permission to share some of their story, please email [newsletter@lgn.org.au](mailto:newsletter@lgn.org.au) with up to 300 words about the person together with a high res photo (sent as a separate attachment) by Monday 29th April.

## Bendigo, Paris

By Bendigo Tourism



Bendigo becomes the City of Light and Love. In celebration of Bendigo Art Gallery's international exhibition, Paris: Impressions of Life 1880 - 1925, Bendigo is transforming into the city of love and light. Revel in French food, art, culture and much more with our exciting Bonjour Bendigo program.

Check it all out here: <https://bit.ly/4ay2YE3>

# Community Garden News

By Jonathan Ridnell



What does a garden volunteer look like at the Community Garden? Well, there's no 'average' person, because we have a diverse bunch of keen gardeners lending a hand. But what we don't have are a lot of people who are new to Bendigo. So just before Christmas, we did a volunteer project aimed at giving our local Karen community a chance to try out volunteering. We asked for help to build a wicking (self-watering) garden bed. And a term later, we've finally finished! The Karen group bolted together the garden bed frame (and learnt just how hard red gum posts are!) and lined the beds with cardboard. After that morning's work, the garden volunteers lined the bed with plastic, put in a drainage hole and filled the base with ag pipe and scoria, and topped it off with a layer of mulching felt and soil. Voila! Thanks to Department of Energy, Environment and Climate Action and Regional Victorians of Colour for helping with this project, and the Karen volunteers for their work and delicious lunch!

The garden is holding a BBQ on May 9th - please bring along something to share - and you can meet garden volunteers, some of our garden bed holders and have a look around the garden at what's been planted for the upcoming winter season. They'll be firing up the hotplate at around eleven o'clock.

And don't forget the "3Ps" of olive production workshop on May 25th. Learn about Pruning, Pickling and Processing olives, and the workshop will include a chance to see an olive oil press in action. There is a cost involved - visit <https://bit.ly/3Q4CUbz> for more information.



# Adult Colouring-In

By Kerry



Just prior to Easter we discovered a number of people have a passion for adult colouring-in. We will be commencing an Adult Colouring-In group on Wednesdays from 2-3pm on Wednesday, 24th April, 2024.

You are welcome to bring along your favourite colouring-in book and colouring materials or use the ones we have here at LGNC.

Feel free to come and enjoy a free community lunch from 12.45pm and then stay for Colouring-in!

## Computer Help Session - Term 2

By Trevor

Long Gully Neighbourhood Centre Computer Help sessions started again for Term 2 on Wednesday 17th of April.

These sessions have helped people with their computers, printers, phones, tablets, and Dash Cams. The help provided has been in all areas including: How do I get my photos from my phone to my computer? How do I get my music onto my phone? How do I stop it making those noises? And how do I make it make noises that I want it to? Do I need a new device and if so, which one would work for me? Do I need to pay for this software/app? Which updates should I do on my phone, computer, or tablet? Is my device secure and should I click on that?

If you have any or all of these questions, or even different questions, you can come along and see whether we can sort out your technology to get it working to do what you want it to do, to help you with your life.

Long Gully Neighbourhood Centre computer help sessions are held every Wednesday at 10:00am for two hours. If you're coming for the first time, it may be worth checking with the reception staff to make sure that the session is happening that Wednesday, otherwise, I will let all the regulars know if there's any changes to the schedule via email.

Hope to see you all there, so we can work through that tech item that's not quite being the technology you thought it should be and not doing things just how you want it to. See you soon.

## The Unbreakable Farmer

By Jay

The City of Greater Bendigo is hosting a special event for the farming community in the region, with The Unbreakable Farmer coming to Goornong on April 26, 2024. This free event is sponsored by Agriculture Victoria and aims to support flood-impacted farmers in Greater Bendigo and surrounds.

We will share a delicious barbeque dinner, before hearing from BlazeAid about their efforts in the region, then conclude with a presentation from inspirational speaker Warren Davies, also known as The Unbreakable Farmer.

The Details

Time: 5-8.30pm

Date: Friday 26 April

Venue: Goornong Memorial Soldiers Hall

Sign up: <https://bit.ly/3w4cYpo>

Does your neurodiverse child seem to misunderstand or ignore what you say?

Neurodiverse children can have trouble understanding conversations and communicating. Each child's communication needs and strengths are different, but here are some tips that may help

- Choose a time when they are not intensely involved in an activity, or in a heightened emotional state.
- Begin with their name so they know you are talking to them. Pause after saying their name. Make sure you have their attention.
- Avoid using figurative language, rhetorical questions, or sarcasm. Autistic people usually take what is said literally.
- Allow time for them to process what you have said, and to think of answers to questions.

