

NEWSLETTER OF THE SOUTH BENDIGO FOOTBALL NETBALL CLUB

December 2020 Edition

Welcome to your December 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.

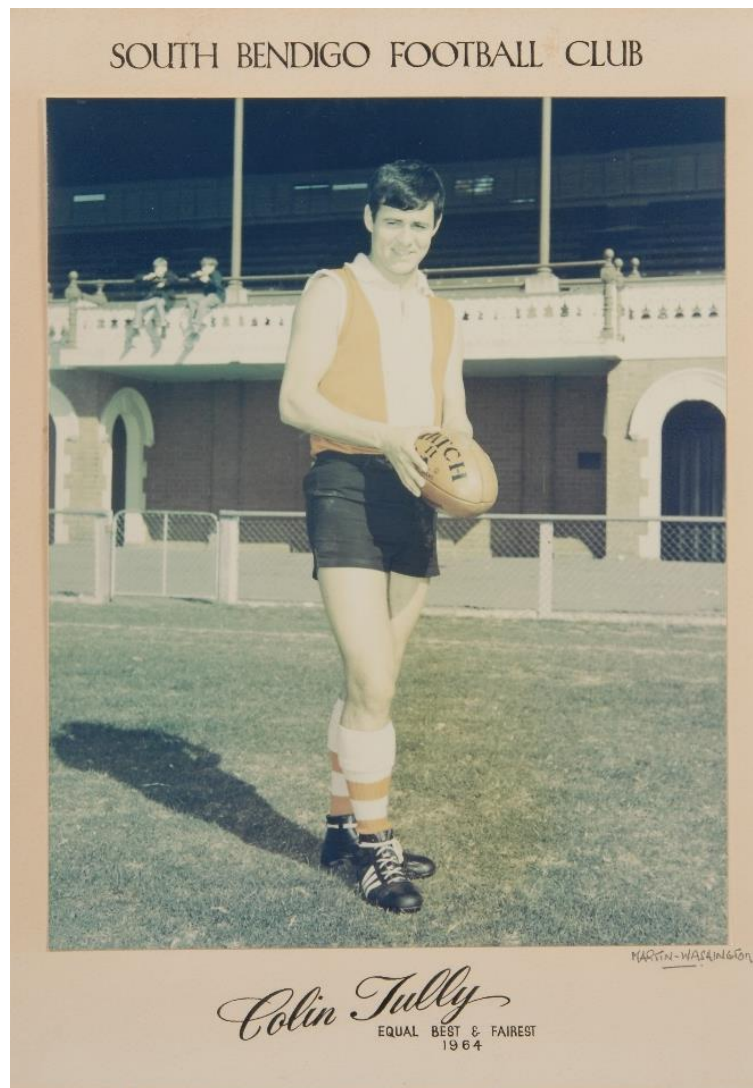
BLOODS COMMITTED TO 2021 SEASON

The BFNL have launched an "I'm Committed 2021" advertising campaign seeking season 2021 commitment from players, volunteers, supporters, umpires and sponsors alike to join or return to their local football/netball clubs and support us all on our return from what has been an extremely difficult 2020. The campaign is centred around retention and recruitment, ensuring participation levels of players, volunteers and sponsors at club level in general are as high as possible.

The Club has started our 2021 campaign with coaching appointments, new player signings and preseason training program planning already implemented. The South Bendigo FNC is committed to maintain our continuing improvement next season, The Bloods are committed to 2021 and we would love to see you back with us and just as committed in 2021.



VALE TWO CLUB CHAMPIONS: COLIN TULLY & GARY COWLING



Over recent months the club has been saddened by the passing of two of our champions in Colin Tully and Gary Cowling.

Colin Tully captained the Blood's Under 18 side in 1963 and also won the BFL's U18" Best and Fairest award that year. A year later, at 19 years of age, he won South Bendigo's Senior club Best and Fairest, tying with Merv Smart for the honour. Colin then went to Collingwood in 1965 where he played a total of 92 senior VFL games across a football career that also saw him selected to represent Victoria at interstate level. Colin was an exceptionally good kick of the footy. In 1966 playing for the Pies against Richmond he drop kicked a goal from the centre of the MCG, estimated to have travelled 80 to 85 metres.

