# -Iat Vatters





**September 2023** 163

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



Goldfields Libraries



### How many books do you read with your child?

Do you read the same ones over and over again? Of course, this helps your child to become a great reader, but did you know it also helps them become school ready and sets them up to succeed in life?

Excitingly, we have just re-launched the perfect programme to help you along the way - 1000 Books Before School! We give encouragement and incentives along the way as your child reads towards the 1000 Books milestone - it is easier than you might think - and yes, reading the same book again and again counts every time!

Children up to five years are invited to join the refreshed program, which encourages parents and carers to read with their youngsters, helping to develop a love of reading, language and story before they start school. Participation in 1000 Books Before School is free, and upon sign-up, children will receive their first 1-100 record sheet.

Once they've read their first 100 books, they'll receive a reading record booklet, a canvas library bag and a merit patch to stick onto their baa.

Enjoying books together is the key.

As you read, your child will not only learn to love reading but also learn valuable listening, language, social, emotional, and motor skills as they watch and copy you.

These vital skills help set them up for success at school and beyond and happen all while having fun. Reading 1000 books might seem like a lot, but when built into a child's routine, it can become a fun and rewarding way to spend time together. Most picture books only take about five minutes to read, so if you read three books each day, you'll reach your goal in less than a year.

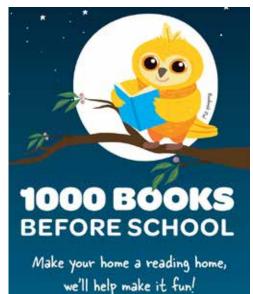
At each 100-book milestone, come into the library and collect a new patch for your library bag and some stickers to check off your booklet. Once you reach 500, you'll also receive a goodie bag to acknowledge being halfway there. At 1000 books, it's time to celebrate! Come in and collect a certificate, a free picture book gift, and then take a photo in our special 1000 Books selfie frame!

The same story can be read multiple times, and stories heard during storytime sessions count too. Reading eBooks or listening to audiobooks also count. Visit the Goldfields Libraries eLibrary for access to StoryBox Library, Tumble Book Library and LOTE4Kids.

Registrations can be done through Kangaroo Flat Library, or online. For more information, visit ncgrl.vic.gov.au/1000books

The refreshed program was made available with support from Bendigo's Communities for Children and continues on from the success of Public Libraries Victoria program.





# VANCAPOO FLAT COMMUNITY HOUSE SECURES VOLUNTEER GRANT





Left to right - Sabine Y - Vice President Eaglehawk Community House, Tracey Moss (Coordinator, Kangaroo Flat Community House and Eaglehawk Community House and Phil W - Committee member Kangaroo Flat Community House. Photo by Darren Howe.

Recently the Kangaroo Flat Community House (KFCH) attended a morning tea with Lisa Chesters MP along with 17 other local community organisations who were successful in being awarded Volunteer Grants from the 2022-23 Volunteer Grant Program.

KFCH provides services and programs and the means to develop empowerment, independence, self-determination and wellbeing, as well as meeting the social and educational needs of the people in our local community. A very special thank you to Lisa Chesters MP and the Federal Government for believing in what we want to achieve and for their support to make it happen!

We are now over halfway through the year and KFCH is growing its range of community support and activities. This includes the introduction of assisting CALD communities with a variety of services including applications, assistance for the community in applying for the power saving bonus, weekly food relief and community lunch, art classes, pantry bingo, gardening programs and Zumba classes. Safe Seats Safe Kids offer regular free car seat installations and Bendigo Family and Financial Services visit once per month to provide financial counselling and assistance to anyone who is in need.

KFCH are also excited to release information and details on pre-accredited courses in partnership with Learn Local. The pre-accredited courses on offer consist of the following:

### Introduction to Horticulture at Kangaroo Flat Community House

Learn to apply chemicals under supervision; maintain properties and structures; operate basic machinery and equipment; participate in work health and safety processes.

Sessions run on Wednesdays from 9:30am-12:30pm and cost is \$8 per week.

Café Essentials & Hospitality (including Barista training) (Eaglehawk Community House)

Throughout this course, you will work effectively as a cook; clean kitchen premises and equipment; participate ibn safe food handling practices; use cookery skills effectively; prepare and present simple dishes; prepare dishes using basic methods of cookery.

You will also learn to prepare and serve espresso coffee; provide service to customers; process financial transactions; use hygienic practices for food safety; work with colleagues and customers; clean premises and equipment.

Sessions run on Wednesdays from 10am-1:30pm and cost is \$8 per week. 10:30am - 12:30pm cooking & lunch and 12:30pm - 1:30pm lesson

### Term 4 dates:

September 27 (registration day at 10am, Kangaroo Flat Community House)

October 4, 11, 18 and November 1 and 8.

Please phone the Kangaroo Flat Community House on 5447 9687 to enquire or book in for sessions.

The Kangaroo Flat Community House is dedicated to meeting the social and education needs of people in our community.

### **VOLUNTEERS ARE VITAL**



Recovering from knee surgery in a four-bed room in the old Bendigo Hospital's rehab ward, Cliff Scoble noted his elderly out-of-town roommates didn't receive any visitors.

Cliff could relate to the feeling of isolation.

He was aware of the hole in his life after recently retiring from working 80 hour weeks as an owner/driver of a concrete truck. It was at this time Cliff saw volunteering as an opportunity to get back out in the world and meet new people.

"I saw the need for connecting with others when I was in hospital and thought, I could do that. I applied online and within a week I was doing the introduction course.

Starting in the old hospital, Cliff was assigned to in-patient rehab because he "can talk". Cliff said he could see up to 10 patients a day when he was doing three, three hour shifts a week.

Of course, that's not expected, but with people coming from as far away as Mildura who potentially wouldn't receive visitors all week, Cliff felt one half an hour chat a week was not enough - so he took it upon himself to do more and felt supported to do so.

"I love meeting people from all walks of life and have met short-term and long-term patients from people in their 30s to those in their 100s – it's been very gratifying," Cliff said.

For more information on volunteering at Bendigo Health call 5454 7639, or visit: bendigohealth.org.au/volunteering



### **BRIGADE MILESTONE**

The Kangaroo Flat Fire Brigade has celebrated 150 years of service to their home community. A host of activities were planned for the celebration including a hugely popular open day at the station, for the many visitors to enjoy.

Volunteer brigades have a great history in our state, and it all goes back to 1854 when Volunteer Fire Brigades started forming in country Victoria.



