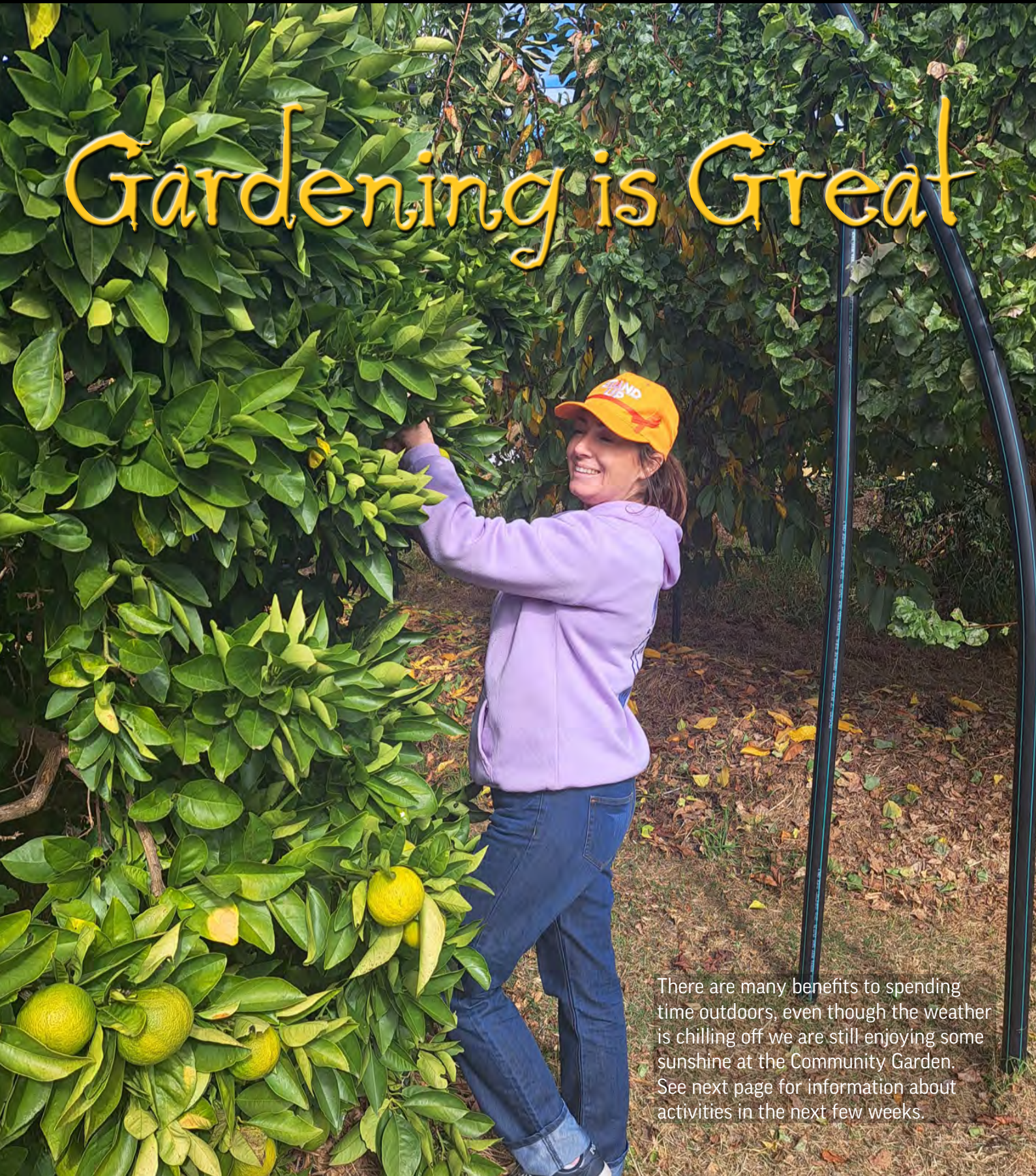




NEW BEGINNINGS

LONG GULLY Community Newsletter of Hope & Encouragement

Gardening is Great



There are many benefits to spending time outdoors, even though the weather is chilling off we are still enjoying some sunshine at the Community Garden. See next page for information about activities in the next few weeks.