Don't take it personally if the interaction doesn't go as planned. Keep trying to communicate, the more you practice these tips the easier it will become.

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.

## Be Well Be Connected

By City of Greater Bendigo

**Positive Ageing and Disability Expo** The City of Greater Bendigo is proud to host the 2024 Be Well Be Connected Expo for older adults and people with disabilities.

The free expo will feature exhibits showcasing aged care, community and disability products and services, allowing visitors to meet face-to-face with service providers, advisors, and community groups.

10am- 2pm Wednesday May 15 Bendigo Exhibition Centre, Prince of Wales Showgrounds 42-47 Holmes Road, Bendigo expo@bendigo.vic.gov.au



## CWA Bendigo Nth 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.



The Group held a Stall at the Sustainability Day recently. We would like to say a huge thank you to everyone who came along to our stall. It was a success for us and we will be able to use the money to help the community in our local area. Thank you to everyone who made a purchase or stopped for a chat.

Bendigo Branch supported the SPAN Walk helping with the Merchandise Stall and showing the children how to make and colour their butterflies for the 'butterfly ceremony'.

Craft Days 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 see CWAbendigonorthern-group on Facebook or contact Group Lyn on 0411 603 320 for updates about Meetings and Functions.

## Keep your solar running 24/7

Apply for an interest-free loan of \$8,800 to install a solar battery.

**Get started today.**



[solar.vic.gov.au/apply](https://solar.vic.gov.au/apply)

Eligibility criteria apply.  
Authorised by the Victorian Government, 1 Treasury Place, Melbourne.



BBC EARTH EXPERIENCE

# THE NOT A BAD VIEW BIT

At the immersive BBC Earth Experience, you'll see the world from an entirely new perspective. It's not the only place this happens in Melbourne either. Just wait until you find the thought-provoking art galleries, boundary-pushing theatre and sporting events that ignite something deep inside you. Get ready to see and feel it all, all over the city.

[VISITMELBOURNE.COM](http://VISITMELBOURNE.COM)

**MELBOURNE** EVERY BIT  
DIFFERENT



# Time to Explore **Hunter Valley NSW**

By Kerry

I've just enjoyed a week away in the Hunter Valley region in New South Wales. It was a very long day's drive from Bendigo (just over 1,000 kms) but with a couple of drivers it was doable.

One of the many highlights was visiting the extensive Hunter Valley Gardens. There is a beautiful sculpture titled, "Expressions of Love in a grandmother's garden". The plaque near the sculpture says, "It captures the love a grandmother shares with her little ones, it is a love that binds the past and the future. Hunter Valley Gardens were created to delight garden lovers now and for generations to come. Sculptor Linda Klarfeld"

Their website contains more information (and great photos) <https://www.huntervalleygardens.com.au/> There was a Mega Creatures display at the Gardens and you could return at night to see the garden lit up. There are also rides (in giant tea cups, a swing chair, carousel and superslide). A variety of food stalls were also available.

We also attended the Hunter Valley Steamfest in Maitland and experienced the highs (and lows) of being a passenger on a steam train for the annual Steamtrain race. You can read about it online at: <https://www.steamfest.com.au/> There were two steam trains in the race and a tiger moth plane - the plane won. It was exciting being on one of the trains with some of our family while the other family members were on the other train. Each train pulled past the other at times during the race giving plenty of photo and video opportunities!

I was astounded at the number of wineries, cheese and chocolate makers across the Hunter Valley. A week wasn't really long enough to explore the towns in the area as there are many. Coal mining is a major industry and it seemed like the coal trains were running non-stop.





# Anywhere. Anytime. Anyone.

Police are out there to keep you safe. If you still choose to take risks while driving and break the road rules, chances are you will be caught.





# Tried and True Recipes

## Homemade Beef Burgers

By Caroline



### INGREDIENTS

- 1 small onion, diced
- 500g good-quality beef mince
- 1 egg
- 1 tbsp vegetable oil
- 4 burger buns
- Salt and pepper

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

### METHOD

1. Place beef mince into bowl with 1 small diced onion, 1 egg salt and pepper, then mix.
2. Divide the mixture into four. Lightly wet your hands. Carefully roll the mixture into balls, each about the size of a tennis ball.
3. Place a balls in the palm of your hand and gently squeeze down to flatten into patties about 3cm thick. Make sure all the burgers are the same thickness so that they will cook evenly.
4. Put on a plate, cover with cling film leave in the fridge to firm up for at least 30 mins.
5. Heat barbecue to medium hot. Lightly brush one side of each burger with vegetable oil.
6. Place burgers, oil-side down, on the barbecue. Cook for 5 mins until the meat is lightly charred. Don't move them around or they may stick.
7. Oil other side, turn over using tongs. Don't press down on the meat, as that will squeeze out the juices. Cook for 5 mins more for medium. For well done, cook 1 min more.
8. Take the burgers off the barbecue. Leave to rest on a plate so that all the juices can settle inside.
9. Slice four burger buns in half. Place, cut-side down, on the barbecue rack and toast for 1 min until they are lightly charred. Place a burger inside each bun, then top with your choice of accompaniment

