

FlatMatters



Kangaroo Flat & District
Community Enterprise
Bring You FLAT MATTERS



Distributed to Kangaroo Flat • Golden Square • Maiden Gully • Marong • Lockwood • Big Hill

April 2024 | 169

ADD YOUR VOICE TO OUR PETITION

Residents across the region are being urged to sign a petition urging the State Government to fund the restoration of the J B Osborne Theatre in Kangaroo Flat.



All you have to do is complete the e-petition at www.kfce.com.au

The Kangaroo Flat Community Enterprise is striving to see the restoration of the theatre and the Enterprise has been fully supported by Crusoe College, Kangaroo Flat Football Netball Club, Arena Theatre, Bendigo Bluelight, City of Greater Bendigo, Saint Monica's Primary, Kangaroo Flat Primary, Kangaroo Flat Community House and the Ulumbarra Foundation.

Once restored the complex has enormous potential supporting theatre groups, a space for all schools to use, a cinema, youth programs, and it could also provide much need changeroom and toilet facilities for local sporting groups using the adjacent Crusoe Oval.

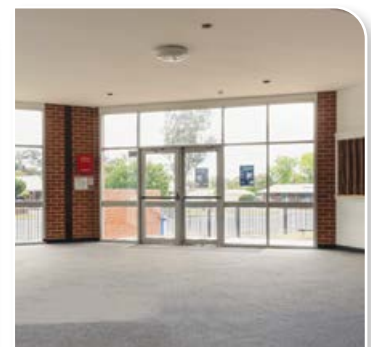
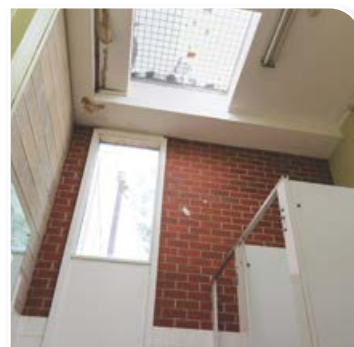
The petition is open until April 30, and it sets the tone for the community to work together for a great project.

Show your support today!

OUR VISION

To turn an outdated theatre into a creative multi purpose arts venue **for the community.**

JB Osborne Theatre will be **reborn** as a place where all people can gather.



www.parliament.vic.gov.au/get-involved/petitions/funding-for-the-refurbishment-of-jb-osborne-theatre/

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BENDIGO HEALTH NEWS

Tammy Nancarrow has taken on the brand new role of Culturally Safe Birthing Coordinator at Bendigo Health.

The position was developed to further support Aboriginal patients through their pregnancy and birthing journey and provides an exciting opportunity for improvements in care for both Aboriginal mothers and their babies.

Tammy has entered this new space with an existing passion for advocacy within the healthcare sector. Her career started as an Aboriginal Health Worker at Bendigo & District Aboriginal Co-operative (BDAC) before pursuing her nursing degree.

“When this opportunity arose, I thought it would be a privilege to walk along side

community during the journey of pregnancy and welcoming baby to earth side. I am excited to see the women and babies receive the healthcare that they deserve, to be able to trust that the service is there to support them, enabling better outcomes for our community.”

Tammy is motivated to reduce barriers to accessing healthcare faced by Aboriginal people.

She works closely with the Aboriginal Health Liaison Officers (AHLOs) ensuring that community are supported throughout their healthcare journey.

The scope of Tammy’s role is quite fluid based on the needs of the community. Her role has enough flexibility to be able to meet the nuanced requirements of each Aboriginal patient.

The new position aligns with the priorities in Korin Korin Balit Djak and a Safer Care Victoria projected called Safer Baby Collaborative as well as with the National Safety and Quality Health Service Standards guidelines for Aboriginal and Torres Strait Islander People.



BIG BROTHER IS WATCHING

Motorists recently came under scrutiny in High Street Kangaroo Flat as cameras were set up near Lansell Square to detect drivers not wearing seatbelts or using their phones whilst driving.

The busy southbound lane was the venue for the latest visit of the high tech cameras to our region.

In Victoria, widespread roll-out of automated mobile phone enforcement is predicted to prevent 95 casualty crashes per year.

Illegally using a mobile phone when driving significantly increases your chances of being involved in a serious crash.

Each camera trailer has two cameras and an infra-red flash that are enabled with artificial intelligence software.

The cameras take high resolution images any time of the day or night, and in all traffic and weather conditions.

If the software at the site detects that a driver may be using a portable device or not wearing a seat belt it flags the image for further review.

For the period 1st July to 30th December 2023, the mobile phone and seatbelt detection cameras captured over 50,000 offences in our state and this included 16,000 drivers and 6,000 passengers not wearing seatbelts and detected over 30,000 drivers using mobile phones.

Motorists have been warned!



Goldfields Libraries



HELLO AUTUMN!



There is SO much happening at the Kangaroo Flat Library as we slide into the cooler weather!

We are delighted to welcome Tania Farrelly for our Autumn Author talk on Thursday April 18 at 2pm. Tania’s recent book ‘War of Hearts’ is a heart-stopping story of forbidden love and courage set against a backdrop of World War One. Tania is an author of historical fiction and ‘War of Hearts’ is her second novel.

Book in now for our popular ‘Know your Gizmo’ - an IT Help



session aimed at seniors.

We have sessions at Kangaroo Flat Library on Monday April 22 and Monday May 27.

Let us know how we can help you with your IT queries – everything from navigating emails, photos, using apps, and the online world!

Calling all Bookworms!

Would you like to join a Book Club but don’t know how it works? Come to our casual ‘Book Club Social Get Together’ on Friday April 19 from 2pm to 3.30pm to discuss books, meet some fellow bookworms and maybe join a Book Club!

Bookings are essential for the three sessions above – phone us on 5447 8344 or book online at goldfieldslibraries.com

Oh help! Oh No! It’s a Gruffalo!

To celebrate the 25th birthday of ‘The Gruffalo’ we will have a Storywalk throughout May at the Rotary Park in Kangaroo Flat. It will be along the bridge just past the BBQs. And don’t forget to pop into the Kangaroo Flat Library to hunt around for the familiar Gruffalo characters hiding in our Library!

See you in the Library soon!



INTRODUCTION TO HORTICULTURE

THIS COURSE IS DESIGNED TO PROVIDE THE BASIC INTRODUCTORY SKILLS AND KNOWLEDGE REQUIRED BY MANY HORTICULTURE INDUSTRY SECTOR



What you will learn:

- Develop skills in the safe handling and use of pesticides
- Understanding general work safety in the horticulture industry
- Gain skills in propagation of plants
- Tending to nursery plants, planting, pruning, treating weeds, pest and diseases.
- Maintaining garden beds and irrigation and using a ranger of horticulture equipment.

This pre-accredited training will offer learners to:

- Enrol in an accredited training such as Certificate II in Horticulture
- Gain skills and knowledge required in the industry
- Participate further in pre-accredited training of a pre-employment course.

REGISTER
NOW

What: Term 2 in 2024
Where: Kangaroo Flat Community House
Time: Every Wednesday 9:00 to 12:00
Start: 17th of April 2024
End: 15th of May 2024
Fee: \$ 8.00 per session

21 Woolcock Ave, Kangaroo Flat Vic 3555

0430 743 344

@ courseskfc@gmail.com



Digital Literacy for beginners

Digital Essential is designed to help learners gain a basic understanding of the various areas of technology, including the usage of different digital devices, their functionality and the ways people can use these devices to connect with others and access service over the internet.



What will you learn

- Using your smart phone
- Using SMS
- Connecting and working safely
- Navigating the internet
- Using email
- Using apps and software
- Using everyday technology
- Staying safe online.