Community Garden News

By Jonathan Ridnell



Meet the Weeroona crew! Over the last few years, a group of students from Weeroona Secondary College have been visiting the garden and not just lending a hand, but also working on a number of projects. They played a major hand in building our new shadehouse, and are now creating a mural on the side of our storage container. As you can see from the photo, the green background gives a huge hint that the mural will be garden related!

Join us at the Community Garden for a BBQ on May 9th. It's a chance to meet garden volunteers, some of our garden bed holders and discover the garden and learn about what's been planted for the upcoming winter season. They'll be firing up the hotplate at around eleven o'clock - if you are able to please bring along some food to share.

And don't forget the "3Ps" of olive production workshop on May 25th. The garden boasts around ten olive trees of different varieties, and we're always on the lookout for help about how to manage the trees and the fruit properly. At the workshop, 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/4bh3w0V> for more information.

Do you have olive trees in your garden and want to learn what to do with them?

Join us for a...

Olive Pruning, Pickling and Processing Workshop

Presented by Apulia Grove Olives and supported by the City of Greater Bendigo, this event will cover best practice for growing, caring for and processing olives.

You will learn all about how to grow and ferment or dry pickle great tasting olives, as well as get a hands-on look at what it takes to press your own extra virgin olive oil, and how to use this liquid gold to benefit your health and cooking.

TIME: 10am - 1pm
DATE: Saturday May 25, 2024
LOCATION: Long Gully Community Garden, Energetic Street, Long Gully
COST: \$20 per person or \$10 concession, limited to 20 participants.

Participants need to wear closed toe shoes and bring a hat, sunscreen, secateurs, mug, and lunch. Morning tea and all materials required will be provided.

Book online via the QR code or visit <https://www.trybooking.com/events/landing/12058867>

Neighbourhood House Week

By Kerry

Next week we are pleased to be celebrating Neighbourhood House Week with the theme "Stronger Together". Australian Neighbourhood Houses and Centres Association (ANHCA) have provided some thoughts around Neighbourhood House Week which we have adapted below.

This week is a tribute to the incredible strength that blossoms when diverse individuals unite for a common purpose. As Helen Keller wisely said, "Alone we can do so little; together we can do so much." (If you have seen a copy of my business card you'll know I have that exact quote on the back of it.)

Neighbourhood and Community Houses and Centres are across Australia, each one unique, but each one providing a safe place for people from all walks of life to connect, learn and play. Here at LGNC we believe that every voice should be heard, every story is valued (and we all have a story or two to tell,) and every person can contribute to the vibrant mosaic of our shared community.

This week, join us in simple acts of togetherness—whether it's a shared meal, a collaborative project, or just a friendly chat. Together, we'll explore the incredible strength that emerges when we stand side by side. Let's celebrate community, weaving stronger bonds that make our neighborhood a wonderful place to call home.

We encourage you to join us for one (or more) of the activities below:

Monday 13th May	9:00am	Community Playgroup
Tuesday 14th May	9:30am	Walking Group,
	10:00am	Chatty Café/Morning Tea for NH Week
Wednesday 15th May	10:00am	Your Tech Help
	12:45pm	Community Lunch
	2:00pm	Adult Colouring-In



A number of our very talented and generous volunteers have been working on a small heart-shaped gift to be distributed during Neighbourhood House Week. Have you ever wondered what 500 crocheted love hearts looks like? S
 We look forward to welcoming you to LGNC, 52-54 Derwent Drive, Long Gully.

You are invited to celebrate LGNC

40th anniversary dinner

There's still tickets left!

Book yours to attend a great community celebration in Bendigo. We'll be enjoying a delicious meal at Chaser's Function centre to share memories of Long Gully Neighbourhood Centre's 40 year history. Book your spot <http://bit.ly/42lwC6m> or call in to LGNC reception.