The first to be established were Ballarat, Geelong, Castlemaine and Sandhurst. The equipment used by these early brigades included the hand drawn hose reel. The hose reel assisted in getting hose and other necessary equipment to the scene of a fire relatively quickly.

It was in 1873 that the Kangaroo Flat Fire Brigade was formally formed and became the 16<sup>th</sup> brigade to join the Country Fire Brigades Board which was responsible for coordinating fire brigades more than 16 kilometres from Melbourne.

After the devastating fires in 1944, the Country Fire Association was established to better co-ordinate country fire services. It commenced operation on April 2, 1945.

Since the Kangaroo Flat Fire Brigade was established back in 1873, it has had just three locations. The first was built in Short Street and this operated until the construction of a new fire station in Station Street in Kangaroo Flat in 1956. The current location of our local brigade is Helm Street in Kangaroo Flat where the building was constructed in 2015.



### ST MONICA'S PRIMARY BUSINESS FEATURE

There are many great success stories about truly local businesses and this month we feature St Monica's Primary.

St Monica's Primary School is located in the heart of Kangaroo Flat and has traversed a remarkable journey since its inception. The school's roots trace back to 1860, with its founding building of vertical slab walls and a bark roof. In 1920, the Mercy Sisters took over the school's administration, carrying forward a legacy of dedicated service.

In 2002, the school marked a significant transition as its first lay Principal was appointed.

Over its 160-year history, the school has evolved into a vibrant community of faith and learning.

From its humble beginnings, St Monica's has flourished into an institution that embraces the values of compassion, faith, and academic excellence. The school's mission is to celebrate learning and faith together in the light of Christ, fostering an environment that fully develops each child and nurtures their faith journey.

Presently, St Monica's caters to a diverse student body, drawing mainly from Kangaroo Flat, Golden Square, Maiden Gully, and surrounding areas.

The school's enrolment stands at 320 students, divided across 15 classes

spanning Prep, Junior, Middle, and Senior levels. This growth is not only evident in the number of students but also in the dedication of its staff of approximately 50 including leadership, teachers, learning support officers, wellbeing, speech therapy, administration and maintenance. The school boasts a committed team, with a strong sense of partnership among teachers, families, and students.

St Monica's commitment to holistic education is evident through its Catholic identity and mission goals. The school strives to impart not only academic knowledge but also values that encourage respect, justice, and empathy. The school's Catholic identity is weaved into every aspect of the curriculum, fostering connections with faith and encouraging students to develop a strong moral compass.

As the school continues its journey, there are clear visions for the future.

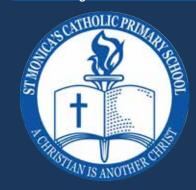
A focus on community engagement remains integral, with initiatives like the School Advisory Council, Parent's and Friends Committee, and community outreach program "Mercy in Action". Future goals include inviting parishioners into the school, establishing programs aligned with future employment fields, and fostering 21st-century skills, including technology proficiency.

In 2023, St Monica's is poised for growth and development.

**Priorities** include maintaining accreditation, adopting a comprehensive planning approach, refining and writing approaches, implementing discovery-based play learning students, enhancing inquiryyounger focused learning, and nurturing fluency in mathematics. The school has recently undergone a strategic review, signaling a commitment to ongoing improvement and excellence.

St Monica's Primary School's journey from its early beginnings to its current thriving state is a testament to the dedication of its founders, staff, students, and the entire community. As it looks to the future, the school remains steadfast in its mission to celebrate learning and faith together in the light of Christ, ensuring that each student's journey is one of growth, compassion, and excellence.

Visit www.smkangarooflat.catholic.edu.au





# COMMUNITY FEEDBACK

A proposed water treatment plant in Kangaroo Flat has been the subject of much community consultation in recent weeks.

A feature story in FLAT MATTERS back in July outlined the multi million dollar proposal, and several interested groups have sought more information on the long term solution into managing Bendigo's mining impacted groundwater.

The project includes designing and constructing a new, purpose-built water treatment plant at the former Kangaroo Flat mine site and the associated infrastructure and pipelines.

FLAT MATTERS sought a feedback response from the Project Manager, Natalie Trotter and have provided a Q & A update for our readers.

Q: What Community Consultation has taken place and what has been the feedback?

A: I'm pleased to report that the feedback to-date has been positive. Some community members have sought more information around things like possible impacts during construction and operation of the new treatment plant or during installation of the pipelines, others have asked about the release of treated water to the Creek and how that will be managed. We are happy to do presentations about the Project to any local group keen to understand more.

Q: Have permit applications been lodged to the EPA and City of Greater Bendigo?

A: No, the permits have not actually been lodged yet, but we are engaging with both Council and the EPA on the planning requirements and working through information required. We expect to lodge for EPA approvals within 2-3 months.

Q: When do you expect the Tender Process to get underway?

A: We are aiming to engage with the commercial marketplace through an Expression of Interest process within the next couple of months.

### **KANGAROO FLAT PROBUS CLUB**

Kangaroo Flat Probus meet on the second Wednesday of the month commencing at 9.45 am. at St Mary's Anglican Church (car park of Church Street Entrance.)

The next meeting is on Wednesday September 13 and will be followed by lunch at the Queens Arms Hotel.

### New walking group

A walking group has commenced, and this will be held every Thursday morning at 9.30am. At present we are meeting and departing from Kangaroo Flat Bowling Club.

### Coffee, Cake and Chat

On Wednesday September 27, Coffee, Cake and Chat will be at the Bendigo District R.S.L, Havilah Road (not far from the Bendigo Showgrounds)

### **Bus Trip to Barham**

Please do not forget the Bus Trip to Barham on Wednesday October 18, visiting the Fly Wheelers Heritage Museum with morning tea there, then to the Barham Club for lunch.



The bus will be departing at 8.30am from the carpark at the Kangaroo Flat Sports Club of McKenzie Street. Kangaroo Flat.

Remember, Probus is an organisation for Active Retirees.

If you enjoy Friendship, Fellowship and Fun, then this is probably for you.

New members most welcome.

### GAMES DEBACLE HITS HOME

Local leaders have voiced their concern at the recent cancellation of the Commonwealth Games that were to have been held in Regional Victoria in 2026.`

Bendigo would have had the opportunity to host athletes from the Commonwealth countries and the benefits to business, trades, retail, hospitality and tourism would have been enormous.

Then there were the young aspirants looking to contest a truly international event in their home state.

Stuart Craig, Business Manager of Sports Focus told FLAT MATTERS the cancellation has been a huge let down.