Who can attend this course:

This course will support you to re-enter the workforce and those who need to update their Information Technology (IT) skills in order to seek alternate employment opportunities

For those that are looking to upskill their digital ability.

REGISTER
NOW

What: Register now for Term 2 in 2024
Where: Kangaroo Flat community House
Time: Every Monday 10:00 to 12:30
Start: 15th of April 2024
End date: 27th of May 2024
Fee: \$10.00 per week

Contact to register:

Kangaroo Flat Community House
Telephone: 03 5447 9687
Mobile No. 0430 743 344
Email: courseskfc@gmail.com



HOSPITALITY AND CAFE ESSENTIAL

The course provides an introductory taster program that is ideal for those who are returning to work or looking for a different employment pathway. The program focuses on working towards an introductory skill set in a commercial kitchen including:

- barista training
- waitressing
- customer service
- cooking assistance
- practical food skills development
- Safe food handling skills will be practiced including measuring, temperature control and guidelines for stock control.

Course details

What: Register now for Term 2 in 2024
Where: Eaglehawk Community House
Time: Every Wednesday 10:00 to 13:00
Start: 17th of April 2024
End date: 29th of May 2024
Fee: \$8.00 per week

Contact to register:

Kangaroo Flat Community House
Telephone: 03 5447 9687
Mobile No. 0430 743 344
Email: courseskfc@gmail.com



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BENDIGO WRITERS COUNCIL EXPLORE APRIL



Writing for Fun and Making a Career Out of It with Adam Wallace

7-9 pm, Wednesday April 24

Bendigo Library, Activity Room 1, 259 Hargreaves Street, Bendigo

Cost: \$10 Refreshments included

Bring along your sense of humour and get ready to play. We can take our writing seriously, but that doesn't mean we have to take ourselves seriously. Come along and play with Adam Wallace to discover a myriad of ways to bring the fun back to writing, and in doing so, release the shackles that may have been preventing you from writing what you really want to write.

Adam Wallace is a multiple New York Times bestselling children's author, with over 7 million books sold. Adam solidly believes that having fun with writing is the key. It's a pleasure and a delight to be able to write (hey, that rhymed!), so why look at it as work?

Adam has worked with publishers in Australia, America, Slovenia and South Korea, and has also self-published, writing stories for children of all ages.

Bring pens and paper and be inspired!



KANGAROO FLAT PROBUS CLUB

Fellowship, Friendship & Fun!

The AGM was held in March, and congratulations to the new President Kerri Hilson, Secretary Carol Anderson and Treasurer Wendy Davis.

Our next meeting will be held on April 10 at St. Mary's Anglican Church Complex and will be followed by lunch at the Kangaroo Flat Sports Club.

April 16 -18

Not to be missed, a two-night stay at Echuca/Moama. We will have a BBQ dinner on the first night, sometime during the following day we will travel down the mighty Murray

on one of the paddle steamers, and dinner that night will be at the R.S.L Club.

April 24

Coffee, Cake and Chat will be held on Wednesday April 24 at Country Cakes at Strath Village.

May 16

Expressions of Interest for Bendigo Club on Thursday May 16. The entertainment will be Hoffman's Country and Comedy.

Probus is about Fellowship, Friendship and Fun for active retirees. If you would like to find out more about our club, please contact Bev Blume on 0413 623 618.

CONNECTIVITY BOOST DELIVERED FOR GREATER BENDIGO

The Australian Government is improving digital connectivity for the community of Fosterville, Victoria through the completion of a new mobile tower funded through Regional Connectivity Program (RCP).

The completed project is providing improved handheld mobile and data coverage to the town of Fosterville, meaning the community can better access services like health, education and government support, stay in touch with family and friends, and run successful small businesses.

The completed site forms part of a broader seven site project that will improve connectivity Axedale, Goornong, Knowsley, Colbinabbin, Toollen Sports Club and Heathcote Raceway. All seven sites are expected to be completed later this year.

The Australian Government has contributed \$1,113,050 to the total project, along with contributions from the Victorian Government, Telstra Limited and Agnico Eagle Pty Ltd.

Member for Bendigo, Lisa Chesters MP said "This significant project will make a meaningful difference to communities in Fosterville, delivering improved connectivity and access to essential digital services like telehealth.

"It will also support our local businesses to employ new technologies that will boost productivity."

This project will be delivered under Round 2 of the RCP funding, which provided \$134.2 million for 91 projects across Australia.

The Albanese Government is working to narrow the digital divide in rural and regional Australia through its \$656 million Better Connectivity Plan (BCP).

The BCP has funded additional rounds of both the Regional Connectivity Program and Mobile Black Spot Program, with funding outcomes for RCP Round 3 and MBSP Round 7 announced last year.

For more information on the Regional Connectivity Program, visit: www.infrastructure.gov.au/rcp



Kangaroo Flat Community Enterprise™
Proudly Supporting our Region

Do you have a community project that needs support?

If you have a project that needs some help to get it off the ground, then let us help you.

Apply for a grant today at www.kfcee.com.au or contact us at kangarooflatcommunityenterprise@outlook.com

Together we make good ideas happen.



LOCAL BUSINESSES PARTICIPATE IN BUSINESS VICTORIA WORKSHOPS

The City of Greater Bendigo in partnership with Business Victoria is presenting workshops to help support local businesses.

Starting Your Small Business was the first in-person workshop held in March and this workshop allowed participants to understand and learn the essentials of establishing a small business and planning for success.

Generating cashflow is the second in-person workshop which is taking place from 10am-12pm on Tuesday April 16 at Bendigo Library Activity Room 1, 259 Hargreaves Street, Bendigo.

Cash flow is crucial for business success and this two-hour session helps businesses to identify cash flow drivers, understand the cash conversion cycle, and improve their business forecast. It is suitable for beginners and people who are seeking a refresher course.

The topics covered include:

- Profit versus cash
- Cash conversion cycle
- Suppliers and cash flow
- Improving your customer collections
- Marketing, managing stock and cash flow
- How to prepare a cash flow forecast
- Discovering additional resources

To register for the free workshop, Generating Cashflow, visit: <https://calendly.com/businessworkshops/generating-cashflow-city-of-greater-bendigo-16-april-24>

City Manager Economic Development Ben Devanny said these were free high calibre in-person workshops presented by experts in the field.

"If you have an established or emerging business, generating cashflow is critical and this workshop shows you how with simple steps. These Business Victoria workshops will be very comprehensive and helpful in sharing knowledge and providing great tips, so I encourage businesses to participate."

KLFM COMMUNITY RADIO NEWS

By Bruce McLean



Pic: Veteran broadcaster Ian Nicholls at the KLFM studios in Golden Square

Did you know that local community radio KLFM is an official Emergency Broadcasting station?

Fires, road incidents, weather conditions and other important information is advised as a valuable community service.

Broadcasting on 96.5 FM across Bendigo and Central Victoria and 106.3 Castlemaine and southern areas, live and local KLFM is a not for profit community radio service established in 1989.

Local music programs provide a variety of music from the 1950's through to the 1980's with voluntary announcers and support staff entertaining 24 hours a day.

National news from 3AW Melbourne and local news bulletins are broadcast through the day to keep listeners up to date.

KLFM is based at Golden Square and offers very competitive rates for sponsorship advertising as well as free community service announcements.

KLFM can be contacted at 5447 1377 or 0419 041 157.

FLYING CHIROPRACTOR



The CEO of N8 Health in Kangaroo Flat, Dr Andrew Cameron has literally taken to the skies to improve chiropractic work in regional areas.

He's included

of Birchip on his regular trips to help our more rural neighbours.

