

NEWSLETTER OF THE SOUTH BENDIGO FOOTBALL NETBALL CLUB

April 2020 Edition

Welcome to your April 2020 edition of "Blood Lines". The intent of the Club's newsletter is to keep members, players and supporters informed about what's happening at South by recalling the highlights of the month just passed and informing on what's coming up in the month ahead.

PANDEMIC IMPACTS THE 2020 BFNL SEASON

As you would all be aware by now, our 2020 football and netball season has been suspended due to the continued spread of COVID-19.

The South Bendigo FNC has had to make some difficult decisions because of the current health emergency. Having as a priority both the health and welfare of its players, members, supporters and the broader community and our obligations to be compliant with the current Government guidelines we have had to either cancel or postpone a number of events on our 2020 calendar. See our revised calendar of events later in this edition

Also, all players and officials are prioritising the health of themselves, their loved ones by staying home, practicing social distancing, following good hygiene and following the advice from the AFL, Government and health authorities. All activities in relation to football and netball, including training and practice matches were suspended from Tuesday 17th March until further notice. This will be subject to further direction by the Government and AFL. The Bendigo Football Netball League 2020 season and the NAB AFL Auskick program have both been postponed until 31 May 2020.

At this early stage the BFNL are planning contingencies and several scenarios including a minimum a 9-week season plus finals, however due to the significant uncertainty surrounding our unprecedented situation, we are currently unable to plan with any level of detail or certainty. The BFNL will continue to meet remotely with club Presidents across the coming weeks to discuss a collective approach as they consider salvaging an equitable 2020 season where and if possible.

We'll keep sharing updates with you as we get them through, including the latest League updates and ways you can continue to support your Club and our fantastic sponsors.

Thank you for being part of the South Bendigo family, for your ongoing support and may you and your family stay safe and well in these challenging times



A MESSAGE FROM OUR CLUB CHAPLAIN

With the Covid-19 crisis upon us, many people within our community are beginning to worry. With looming lockdowns and enforced isolations, the future, which was once oh-so-clear for most, is now uncertain. People are starting to panic - will I have enough food in my cupboard or paper in my loo to survive a fortnight? What about my income? The world has reacted in various ways, but there is no doubt that these fears are rising to the surface. So, how might we navigate our way through these unprecedented times.

First of all, let's make sure we are looking out for one another. Aussies do a great job of looking out for a mate and this is a time where all of us need to be going the extra mile together. Stay away from platitudes such as "You will be fine" or "You'll be right" etc. These might be true, but such comments shut down conversations and minimise the real feelings and experiences of those that might be hurting.

Second, let's make sure that we are taking care of our own mental health and wellbeing during this time. Physical exercise and sleep are an essential element for all of us in this stressful period. Find ways to keep exercising with mates in appropriate settings. Even if this means you take some training into a virtual / online setting.

Third, let's make sure we are wise in the amount of social media that we digest throughout this period. While the news keeps us informed, we often end up with information overload and it can quickly impact our outlook on life. Too much information can produce increased anxiety. Make a commitment to watch the news once or twice a day, then turn off the screens. Less is always more in our media-saturated world.

Finally, let's not be afraid to seek out help for ourselves if needed. I lead a large community of people and we have in-built structures that pick up the care and nurture of hundreds of people in their times of need. We can care for others but there are times when we need others to come alongside of us too. So, don't hesitate to reach out to a friend and ask for help in your time of need. That's why we put structures in place to care for people. Don't hesitate to contact me on 0408 413 026 if you'd like someone to chat to in your time of need.

We can get through this difficult time if we hang onto hope and all do our part in looking out for each other.