"Absolutely disappointed for the sports that would have been on display in Bendigo.

Disappointed for the clubs that were selected as venues to hold the competition and disappointed for the missed opportunity that the Games would have brought through a spike in participation and the associated benefits to the community."

Geoff Bowyer, Chairman of the Kangaroo Flat Community Enterprise told FLAT MATTERS that aspirant hopes have been dashed.

"We consider the Premiers decision to cancel the Games a real slap in the face to Victorian regional communities. Since the announcement, it seems from wide media coverage that there has been a lack of meaningful consultation to investigate means to rework the model and the costings, particularly based upon comments made by members of the Commonwealth Games Committee of total shock at the claimed \$7 Billion costing and who were absolutely blindsided by this decision.

Many members of our local community have expressed to me a collective disillusionment with the shabby treatment meted out by this government decision.

A number of local participants and organisations feel that given the poor mental health legacy of the recent Covid – 19 epidemic particularly amongst our youngest generation that young aspirant hopes have been dashed, which is particularly significant."



### GROWING HABITAT FOR NET-ZERO IN CENTRAL VICTORIA



A new Central Victorian carbon offset project is aimed at helping local councils reach their net-zero emission goals, while providing private landholders all the benefits from growing trees and shrubs on their properties.

The Community Carbon Project is a partnership between the North Central Catchment Management Authority (CMA), the City of Greater Bendigo, Macedon Ranges, Hepburn, and Mount Alexander shire councils. North Central CMA Business Development Manager Matt Dawson said restoring critical habitats and connecting fragmented landscapes in the region is a key focus of all project partners.



"However, government organisations and private landowners are always faced with the significant challenge of the high cost of large-scale revegetation works.

"Many landholders find it difficult to justify the expenses and time commitments involved."

Community Carbon is aiming to address this by leveraging the carbon offset needs of local councils to provide financial support to deliver revegetation efforts.

The carbon sequestered by these trees will then offset residual emissions of the participating councils.

"We are excited to be trialling this innovative approach. There are wins for the landholder, the community and local wildlife," Mr Dawson said.

"The benefits of undertaking revegetation work on private properties are clear. "It attracts diverse wildlife, improves the aesthetic appeal of properties, reduces soil erosion, improves soil health, and enhances water quality.

"This is a great opportunity for landholders to not only leave their property in a better condition for future generations but help in the fight against climate change.

"We are keen to hear from local landholders interested in participating by planting trees and shrubs on their properties."

While prioritising sites where a cumulative area of 10 hectares or more can be planted, the project will also consider smaller, high-value areas for revegetation.

"The commitment of all partners to reduce emissions will continue, but inevitable residual emissions by 2030 will require offsets," Mr Dawson said.

"This project helps ensures the integrity of the offsets and keeps the financial, ecological, and lifestyle benefits in the region, which is great news for everyone."

Expressions of interest close 30 September 2023.

www.nccma.vic.gov.au/climatechange/community-carbon

### CWA KANGAROO FLAT BRANCH



CWA invite local women to join our Branch for fun, friendship and community service.

The CWA State Exhibition has just been held at the wonderful St. Arnaud Town Hall, showcasing many creative, intricate and superlative handcraft entries from all over the State, crafts and skills that are kept alive by CWA members. Cooking and Preserves were also on Show along with handcraft demonstrations.

Photo shows the CWA Bendigo Northern Group's entry in the Home Industries Section depicting 'Peaches, Pears and Potatoes'. There were also some individual winners from our Group including Kangaroo Flat Branch. The CWA Sections at the Bendigo Show this year will be focused on children with Sections covering, 'under the sea', Teddy Bear's picnic and displays of Nursery Rhymes.

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

For more information see CWAbendigonortherngroup on Facebook or contact Group President Lyn on 0411 603 320 for updates about meetings and functions.

### RETURNING A LOST WW1 HONOR ROLL TO OUR COMMUNITY.

The East Shelbourne Recreation Reserve Committee is looking for any living decedents of the soldiers / sailors listed on the lost but now found East Shelbourne's State School 1012 Honor Roll.

The Honor Roll was unveiled at the school March 5, 1924. The wooden framed Honor Roll disappeared after the school had closed in 1970.

The "Lost" Roll was later found, in pieces in a local creek bed in a badly damaged state. Now after 50 years of being cared for, the pieces are back together in its original wooden frame, conserved and behind glass. Thanks to donations from local families and a generous donation from the Kangaroo Flat

The Reserve Committee and Kangaroo Flat

RSL now, one hundred years later, on March 3, 2024, are planning a ceremony to unveil the Honor Roll in the East Shelbourne Reserve's Old Church building.

### Help is needed

We need your help in finding as many living descendants of the named men on the Honor Roll so they may attend this special community ceremony.

### Names:

Walter James Connolly	James Murray Davies	Herbert C. Holland
Harold Hogben	Henry John Harbour	John Charles Henderson
James Hinck	Matthew Jenkinson	Joseph Maher
William Mumford	Charles McGregor	Alexander Charles McDonell
Frederick Charles Neivandt	James Gender Neivand	Harold Pocock
Albert Pocock	Charles Herbert Pocock	Francis Pocock (Navy)
Lyell Pocock	George Pocock	Henry Pocock
Albert Victor Petherick	Charles Wesley Roberts	Frederick George Roberts
Lyle Sutcliffe (Navy),	Stephen Spencer,	
Francis Slattery	Leo Slattery	



### **MAKING A DIFFERENCE**

A new glass recycling system is now in use and transforming the way we dispose of our glass bottles and jars.

A large bin has been installed in the car park at Lansell Square Shopping Centre, in High Street, Kangaroo Flat.

Similar bins are also in place at locations in Lockwood, Marong and Maiden Gully.

City of Greater Bendigo Resource Recovery and Education Manager Brooke Pearce says there are now major changes coming to the way we recycle glass.

"The Victorian Government statewide kerbside reforms and the Recycling Victoria – a new economy policy, mandates that in the future, glass will no longer be able to go in kerbside recycling bins as glass breakages contaminate other recyclable material.

All glass bottles and jars taken to the new drop off points will be recycled into products such as sand for road base and we ask people to remove all corks and lids from glass taken to the new points.

Glass that cannot be taken to the new drop off points include drinking glasses, broken crockery, storage and baking ware, perfume bottles and window glass."

More information www.bendigo.vic.gov.au

### ICE AGE AT GOLF CLUB



The mysterious landing of a huge chunk of ice at a local golf course has had tongues wagging!