Dr Cameron told FLAT MATTERS he has been making the Mallee trip for twelve months now and the town and region truly appreciate the chiropractic service on offer.

"With minimal health services, these parts of our community are truly under cared for across every health discipline. They work hard!

Long hours on heavy equipment and travel long hours for work. It's a town that the whole community pitches to get things done.

The community is under resourced at every level of health care, affecting chronic illness levels and longevity.

We have approached government to get funding to also fly other health care practitioners to the area but there has not been a lot of interest at government level.

If we could supply to the area podiatrists, physiotherapists, speech therapists, diabetes educators, cardiac technicians, it would save people hours of travel to receive some preventative care and advice."

Dr Andrew Cameron
CEO

www.n8health.com.au



NATURAL CAPITAL FORUM

Balancing the books between nature, productivity, and people

Join us at the upcoming Natural Capital Forum on Thursday, June 13, 2024, in Bendigo, where we'll be delving into the crucial balance between nature, productivity, and people.

Natural capital refers to the world's stocks of natural assets, which include geology, soil, air, water, and all living organisms. These resources provide a wide range of services that benefit humans, from food and raw materials to clean air and water, and even recreational opportunities. Learn how you can make natural capital on your property work for you.

This event is tailored for land managers, primary producers, farmers, Landcare members, and support organisations eager

to explore the wealth of Natural Capital opportunities in the North Central CMA region.

Throughout the forum, we'll emphasise farm-scale natural capital accounting, strategies for enhancing productivity, making the most of marketing opportunities, fostering environmental stewardship, and delving into nature-based solutions, including environmental markets for biodiversity and carbon.

Save the date and stay tuned for more details on speakers, key topics, and agenda refinement. Stay tuned for more details or to request an invite, please email info@nccma.vic.gov.au

Don't miss out on this invaluable opportunity to connect, learn, and find out to how to maximise on natural capital. Join us in balancing the books between nature, productivity, and people at the North Central Natural Capital Forum.



PARIS INSPIRES EXCITING BONJOUR BENDIGO

IMAGES: TOP - Jules Chéret, Poster for the Bal du Moulin Rouge (Affiche du Bal du Moulin Rouge) 1889, lithograph. Musée Carnavalet. CC0 Paris Musées / Musée Carnavalet – Histoire de Paris

BOTTOM- Jean Beraud, Dinner at the Ambassadeurs (dîner aux Ambassadeurs) c.1880, oil on wood. Musée Carnavalet. CC0 Paris Musées / Musée Carnavalet – Histoire de Paris



Bendigo is transforming into the city of love and light for its new activation campaign, Bonjour Bendigo, in celebration of Bendigo Art Gallery's exclusive exhibition Paris: Impressions of Life 1880-1925.

More than 40 themed experiences and events around the Bendigo region are being planned to coincide with the exhibition, which opens this Saturday March 16 (and runs until Sunday July 14).

Visitors and residents can revel in French food, art, culture, and unique experiences.

Mayor Cr Andrea Metcalf said Bendigo was the perfect place to host French-themed experiences and events because of the many similarities between the two cities.

"Even though Paris is on a much bigger scale, Greater Bendigo, and Paris both share a rich love of culture and heritage, elegant buildings and iconic landmarks, culinary and gastronomic delights, picture perfect streetscapes and a thriving cafe culture," Cr Metcalf said.

"With so much in common, Bonjour Bendigo is a wonderful way to capture the joy of Paris this autumn and winter right here in Bendigo.

"Residents and visitors can make the most of a fantastic range of French-inspired events and experiences, together with themed food and drink menus celebrating the city of love and light.

For the full Bonjour Bendigo program, visit: <https://www.bendigoregion.com.au/explore-bendigo>



IMAGINATION LIBRARY FUNDRAISER

A major fundraiser for the Imagination Library has raised more than \$15,000 via a hugely successful golf day at Belvoir Park.

Imagination Library does amazing work in our community as they provide books to children who have limited or no access to books in the home.

The money raised will assist in providing more than 1,600 books to over 300 children in our region.

Organiser of the fundraiser, Andrew Coldwell told FLAT MATTERS that more than 100 golfers hit the fairways for the Ambrose event.

"It was an incredible day weather wise and we again had fantastic support from the business sector and players enjoyed a hearty start to the day with egg and bacon rolls provided by Eaglehawk Rotary Club."



THE WINNERS:

WOMENS SECTION: Jane Upton, Sue Caruana, Sheryle Watson and Karyn Jenvey

MEN AND MIXED SECTION: Verity Perez, Shane Wharton, Angela Wharton and George O'Meara

St Mary's Anglican Church
193-195 High Street Kangaroo Flat Vic 3555 01 5487 7427

Car Boot Sale Saturday 4 May 8.00am to 1.00pm

Stall sites available:
~ For those with a car boot full of pre-loved goods ~
~ For those involved in direct selling ~

Contact Geoff Young on 0418 145 105—phone or text or email younggeoff51@gmail.com

Bargains Galore **Sausage Sizzle Refreshments**

In the grounds of St Mary's Anglican Church
- enter via Church Street, Kangaroo Flat

KANGAROO FLAT FIRE BRIGADE NEWS



By James Hetherton

Another busy month for the Kangaroo Flat Fire Brigade!

Firstly, we would like to thank everyone who donated to our volunteers for the Royal Children's Good Friday Appeal on the corner of High Street and Lockwood Road.

Your donations each year exceed our expectations!

A big thanks to everyone who attended the Easter Festival Torchlight Procession, and supported or clapped our members.

Our members definitely enjoy seeing the smiles and waves.

For anyone who might be interested, our brigade's 150th History book can now be purchased from "Bookish" on Hargreaves Street, Bendigo.

Remember, we operate 24/7, 365 days a year – and have done so, proudly, since 1873.

PLANNED BURN PROGRAM



Forest Fire Management Victoria (FFMVic) and Country Fire Authority (CFA) has recently completed planned burns in the region.

Amongst the program was the planned burn at Marong - Andrews Rd planned burn, located at 3.5km N of Lockwood.

Planned burning crews are control the area and the process will take a few hours for small burns and grassland burns. Larger burns, and burns in forested areas, may take a day or multiple days to ignite.

Crews are patrolling the burn as it spreads inside the control lines.

The burn may produce embers that cause

short distance spotting and crews are checking for these.

Note that some burns are carried out in stages, with part of the burn completed, and crews returning later to carry out further work within the burn area. If so, you will receive notifications when the burn is once again scheduled to be carried out.

WHAT TO DO ABOUT:

SMOKE

- Some planned burns can produce heavy smoke.
- Think about how smoke from this burn may affect you and what precautions to take to reduce your exposure.
- Avoid physical activity during smoky conditions.
- If you are experiencing any symptoms that may be due to smoke exposure, the

Department of Health and Human Services advises that you should seek medical advice or call NURSE-ON-CALL on 1300 60 60 24.

ROAD TRAVEL

- Crews in fire-fighting vehicles will be using local roads to access the burn area.
- Road signs may be in place to slow traffic. Obey all traffic signs and instructions from fire agency crews and traffic management crews near planned burns.
- For travel times and roadworks check traffic. vicroads.vic.gov.au
- Visit plannedburns.ffm.vic.gov.au
- Call the VicEmergency Hotline on freecall 1800 226 226



IS YOUR VACUUM SUCKING UP ANCIENT MINE DUST?



Photo: EPA officers Goran Freeman and Louis Daniels collecting samples from a Bendigo backyard. Picture courtesy Bendigo Advertiser

Did you know your vacuum cleaner might suck up hazardous remnants of Bendigo's mining past when you run it over your lounge room carpet?