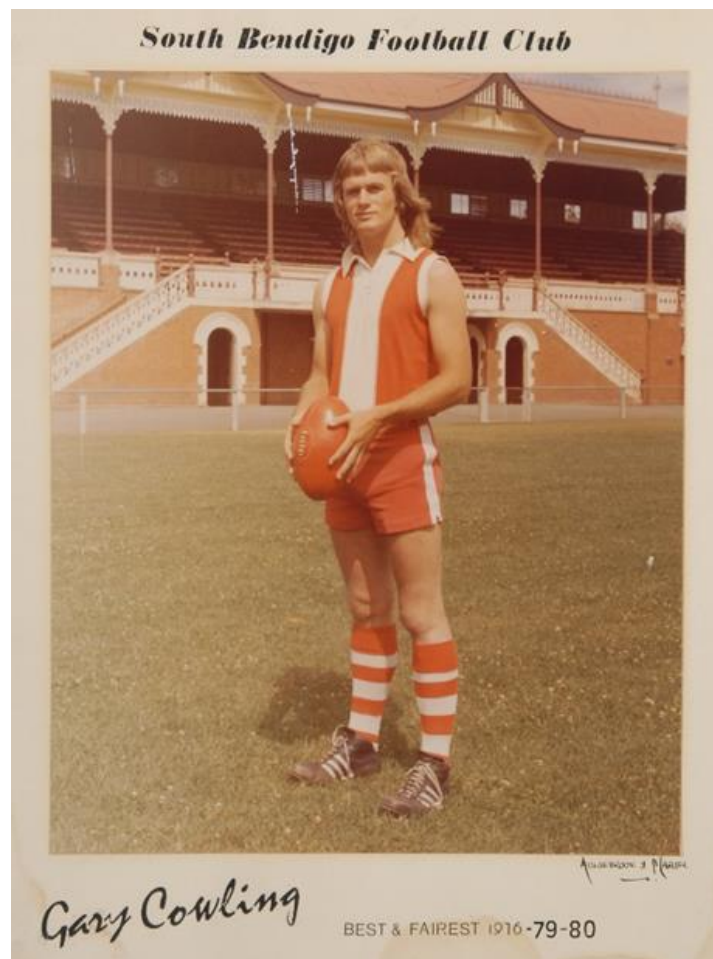
Colin is widely recognised as one of the best all round sportsmen Bendigo has ever produced. In addition to his notable football career he also played over 100 games of First Grade District Cricket for Collingwood and he was also an exceptionally talented golfer and tennis player.

Earlier this year Colin was inducted into the Bendigo Sports Star Hall of Fame; worthy recognition for a multi-talented sportsman and a champion of South Bendigo FNC

Like Colin Tully, Gary Cowling's outstanding sporting ability was evident in several disciplines and, it was demonstrated from a young age. As a schoolboy Gary excelled in athletics winning his secondary school's champion athlete medal on 2 occasions. He also competed in track and field events at a high level, contesting and achieving placings at State Championships.

Gary started his football journey with the South Bendigo U13's at around 10 years of age, an "underage" trend that was to continue, playing Under 18's football at only 15 and winning the Club's Senior B&F Award as a 17 year old in 1976. An excellent left foot kick, although often it was hard to tell which was his preferred foot, playing in the centre Gary went on to win a further 2 club B&F Awards going "back to back" in 1979 and then again in 1980. Gary combined his high level skills with an uncompromising hard at the ball approach to football and his club "nickname" of Bruiser could not have been more apt. Gary played a total of 115 senior games for the Bloods despite being hampered by knee injuries and is often cited by past team mates as one of the best footballers they ever played beside. Gary was the runner up in the 1979 Michelsen Medal and despite polling the same number of votes as Eric Pascoe and Peter Tyack, they were declared the eventual winners on a "count back". Being appointed as the Bloods Vice Captain and selection to represent the BFNL in interleague on three occasions matches round off Gary's impressive football CV.

A top all-round sportsman Gary also played first Grade with North Bendigo in the BCA as a fast bowler and when the knee issues forced his retirement he took up cycling, winning the Bendigo and District Cycling Clubs Road Championship Race in his first year. Gary has always been a much loved character at the Bloods, a multi-talented sportsman and a champion of South Bendigo FNC



2020 IN REVIEW

Season 2020 commenced with some considerable optimism. A huge preseason by our Netball squad following the amazing feat of 4 of our 5 sides making the finals last year provided a realistic sense of confidence for an even better 2020 under the continued guidance of Janelle Hobbs. Likewise, our senior footballers, with the playing list bolstered by the signing some quality new players, appeared to be on track towards further improvement in on-field performance and the greater competitiveness being built by Nathan Horbury. Then the advent of the Covid-19 virus and its significant impact on the broader community turned everything including everyday life on its head.