It all happened on the 5th green at Belvoir Park Golf Club early one morning and had ground staff scratching their heads in disbelief.

But where did the mysterious finding emanate from?

Chunks of ice were strewn across a wide area and the theory soon identified it came from an aircraft flying in freezing conditions.

It made headlines in radio news bulletins nationally, and also gained television coverage internationally.

Belvoir Park Golf Club Course Superintendent Dylan Knight says workers and volunteers were shocked to see the bizarre finding when they arrived on course for an early morning start.

"I think the ice exploded on impact, with some chunks found several metres away from the green as well.

I have been in the industry for nearly twenty years and never seen anything like this before."

Aviation experts have also weighed in on the finding and they say it is common to see ice form on planes while they fly particularly planes that fly between 20,000 and 25,000 feet where the conditions are icy.

Golfers are now convinced we have now entered the Ice Age!

### LIFELINE NEEDS FUNDING

Lifeline Loddon Mallee needs urgent funding from the State Government to deal with increased demand for its life-saving services.

Nationals Shadow Minister for Mental Health Emma Kealy and Member for Northern Victoria Gaelle Broad recently visited Lifeline Loddon Mallee in Bendigo to hear about the ongoing mental health crisis first-hand from frontline workers.

Gaell Broad says the Government previously provided top-up funding to help Lifeline during COVID.



"That funding has now been cut, but demand for their services has not reduced. Demand for their crisis support service has increased by 36 per cent since the start of the pandemic.

Sadly, it is a relatively small amount that is needed – just \$119,000.

This is tiny drop in the Government's funding bucket when you think of the lives that are saved and the cost to our health system that is averted. It's vital that this funding is reinstated."

Lifeline Loddon Mallee Executive Officer Lisa Renato said the service took more than 18,000 calls last year.

There were 84 deaths by suicide in the region – almost two per fortnight and this is an absolutely critical service."

Shadow Minister Emma Kealy said the figures showed life was getting harder under Labor.

"So often Lifeline is the essential first point of contact for local people who are looking for mental health support and care. Lifeline not only costs a fraction of a hospital mental health bed but is doing critical work to save lives and minimise the impact of mental ill-health.

It makes sense for the government to provide Lifeline with the cash boost they need so they can continue to answer the calls of Victorians who are finding life getting harder and can't afford to wait months for a mental health appointment."

### CASH EARNINGS BOOST

Bendigo and Adelaide Bank limited reports that the group's cash earnings after tax was \$576.9 million which is up 15.3 per cent.

The reported cash earnings for the full year were driven by margin management through a disciplined response to lending competition, continued growth in deposits and a measured approach to cost management.

The bank says the customer numbers have increased by 9.9 per cent to 2.4 million customers.

Marnie Baker, CEO and Managing Director says the figures demonstrate another strong result.

"Our momentum in delivering improvements in shareholder returns continues with our return on equity up 90 basis points to 8.62 per cent.



This has been achieved through managing our costs and reinvesting back into value enhancing areas of our business.

This financial result demonstrates the progress we have made on our strategy.

We continue to focus on driving profitable growth with sustainable returns, supported by our unique Community Bank model.

Our longstanding purpose of feeding into the prosperity of our customers and their communities resonates deeply with them and can be seen in our market leading customer advocacy and satisfaction scores."











### EMBRACING DIVERSITY AT ST. MONICAS FEAST DAY CELEBRATION

St. Monicas School recently embraced the spirit of unity and cultural appreciation, during the commemoration of St. Monicas Feast Day. The event turned the afternoon into a vibrant showcase of cultural richness as families and students dressed in traditional clothing and shared authentic dishes from their heritages.

Amidst the lively atmosphere, the Jaara centre was a fusion of colours and flavours with traditional garments, decorations and dishes

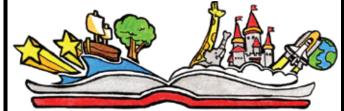
from all over the world including Philippines, India, Cambodia, Bangladesh, Mauritius, Burma, South Sudan, Africa, Nepal, The Wild West USA and of course a few Aussie favourite treats.

As students eagerly sampled dishes and admired the colourful displays, the event seamlessly wove together the threads of cultures that make up the school's community. These interactions ignited curiosity and opened

conversations about traditions, backgrounds, and experiences, enriching the students' knowledge of their peers.

St. Monicas School not only celebrated its namesake on this day but also honoured the Mercy tradition of fostering justice, compassion, hope, and hospitality while showcasing the beauty of a community united in diversity.

# Mini Monica's



# Story time

Every Friday of the term in the Library

9:15am - 10:00am

Do you have a preschooler or toddler at home?
Bring them along to Mini Monica Storytime! A
morning of stories, songs, nursery rhymes and
fun that will nurture your child's love of reading
and prepare them for school.

**St. Monica's Primary School Library** 91 High Street, Kangaroo Flat (03) 5447 7832





@ Kangaroo Flat Uniting Church
have been suspended for the time being
as the Church building is currently
being restored
following last year's fire.
We'll let you know when our MARKETS start again.

We'll let you know when our MARKETS start again. They'll be even bigger & better than before.

Please direct any enquiries to MAX on 5443 1809 or email: blume\_m@bigpond.com





### **BENDIGO**

13 Phillips Drive, Kangaroo Flat, VIC 3555 Email: bendigo@pedders.com.au





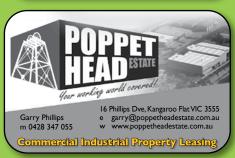
Acupuncture & Massage (acupuncture)

Telephone: 0458 479 944 Health Works 226 High St, Kangaroo Flat dragonsong11@gmail.com

www.dragonsongacupuncture.com.au







### **ADVERTISE HERE FOR**



Email: flatmatrs@outlook.com

# Support your local businesses because...

# **Uniting** Emergency Relief

Support and assistance centre for people in need

Uniting E.R. has re-opened at the YMCA Community Hall, opposite ALDI (10 Lockwood Road, Kangaroo Flat)

> HOURS: Tuesday: 9am - 2.30pm

> > Thursday: 9am - 12pm

Friday: 9am - 2.30pm

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

### **BWC WRITERS EXPLORE SEPTEMBER - ASK ME** ANYTHING! Q&A WITH EUGEN BACON



Eugen Bacon is an African Australian author of several novels and fiction collections. She's a 2022 World Fantasy Award finalist, a Foreword Book of the Year silver award winner, and was announced in the honour list of the 2022 Otherwise Fellowships for 'doing exciting work in gender and speculative fiction'. Danged Black Thing\_by Transit Lounge Publishing was a finalist in the BSFA, Foreword, Aurealis and Australian Shadows Awards, and made the Otherwise Award Honor List as a 'sharp collection of Afro-Surrealist work'. Eugen's creative work has appeared worldwide, including in Award Winning Australian Writing, Fantasy Magazine, Fantasy & Science Fiction, and Year's Best African Speculative Fiction. Eugen has two new novels, a novella and three anthologies (ed) out in 2023, including Serengotti, a novel, and the US release of Danged Black Thing. Visit her website at eugenbacon.com and Twitter feed at @EugenBacon.