Dave Lovell
South Bendigo FNC
Senior Club Chaplain




Coping with stress related to Coronavirus (COVID-19)

It can feel stressful and overwhelming during an event like the outbreak of the Coronavirus (COVID-19) and we can all be affected differently. Read about our tips to help manage any changes to daily life as a result of containment measures

Please find links below for our community health partners Headspace and BCHS, including fantastic information & support networks to combat the COVID-19 pandemic:

<https://headspace.org.au/>

<https://www.bchs.com.au/contact/bendigo-central>





Ten ways to reduce your risk of coronavirus

- **WASH** hands often with soap and running water, for at least 20 seconds. DRY with paper towel or hand dryer.
- **TRY** not to touch your eyes, nose or mouth.
- **COVER** your nose and mouth with a tissue when you cough or sneeze. If you don't have a tissue cough or sneeze into your upper sleeve or elbow.
- **ISOLATE** yourself at home if you feel sick. If you take medication ensure you have adequate supplies.
- **PHONE** your GP first if you need medical attention. They will tell you what to do.
- **CONTINUE** healthy habits: exercise, drink water, get plenty of sleep, and now is the time to quit smoking. Call the Quitline 137 848.
- **DON'T** wear a face mask if you are well.
- **BUY** an alcohol-based hand sanitiser with over 60 per cent alcohol.
- **GET** the flu shot (available April).
- **SHAKING HANDS** is optional!

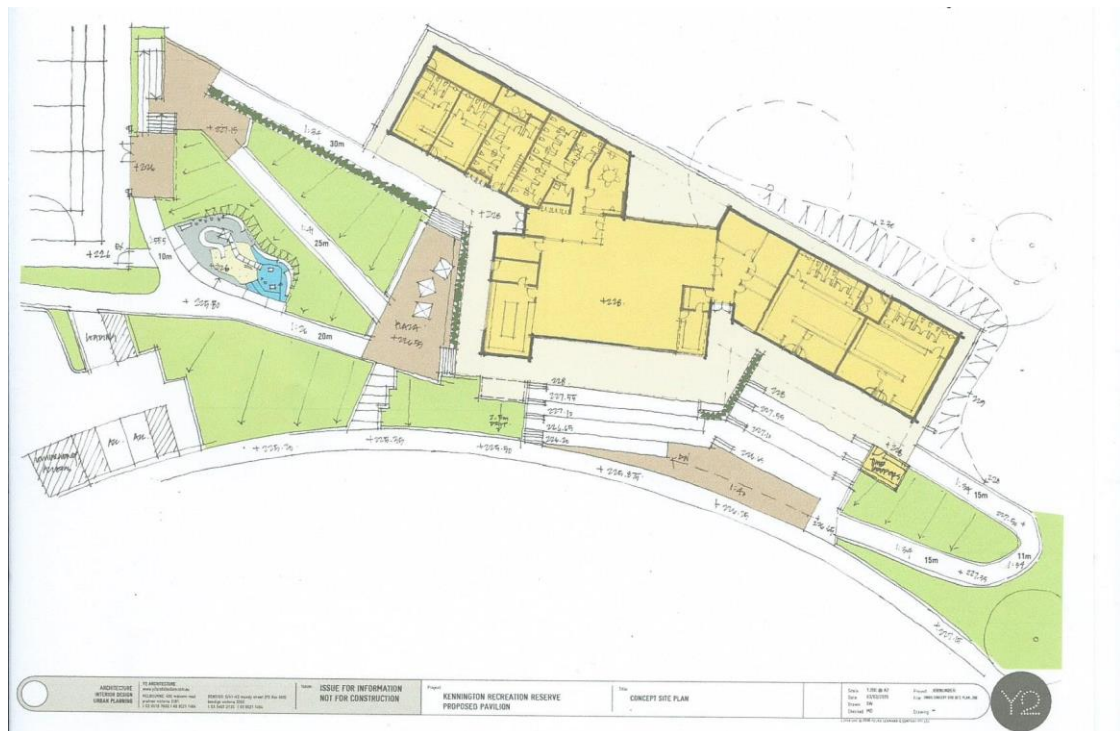
Find out more
www.dhhs.vic.gov.au/coronavirus

If you are concerned, call the
Coronavirus hotline 1800 675 398 (24 hours)
Please keep Triple Zero (000) for emergencies only

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PROGRESS BEING MADE ON HARRY TROTT PAVILLION REDEVELOPMENT



HARRY TROTT PAVILLION CONCEPT SITE PLAN

Finally, after considerable discussions and years of dampened expectations, there is some very positive movement around the strategic relocation of our Club to the Kennington Recreation Reserve.