Victoria's EPA wants your help to find out exactly what the city's cleaners are capturing.

It is looking for 100 homes willing to donate vacuum lint and garden soil for a new study tracking how many "legacy contaminants" from Bendigo's mining past get inside.

The city was built on mining and whole neighbourhoods have risen on or near old mining operations.

It has left groups like the EPA tasked with protecting modern-day Bendigonians from potential contaminants like lead, arsenic, chromium, cadmium, copper, manganese and nickel.

Microplastics are the emerging problem for the recycling industry. Previous EPA studies have found evidence of a host of contaminants in Australian homes, its chief environmental scientist Mark Patrick Taylor said.

"We know that lead is a very common trace metal inside homes because it has been used in old paints and gasoline, for example" he said.

Scientists also know houses have a habit of accumulating contaminants over time.

Professor Taylor hopes the new study will help unearth information about mining contaminants, how widespread they are and how the EPA can

get better at managing risks.

He wanted to be clear: finding them in someone's home did not prove any health risk.

"It represents a hazard but not necessarily a risk," he said.

"A 'dangerous level', a 'safe level', they are all quite loaded questions. What I can say is that we anticipate there being a greater level of contaminants inside homes than outside."

The new study could also help scientists track the roles people might play in build ups inside homes, including how frequently they clean, whether they have carpets or other behavioural factors.

The EPA says anyone who takes part in the study will get a report on the scientific testing, an explanation of the results and advice on ways to manage potential contamination.

"You don't even have to be at home - just make sure we can access your front garden to take some samples and leave the dust in a clean plastic bag at your front door," Professor Taylor said.

To volunteer, email citizen.science@epa.vic.gov.au

CALLS FOR NEW ROADS FUNDING PACKAGE

The Nationals have renewed calls for a new funding package to repair regional roads.

The Member for Northern Victoria Gaelle Broad recently invited Shadow Minister for Roads and Road Safety Danny O'Brien to inspect central Victorian roads that were also affected by rain and floods.

"Some of the worst damage was in the Premier's own electorate of Bendigo East, but the same issues are found right across regional Victoria. We found large potholes, very uneven surfaces, broken road shoulders and cracking on the roads.

Some potholes are more than 20cm in depth, and the feedback from residents is that on busy roads used by trucks and school buses, they need to wait for other vehicles to pass to avoid potholes. Some sections of our roads are quite dangerous."



Support your local businesses because...



Grant Phillips
Director / Franchise Owner

BENDIGO
13 Phillips Drive, Kangaroo Flat, VIC 3555
Tel: 03 5447 0009
Email: bendigo@pedders.com.au



innate [ˈnæt] adjective
inborn; natural; intuitive; inherent

505 High Street, Golden Square
Phone: 5447 0557

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ADVANCED BODY & SOUL THERAPY

Muscular Aches and Pains
Knee Pain
Shoulder Pain
Period Pain
Migraines

Acupuncture & Massage - Health Works Kangaroo Flat - 0458479944

Lisa Chesters MP
FEDERAL MEMBER
FOR BENDIGO

ADVERTISEMENT



5443 9055
lisachesters.org

Authorised by Lisa Chesters, ALP,
16 Myers St, Bendigo



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Email: flatmatsr@outlook.com



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Uniting Emergency Relief

Support and assistance centre for people in need

**WILL RE-OPEN IN MID-APRIL @
Kangaroo Flat Uniting Church**

(cnr Church & Camp Streets)

HOURS: Tuesday: 9am – 2:30pm
Thursday: 9am – 12noon
Friday: 9am – 2:30pm

CONTACT: Max Blume, Co-ordinator
03) 5443 5458 (during open hours)

Uniting Mums & Bubs

is our new Project which
offers early parenting support
– practical support to help you
to meet your baby's (0-2yrs)
everyday needs.

Visit us on Tuesdays or Fridays
at Uniting Emergency Relief,
@ Kangaroo Flat Uniting Church

GOD OR GODS

There are certainly many gods. But there is only one God spelt with the capital 'G'. He is the God that created the world and everything in it. He introduced laws and principles so that the world and its habitants could live in peace and harmony, not to mention sustainable.

Laws are also there to guide human in particular that they may live in peace with one another. And humans were the only creatures that were given dominion over all creation on earth. Because of the existence of laws, and men given the free will to choose, men

have the tendency to transgress these laws in which is known as 'sin'.

Now only the true God who has enacted such laws can forgive the sins committed. Therefore, no other gods can forgive these sins and make reconciliation that men could one day be made sinless and to be redeemed to spend eternity with God again.

Got questions?

Come see us at Southside Community Church, 10 Lockwood Road (opposite ALDI), Kangaroo Flat.

We meet on Sundays at 10am. All welcome.

HOW DO WE SEE OTHER PEOPLE?

This week I read the following saying written by a preacher back in the 1890's.... "For the last thirty years I have looked for the face of Christ in the people with whom I have disagreed."

What a challenge for any of us! Jesus loves us all and sees us as his brothers and sisters. He loves us. So he looks at us in loving hope we will come to him with our troubles for His healing and forgiveness.

Do you disagree with anyone? Have you been able to see the face of Christ in those people as Jesus does?

It's not easy at all is it because some of our disagreement makes it too hard to like them, let alone look at them. We can become angry, hurt,

rejected, hateful and full of revenge.

When Jesus was confronted in his crucifixion and trials He chose many times not to answer.

We find that very hard to do when we are confronted. We need to learn from Jesus and seek his help which is endless. He forgives us unconditionally and no record is kept of our sins.

I recall being confronted by a group many years ago and I prayed to the Holy Spirit for the right words. They came and helped me to take authority and diffuse the situation.

Ask Jesus to help look at others through his eyes. We change and others around us will be so curious as to why you've become gentle towards others.

Ps Peter Pritchard

0413 682 999

ST MARY'S ANNUAL CAR BOOT SALE

The 2024 Annual Car Boot Sale at St Mary's Anglican Church, Kangaroo Flat, will be held on Saturday May 4 from 8am to 1pm in the Church Street Car Park with some stall sites in the building.

In addition to a great variety of 'car boots' some church stalls will run, including morning tea, BBQ, books, trading table, including baked goods, preserves and plants and a raffle.

We hope to have local singer and guitarist Kim Ritchie entertaining during the morning.

This is a great opportunity for you to have a 'garage sale' where we provide the space and the advertising, and you supply the goods for sale.

If you are interested in having a stall, are a community group, and would like to be involved, or would just like to know more please contact Geoff 0418 145 105.

Geoff Young

St Mary's Car Boot Sale Coordinator

FlatMatters FlatMatters

Church Corner - WEEKEND CHURCH SERVICES

UNITING CHURCH

Services have resumed at our Kangaroo Flat Church, cnr Church & Camp Streets, on Sundays at 9:30am. All are welcome.
Phone: Minister 0400 853 868

ST. MARY'S ANGLICAN CHURCH

193-195 High St. Kangaroo Flat
10am Holy Communion Service
Each Sunday at 10.00am
Listen to Life FM 105.1 - Sundays at 8am & 6pm
For a message from St Mary's Ph 5447 7427.