Join us for an evening of storytelling, readings and in conversation with Eugen Bacon (in person).

Bring pens and paper and be inspired.

7-9 pm, Wednesday September 27

Bendigo Library, Activity Room 1, 259 Hargreaves Street.

Cost: \$10 Supper supplied.

### NEWSPAPERS DOCKED



There have been some frustrated early morning shoppers at Coles in Kangaroo Flat in recent

It seems the loading dock has been holding up the availability of the morning newspapers and shoppers have not been happy.

One local Coles shopper has provided FLAT MATTERS with a copy of the official response to their complaint about the missing early morning papers.

Coles Customer Care issued the following statement:

"We have followed up on your enquiry with the relevant team at Coles Kangaroo Flat.

Our relevant teams have advised that due to trucks in the loading bay, unfortunately, they cannot bring the papers into the store.

However, they have assured us that the early morning papers will be brought in as soon as they can."

# Flat**Matters** Flat**Matters**

### Church Corner - WEEKEND CHURCH SERVICES

### **UNITING CHURCH**

Due to the fire in July, at our Kangaroo Flat Church on the corner of Camp & Church Streets, we are unable to use the building for an unknown period of time.

Until we are able to resume Services at this site we will be holding combined Services every Sunday at Chum Street Uniting Church (corner Maple St) at 11am, with fellowship over a 'cuppa' from 10am.

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

Worshiping every Sunday morning at 9.30am. "All are welcome".

### I CAN'T GO ON!

Many people often come to that stage in life. It can be a terrible feeling and drive people to desperate moves. These moves can involve addiction, depression, and even self harm.

We all need help. We're not perfect. The greatest help to us all is God. He created us to know Him. To help us do just that He sent Jesus into this world to be our saviour.

When Jesus died on the cross, he died for all of us.

So, how do you and I discover that truth? Well, Jesus invites us to follow him by turning to him for all our needs. When he walked this earth, he healed them all.

People were overwhelmed by his presence and mercy.

He still does that for us today. Christians know so many cases of Jesus healing and saving lives. Ask them. If they don't know then they haven't yielded to the love and blessing of Jesus yet.

The Bible is choc full of God's promises and we only have to claim them.

God promised to provide all our needs. Why would He not help us?

If you're battling current inflation, rental costs, mortgages and food bills start praying. Jesus is listening, he will show you a way through.

The Gospels in scriptures shows how he saves, restores and refreshes us all. Reach out to Him. He's waiting.

So, if you haven't got a Bible, I urge you to find one. There are often copies in op shops if you can't afford one and the Gideons distribute them

Be blessed as you read this today.

Yielding to Jesus: I come to you now Jesus and I repent of all my sins. I ask you into my life. I accept you were crucified on the cross for me, died and rose again. I believe you now sit on the right hand of the Father in heaven. I now give you my life and claim my healing. Amen.

Ps Peter Pritchard

0413 682 999.

### A MESSAGE OF LOVE AND HOPE

The promise of God's love is for everyone Jeremiah 31:3

"The Lord hath appeared of old unto me, saying, Yea, I have loved thee with an everlasting love: therefore, with loving kindness have I drawn thee."

For in God, there is peace and completeness 1 John 4:18

"There is no fear in love: but perfect love casteth out fear: because fear hath torment. He that feareth is not made perfect in love."

promises The wav to claim the of God is to call upon **Romans 10:13** 

"For whosoever shall call upon the name of the Lord shall be saved."

For it is not by our works we are saved. but only by His mercv Ephesians 2:8

"For by grace are ye saved through faith: and that not of yourselves: it is the gift of God."

And this precious gift is Christ Jesus 1 Timothy 2:3-6

"For this is good and acceptable in the sight of God our Saviour, who will have all men to be saved, and to come unto the knowledge of the truth. For there is one God, and the mediator between God and men, the man Christ Jesus: Who gave himself a ransom for all to be testified in due time."

For nothing around us, not even the daily 6pm news or the envelopes with tiny windows can take the joy of the Lord away from us! Romans 8:35

"Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecutions, or famines, or nakedness, or peril, or sword?"

Please join us at Southside Community Church (Opposite ALDI) at 10 Lockwood Road, Kangaroo Flat. We meet every Sunday at 10am.



226 High St Kangaroo Flat 5445 7400



Peter Cashen

296-298 High Street Golden Sauare VIC 3555

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### FUTURE OF MAIDEN GULLY RECREATION RESERVE

The City of Greater Bendigo is planning for the future of the Maiden Gully Recreation Reserve in Beckhams Road and is seeking feedback on a draft Site and Infrastructure Plan to guide the future development of this important recreation area to ensure it is accessible and inclusive for all residents to access and enjoy.

The draft site plan features new bike and walking paths, identification of sites for potential skate park, BMX track, outdoor fitness or parkour activities, potential relocation of cricket nets, potential site for new playspace, spectator seating, service vehicle access with turning bay, parking areas and areas for more organised and non-organised activities.

City of Greater Bendigo Active and Healthy Communities Amy Johnston said the City wants to know what residents like about the draft plan, what's missing, ways to improve the site to make it more accessible, safe and welcoming, any activities they would like to see at the reserve in the future and any other comments they may have.

"The infrastructure at the Maiden Gully Recreation Reserve is old and ageing and no longer meets the diverse needs of the growing Maiden Gully community," Ms Johnston said.

"Maiden Gully's population is growing and it's important to ensure that local facilities meet the needs of all members of the community into the future.

"The reserve needs to be redesigned to address the changing way people participate in physical activities and use different types of spaces to gather, meet and play."

More information is available and feedback on the draft plan can be made via the City's Let's Talk Greater Bendigo website at <a href="https://www.letstalkgreaterbendigo.com.au/maiden-gully-recreation-reserve">www.letstalkgreaterbendigo.com.au/maiden-gully-recreation-reserve</a> by Friday September 8, 2023.