Council have engaged architects to develop a realistic and affordable concept site plan for the redevelopment which was presented to the tenant clubs i.e. South Bendigo FNC & Bendigo United Cricket Club, for comment on the 17th March. While there were several minor issues requiring further discussion, both clubs were pleased with the overall concept proposal, the intent expressed by council officers present and the projected timeline for the redevelopment.

From this meeting further plans, based on the discussions, will be drawn up for discussion and acceptance by the tenant clubs.

In broad terms it is proposed the project is to be managed across 2 financial years and funding for the first phase of the work has been included in the City's Draft 2020/21 Budget. Unfortunately, the Council have delayed the release of this Draft Budget to enable additional work to be undertaken on support that can be provided to the community in the next financial year due to the current health crisis. However, should things go to plan the target date for a contract for construction to be awarded is October/November 2020 with demolition of the existing building to be commenced before the end of the year. The club will operate out of temporary onsite accommodation in 2021 with final work due for completion and in operation for the 2022 season.

While nothing can be taken for granted given these troubled times this does represent some very good news and a positive sign for the future of our club.

HOW CAN I HELP MY CLUB?

The interruption to normal life is having an impact on the Club as no doubt it is to all of you. Like many businesses and households, the interruption to our normal income streams is starting to impact as we are unable to source funds through sponsorships, memberships, social room functions etc.

The Toyota “Good for Footy” Raffle is a great initiative that can assist our club with vital fundraising as the sponsorship by Toyota allows for 100% of the proceeds to be directed back to our club.



It's so easy to buy a ticket and tickets are only \$5.00 – just go online, see the link below and purchase a ticket or tickets using your credit card and you will go into the draw to win 1 of 10 amazing prizes, including a brand new car. Now that's good for everyone; good for you, good for your club and good for footy.

So, if you are able to support your club simply get online by following the link below and pay using your credit card.

Note: this is an online raffle; you cannot get tickets from the club.

Toyota Good for Footy Raffle - Support South Bendigo Football and Netball Club and Buy a Ticket <https://toyotagoodforfooty.raffletix.com.au/southbendigofnc?q=buy>



1STPRIZE
2019 Toyota RAV4



2NDPRIZE
2019 Toyota Camry



3RDPRIZE
2019 Toyota Corolla

SUPPORTING SOUTH BENDIGO – IT'S IN THE BLOOD

JUNIOR NETBALL

2020 BSNA Winter Competition - on hold due to the COVID-19

As everyone would be aware due to COVID-19 we are unable to start our junior netball season. The BSNA are following Netball Victoria's recommendations, that is their will be no community netball until 31 May 2020. For the latest information please see <https://vic.netball.com.au/covid-19-information>. We will keep everyone informed as to any changes as they come to hand.

Season 2020

This season we have more than 173 players and over 147 families that call South Bendigo home. 19 teams will take the court with 24 wonderful coaches giving up their time to train and look after our teams each week. We sincerely thank all our returning and new players, their families, our coaches, team managers, carers and supporters for without you we don't have a Club!