BAPTIST CHURCH

Church Street, Sundays 10am, and the Karen language service each Sunday at 2pm

ST. MONICA'S ROMAN CATHOLIC CHURCH

Station Street and High St, Kangaroo Flat
Saturdays at 6pm and Sundays at 9am. Phone 5443 4400

ENJOY CHURCH

10 Phillips Dr, Kangaroo Flat, Sunday
10am - Ps Martin 0403 266 008
Kangaroo Flat weekend

SOUTHSIDE COMMUNITY CHURCH

Contact Bobby 0409 957 463
10 Lockwood Road, Kangaroo Flat PO Box
1136 Kangaroo Flat 3555

LOCKWOOD UNITING CHURCH

813 Calder Alternative Highway, Lockwood South. Worshipping every Sunday morning at 9.30am. "All are welcome".



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PRINCIPAL

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(03) 5447 7832
principal@smkangarooflat.catholic.edu.au
www.smkangarooflat.catholic.edu.au

Do you have a child commencing in Foundation or Year 7 in 2025?

Here are some key dates for you to calendar.

Please see our website to book a Principal Learning Walk and for more information on enrolments. <https://www.marist.vic.edu.au/our-college/enrolments>

Any issues please don't hesitate to give me a call.

Mrs Sandra O'Connor

Community Administration Officer & PA to the Facilities and Resources Manager

95 Golf Links Road, Maiden Gully VIC 3551

03 5400 1252

soconnor@marist.vic.edu.au

www.marist.vic.edu.au

Our College community promotes the safety, wellbeing and inclusion of all students



Marist College Bendigo

Key enrolment dates for 2025

Enrolments Open

Monday 15 April 2024

9:00am

Explore Marist Evening

College Open Night - Thursday 18 April

4:00pm
to
6:00pm

Enrolments Close

Friday 24 May 2024

3:00pm

Principal Learning Walks

Bookings essential www.marist.vic.edu.au

9:15am

Year 7 Transition Day

Tuesday 30 April 2024

Bookings essential www.marist.vic.edu.au

9:30am
to
2:30pm

For any enrolment enquiries please email
Mrs Carmel Fitt enrol@marist.vic.edu.au

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Fridays... April 5th, 12, 19th 26th & May 3rd 2024

\$50 for the series

For further info or to enrol, contact... Jeff Harris

0407 688 638 or jeffdharris@hotmail.com

(Following series, continue to come along and play on Friday mornings– conditions apply.)

INTRODUCTION TO CROQUET

In March U3A conducted Introduction to Croquet sessions at the Golden Square Bowling and Croquet Club. They were a huge success!

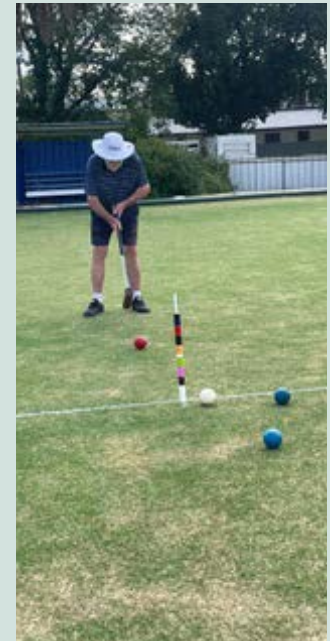
12 people enrolled in the 2-hour sessions to learn the basic skills and take part in a social game of golf croquet.

Participants enjoyed the challenge of learning a new skill as well as the social opportunity to meet new people.

The Golden Square Bowling and Croquet Club supported the activity by providing equipment, coaching and greens for free for the 4 sessions. U3A is most appreciative of the services of Graham Smith as coach.

Thanks to all who participated.

Allan Breen - Secretary Croquet Club



CONTACT US

Let the community know the great things happening in your area.

Share your stories and photos by emailing them to flatmtrs@outlook.com

Deadline is the 20th of each month.

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<https://kfce.us17.list-manage.com/subscribe?u=631bcca9531c64b2dd4671c6c&id=409c08a671>



COUNCIL WORKS UPDATE

FLAT MATTERS is now working with the **City of Greater Bendigo** to provide an insight intoworks projects being undertaken within the Kangaroo Flat region.

More information www.bendigo.vic.gov.au



The following projects/initiatives from the P&A Directorate will be COMMENCING within the next 2 weeks:	Date due to be completed
Forest/High St, Bendigo - Raised Crossing	May-24
Peter Krenz storm damage restoration	Mar-24
Kennington Reservoir Upgrade	Apr-25
The following projects/initiatives from the P&A Directorate are CURRENTLY under construction:	Date due to be completed
Bendigo Airport - Civil Works	May-24
Bendigo Airport - Terminal and Admin Building	Dec-23
Emu Creek Underspass, Strathfieldsaye	Jul-24
Harcourt Park - Strathdale - Drainage	Mar-24
Hargreaves Street, Bendigo - Footpath	May-24
Howard Street, Epsom - Road Reconstruction	Apr-24
Lighting the Regions - Street Light LED replacement program	Sep-23
Municipal Baths	Jun-24
Mandurang Cricket Club Nets	Mar-24
Sailors Gully Road, Eaglehawk - Footpath	Apr-24
Sunset Drive, Strathfieldsaye - Drainage	May-24
Edward Street multi-storey carpark Telco tower installation	Feb-24
Capital Theatre Roof Renewal	Apr-24

Kangaroo Flat

COMMUNITY MEALS

FREE
Meals!

When:

Every Tuesday
5:00pm- 6:00pm

Location:

Rotary Gateway Park
High Street, Kangaroo Flat

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The Official Starts at 60
Community Group



Starts at 60 Bendigo Community Meetup Club

are casual social events organized by volunteer hosts in your area. Singles and Couples 60 plus or thereabouts are welcome to join us at

Kangaroo Sports Club, Dower Park, 1c Station Street
on the first Wednesday of every month at 11am
to enjoy a relaxed get-together while enjoying coffee / meal with likeminded people.

New members are always Welcome. Cost-Free.

To confirm your bookings please

Email: linnymac4@gmail.com



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KANGAROO FLAT

MARKET

We'll be back again on

Saturday 25th May

@ Kangaroo Flat Uniting Church
High Street (opposite ALDI)

Market Stalls: Trash & Treasure; s/h furniture; h/hold items;
Car Boot Sales: also, Tools; Books; Clothing; Plants; Toys; Craft;
HUGE GARAGE Sale: and Produce; Jams; Cakes, Slices & much more.
Refreshments: Sausage Sizzle; Devonshire Teas; Soft Drinks

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You can also find us on Facebook

<https://www.facebook.com/buckleupseatbelts>

Alcoholics Anonymous

7pm Sunday @ St Marys Anglican Church, 193-195 High Street Kangaroo Flat. Enter from carpark at rear on corner Bank St/Church St. Enquiries 1300 22 22 22.

Bendigo Ballroom

Lockwood South community hall, 784 Calder Alternate Hwy.

Every Wednesday, 6pm for revision, dance at 7-10pm, enjoy supper for \$5

Fridays, inquire for times for easy beginners and advanced. \$5

First Sunday each month @ Marong Community hall. For more info ph, 0427 598 284 or 0438 550 521.

Daryl Smallman, President.

Bendigo Coin & Collectables Club Inc.

Meet every Friday fortnight at 7.30 pm Venue - Quarry Hill Community Hall, Hamlet St. Bendigo.

New Members Welcome Contact Paul Brownlie - 0408 496 808

Bendigo and District Parkinson's Support Group

1-2pm. Second Thursday of the month. Umpires Rooms, Napier St, Bendigo. A friendly sociable group and an opportunity to exchange information with others. Contact 5436 or 0417 332 033

Bendigo & District Prostate support group

Meet at 6pm on the 3rd Thursday of each month. They meet at the Bendigo Athletics centre, 58 Retreat Road, Flora Hill, all are welcome to attend. For more information contact 0430 037 922.

Bendigo and District Quilters

Meet every Thursday 10am - 9pm at Long Gully Community Centre Havilah Rd, Long Gully. and Last Saturday of the month - 10am -9pm

New members welcome.