# RESERVE The City of Greater Bendigo is planning for the future of the Maiden Gully Recreation Reserve



By Rod Wight

Kangaroo Flat Cricket Club has a rich history and are a proud community sporting club.

ROOS PREPARE FOR TITLE DEFENCE

Congratulations to our Premiership 1st Eleven team who finished off a strong

season with a fantastic win at the QEO last March.

We also had other teams make finals and are looking for another strong season in 2023/2024.

Premiership winning coach Brent Hamblin has been reappointed again and is looking for another successful season from all the club.

The club is again looking to field a senior women's team so any young girls or women looking to play cricket please contact the club.

In recent years the club has received upgrades to both our social rooms and training facilities which included new training nets and social rooms, which has been a great boost for our club, players and supporters to ensure we have one of the best facilities in central Victoria.

Without the support of The City of Greater Bendigo council and our major sponsors we would not be able to support the players and community to be active and play cricket.

A big thank you to our current major sponsors The Dispensary Bar & Diner, The Kangaroo Flat Sports Club, Build Pro, The Old boundary Hotel, & N8 Health and past sponsors, our club certainly wouldn't be in a position to have the facilities we now have.

If any other business would like to support this great club, please contact us for a copy of our sponsors opportunities.

Brent Hamblin Senior Coach has confirmed all last season's premiership players will be

lining up again this season. Great news as the majority of the premiership team have come up through our junior system. A fantastic achievement for the club. We are also pleased to announce the return of another past junior Luke Stagg who has been playing district cricket in Melbourne with Essendon. It is exciting to have Luke back at the club with

Senior Mens – Approx 65 players on our list that consist of the following grades:

news of other returning players to come.

- 1st Eleven
- · 2nd Eleven
- · 3rd Eleven
- · 4th Eleven
- · Senior Womens

We have approx. 90 junior boys and girls across 9 teams:

- Junior Blasters (recommended for kids 5-7, basic skill development and modified games)
- Master Blasters (age 7+, modified games, was played on Friday night last season)
- U11s (Introduction to hard ball, pads, was played on Friday night last season)
- U12s (was played on Sunday's last season)
- · U14s (Sat morning)
- · U16s (Sat morning)
- U18s (Sat morning)
- · U12 Girls (Wed night last season)

The club is always welcoming to new players throughout both our junior and senior playing list.

Preseason has begun at The Dispensary Oval (Dower Park) and is on every Sunday morning and Wednesday night.

Season is planned to start on October 7 for most grades at this point.

www.kangarooflatcricketclub.com.au

### **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=631bcca9531c64b2dd 4671c6c&id=409c08a671



# COUNCIL WORKS UPDATE



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

The following projects/initiatives from the P&A Directorate are CURRENTLY under construction:	Date due to be completed
Bendigo Airport - Civil Works	Dec-23
Ewing Park - Carpark	Oct-23
Ewing Park Remaining Landscape Works, Bendigo	Aug-23
High Street, Don to Vine, Bendigo - Footpath	Nov-23
Municipal Baths	Jun-24
Paperbark Court, Strathdale - Drainage	Oct-23
Bendigo Airport - Terminal and Admin Building	Dec-23
Lighting the Regions - Street Light LED replacement program	Sep-23
Bendigo Creek, Kangaroo Flat - Shared Path	Aug-23
Lake Neangar Fitness Equipment	Oct-23
Ellis Street, Flora Hill - Footpath	Sep-23

### **Kangaroo Flat**

# COMMUNITY MEALS

FREE Meals!

### When:

Every Tuesday 5:00pm- 6:00pm

### **Location:**

**Rotary Gateway Park** 

High Street, Kangaroo Flat

Proudly supported by









# Starts at 60 Club Community & Travel Buddies Meet-Ups

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

Windermere Hotel, 112 High Street, Kangaroo Flat Bendigo Victoria **on First Wednesday of every Month at 10am** to enjoy a relaxed get together with coffee and a meal with like-minded people.

New members are always Welcome, Cost-Free.

Next Meeting will be held on August 6 from 10am-1pm

Stating if going to confirm your bookings please Contact your host RSVP

Email: linnymac4@gmail.com



Is your organisation passionate about helping our community to be the best it can be? We're keen to talk with you about possible partnering opportunities.

Grants of up to \$75,000 are available to organisations interested in working towards community priorities in the *Greater Bendigo Council Plan (Mir Wimbul) 2021-2025* or *Healthy Greater Bendigo 2021/2025* objectives.

Applications open Thursday August 31 and will close Thursday September 28.

For more information please contact the Community Partnerships Unit on **1300 002 642** or grants@bendigo.vic.gov.au





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You can also find us on Facebook

https://www.facebook.com/ buckleupseatbelts

### **Group Gatherings**

### GROUPS & CLUBS

INCLUDE YOUR GROUP OR CLUB MEETING TIMES BY CONTACTING FLAT MATTERS

### 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 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 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 in the McKinnon Pavilion, no meetings during the months of January, July, December. Bendigo Showgrounds. Contact: Laurelle Smith -Secretary 5447 0017 New Members Always 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 7.30pm. 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

### **Community Enterprise**

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

### **CWA Kangaroo Flat Branch**

3rd Thursday of the month at 2pm, Uniting Church Hall, Church Street, Kangaroo Flat. 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 Pam, 5441 8220, 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**

Our meetings are held on the second Wednesday of each month, 7pm at the Maiden Gully CFA, 5 Beckhams Rd. 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

### **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

and their relatives.

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

### **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 Kerryn 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.

### **Volaire Calisthenics**

Maiden Gully Classes: Recreational and competitive teams. For participants age 3 and over. Contact Volaire 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

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

### **EXERCISE PHYSIOLOGY IS REWARDING**



Here at the Gurri Wanyarra Wellbeing Centre in Kangaroo Flat, we are acutely aware of the benefits of exercise, for not only making you feel better physically and emotionally in the short term, but the prevention of many diseases in the long term.

But what if you have a chronic illness or injury or have been in pain for so long, the thought of exercise frightens you?

Have you ever considered seeing a professional that specialises in exercise rehabilitation for those with chronic disease?

At Gurri Wanyarra Wellbeing Centre, a large number of members in our community have benefited from seeing an Exercise Physiologist. Our team are university qualified allied health professionals, that have acquired knowledge about health conditions, injuries and chronic pain.

Some of these conditions include cardiovascular disease, cancer, osteoarthritis and osteoporosis, diabetes, fibromyalgia, FND, and much more.