Contributions & Newsletter Publishing Schedule

The next Newsletter will be Issue 107 to be published on 20th May, 2024.

Please send your contributions by 10th May, 2024 to email: newsletter@lgnc.org.au

LGNC Playgroup

By Kerry & Sarah



We recently celebrated the 30th birthday of our volunteer playgroup facilitator Sarah. We hope you had a wonderful birthday, thanks for all you do for LGNC.

Lots of great activities are planned for Community Playgroup which meets each Monday (but not public holidays) from 9am. We've been working on some Mothers' day crafts and on 13th May as a part of Neighbourhood House Week we're going to have some heart hugs crafted by LGNC volunteers to distribute. We'll also be working with Playdough.

On 20th May (weather permitting) we are planning to walk along the Healthy Loddon Campaspe Adventure Bingo trail - you can access the trail (and other great adventure bingo trails) at: <https://bit.ly/4dKlnWx> Bring along a pram or little bike if you prefer - the walk is approximately 1.3km.

This term's planned activities are:

May	13th	Buddies
	20th	(Adventure) Bingo
	27th	Bubbles
June	3rd	Baking
	10th	No playgroup (Public holiday)
	17th	Brrrr!
	24th	Blizzard boogie (wear a beanie)

Popup Grower's Market

By Myra



Wednesday 15th and 29th of May, and the 19th of June we'll have the wonderful Foodshare Popup Grower's Market joining us again. Grab some delicious, nutritious, locally grown goods for a cheap price! 10:30am-12:30pm at LGNC.

LGNC Backyard Update

By Kerry

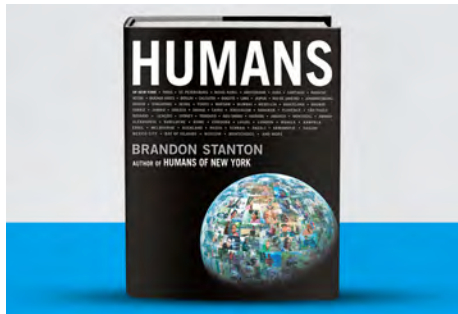
After receiving a generous \$10,000 donation from Nestle Professional last year, we are thrilled that City of Greater Bendigo is in the midst of helping us to update our ageing playspace and install a mini bike path as part of the works.



Stage one is currently in progress with the old play equipment being removed and new landscape works including some large rocks and logs (for a natural look) being added in preparation for installation of new play equipment. Stage 2, including the bike path, is hoped to be completed later this year.

Humans of Long Gully

By Myra



The following article is the first instalment of Humans of Long Gully. The idea is inspired by Humans of New York, a popular Facebook page, whereby the photographer, Brandon Stanton, meets random strangers for a chat and has a knack of uncovering interesting perspectives on life. You can find more info on that here: <https://bit.ly/3QphgPh> and the Facebook page: <https://bit.ly/3WkdaLW>.

Humans of Long Gully

By Myra



Luci. (And baby Temuu, and Luci's partner, Jagga).

How long have you been in Long Gully?

I have been in the area off and on since 1990, attending Primary and High School here.

What brings you to Long Gully?

I was living in Mongolia for five years. I returned to Bendigo when I was pregnant to be with family. I then needed to return to Mongolia because my husband couldn't get here in time for the birth. Baby, Temuu, and husband, Jagga, then came over on a tourist visa. We first came out to LGNC as we had a lot of time but not much money while applying for Jagga's partner visa. The Partner Visa for Australia is the most expensive in the world. So community lunches and the like were really helpful to us in this time.

It took around 3 months to gather documents for the partner visa, a lot of personal photos, and over \$13,000.

Jagga now has his Permanent residency and is able to attend TAFE for free, undertaking the Australian Migrant's English Program (AMEP), learning English. It's been very different for him, as someone who grew up on the Mongolian countryside and only ever did 6 months of school in his entire life, having our relationship scrutinised by the government and studying English in a formal class setting, are strange, yet welcome challenges.