All coaches and team managers continued to work with their respective squads to maintain fitness and enthusiasm in a hope that a BFNL season would get underway, but it was not to be. The efforts put in by all to ensure Covid compliant training was conducted during this time was amazing and all should be commended for their above and beyond endeavors in support of their players.

The Club are also very appreciative of the Bendigo Football Netball League (BFNL) and the Bendigo Junior Football (BJFL) for their endeavours to get modified seasons up and going for Under 18's Football and U17's Netball in 2020 in a safe, achievable, and Covid compliant manner. While we were able to get one round of competition up, the enormity of the pandemic's impact meant that the season had to be officially abandoned on the 1st of July. We are extremely thankful to the BFNL Board members and Manager Cam Tomlins for their persistence to offer a return to competition in some form this year and, albeit it brief, witness the enjoyment that one round of competition brought too so many during this difficult period.

The Club extends our sincere thanks to all of our hardworking members, in particular dedicated Senior Underage Coaches Peter Tyack and Liz Taylor, their assistant coaches and team managers, Junior Presidents Shaun Langdon and Nicole Georgeson and their great teams of coaches, committees, officials and volunteers, for their continued support and understanding during these challenging circumstances to explore and implement all possible opportunities to return to competition safely in 2020.

For an a more complete overview of the Netball and Football Departments activities in 2020 see Football Operations Manager Gary Bath and Netball Operations Manager Gill Davey's reports further on in this document. While on this subject I would like to acknowledge the great "behind the scenes" work done by both individuals which never stops regardless of if we are playing or not. A special mention to Gill in her first year in the role, it was certainly a baptism of fire and Gill demonstrated what a great asset she is going to be for our club.

Our Junior Divisions remain crucial to the future of our club and continuing this important work in 2020 were our new Junior Presidents; Shaun Langdon in Junior Football and Nicole Georgeson in Junior Netball. The amount of unseen, behind the scenes communication and work required despite no season being played out was immense. A difficult job with unprecedented challenges, well done by both of you.

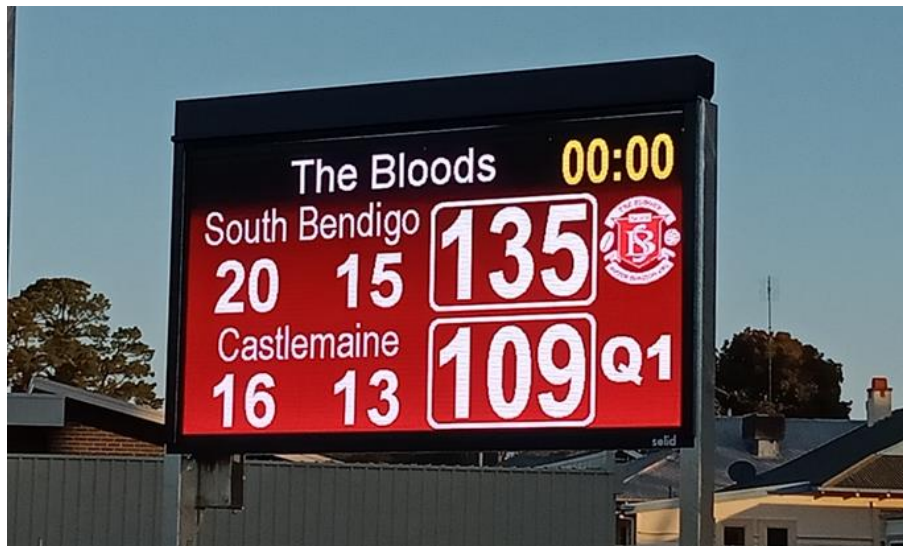
The current state of our Junior Divisions provides strong platforms to create a sustainable pathway for our young players to represent South Bendigo at a senior level on both football field and netball court in the years to come. The club extends its sincere thanks to all our dedicated coaches and hardworking officials who ensure the efficient running of our junior ranks.

For an overview of both Junior Divisions activities in 2020 see their respective Presidents reports further on in this report.