More information contact - bendigoanddistrictquilters@outlook.com Ruth Turner - 0417153057

Bendigo Evening VIEW Club

"Voice, Interest, Education for Women" Supporting The Smith Family by raising funds to help disadvantaged students with their education needs.

4th Wednesday of month at 6pm for 6.30pm Lakeside Hotel, 286 Napier Street, Bendigo (opposite Lake Weeroona)

Meals \$26. Bookings Deidre McDougall 0419 595 674 Or for all enquiries re club Sue Rawlings 0407 436 311

Bendigo Garden Club Inc.

3rd Wednesday of the month at 7.30pm. Bendigo Showgrounds. Contact : Laurelle Smith, 5447 0017 New members welcome.

Bendigo Gem Club Inc.

10 Galvin St. BENDIGO 3550 Email: bendigogemclubinc@gmail.com Website: https://bendigogemclub.tidyhq.com BGC meet Tuesdays & Thursdays Zoom chat Wednesdays 8pm

Tuesdays - 5-8.30 pm Instruction available in silversmithing & cabochons

Thursdays -10am-4pm silversmithing, cabochons, faceting, mineral group. Instruction available

GEM EXPO second weekend September Members online shop Silver casting Only 10 min walk from Bendigo Station

Bendigo Legion Angling Club

7.30pm 1st Monday of the month. Bendigo Tennis Centre.

Bendigo Philatelic Society

Monthly meetings on the 1st Tuesday of each month at 7.00pm.

At the Kangaroo Flat RSL, Station Street, Kangaroo Flat, opposite the IGA. Contact : Libby (President) 0448 120 066 or Margaret (Treasurer) 0427 341 115. Visitors always welcome !!!

Bendigo Positive Birthing

www.facebook.com/bendigopositivebirthing for more details phone: 0447 453 644

Bgo Radio Controlled Aircraft Club

monthly meetings last Monday of month 7.30pm in the Y Community Hall, Lockwood Road, opposite ALDI. Club's web site on www.brcac.asn.au

Bendigo Bushwalking & Outdoor Club

is a long established club catering for Bushwalking and Hiking adventurers. It Meets monthly in the Forest Street Uniting Church Hall and has pre meeting catch up for a meal at the Kangaroo Flat Sports Club at 6pm, for interested participants. Hans Tracksdorf M 0400 049 891

Central Victoria Morris Minor Car Club

For anyone with an interest in Morris Minor cars. We meet the first Friday of the month, 7.30pm at the Chum Street Uniting Church, (until K'Flat Uniting Church is repaired) (No meeting January).

Email: cvmmccsecretary@gmail.com Lynne Crichton - Secretary CVMMCC inc

Community Enterprise

Last Thursday of each month, 6pm, Sports Club Dower Park

CWA Kangaroo Flat Branch

3rd Thursday of the month at YMCA building, 10 Lockwood Road, 1.30pm. Enquiries to Jessie on 0407 527 551. Facebook: CWABendigonortherngroup New members welcome.

Enjoy Church

Phillips Drive, Kangaroo Flat Details: http://enjoy.church/bendigo. Contact: Campus Pastor Martin Oravec on 0403 266 008.

Friends of Crusoe No. 7 Park

Meet first Wednesday of every 2nd month starting February at the Rotary Gateway Park at 7pm, plus has working bees and activities in the parks. Contact the Secretary at focr7p@gmail.com

Golden Square Croquet Club

Every Monday and Friday. Contact Don 5449 6332. For Junior players Saturday mornings contact Bill 5447 3439

Heartbeat Bendigo Branch

A support group for cardiac patients, family & friends. Fundraising for cardiac equipment through public and social events. Meetings held bi-monthly on 3rd Sunday. Jan, March, May, July, Sept, Nov. 2pm at Chum Street Uniting Church hall. Enquiries to President Frank Ward - 5447 4545 or 0407 855 685.

Heart Foundation Walking Group - Community Wellbeing Walkers

Every Tuesday 11.15 Meet at Lifestyle Choices, the corner of Neil and Station street Kangaroo Flat -30 minute walk along the Bendigo Creek Track. All welcome contact Jennifer 0419878836 myhealth@mentoronline.com.au

Kangaroo Flat Baptist Church

"Come and Chat Group" Knitting for missions - a welcome cuppa and good conversations. We support a girl in Nepal. Enjoy good company every Monday 9.30am till midday. All Welcome!

Kangaroo Flat Community House

21 Woolcock Avenue, Kangaroo Flat Ph. 5447 9687 Open Monday - Thursday 9am-3pm Various programs including: social group, yoga, craft, playgroup, cooking, meditation, art, tax help, applications for NILS (No Interest Loan Scheme) More information on our Facebook page: www.facebook.com/kangarooflatcommunityhouse

Kangaroo Flat Fire Brigade

Meets First Thursday of each Month. Fire Fighter Training Time: 7.30pm Venue: Kangaroo Flat Fire Station Helm Street, Kangaroo Flat Contact: 54470204

Kangaroo Flat Scout Group

Outdoor activities for boys and girls aged 6 - 18 years old. Please contact Group Leader Tim Pannell 0408 451 362.

Lions Club

1st Wednesday of each month Business Meeting. 3rd Wednesday of each month Dinner Meeting. Please contact Secretary regarding venues. President Heather Gartside Secretary Richard Hall 5499 6100

Maiden Gully Fire Brigade

First Tuesday of each month Firefighter Training Time: 7.30pm Venue: Maiden Gully Fire Station 5 Beckhams Road, Maiden Gully Contact through www.maidengullycfa.org.au

1st Maiden Gully Scout Group

Maiden Gully Scouts meet every week during the school term at the Maiden Gully Scout Hall, Cnr Beckhams Rd and Calder Hwy, Maiden Gully: Joey Scouts (6-7yrs) Tuesday 5.30 -6.30pm Cub Scouts (8-11yrs) Thursdays 7-8.30pm Scouts (11-15yrs) Thursday 7-9pm To find out more contact Cate on 0405 381 611

Maiden Gully Progress Association

We hold our meetings at the Maiden Gully Community Small Hall, the second Tuesday of each month at 7:30pm. New members welcome

Marong And District Senior Citizens

We meet the 2nd and 4th Wednesday of each month at the Marong Community Hall from 11.30am to 3.30pm for various activities. New members most welcome. Enquiries to Elaine 5446 7403 or Robyn 5443 9676

National Seniors Bendigo & District

Over 50s. Bi monthly meetings, guest speakers. Monthly dine outs and coffee mornings. Day trips Contact Jeanette 54439726 or kjns4647@gmail.com for details.

Needles & Threads

Meet every second Monday from 9.30am to 11.30am We knit, crochet and sew items for charity. New members welcome. Please call Sherran for meeting dates and details. Venue: St Mary's Anglican Church Hall Enter from Church Street, Kangaroo Flat Enquiries to Sherran - Ph 0419 528 960

Partners of Veterans Assoc

3rd Monday of the month, at 11.30am at the RSL

Probus Club of Kangaroo Flat (Mixed) Inc.

Every 2nd Wednesday each month 9.45am St. Mary's Church Complex High St, K/Flat. Contact Bev. Blume 5443 1809. - Visitors welcome.

RAAF Association-Bendigo Branch

1st Thursday each month February - December. 11.00 am. to 12 noon with lunch afterwards. At Kangaroo Flat Sports Club Contact: Glenis Gordon, Secretary/Treasurer C/- Post Office, Raywood. 3570 Phone: 5436 9293 Email: glenblairmichael@gmail.com Membership open to ex Air Force Personnel and their relatives.