Each year the Junior Netball Division recognises the significant contribution of the women in our Club by naming our junior netball teams in their honour. We are very proud to announce the following wonderful women as our team namesakes for 2020:

Section 1 -	Tegan Elliston	13/U -	Jenny Arnold
Section 2 -	Michelle Forrester	13/U -	Pam Leech
Section 2 -	Mel Dillon	13/U -	Christy, Kate & Jodie Wastell
Section 3 -	Justine Connaughton	13/U -	Fran Brown
Section 3 -	Emma Tomlins	Grade 6 -	Maureen Symons
Section 3 -	Raelene Baker	Grade 6 -	Marie Hiatt
Section 3 -	Irene McMurray	Grade 4 -	Jane Bakes
Section 4 -	Marianne Barrett	Grade 4 -	Maree Chapman
Section 4 -	Ruby Walker	Grade 3 -	Sarah Nash
Section 4 -	Marg Bruhn		

Thank You

Whilst on the topic of significant contributors to our Club and junior netball we can't go without thanking **Michelle Forrester** who after leading the Junior netball club since its inception has decided to step down from the Operations role. Michelle was a founding member of the junior netball club and along with Mel Dillon and Wendy Osborne was instrumental in establishing the South Bendigo junior netball club in 2015. Beginning with 5 teams in 2015 the junior club quickly grew to 16 teams in 2019 largely due to Michelle's wonderful leadership in developing and fostering the clubs all abilities, all-inclusive ethos. It is a great testament to Michelle and her team that in just 5 years South Bendigo is now one of the largest Clubs in the BSNA competition, boasting 19 teams in 2020 and is the Club of choice for many junior netballers. Thank you so much Michelle we can only hope that we can continue to foster and grow your vision!



Thank
You

Your child's team needs you!

Whilst we have a bit of time up our sleeve there are teams who are still in need of a Team Manager and carer. Both these roles are easy enough and your voluntary participation is much appreciated to ensure our children get to play and participate in the sport they love. If you are keen to help or want to know more, please get in contact with your team coach/es.

Bored netballers at home?

Netfit Netball in association with Netball Australia are currently running NetFit Online Clinics. There are skill and fitness sessions, cooking and nutrition tips, wellbeing and recovery workshops and even Q&A with some of our elite netballers so if your netballers are bored check out

<https://netfitnetball.com.au/netfit-clinic/>



VNL Player Development Clinic

On the 16th February, we were very fortunate to co-host a successful player development clinic with **VNL Club Southern Saints** at the Flora Hill Stadium. Fifty Southern Saints' players and coaches were in Bendigo for their pre-season camp – this included coaching, supporting and guiding approximately 100 junior netballers as part of their community participation program.

It was clear the Clinic was mutually rewarding for all Saints' players and coaches and South Bendigo netballers who took part in the clinic.



There were many drills and set plays which tested each players potential. We look forward to continuing to foster a positive relationship with the Southern Saints Club as a potential pathway for South Bendigo players wanting to play netball at the elite level. **A huge thank you to Haley Aldred** who did a fantastic job co-ordinating the event – well done Haley!

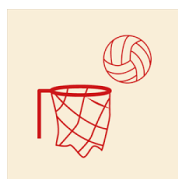
Elmore Pie Drive

Whilst most of our activities have had to be postponed, at this stage, we still intend to run the very popular **Elmore pie drive**. Forms will be sent out during May for an early June delivery. We hope to be back playing netball by this time of course, but if COVID-19 is still impacting us we may need to reschedule or cancel. Watch this space...

IF YOU CAN PLEASE SUPPORT OUR SPONSORS WHO ARE DOING IT TOUGH

LOOK AFTER YOURSELVES AND YOUR FAMILIES

WE HOPE TO SEE YOU ALL VERY SOON - GO BLOODS!



NETBALL

One of the most disappointing aspects of the delay to the 2020 season and there are lots of them, is the massive amount of preseason work that was put in by the playing group building a strong fitness base. While hard work is never wasted, the players efforts are unable to be capitalised on as coordinated squad training is replaced by individual programs and the start of the on-court season is delayed.

The picture below shows a team of very proud ladies after successfully completing a gruelling 10 week program with [Original Bootcamp - Bendigo](#) as part of their preseason that realised some amazing results in building strength and fitness.



In addition to the physical, the squad worked on the psychological aspects of the game at a Netball Club Bonding Day organised by Head Coach Janelle Hobbs and Netball Operations Manager Gill Davey. One of the highlights of the day was a great workshop presented by sports psychologist Leah Foggarty from Between the Ears – Personal and Performance Psychology



While the delayed start and uncertainty surrounding the 2020 netball season there is no doubt that should it eventuate are girls are more than ready for it.