The Greater Bendigo City Council has approved the allocation of \$1.5m for the commencement of our new pavilion at Kennington Recreation Reserve (Harry Trott Oval) in their 2020/21 capital works program. The project has also been allocated \$2m by the Victorian State Government. Project planning is currently taking place between club representatives, Bendigo United Cricket Club and Council Officers on the buildings design and layout. While detailed plans are not yet available for public distribution the club, subject to some minor changes, are pleased with what is being proposed.

Project management timelines need to be flexible in the current climate however there is potential for work, commencing with the demolition of the existing old concrete block structure, to get underway in February 2021.

A new digital scoreboard was also erected at the Harry Trott Oval in 2020 as part of the continuing improvements to facilitate the club's relocation from the QEO to the Kennington Recreation Reserve. The scoreboard, which is operated remotely via Bluetooth technology, will provide for more timely score updates and also enable the screening of sponsor promotions and ground information on match days. This significant addition to the ground was made possible through a Victorian State Government Grant and the generosity of the late Rick Killian on behalf of the Killian Family, who are long time South Bendigo supporters and the McIvor Forest Estate.



Turning to club financial matters, a significant achievement during the year was that despite significant disruption to our normal cash flows we were still able to cover all expenses and in fact manage an overall profit in our operations. The amazing support from some of our sponsors and a concerted effort to apply for every support grant available to us made the difference in what has been a difficult year.

The South Bendigo Football netball Club is extremely appreciative of the following sponsors who, despite the season not going ahead, continued their full generous support of the Bloods in 2020.

MAJOR SPONSORS:



MINOR SPONSORS:

- Bicknell's Intersports
- Golden City Refrigeration
- Central Kitchens
- Arnold Dallas & McPherson
- Country Wide Fuel Oil

We truly value the relationships we have built with our sponsors and their willingness to partner with our club and I would again like to acknowledge the invaluable work done in this area by Vice President Rick Townsend.

At the time of tabling this report we have been successful in obtaining \$12,969 through four (4) successful grant applications and we are awaiting the outcome of a further five (5) applications to a value of \$51,000.

The Club would like to recognise and pass on our thanks and appreciation to our Junior Netball Club President Nicole Georgeson for her outstanding work in this area; her insight into the processes required and her grant writing skills are without question the primary reason for our successes in this area. As was often written in reply emails to her "Great work Nicole".

While on financial matters, I would like to recognise the work of Rick Townsend and our Treasurer Mitch Connor for their ongoing guidance and stewardship of our Club's finances throughout the year. Whilst there was no sport played, the mechanisms of running a club continued to tick over and both managed our financials in their normal competent manner. Unfortunately, Mitch will not be with us in the Treasurers role next year due to ongoing professional studies. However, the systems of work and the streamlining of our financial processes established while he has been in the role will continue to provide efficiencies and benefits for the club into the future. Thanks for your valuable contribution Mitch.

There is no doubt that financial sustainability post Covid will be a real issue for all community clubs and we will similarly face some very real challenges in this area.

The patrons of our successful Bingo operation are the demographic most at risk from the pandemic and any likely date of a restart is still an unknown. Even with a resumption, the probable drop off in the number of patrons attending and new "Covid normal" crowd restrictions will no doubt have an impact and it may take some time to return this income source to its previous levels.

The impact on business and personal financial situations has been significant in 2020 and it is also probable that there will be a flow on effect on Club sponsorship revenue, player sponsorships and all categories of club memberships next year.

There will need to be considerable work done to continue the remarkable successes we have enjoyed in revenue raising over recent years.

The other critical issue currently confronting the club and fundamental to future success and sustainability is the need for an increase in numbers and a generational change in our off-field team i.e. our committee and volunteer base.

The off field team is very small and desperately requires more people to assist with the work load however, even more than numbers the greatest risk factor to the club is the average age of those involved. Despite achieving outstanding results over recent years, the simple fact is that, while still passionate about the club, most have "done their time" and are looking to get out or scale back their commitment.

If we do not start to correct this off-field issue soon it may well become the biggest hurdle to the ongoing health and future sustainability of our club.

Overall, the club is currently in a particularly good position. Looking forward, our Capstone Document adopted last year clearly defines our future direction through the 2019-23 Strategic Plan. Our financial position is solid, our on-field performance is on the up and there is now tangible progress being made in regard to our relocation to our new home in South East Bendigo at Harry Trott Oval. It is an exciting time to be at the Bloods, we just need to get more people on board to continue this current momentum.