Rotary Club of Kangaroo Flat:

Meet each Monday 6pm for 6.30 start at the Rotary Function Centre (opposite Apco). New members welcome www.facebook.com/rotarykangarooflat/

Kangaroo Flat RSL

Contact: Marty Stradbrook, President - 0429 020 485 Member meetings held 10.30am every 3rd Tuesday of the month Members Social Club meet Tuesdays 9.30am - 12.30pm New members welcome RSL Hall, Station St, Kangaroo Flat

Saturday Open Mic Afternoons

Come join us for an afternoon of sharing your musical tastes and meet and play with other amateur musicians. Mainly for retired people, but open to all. Equipment available in a small, private venue in Kangaroo Flat. No cost. 3rd Saturday of the Month 1-5pm.

For more info email: ggjamsessions@gmail.com

Special Olympics Group

Pam (President) 0418 304 927 John (Ten Pin Bowling Coach) 0400 641 405 Michele (Barracudas Swim Coach) 0409 173 656

Spring Gully Dance

Dancing every Saturday night 7.30 - 11pm, and Monday nights from 7.30 - 9.30pm. Venue - Spring Gully Hall, 135 Spring Gully Road, Spring Gully. Contact Keith 5444 2953

The Little Chimps Playgroup

Commencing on the 8th October at 396 High Street Golden Square in the Seventh Day Adventist church hall. Every Wednesday during school term from 10:30am - 12:00pm. Contact Kerry Greaves 0432 354 617. Please see enclosed a flyer for further information.

The Bush Dance & Music Club Inc

Hold a dance at Holy Trinity Church Hall Keck St Flora Hill on the 3rd Saturday of the month. Starting at 8pm with the Emu Creek Bush Band playing. Admission \$8 adults under 16 yrs free. Raffle & lucky door prizes. All very welcome. Please bring a plate of supper to share. More information phone Mary 5442 1153 or Dianne 0418 172 286.

U3A Bendigo

We offer over 70 learning, social and recreational activities to our members each weekday at locations across Bendigo. For more information visit our website at https://u3abendigo.com/, email activities@u3abendigo.com or phone 0490 858 469.

Voltaire Calisthenics

Maiden Gully Classes: Recreational and competitive teams. For participants age 3 and over. Contact Voltaire for class times. Phone: 0437 343 656

Y's Service Club (Women)

2nd Tuesday of the month, contact 0409 179 485 for venue details

Y Service Club of Kangaroo Flat

Every Wednesday at 6.30pm Y Community Hall. Lockwood Rd opposite ALDI. ph 03 4411 1847

SUMMER STORMS AND SPORTS STARS

What an interesting start our students have had to the 2024 school year!

On the 13th of February, much of our region was hit by short but damaging winds and heavy rain. Here at Lockwood Primary it brought down trees across the school yard, including right on top of our school administration building. Thankfully the storm hit at 3.45pm so most of our students were already heading home and those that weren't were safely at OSHC.

The storm took out power and communications for over 24 hours. As a regional school without town water or sewage, we rely on tank water and septic systems.

While a rare occurrence, due to these circumstances the Department of Education advised for our school to close the following day until power could be returned for functioning toilets and running water. With the help of the Department of Education, our school community and local business we were returned to safety

and back in operation the next day.

Students were also treated to a visit from the North Melbourne Kangaroos.

Our budding AFL stars were delighted to get to meet Curtis Taylor and Zane Duursma. These players spent time discussing with the students what is involved in being a professional sports person, how it is important to look after both physical and mental health and answering some great Q & A questions from our Lockwood students.

Our school yard still requires some general groundwork after the storm so we will be hosting a working bee later this month.

As a thank you we would love to supply volunteers with a BBQ lunch. If you have some 10c cans to cash and are happy to donate your collection fee to our school for BBQ supplies.

We would be very grateful if you search for us as a donation partner in the CDS App.

<https://www.lockwoodps.vic.edu.au/>

Lockwood Primary School

Donation Partner ID C200009339



NEW FEDERAL GRANT TO BOLSTER WOMEN'S SPORT

Photo: Lisa Chesters and Bendigo Thunder

Grant guidelines for the Albanese Labor Government's \$200 million Play Our Way program are now available.

Federal Member for Bendigo, Lisa Chesters met with players and officials from local women's AFL team the Bendigo Thunder to discuss how opportunities like the Play Our Way fund could help improve women's participation in sport in Central Victoria.

For every two males who play sport, only one female does and many girls drop out of sport and never come back later in life.

The Play Our Way fund addresses this inequity by supporting local governments, community not-for-profits and sporting organisations to make sport more welcoming and equitable for women.

Grants will be available in two streams:

Facilities: For projects that establish and improve sporting facilities that are designed for women and girls and further encourage them to take part in sport and physical activity by better meeting their needs; and

Participation and equipment: For programs that encourage women and girls to participate and remain involved in sport and physical activity for life, by tackling barriers such as disadvantage or lack of equipment, and for programs that will lead to sustained cultural change in sport.

Play Our Way grant applications will be assessed through an impartial, transparent process led by the Department of Health and Aged Care.

The Play Our Way program Grant Opportunity Guidelines are available at Forecast Opportunity View - P5261: GrantConnect (grants.gov.au)



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FOOTY SEASON KICKS OFF

Winter sports get into full swing this month and the Kangaroo Flat Football Netball Club are looking forward to a big year in the Bendigo League.

Footballers and Netballers have both enjoyed a busy pre season preparation to get set for a big year and their first test comes on April 13 when the Roos host Sandhurst at Dower Park.

The Roos will welcome several new recruits to the club this season and they are looking forward to seeing the local Community getting along to support them especially at their home games.

The Kangaroo Flat Football Club will be hosting a golf day at Bendigo Golf Club on Sunday 14th April with assembly at 11.30am and a shotgun start at 12.30pm

Interested players should contact Leigh on 0419 325 937

Go Roos!



ROUND	DATE	OPPONENT
ROUND 1	APRIL 13	VS SANDHURST (D) (1)
ROUND 2	APRIL 20	VS MANTLEBROOK (A)
ROUND 3	APRIL 27	VS SOUTH BENDIGO (D)
ROUND 4	MAY 4	VS GOLDEN SQUARE (A)
ROUND 5	MAY 12	VS ENGLEDALE (D)
ROUND 6	MAY 19	VS STRATHFIELD (A)
ROUND 7	JUNE 2	VS EASTLEIGH (D)
ROUND 8	JUNE 9	VS BIRIE
ROUND 9	JUNE 16	VS GERRINGHIE (D)
ROUND 10	JUNE 23	VS SANDHURST (A)
ROUND 11	JUNE 30	VS MANTLEBROOK (D)
INTERLEAGUE ROUND	JULY 4	
ROUND 12	JULY 13	VS SOUTH BENDIGO (A)
ROUND 13	JULY 20	VS GOLDEN SQUARE (D)
ROUND 14	JULY 27	VS EASTLEIGH (A)
ROUND 15	AUGUST 3	VS STRATHFIELD (D)
ROUND 16	AUGUST 10	VS CASTLEMAINE (A)
ROUND 17	AUGUST 17	VS BIRIE
ROUND 18	AUGUST 24	VS GERRINGHIE (D)

PRESENTATION NIGHT
SUNDAY SEPTEMBER 22

COME AND TRY - WALKING SOCCER

Community members have been encouraged to participate in the new fitness program called Walking Soccer.

The program is designed to attract community members between 50 and 100 years of age who want to improve their fitness levels whilst having fun and meeting new friends.

The FREE 6 week program is hosted by Bendigo Walking Soccer and U3A Bendigo with the assistance of Football Victoria and sponsored by the City of Greater Bendigo Grants program.