Welcome to the Bloods

With the start of the 2020 season on hold our supporters have been deprived of the opportunity to watch some of our exciting new recruits go through their paces on the court. Below we introduce 4 of the new players we have recruited into our netball ranks this season. All quality young players who epitomise the club's value of character first.

Welcome to South BENDIGO Keiarah Brooks. Keiarah is a mid court player who has had VNL experience and comes to us from Ballarat Swans. Keiarah hails from Donald and has also been a member of Netball Vic Zone Academy. We can't wait to have you on court for the Bloods



Welcome to South Tiana. Tiana is at Uni in Bendigo and has a partner who plays football at South. Previously she has played in the Central Murray League. She plays either end of the court and her height and versatility will be very handy for our squads.



Welcome to the club Sophie. Sophie is from Kerang and has just come off a stellar A Grade season winning her Club A grade B&F and the league A Grade B&F. Sophie has played BFNL 17 & Under coming RU in the BFNL league Medal for 17 & Under. Sophie is a tall strong defender. Welcome to the Bloods Sophie



Welcome To South Kiara Perry. Kiara is a GA who has played A Grade for Charlton for a number of years. She is also an A Grade Premiership player for Charlton. Looking forward to seeing you in the Red and White



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A great new sponsor and a great new restaurant for brunch/lunch/dinner offering a casual dining experience with function space available for hire.

Sadly, the Kennington Tavern has had to close their doors until the current restrictions are lifted

so like them on Facebook: @kenningtontavern or follow them on Instagram: @kenningtontavern to get the latest on take away meal offers or their reopening date

📍 150-158 Condon Street Bendigo

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SUPPORT THE SPONSORS WHO SUPPORT OUR CLUB

FOOTBALL

Well enough has been said about the interruption to our lives including football & netball amidst CORVD-19 so I limit my comments to hoping all remain healthy and safe during this period.

Senior football kicked off in late October with senior coach Nathan Horbury incorporating a strength and fitness program that had our squad tested at different intervals to check progress. There were some pleasing outcomes with a lot of players presenting at the resumption of pre-season training looking extremely fit.

The addition of a number of recruits and the recommitment of the majority of players from last season had us looking good for season 2020. Amongst these recruits are; Michael Herlihy from Numurkah in the Murray Football league, Oli Simpson, Oscar White and Cooper Leon from Old Cary, Ryan Mangan from the Kyabram District league, Jack Maher from White Hills FC, Pat Andrews from Huntly FC. We also have a few returning to the club, amongst them Lachlan Furness and Dujon Fuzzard.

A well-attended and successful training camp at Barwon Heads was held in January and provided the opportunity for coaches to develop the structures which we hope will underpin our style of play this season.

We managed to get two practice matches completed against White Hills and Lockington/Bamawm which provided a great opportunity to put these systems in place. It was evident to any onlookers that our fitness levels were on a different level and the form of a number of players and the new recruits was encouraging. Since the postponement of the season to possibly June, the players have maintained their individual running and skills programs albeit in a reduced capacity.

Under 18's under new coach, but familiar face Peter Tyack, has been terrific with very good numbers attending pre-season since before Xmas. We are hopeful that we will be able to build on this platform for the season ahead.

Gary Bath **Football Operations Manager**



Oli Simpson



Oscar White



Cooper Leon

THE YEAR 1990

This year marks the 30th Anniversary of the remarkable 1990 season when South Bendigo won premierships in all 3 football grades of the Bendigo FNL.

In the Seniors the Peter Bradbury coached Bloods defeated Golden Square by 22 points and the following is an extract from the book "The Bloods" – Highs and Lows of 100 Years

South Bendigo ended a 16 year premiership drought with a battling 22 point win over a gallant Golden Square in the 1990 Bendigo Football League Grand Final.