They are also well versed in prescribing an exercise program that is specific and tailored to an individual.

Exercise Physiologist's can see clients under many schemes such as a Medicare/Type 2 diabetes referral from your GP, DVA, NDIS, WorkCover or TAC.

You do not necessarily need a referral to see an EP, private paying clients and those with private health insurance also attend appointments.

My favorite success story is Phil, who is a below the knee amputee.

When he first saw me, Phil was struggling to walk on his prosthetic leg (using a walking stick to support himself) and getting out of his chair, due to severe knee pain caused from a fall and fracture.

Phil's goal was to be able to ambulate independently, lose weight and improve his overall muscle strength.

Over the last 18 months Phil has absolutely knocked these goals out of the park and he has lost 7cm from his waistline, can get out of his chair with more ease and not only can walk independently but is able to complete the sled push exercise - which is a massive effort.

Phil has faced many barriers and outcomes over the course of his time here, however he has demonstrated a lot of persistence and resilience and his hard work has paid off.

We can help you achieve your goals!

Simply contact the service desk at the Gurri Wanyarra Wellbeing Centre.



### **COME VISIT THE**

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### DISCOUNTED CAT DESEXING AVAILABLE

The Bendigo Animal Relief Centre (BARC) is encouraging cat owners and anyone who cares for a cat, to get them desexed before kitten season kicks off this spring through several discount cat desexing programs that are available to help.

There are many advantages to desexing your cat. Even if your pet cat is an inside cat, BARC recommends getting them desexed to reduce unwanted behaviours such as excessive vocalisation, fighting, wandering, and urine spraying. Desexed cats are more affectionate and live longer and heathier lives.

BARC Operations Manager Fra Atyeo said BARC launched its Bendigo Community Cat Program in 2021 to encourage residents who care for a stray cat to get the cat desexed with the intention of preventing unwanted litters.

"In round one the program saw 50 street cats desexed, microchipped, vaccinated, and registered and this season through round two we are aiming to desex 300 cats," Ms Atyeo said

"The program is supported by Animal Welfare Victoria and aims to provide an affordable service to lower income households and our community's eligible residents to better care for their cats and to decrease the number of unwanted cats and kittens in our community.

"It's important to reduce the number of unwanted cats in our community, one female cat and her offspring can produce up to 5,000 cats in seven years and this is a great opportunity to help stop this problem."

"Each year BARC receives over 2,000 cats and kittens with close to half of these kittens coming from unwanted litters. One unwanted kitten is one too many, it's heartbreaking that Greater Bendigo produces so many unwanted cats and kittens each year.

"BARC runs this program with the services of local vets. In addition to getting desexed and vaccinated against diseases, cats are also microchipped and registered. This ensures a cat has the best possible chance of finding their way home should they become lost or missing."

For owners who have already got their new pet cat desexed, BARC is offering free microchipping and free first year registration.

Application is simple and interested Greater Bendigo residents can apply for the program on BARC's website at <a href="https://www.bendigoanimalreliefcentre.com.au/cat-desexing">https://www.bendigoanimalreliefcentre.com.au/cat-desexing</a>

BARC and the City of Greater Bendigo have also partnered with the National Desexing Network to provide discount cat desexing to residents with a pension/concession card. More information on this program can be obtained by visiting <a href="https://ndn.org.au/">https://ndn.org.au/</a> or by calling 1300 1300 368 992.

The 25™Annual

### Dínkí Dí Old Tíme Ball

Saturday 16th September 2023
Sportill late

ST ANDREWS CHURCH HALL MYERS ST BENDIGO



Emu Creek Bush Band and Gay Charmers

Tickets \$20 (if pre-paid by September 9) or \$25 at the door.

Dress: Formal, Semi-Formal or Period

Super, Raffle, Lucky Door & Spot prizes

All welcom

Contact: Dianne 5442 1715 /0418 172 286 or Mary 5442 1153.

email: secretary@bendigobushdance.org.au

Bush Dance & Music Club Inc: PO BOX 922 Bendigo 3550

### **'SUPER SONGS FROM THE 70'S. SO DRESS UP IN YOUR SPECIAL 70'S GEAR'**

Calling all Seniors - get your 710's gear on!

St. Mary's Anglican Church is holding an event as part of the Bendigo Seniors Festival Oct 1-8.

With a theme of Learn, Live, Love, the event has something for everyone.

### **Sunday October 1**

193 High Street, Kangaroo Flat

1.30pm with the Bendigo Concert Band

Afternoon Tea will be served then concluding with 'Goldfields Ukestra", including sing along.

\$5 entry per person. All proceeds will go to Uniting Emergency Relief.

For further details phone Christine Curnow 5442 3934.

### HAVE YOUR SAY ON VICTORIAN TAX REFORM



The Victorian Liberals and **Nationals** released have a discussion paper on tax reform and invite people and organisations to have their say on how taxes affect them.

Nationals Member for Northern Victoria Gaelle Broad, said the discussion paper on tax reform, 'Making Victoria's Tax System Work' has sparked a strong response, with more than 100 submissions already received.

People are telling us the tax system punishes rather than encourages, is unfair and adds unnecessary costs to businesses, families, households and community groups.

Victoria's economy is weaker as a result of nearly 50 new or increased taxes introduced by this Government.

Investment is being stifled, and jobs are going elsewhere.

Our tax system needs reform to ease the burden on singles, families and businesses and encourage private sector growth.

Victorians pay the highest taxes in Australia, and I encourage people to share their stories and ideas to help reform Victoria's tax system.

All submissions will contribute to the Liberals and Nationals economic reform agenda to be released in the lead up to the 2026 Victorian State

The discussion paper along with additional information, including fact sheets, is available BetterTaxSystem.com.au <a href="https://www.">https://www.</a> bettertaxsystem.com.au/

Submissions close at 5pm on Tuesday, 31 October 2023.









### **FOOTY CLUBS IN TALKS**

Discussions are continuing as to what the local football and netball structure will look like into the future.

AFL Central Vic Commission last month met with executive members of a number of clubs with the meeting considering the future of Football and Netball in the Greater Bendigo region.

The outcome of the meeting provided further evidence to the Commission that there is a desire, and support for change, to the current structure of competitions.

At the conclusion of the discussions there was unanimous agreement that any change needs to be fully planned and well executed and consequently there will not be any changes to the senior football/netball competitions for the 2024 season.

All participants have agreed to meet on a quarterly basis whilst AFL Central Vic will continue to undertake research and prepare information and options for consideration.