Fitness coaching and assessments will be conducted by Latrobe University Bendigo Exercise Science Faculty.

Walking Soccer is a low impact sport that can be played by any age group, male or female

and is seen as a worthwhile project aimed at improving fitness levels of all participants.

Bendigo Walking Soccer will be based at Truscott Pavilion in Murdock Street, California Gully and runs on Wednesday evening from 6.30pm to 7.30pm commencing April 10 – May 15.

Further Information: Jill McArthur via email jilldm@bigpond.com



BENDIGO PETANQUE NEWS

By Sue Tapp

The group has been very busy over the last month with lots of interested new members!

We are playing every Thursday morning and also there are training sessions on Mondays twice a month, which have been well attended as members look to refine their skills.

The game is an intriguing one with lots of nuances beyond just throwing a boule and players quickly see there is much skill in the game and the need for good teamwork.

We are settling into our new location and have had great support from the Kangaroo Flat Sports Club who have fenced off a large section of their car park for us and are doing landscaping as well.

The group is gradually getting the necessary equipment for larger numbers and we are hoping to install permanent scorers on each piste or pitch as well as a shed and some sun protection.

We are also currently exploring the possibilities

of getting some sponsors involved.

Members have participated recently in tournaments in Ballarat and Avoca.

This will only grow as we gain numbers and is a great opportunity to compete against other groups.

The game itself is great fun and very social so it's lovely seeing the numbers increase.



FlatMatters FlatMatters FlatMatters FlatMatters

KANGAROO FLAT SWIMMING CLUB NEWS



By Steve Hundt

With the start of the school year, February and March saw many of the Kangaroo Flat Swim Club members competing at their various local school swim carnivals. Following success at their school events, several squad members represented the club at the Catholic primary schools carnival and the Sandhurst School Swimming Carnival. This district-level meet, featuring schools from Bendigo and surrounding areas, witnessed our swimmers not only competing fiercely but also supporting and cheering on their peers from other schools.

KFSC members continued their winning streak at the Sandhurst Carnival, with several swimmers earning top positions and securing invitations to the regional swim carnival for the Loddon-Mallee region in Swan Hill. Among the standout performers were Sophie L and Maya, who clinched victories in their events, earning them spots at the State School Swimming Carnival to be held at the Melbourne Sports and Aquatic Centre (MSAC) in mid-April.

We are sure both girls will do well representing their schools and the swimming club at the State Meet! A big well done to all the various swim club members who have competed either locally or in other regions for their schools over the past few weeks!

The success story continued at the District 15 Championships and the Victorian Country All Juniors competition held at MSAC. KFSC shone brightly with 22 personal bests achieved, and numerous podium placings. Congratulations to all the swimmers who competed, with a notable shout out to Sophie L who placed 1st in the 50m Freestyle final for her age group along with two second places in Butterfly and Breaststroke, and Alex with a bronze in freestyle. An awesome effort!



Congratulations to all the swimmers who participated in these competitions, showcasing their dedication, skill, and sportsmanship. The KFSC celebrates the outstanding achievements of its members and looks forward to more success in the upcoming events.



LIFEGUARD TRAINING BOOST



Lifeguard aspirants have been going through a rigorous training schedule at the Gurri Wanyarra Wellbeing Centre in Browning Street, Kangaroo Flat.

With a majority of participants coming from regional areas of Victoria many pools across the state will benefit from gaining highly skilled personnel.

Two day training sessions have been conducted on a regular basis throughout the summer season by Roger Abel Training Services and takes in spinal management training, advanced rescue techniques, CPR training and participants also have to complete a 200 metre swim.

Roger Abel spoke with FLAT MATTERS about the shortage of lifeguards across the state and the process to bring in new personnel.

■ FM = How many people have you trained this summer?

■ RA = 200 Lifeguard Updates, 120 Full Lifeguards (New)

■ FM = Where do these recruits come from?

RA= About 80% come from regional Vic

■ FM = Have the successful participants all found employment at pools around the state?

■ RA = Yes as the demand for Lifeguards is still high.

■ FM = As the summer season draws to a close will you continue training applicants during the winter months?

■ RA = Yes, just not as many as the demand drops off until approx August, all courses are number dependant.

■ FM = Are many of the participants in the training course from small country towns where lifeguards are critical to the pools remaining open?

■ RA = Yes, generally from smaller towns - in some cases the candidates don't have a license which makes it difficult to get from venue to venue.

■ FM = How satisfying is it for you personally to see these people put their hand up to be a lifeguard and their reaction when the course is completed?

■ RA = Very satisfying, I have been doing this training for over 25 years & still enjoy it immensely due to the fact the skills the candidates learn are life skills and in some cases starting there careers, & in other cases people just want to change careers. There's nothing more satisfying traveling throughout Victoria going to lots of leisure centres/ Outdoor Pools & seeing all the smiling familiar faces that I've trained over the years & in some cases two generations.

Potential lifeguards should contact the Gurri Wanyarra Wellbeing Centre for more information.

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VETERAN GOLFER LEADS BY EXAMPLE

Age is no barrier when it comes to playing golf.

Just ask 89 year old Brian Harding who recently showed he can match it with the best at Belvoir Park Golf Club.

On Saturday 2nd March Belvoir Park Golf Club conducted their Monthly Medal competition.

It is a day where the club match committee set a demanding course where the pins are in vulnerable positions, and the tees are back to the Blue markers to make the course as long as it possibly can be.

But this did not deter the great man Brian Harding!

He fired a round of 76 off the stick = that's 13 shots under his age.

His score card reads 76 – 11 – 65 and the Club Captain heaps praise on the veteran and awards him the Monthly Medal.

It will go down as one of the hottest rounds from the oldest member at Belvoir Park Golf Club.

Our community newsletter, FLAT MATTERS caught up with the spritely 89 year old to find out more about his golfing career.

■ **FM** = When did you start playing competitive golf?

■ **BH** = I was a late starter to golf as I enjoyed playing soccer in the Provisional League in Melbourne.

■ **FM** = What year did you decide to make the move to Castlemaine and joining the Castlemaine Golf Club?

■ **BH** = It was back in 1976 that I moved to Castlemaine and joined the Castlemaine Golf Club.

■ **FM** = What major events did you win whilst a member at Castlemaine?

■ **BH** = Back in the 1990's I won the Barwon Plate with Max Gale and also was a team member for the Victorian Veterans State Championship.

■ **FM** = When did you decide to join Belvoir Park Golf Club?

■ **BH** = It was back in 2002 that I decided to head to Belvoir Park and I find it a great club.

■ **FM** = What events have you won since joining Belvoir Park Golf Club?

■ **BH** = The A R Michell is a gold letter event at Belvoir Park and I like the fact that I have scored

2 Hole in Ones at Belvoir.

■ **FM** = On Saturday 2nd March, you recorded 76 off the stick to win the Monthly Medal so was that one of the most satisfying rounds of your career?

■ **BH** = Yes I was very pleased to shoot 76 off the stick and it goes down as one of the most satisfying rounds that I have played.

■ **FM** = How many times have you scored the magical "Breaking My Age"

■ **BH** = I have done it on numerous occasions over the last couple of years and that is very satisfying.

■ **FM** = What makes Belvoir Park Golf Club such a great place to enjoy a round of golf?

■ **BH** = I just find that the members are all so very friendly and I really enjoy their company.

■ **FM** = Have you set any targets you would like to achieve whilst you are still enjoying great health?

■ **BH** = I just strive to keep myself very fit and this will enable me to continue to play a game that I love.

Brian Harding is one of the real characters on the golf course and deserves every success he experiences.

Well Done Brian Harding!