Luci tells me there are many Temuu's in Mongolia. The name comes from Temuujin, which was Genghis Khan's child name. Luci loved Mongolia though becoming a mother brought with it increased concerns about safety, hence the return to Australia.

Luci likes to visit LGNC with her baby and partner as she says it has interesting programs and is 'actually inclusive'. It was a pleasure meeting you and your family Luci, thank you for sharing your story.

YOUR TECH HELP

There will be no
"Your Tech Help" on May 22nd

Chatty Café

By Myra



We recently celebrated a few birthdays of LGNC volunteers; Jenny and Sue. Thank you for all your contributions to LGNC Jenny and Sue, it was lovely to have a laugh and some cake with you. Amy apologises for accidentally blowing out your candles Jenny.

We've also enjoyed a speaker from the Salvation Army's 'Money Care' program. They offer free support around managing money. More information can be found here: <https://bit.ly/3JF0jL3>

Gerrie from Moneycare shared the following valuable links; Financial Counselling Australia-<https://bit.ly/4a4zc8F>

Social Security Rights Vic Inc (to help with Centrelink) <https://g.co/kgs/4z6kfbp>
Utility Relief Grant Scheme <https://bit.ly/3xUB0Jc>

Financial Information Service Officer (options with savings, investments and related arrangements) : 132 300



New Student

By Carrie



Hi, my name is Carrie I am currently studying the Diploma of Community Services. I've lived in Bendigo for 13 years when I relocated from Melbourne due to domestic violence. I was unaware of many of the services available to support people affected by dv (some of them are listed below).

I live with my son, a dog, a cat and 3 goldfish. I am passionate and extremely motivated in giving back to the community, as much as community service centres have assisted and helped me to get where I am today. I've almost completed my Diploma of Community Services through Bendigo TAFE. It energises me to help advocate, empower and support people in more vulnerable positions.

My favourite thing in my "down time" is self-care, whether it's taking my dog for a walk in the bush, playing basketball with my son, playing basketball game myself, bike riding, light weight training, dancing, yoga or meditation.

One of the most impacting things in my life has been studying the Diploma of Community Services. I'd love to go to Thailand for a holiday one day.

Agencies who can assist with support if you are experiencing domestic or family violence:

Safe Steps

Phone: 1800 015 188 Email: safesteps@safesteps.org.au

1800 RESPECT

Available 24/7: Call 1800 737 732 Text: 0458 737 732 or online chat

The Orange Door

57 View St Bendigo VIC 3550 1800 512 359 loddon@orangedoor.vic.gov.au

Editor's Note: LGNC welcomes Carrie, student placed with us for Term 2

Indy's Quilt Story

By Helen

When my granddaughter Indiana was born nearly 16 years ago I made lots of cot sheets, pillow cases, quilt covers and quillows all out of very cute material. Thankfully my daughter Georgie kept all of them.



A recent conversation 'what on earth am I going to do with all this material?' resulted in a plan of turning it into a 'memory quilt' for Indiana's 16th birthday in July. The front of the quilt is made up of 10 inch square blocks each from different fabrics and framed in black. To complete the back, I needed 73 metres of fabric. As this was too much to handle in one go, I made seven 10 metre long strips and joined them together. The effect is quite amazing.

With the left-over material, I made a 'memory bear' that is equally cute. This was a very time consuming project, but it is fabulous to see the material used in a meaningful way and I'm sure Indiana will be very pleased with the end results.



Havilah Road Preschool

OPEN DAY

Wednesday May 15, 3.00pm – 4.30pm

22-24 Havilah Rd, Long Gully

Visit us
where we
learn, grow
and play

Meet our
friendly
teachers

Experience
our indoor
and outdoor
spaces

Enrolment registrations are via LMPA.
Register at Impa.org.au

Havilah Road Preschool

p: (03) 4311 1501 w: ykinders.org.au

e. havilahrd@ykinders.org.au



Kinders

Renting a residential property?