The Bloods were led to victory in the final analysis by rover Peter Tyack, free running half-back Shaun Leech and on ball player David Griffin.

The Bloods came out chasing 3 wins from three grades, following the success of the Reserves and Under 18's in earlier games.

By half time the Bloods led by the slender margin of only 9 points. South seemed to have the stitched up the game in the third term adding 4.8 to 1.2.

Tyack ran riot in this period, carving up the Bulldog defence and with Leech, Kendal, half forward David McMurray and Higgins adding their support (plus the dominance of Bakes and Dean on the back line) South's lead looked impregnable.

Tough little Sean Cahoon capped off work from Dean and Gundry to boot one for South.

South led by 33 points at lemon time. This proved sufficient as the Bloods went on to win by 22 points.

South Bendigo 15.24:114 defeated Golden Square 14.8:92

Best: P. Tyack (best on ground), D. Griffin, S. Leech, B. Kendal, S. Cahoon

Goalkickers: D. McMurray, S. Cahoon, M. Keck, D. Ivey, P. Tyack (2)
S. Leech, P. Bradbury, M. Higgins, P. Hall, S. Allender (1)



Coach Peter Bradbury chaired off the ground with the Advertiser Premiership Cup

The 1990 Premiership Team



Backs: Trevor Wright, Robert Bakes, Brian Kendal

Half Backs: Mal Balnaves, Stephen Dean Shaun Leech

Centres: Mark Keck, David Griffin, Tony Gundry

Half Forwards: Peter Bradbury (Coach), Stephen Allender, David McMurray

Forwards: Peter Hall, Matt Higgins

Rover: Peter Tyack (Captain)

Reserves: Stephen Hoiles, Stephen Symons.



Peter Bradbury gets the better of Dean Strauch in the 1990 Bloods Grand Final victory over Golden Square

AN OBITUARY OF SOME NOTE

As advised in our March edition two of the Club's champions from the great 50's era in Frank Lenaghan and Lloyd Jones passed away earlier this year.

Below with the permission of the author, journalist and long time Bloods supporter Richard Jones, is the piece written for the BFNL website about Lloyd Jones.

South champion Lloyd Jones passes

One of South Bendigo's greatest ever footballers died earlier this year aged 86.

Five-time premierships player Lloyd Jones not only played in a quintet of flag-winning sides for the Bloods he was also co-vice captain in the champion 1956 Olympic year team. Considering he'd started his premierships run in 1950 when aged just 17 Lloyd's career encapsulated South's greatest ever BFNL era.

He was one of South's captain-coach Alan McDonald's most important key position players. Lloyd was in South's best six in the 1954, 1955 and 1956 grand finals and nailed three goals in South's one-point victory over Sandhurst in 1955: 10.7 (67) to the Hurst's 9.12 (66). And he'd booted a major in 1951's 28-point victory over Eaglehawk in the 44-goal shoot-out: 24.12 (156) to 20.8 (128).

In 1955 Lloyd was named at full-back in the Friday Advertiser team line-ups, but he was switched to his accustomed CHF spot very early in the season decider.

In the '55 footy programme's grand final club notes Lloyd was described as "a centre half-forward who can play well in almost any position.

"He won the club's best and fairest award in 1954. 119 games, 111 goals."

Twelve months down the track and Lloyd's grand final guide notes read: "A great club utility player who has given the club grand service over the past few seasons.

"A most tireless and determined player Lloyd can be played in almost any position and be equally effective. 141 games, 132 goals."

South went on to beat Eaglehawk by 10 points in the '56 granny in front of a bumper crowd estimated at 15,000 by the Monday Advertiser: 10.19 (79) to the Two Blues 9.15 (69).

At age 40 it was Alan 'The Fox' McDonald's 200th BFL game in his 10th season at South and very soon afterwards he took up the position as senior coach at VFL club Richmond.

Going into the 1956 BFL decider he'd booted 200 goals for South.