## 12 Large Apple Muffins

By Caroline



### INGREDIENTS

- 125g butter melted and cooled
- 3 eggs beaten with a fork
- ½ cup milk (approx)
- 2 cups self-raising flour (300g)
- ½ cup plain flour (75g)
- ½ tsp bicarbonate of soda
- ¾ cup sugar plus extra for topping (250g)
- 2 small apples
- 1 tsp cinnamon
- ½ cup oats
- 12 muffin papers

### METHOD

1. Pre-heat oven to 200 C
2. Place 12 muffin papers into a muffin tin
3. Melt the butter and cool
4. Peel, core and dice apples
5. Beat the eggs with a fork
6. Mix the butter, eggs and milk together
7. Place all ingredients in a very large bowl and gently mix until fully combined. (Do not beat or try to make the mixture look like a creamy cake mix!)
8. Place in muffin papers and sprinkle the top with extra caster sugar, oats and cinnamon
9. Bake for approx. 20 minutes until golden brown and firm to touch

These two recipes were prepared by Caroline, Foodshare Chef for Karen and 'Aussie' participants in our recent Healthy Loddon Campaspe Cooking Classes.

# Word Find Horses

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

**Gallop**  
**Mane**  
**Bridle**  
**Hoof**  
**Stallion**  
**Mare**  
**Colt**  
**Saddle**  
**Bridle**  
**Canter**  
**Paddock**  
**Farrier**  
**Jockey**  
**Horseshoe**  
**Neigh**  
**Equestrian**  
**Bridle**  
**Thoroughbred**  
**Pony**  
**Groom**

## Trivia Quiz

Answers next page

1. The height of a horses is measured in what

2. What was the name of the Lone Rangers horse

3. What is a baby horse called

4. T or F: Horses have 16 muscles in each ear

5. What movie tells the story of a horse during WW1

6. Which horse won the Melbourne Cup three consecutive times

7. Q7. In racing, what direction do horses run in Victoria

8. Which group sang about A horse with no name

9. Who was Mr Ed's owner

10. What is a cross between a horse and a donkey called



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  
10am Your Tech Help

**Thursdays**

10am - 12noon  
Multicultural Playgroup

### April

- 24th Colouring in for Adults! 2pm
- 26th Creative Cards 10am
- 29th New Beginnings Newsletter Deadline  
Katz Cardz 11am
- 30th Moneycare@Chatty Café 10am

### May

- 5th Giggle & Sing 5pm
- 6th New Beginnings Newsletter Published
- 9th Community Garden BBQ 11am
- 13th New Beginnings Newsletter Deadline
- 13th-19th Neighbourhood House Week
- 15th CofGB Be Well Be Connected Expo 10am
- 16th Providence Court BBQ 12:00pm

**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. Hands
2. Silver
3. Foal
4. True
5. War Horse
6. Makybe Diva
7. Anti-clockwise
8. America
9. Wilbur Post
10. Mule





National **20-26 MAY 2024**  
**Volunteer**  
Something for Everyone **Week**

Invitation to  
**Morning Tea to celebrate  
National Volunteer Week**

On Tuesday 21 May 2024 - 10 am onwards  
At Long Gully Neighbourhood Centre  
52-54 Derwent Drive, Long Gully

RSVP to: [bvrchub@bgovolunteers.org.au](mailto:bvrchub@bgovolunteers.org.au)



In Partnership with



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*Something for Everyone*

*Volunteering creates opportunities to explore a myriad of opportunities available, emphasising that there's a place for everyone in the world of volunteering.*

*Whether you're drawn to environmental causes, community outreach, education, or beyond, there's a place where your unique skills and interests can flourish. We invite you to join in the celebration to showcase the vast spectrum of possibilities and the transformative impact that emerges when everyone finds their meaningful volunteer role in making a difference.*

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You are invited to celebrate at the LGNC

40<sup>th</sup>

*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





## 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](http://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](mailto:newsletter@lgnc.org.au) Paid advertising available. Can be downloaded from [www.lgnc.org.au/newsletter](http://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](mailto: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