Your property must meet **14 categories of minimum standards**. For example, your home must be free from **mould and damp**.

If your property doesn't meet these standards, you can request an urgent repair.

You have rights.

Visit consumer.vic.gov.au/rentalstandards for the complete list of minimum standards.

Authorised by the Victorian Government, 1 Treasury Place, Melbourne



CONSUMER AFFAIRS VICTORIA

Study Certificate III in Beekeeping

Exciting news for Bendigo beekeeping enthusiasts!

Melbourne Polytechnic is bringing its
Certificate III in Beekeeping - AHC31818 to you.

We're rolling in with our state-of-the-art beekeeping truck!
Get ready to dive into the world of bees, learn essential techniques and discover the crucial role these pollinators play in our ecosystem. This is your chance to gain hands-on experience and be part of something truly remarkable!

For more information visit
melbournepolytechnic.edu.au today!

RTO 3075



Victoria is Transitioning to Renewable Energy

By Lil

Due to global emissions, the impact of climate change will affect all of us. Global greenhouse gas emissions continue to rise when they need to be rapidly falling. The main source of Victoria's emissions is burning fossil fuels – like coal, oil, and gas – for energy and transport.

Key Organisations

- The Australian Energy Market Operator (AEMO)
- Australian Energy Regulator AER
- AusNet
- Energy Safe Victoria (ESV)
- Transmission Company Victoria (TCV)
- VicGrid



VicGrid is committed to seeking to work in partnership with Traditional Owners as distinct rights holders to Country and Sea Country. We will enable their self-determination priorities and ensure that First Peoples are at the centre of decision-making processes around issues and opportunities that directly affect them.

Renewable Energy Zones (REZs) are areas in Victoria with the greatest potential for renewable energy, such as wind, sunshine, rain, tides, waves and geothermal heat.

VNI West is a proposed new high capacity 500 kV double-circuit overhead transmission line, which will deliver vital new transmission infrastructure to:

- carry clean, low-cost renewable power from renewable energy zones (REZs) in New South Wales and Victoria, in particular the wind and solar-rich regions of the Murray River REZ and the Western Victorian REZ
- improve security and reliability in the electricity network as coal-fired power stations retire.

Many Victorians use distributed energy resources to generate, store, manage and sell their energy. This includes solar panels, home batteries, electric vehicles, and controllable air conditioners.

Renters, community housing tenants, homeowners and rental providers can access subsidies to generate, store, manage and sell their energy.

To find out more about the renewable energy transition, visit <https://bit.ly/3Jnu198>

INFANT Program

By Christine



Bendigo Community Health Services is excited to offer all parents and caregivers in the Greater Bendigo region to join our INFANT program.

The INFANT program is a free program that offers support to parents and caregivers to gain confidence and knowledge in managing fussy eating, introducing solid food and good dental health for your baby.

Our Health Promotion team hosts four interactive group classes run at 3, 6, 9 and 12 months of baby's age. All sessions will be held at BCHS Kangaroo Flat Kidzspace at 19 Helm Street.

Our first 3-month session is on the 16th June. Come and join other local parents and caregivers to learn together in a fun and social way. Grandparents and partners are welcome. For more information and to register for our upcoming sessions check out the links below.

- 3-month session: <https://bit.ly/43WI5Rv>
- 6-month session: <https://bit.ly/49vs8Sw>
- 9-month session: <https://bit.ly/3Uc9BWF>
- 12-month session: <https://bit.ly/4aukJUy>



Long Gully
Neighbourhood Centre

JOB VACANCY

Assistant Centre Coordinator

Do you have a passion for building community, enjoy working with a diverse group of people, and an interest in helping to shape the future of Long Gully and surrounding communities? Then this could be the position for you.

The Long Gully Neighbourhood Centre Inc. is a non-profit organisation governed by a voluntary Committee and managed on a daily basis by a Coordinator.

We are looking for an experienced part-time Assistant Centre Coordinator (20 hours/week) who will support the Centre Coordinator in achieving our Vision, Mission and Objectives and assist in the effective daily operations of the LGNC.