Vice-captain Lloyd was only 23 and at 183 cm (6 feet) was in the group of South's tallest six or seven players.

Along with the late Frank Lenaghan and the late Norm Cowling he was one of only three South players to have been in all five of South's 1950s grand final-winning sides.

Lloyd was installed as a Bloods' life member in 1958.



NEW CLUB MERCHANDISE NOW AVAILABLE

Great news! For those too old for a hoodie but not ready for a cardigan we have now added a rugby jumper as an option for club supporters in our merchandise range.

To see what else is available in our range of supporter and off field attire click on the link below to go to the site

<https://southbendigofnc.ecwid.com>

Please use the size chart to work out your size.

Adults Rugby Jumper



REVISED EVENTS CALENDAR 2020

Due to the uncertainty around a new starting date for the 2020 season the Club has decided to either postpone, combine or cancel several of our planned key social and game day events. See below for, at this stage, tentative details.

2020 Seasons Launch POSTPONED until a new season start date is advised Friday 3rd April at the All Seasons Hotel Keep your eyes on our social media for further details closer to the day.
Graeme Wright Cup CANCELLED / Past Players & Officials Day POSTPONED Round 3 Saturday April 25th V Sandhurst at the QEO The annual match against Sandhurst for the Graeme Wright Cup which has always provided a great day for past players and officials to get back to the club
“Ladies Day” at South CANCELLED Round 5 Saturday 16th May V Strathfieldsaye at the QEO
Premiership Reunion Day POSTPONED Round 7 Saturday 30th May v Kyneton at the QEO
Annual Ball Round 9 Saturday 13th June V Kangaroo Flat at the All Seasons Hotel Full details to be provided later
Sports Lunch Round 11 Saturday 27th June V Castlemaine at the QEO The Annual sports lunch for our sponsors and coterie members.
\$5000 Draw Function Sunday 28th June at the SBFNC Social Rooms Winners are drawn at the Social Rooms for one of our major annual fund raising events.
Life Members Luncheon CANCELLED Round 12 Saturday July 11th V Sandhurst at the QEO The annual Life Members lunch where the club recognises and acknowledges the great contribution made over the years by our Life Members.
Kennington Football Club Reunion Round 13 Saturday July 18th V Gisborne at Harry Trott Oval Continuing the initiative started in 2018 where the club hosts past players and officials from the first Bendigo Football League side to have Harry Trott Oval as their home ground
Club Family Day for Juniors Round 15 Saturday August 1st V Maryborough at the QEO A round of experience and learning for all our junior footballers, netballers and their families where all aspects of game day will be open for them to see how the club operates at the senior level
Combined Past Players & Officials Day. PROPOSED NEW Round 15 Saturday 22nd August V Kangaroo Flat at the QEO An opportunity for all past players and officials to get back to the club. Will also enable us to celebrate the Premiership Reunions deferred from the Round 7 match on 30 th May
Club B&F Vote Count and Presentation Night Thursday 24th September at the SBFNC Social Rooms The season’s finale where we recognise outstanding team and individual performances over the sporting year that was.

WHEN YOU'RE ON YOUR PHONE, YOU'RE DRIVING BLIND



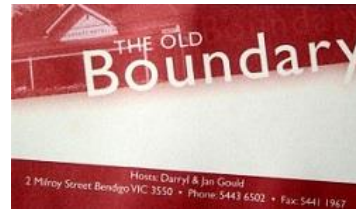
Keeping your eyes on the road is essential for safe driving. But when you look at your phone, you're oblivious to what's around you. In fact, at 50km per hour, even a 2 second glance at your phone means you'll travel up to 28 metres blind. What will you miss?

What you can do to avoid distracted driving?

- Install the '[do not disturb](#)' function on your phone. This is a default feature on many phones that you can find in the settings. If your phone doesn't have this feature there are apps you can download to use it.
- Put your phone out of reach such as in the glovebox or car boot.
- Turn your phone on silent, or turn it off completely when driving.
- As a passenger, speak up and encourage others to be safe.

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