While it has been an unusual year, I still need to acknowledge a few people who have continued to work hard around the club despite the season's cancellation. In some respects, there has been more work required than in a normal year and while I have referred to some of these people earlier in this report the ongoing work of the club's Executive Committee has been fantastic throughout 2020. So, to Vice President Rick Townsend, Secretary Rob Robertson, Treasurer Mitch Conner, Sports Operations Managers Gill Davey and Gary Bath and Junior Presidents Nicole Georgeson and Shaun Langdon thank you for your valued contributions to the South Bendigo Football Netball Club in 2020.

Thanks to everyone involved at South Bendigo for your support and friendship over a challenging and unprecedented year and we all look forward to a better and more conventional season in 2021, both on and off the field, with great optimism and anticipation despite no doubt some remaining challenges from Covid still to be met.

**Alan Ellis
President.**



NETBALL

Season 2020 can certainly be summed up as the year 'that promised so much and delivered so little'. Of course, this was due to all circumstances out of our control – a worldwide pandemic, Covid-19 (Corona virus).

Our season started very quickly after season 2019 finished, with Jannelle Hobbs our Director of Netball locking in all coaches and a changing of the guard with club stalwart Mel Dillon stepping down from the Senior Netball Operations Officer role and Gill Davey being appointed. Gill, with great netballing history and experience, was welcomed with open arms by exec through to the players. The club was looking very strong off the court and there certainly was a buzz happening!

Our coaches for 2020 were:

- A grade Coach – Jannelle Hobbs
- A grade Assistant Coach – Tara Enquist
- A-res Coach – Liz Taylor
- A-res Assistant Coach – Kirralee Beacham
- B- grade Coach – Melissa Dillon
- B-grade Assistant Coach – Chad Aldred
- B-res Coach Emma Tomlins
- B-res Assistant Coach – Zoe Sheean

In October, we conducted very successful try outs at our Harry Trott courts and our teams were locked in. November saw us conduct a 'bonding day' at the QEO clubrooms, which included a psychology session, a Zumba class, lunch, a tour of the new netball facilities and group work in teams. We then started pre-season which was run 'boot camp' style and the players were looking extremely fit and pumped to start the season. We recruited strongly welcoming Keiarah Brooks and Sophie Peacock to our A squad.

In February we hosted a practise match against VNL club Southern Saints 19U team, which gave us a great indication of where our progress was at, winning by a small margin.

Our planning was completely disrupted with Covid-19 in March, with government rules imposed which prevented us from training and playing. After some topsy turvy months, rules and new rules being imposed and then finally receiving Netball Victoria's 'Return to Play' guidelines, our 17U team was able to start training amongst strict hygiene rules. On the 25th of July 2020, the 17U team played their first and only match of the season, a win against Eaglehawk!

As the senior netball arm of our club only played one match there are no awards to announce.

September saw us, instead of reaching our expectation of playing finals, Jannelle instead was kept busy locking in coaches for the 2021 season.

After living through a year like no other, where all sport took a back seat and we just stayed home safe, we look forward to getting back on court again under our 'new normal' Covid playing conditions in 2021.

I finish off this report with heartfelt thanks to both my off court and on court teams who rode the rollercoaster that season 2020 was, with much positivity and flexibility. Bring on 2021, because there is a big buzz and we have high expectations that we will win flags!

Gill Davey
Netball Operations Manager



Our Netball Leadership Team
Director of Netball Coaching Jannelle Hobbs & Netball Operations Manager Gill Davey

SNAPS FROM THE SIDELINES

With only Under 18 contact sport being allowed prior to the 2020 our 17 & Under netballers were able to take to the court on a couple of occasions for competitive matches. Below are some pic's from a practice match against Golden Square and the team line up for the opening round against Eaglehawk before the season was ultimately cancelled.



JUNIOR NETBALL

Welcome to the 2020 annual report of the Junior Netball division. It has been an interesting year to say the least and for junior netball very disappointing in that we never quite made it onto the courts for a competition despite a couple of attempts!

2020 started positively with an increase in players and 19 teams registered for the Bendigo Strathdale Netball Association winter competition.

We kicked off the start of the season with our very popular skills session with Victorian Netball League Club the Wilson Storage Southern Saints on 10 February. Over 100 South Bendigo and local netballers took to the court for approximately 4 hours of skills and drills with the Saints players. Each year this proves to be a very successful event and a rewarding experience for everyone involved.