We are seeking someone with:

- Relevant qualification(s) and/or significant relevant experience, preferably in community sector, Neighbourhood Houses and/or Adult and Community Organisations.
- A high level of computer literacy, including proficiency in the Microsoft Office suite, accounting packages, and even graphic design skills)
- Excellent written and oral communication skills, with a knack for Newsletter editing and crafting engaging social media and website content.
- Experience and demonstrated skills in financial management, budgeting, human resources and reporting.
- The ability to connect with individuals from diverse backgrounds
- And of course, a sense of fun!

CLOSING DATE Thursday, 23rd May, 2024

For more information contact Kerry at LGNC, 52-54 Derwent Drive, Long Gully by phone: (03) 5442 1165 or email: coordinator@lgnc.org.au

Position Description is available on our website: www.lgnc.org.au – applicants must address the selection criteria in the Position Description

Facebook: <https://www.facebook.com/lgncorg>

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.

Our Group President Lyn delivered scones orders by bike for our recent Scone Drive. Last Craft Day members made a new wreath for the Anzac Day Service in Bendigo. Several members travelled to Lancefield for the CWA Central Highlands Group Craft Exhibition.



Golden Night Branch ladies would like to say a huge thank you to everyone who made a purchase or stopped for a chat at our Bunnings Barbecue on Anzac Day. It was a success for us and we will be able to put the money to good use in our local area.

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

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

A man with dark hair and a goatee, wearing a purple hoodie, is shown from the chest up. He has a look of intense concern or anger, with wide eyes and a slightly open mouth. He is reaching out with his right hand towards the camera. The background is a blurred warehouse or store aisle with shelves of products.

**Too many workers
face this everyday
It's never OK**



Reducing workplace harm.

worksafe.vic.gov.au/itsneverok





Time to Explore **Bonnie Doon**

By Kerry



It's always fun to go exploring whilst on holidays and during the April school holidays we went on an adventure through Gippsland and then along the coast.

We managed to stop at Bonnie Doon on the way (it's under 200 kms from Bendigo and took just over 2 hours). Fans of "The Castle" the classic Australian movie from 1997 may recognize the house in the photo.

When we arrived in Sale we attempted to find a coffee shop, missed a turn and ended up "out the road". This turned out to be a good thing as it took us past the oldest operational Swing Bridge in Australia which was fascinating to see.


Sometimes a detour can be the best thing!

The swing bridge opened to traffic in 1883 but what caught my eye was the list of bridgekeepers on the sign

near the bridge: George Bailey followed by John Towner 1888-1891 and 1893-1912, Eliza Ball 1891-1893 and Tom Kivilghon 1912-1938. It was very uncommon for a married woman to hold a paid position in the 1800s but that's exactly what Eliza did. She was paid two pounds two shillings a week as remuneration and resided at the Swan Hotel – where she was also a licensee.

Until the 1930s the bridge was swung open an average three times a day, allowing for vessels to pass. The bridge generally swings open on weekends and the second Wednesday of the month.

Have you visited somewhere that may be of interest to others? We'd love to have more contributions to Time to Explore – up to 300 words with a 6-8 high resolution photos emailed to newsletter@lgnc.org.au

A man with a beard is sitting in the driver's seat of a car at night. He is blowing into a handheld orange breathalyzer device. The device has a red screen and the number '99' and 'VIC' are visible on it. The scene is dimly lit, with some light coming from the car's interior and possibly from outside.