It is also noted that consistent with AFL Victoria Community Affiliate Regulations, club transfers between leagues for the 2024 season can occur at any time between August 1 and October 31, 2023.

Existing requests for clubs to transfer Leagues for 2024 will continue the process they are currently undertaking.

### COUNTRY FOOTBALL FINALS

Leagues across the region are set for a big month of footy and netball finals.

**LODDON VALLEY LEAGUE GRAND FINAL** 

Saturday 9th September

HEATHCOTE DISTRICT LEAGUE GRAND **FINAL** 

Saturday 16th September

**NORTH CENTRAL LEAGUE GRAND FINAL** 

Saturday 16th September

MARYBOROUGH / CASTLEMAINE LEAGUE **GRAND FINAL** 

Saturday 16th September

**BENDIGO LEAGUE GRAND FINAL** 

Saturday 23rd September





- Medical practice (GPs at four sites) Men's health
- Women's health
  Allied health (including podiatry, chronic disease and respiratory
- management) Child and family services Settlement services Sexual health
- Counselling and mental health
- Alcohol and other
- drugs treatment and withdrawal programs NDIS services My Aged Care services
- - Connect with us at





Get moving again, meet and make friends and try new activities

For more information visit https://u3abendigo.com/ Email admin@u3abendigo.com or Phone 0490 858 469

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### LANSELL SQUARE YOUR PLACE TO SHOP!

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# Maree Edwards Me

Listening Post held in Castlemaine last Friday of the Month 10am to 2pm. Please phone for appointment.

Ph: 5410 2444



### **ADVERTISE HERE FOR**



Email: flatmatrs@outlook.com

## **Attention:**

### We want your articles!

If you have an upcoming event or community related news, please email us a short article and photo for inclusion in the next Flat Matters.

**CONTACT: flatmtrs@outlook.com** 

Email your pictures and articles to: flatmtrs@outlook.com by the 14th of the month for the following months publication.



### VENUE FOR HIRE ROTARY FUNCTION CENTRE

Gateway Park, High Street, Kangaroo Flat

- Seating up to 100 people
- Commercial kitchen, bar available
- Parties, Weddings, Training Groups

www.rotaryclubofkangarooflat.org for details

Venue also available for community groups

Ph: 0407 496 091.

### Venue for hire at RSL STATION ST. KANGAROO FLAT

- Robust kitchen, disabled amenities available
- Seating for up to 80 people. Available to Community Groups and Clubs. Contact President. Phone: 0417 317 004.

# **BLAC FISHING REPORT**

Email: blac.centralvic@outlook.com www.bendigolegionanglingclub.wordpress.com



A club trip is planned for each month, 11 months of the year and a January trip is on an ad hoc basis. Trips are usually planned 4 months in advance and advertised at our meetings and in our monthly club newsletter. A trip usually commences Friday (travel day) to Sunday. The competition part of the trip will commence early Saturday morning and finish around midday on Sunday to allow for pack up and travel home during daylight hours. Times determined by the trip captain and communicated prior to the competition starting. Some people choose to arrive early, prior to the event, to do a bit of fishing and scope out locations and possible techniques prior to the commencement of the competition.

We have trips to locations that include Dartmouth, Nelson, Mulwala, Lake Eildon, Farley's Road, Deniliquin, Lake Nillahcootie, Westernport or Port Phillip as well as local trips to Lake Tullaroop and Lake Eppalock.

New ideas for trip locations are always welcome. We sometimes find it easy to go back to the same old locations as we are familiar with the accommodation, boat ramps and facilities as well as good fishing locations and techniques that have worked. New fishing areas provide new opportunities to learn, explore and create new memories.

Our club is fortunate to have a good first aid kit that is available for all club events.



### **BLAC CLUB TRIP PLANNER 2023**

**SEPTEMBER 17:** Day trip to fish Lauriston Reservoir, trip captain Steve

OCTOBER 12-15: Dartmouth, trip captain Rob

For current storage level updates: https://www.g-mwater.com.au/waterresources/catchments/storage-levels

### SPECIAL SWIM MEET









Kangaroo Flat Swimming Club have had a cracking return to hosting swim meets following the impacts of COVID.

On July 31, 136 swimmers from 19 clubs, across the state all made their way to Gurri Wanyarra Wellbeing Centre for a magnificent day of racing.

In the lead up to the swim meet, the club were keen to partner with the community and provide a wonderful and different atmosphere to other meets, one that would be seen as the fun meet and talked about as a highlight on the calendar.

First up was working with the team at Belgravia Leisure to ensure that the outdoor spaces could be utilised to create a space for swimmers and their families throughout the morning race meet. Coliban Water brought in the same water rehydration taps that the Australian Dolphins used when they were in town back in December. The club also partnered with Kangaroo Flat Rotary Club to ensure that a piping hot breakfast and lunch was ready for all. The Kangaroo Flat Sports Club also kindly donated fruit salad cups that swimmers could re-fuel on between races.

The race meet was an important day not only for the club but for lots of swimmers who came in search of qualifying times for championships meets as the short course season comes to a close.

However, the clubs biggest success came in the form of the charity novelty relay race at the end of the formal part of the meet. However, on finding out that one of the swimming officials has Bowel Cancer, the club swiftly changed up the concept, to create a 'crazy sock' theme to the day. Swimmers, coaches and supporters were all encouraged to come dressed in their craziest socks for the day and then during the relay add a costume or flare with the socks. Teams of 4 swam 25m each with a pool noodle which had to be handed over to a teammate, all in the name of charity. In the end the donations to Bowel Cancer Australia totalled just under \$300

The club couldn't have done the race meet without the assistance of their race day sponsors, Kang Thai as the major sponsor, followed by lane sponsors: ASQ Landscaping, Pipe Doctor, Farley Pools, Travel Centre Bendigo, Bendigo Ford, Kangaroo Flat Sports Club, GRG Engineers & Sally's Pizza. As well the club were fortunate to have received donations for race sponsorship from Immis Allied Help Support Services, K&N Hawkins and the Anwyl Family.

After much success and amazing feedback, the club will now look towards their Long Course meet which will be held at the start of the September school holidays, Sunday 17th September, and will be reaching out to businesses who might be interested in jumping on board to sponsor the club. It is hoped that with the placement of several major meets close to the KFSC meet that swimmers from across the state will be keen to descend on Bendigo for the weekend and start of the holidays while they chase important times.

If any individual or business wants to contribute to their sponsorship there are many different options, please reach out to kfscsecretary@outlook.com