On 23 February the Junior Netball Club along with the Junior Football, Senior Football and Netball Clubs participated in a very successful and popular Family Day held at the Faith Leech Aquatic Centre. A warm sunny day ensured everyone in attendance, estimated at over 300 players and their families had a great day!

The Open teams started training mid to late February whilst our littlest netballers were due to start mid to late March. Just prior to our season start, scheduled for April, we ceased all netball activity and entered a lockdown period due to the COVID19 pandemic. A second attempt at a season start was scheduled for early October but due to the second wave a further lockdown ended any hope to play netball in 2020.

Whilst there was no physical netball the Club continued to connect with our players and families through newsletters, posting online drills and skill sessions that the players could do at home.

It was disappointing that we were unable to get any netball in during 2020 but we are already looking forward to getting back onto the court in 2021.

Committee

At the conclusion of the 2019 season we farewelled Michelle Forrester as Operations Manager. Michelle was a founding member of the junior netball club and along with Mel Dillon and Wendy Osborne was instrumental in establishing the junior netball club in 2015. Michelle's wonderful leadership and enthusiasm in championing the Club's all abilities-all-inclusive ethos leaves us with a great foundation to build on. Thank you, Michelle, for all your hard work, vision and mentoring!

We welcomed Anna Feiss, Jo Doolan and Sky Trahair to the Committee at the start of the season and along with the existing members worked extremely hard over the summer in preparation for a season start.

Whilst during lockdown the Committee met regularly via video chat and continued to work towards a season resumption if and when the all clear was given. Without our wonderful volunteer Committee the junior netball club would fail to operate so a big thank you to each of you.



Nicole Georgeson	Operations Manager
Haley Aldred	Events and Fundraising / NetSetGo Coordinator
Jenny Daly	General Committee
Nerissa Fry	Equipment Coordinator
Aaron Milsom	Treasurer / Sponsorship Coordinator / Volunteer Support
Emma Power	Merchandise Coordinator
Skye Trahair	Junior Netball Uniform Coordinator
Anna Feiss	General Committee
Jo Doolan	General Committee / Communications (Newsletter)
Dorinda Wallace-Felini	General Committee / Minute Secretary / Team Manager Support

Sadly, we will farewell Nerissa Fry and Emma Power at the end of the year. Nerissa has been a part of the Committee since 2017 and whilst Emma has officially been on the Committee since 2018, she was un-officially helping for at least a year prior! We will miss both Nerissa and Emma who have taken on many tasks with great enthusiasm over their years on the Committee. A special mention to both Mick and Damien too for allowing us to rope them into helping when some brute strength or handyman work was required. Thank-you all very much.

Teams

As previously mentioned, nineteen teams were registered to take the courts in the 2020 winter competition. The Club is very grateful to the coaches who volunteered their time, energy and showed great resilience through this extremely difficult year. We were very proud to again acknowledge our significant South Bendigo woman as namesakes to each of our teams.

Section	Team Namesakes	Coaches
Section 1	Tegan Elliston	Keiarah Brooks, Julie Twigg
Section 2	Michelle Forrester Mel Dillon	Alison Leech Kristy Darroch
Section 3	Emma Tomlins Justine Connaughton Raelene Baker Irene McMurray	Katie Richmond Teresa Biddell, Felicia Eldridge Haley and Jordyn Aldred Olivia Johnson
Section 4	Marianne Barrett Marg Bruhn Ruby Walker	Aaron Milsom, Michelle Grindal Andrea Ratcliffe, Lainey Wall Nick Storey, Nicole Georgeson
13/Under	Jenny Arnold Pam Leech Fran Brown Christy, Kate and Jody Wastell	Sharee Whiteacre Kate Buckner, Tanya O’Gorman Kristin McManus Jessica Georgeson, Nicole Georgeson
Grade 6	Maureen Symons	Kate Buckner, Tanya O’Gorman
Grade 5	Marie Hiatt	Chloe Harding
Grade 4	Jane Bakes Maree Chapman	Rachel Voege Jemma Sharman
Grade 3	Sarah Nash	Rebecca Worley, Haley Aldred

Junior Coaching Coordinator

For the first time the Club engaged a Junior Coaching Co-ordinator to provide some much-needed support to Director of Coaching, Jannelle Hobbs who up until this season was looking after the junior coaches as well as the Senior group. Vanessa Saunders undertook

the role with a view of assisting and supporting the ongoing growth and development of our coaches through mentoring, providing best-practice training and skill development opportunities. Thank you, Vanessa, for your hard work, particularly at the start of the season! Vanessa has decided to take up an opportunity with the Senior Group in 2021 and whilst we will be sorry to see her go we wish her every success in her new role.