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



Tried and True Recipes

Spiced Beef and Almond Pilaf

By Marilyn



INGREDIENTS

- 1 tbsp olive oil
- 2 med brown onions, thinly sliced
- 400g beef mince
- 2 tbsp korma currypaste
- ½ (400g) small cauliflower, cut into florets
- 1½ cups Basmati rice
- 2 cups Massel chicken style liquid stock
- 400g can brown lentils, drained, rinsed
- Toasted flaked almonds, to serve

METHOD

1. Heat 1 tbsp olive oil in a large saucepan over medium heat. Cook 2 medium brown onions, thinly sliced, stirring occasionally, for 7 to 10 minutes or until caramelised.
2. Add 400g beef mince. Cook, stirring with a wooden spoon to break up mince, for 5 minutes or until browned. Add 2 tbsp korma curry paste, 1/2 (400g) small cauliflower, cut into florets and 1 1/2 cups Basmati rice. Cook, stirring, for 1 minute.
3. Add 2 cups Massel chicken style liquid stock and 2 cups cold water. Bring to the boil. Reduce heat to low. Simmer, covered, for 15 minutes or until rice is tender. Using a fork, stir to separate grains. Stir in 400g can brown lentils, drained, rinsed. Cook for 1 minute or until heated through. Top with Toasted flaked almonds, to serve and Fresh coriander leaves, to serve. Serve with Mango chutney, to serve.

<https://bit.ly/3UETG3H>

Healthy 10 Minute Noodle

By Live Lighter



INGREDIENTS

- 1 cake instant noodles
- 1½ cups frozen mixed vegetables
- 2 eggs
- 2 tsp kecap manis or reduced-salt soy sauce
- chilli sauce, to taste

METHOD

Stove-top method

1. Bring a small saucepan of water to the boil. Cook noodles for 90 seconds, then add frozen vegies and cook for another 30-60 seconds, until noodles are tender and vegetables are defrosted.
2. In a small frypan, heat a little oil and fry eggs on medium heat till cooked to your liking.
3. Transfer noodles and vegies to a large bowl, stir in sauces and top with eggs.

Microwave/ office method

1. Put noodles in a large bowl and cover with boiling water and set aside.
2. Crack 1 egg into a mug and add a splash of water (about 2 tbs). Cover with a saucer (IMPORTANT!) and microwave for 30 seconds. Remove from microwave and check to see if the egg white is cooked through, being careful of the steam burst when you take the saucer off. If it needs longer, microwave in 10 second bursts, until cooked to your liking. Repeat with the other egg. Note: The size and temperature of the eggs, the size and material the mug is made out of, and the microwave power will all affect how long it takes. Eggs-periment until you figure out your perfect system!
3. Add the frozen vegetables to the noodles. Stir in the hot water, then roughly drain. Microwave for 1-2 minutes, until vegetables are defrosted and noodles are cooked.
4. Toss noodles with sauces and top with eggs.

<https://bit.ly/3UETG3H>

Word Find Science & Nature

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

Graphite
Whale
Sirius
Purple
Lactose
Carbon
Mineral
Lead
Gas
Pencil
Batteries
Sugar
Night
Stars
Sulphuric
Yew
Largest
Thistle
Car
Church

Trivia Quiz

Answers next page

1. Dry ice is a frozen form of which gas

2. What type of tree is often found in churchyards

3. Which mineral forms the lead in a pencil

4. What is the largest fish in the world

5. What is the brightest star in the night sky

6. Which paper size measures 297x420mm

7. Which acid is found in car batteries

8. What colour are most thistle heads

9. Which sugar is found in milk

10. What is an ECG used to show



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

10am Your Tech Help
12.45pm Community Lunch
2pm Adult Colouring-in

Thursdays

10am - 12noon
Multicultural Playgroup

May

6th	Giggle & Sing 5pm
9th	Community Garden BBQ 11am
10th	Creative Cards
10th	New Beginnings Newsletter Deadline
13th-19th	Neighbourhood House Week
13th	Katz Cards
15th	CofGB Be Well Be Connected Expo 10am
20th	New Beginnings Newsletter Published
20th-27th	National Volunteer Week
21st	National Volunteer Week @ Chatty Café 10am
22nd	NO Your Tech Help with Trevor this week
24th	Creative Cards

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. Carbon Dioxide
2. The Yew
3. Graphite
4. The Whale Shark
5. Sirius
6. A3
7. Sulphuric
8. Purple
9. Lactose
10. Heart activity & rhythm