Sponsorship / Fundraising

Given the financial impact of COVID19 on small businesses the Club decided not to pursue any team sponsorship in 2020.

Although in the middle of lockdown the Committee decided to proceed with the Elmore Pie Drive as a way of supporting the Elmore Bakery. Using an online ordering and drive-thru pick up system to ensure COVID safety the fundraiser was quite successful.

Net Set Go

Unfortunately, due to COVID19 we were unable to run our very successful Net Set Go program. We look forward to being able to offer the program again in 2021.

Acknowledgements

A huge thank you to the wider South Bendigo Club, the Junior Football Club and Senior Executive group and in particular, Club President – Alan Ellis, the Senior Netball Operations Manager – Gill Davey and the Director of Coaching, Jannelle Hobbs who have all provided very valuable support and assistance to the Junior Netball Division – we are very grateful.



Nicole Georgeson
President
Junior Netball Club



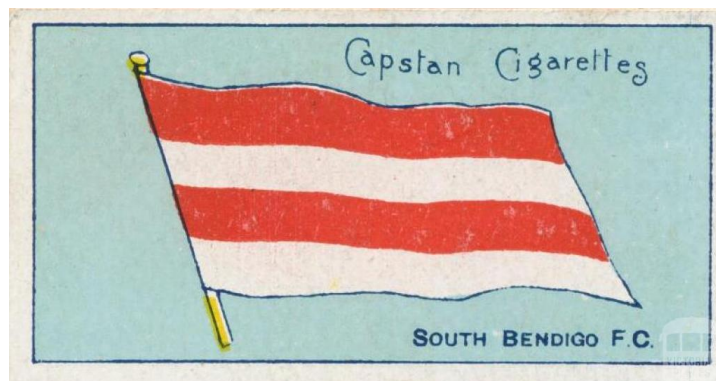
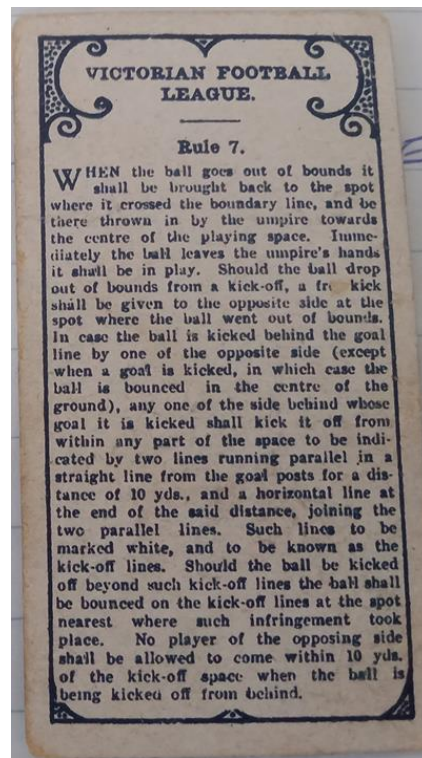
HISTORICAL MEMORABILIA SECURED BY THE CLUB

The club was able to secure a little piece of our 125+ year history back in October when, through club legends Noel & Marg Bruhn, we were able to obtain a set of circa 1906 Capstan cigarette cards. Capstan was one of the tobacco companies to include advertising cards in their packs of cigarettes. Some of the collections featured were the cricket series featuring notable players (1907) and the Australian rules football collections that includes depictions of players, club flags and colours in 1908 and 1913.

In addition to the club flags and colours cards displayed below the collection also includes cards on the following distinguished past players.

- G. Ogilvie: a 4-time premierships player in 1899 1900/04/05
- J. Johnson: a premierships player in 1902/04 & 05 and
- S. O'Connell: a premierships player in 1904 missing the 05 flag (presumably through injury) and coach of the club in 1906 & 1907

The cards will be framed and hung in our Social Rooms for posterity



SPONSOR OF THE MONTH



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FOOTBALL



Whilst season 2020 kicked off in November of 2019 with a clear idea from our senior coaches of the next steps required to improve on the previous season. We were not to know at that stage the implications that Covid-19 was to have.

Recruitment of three highly credentialed players from the Melbourne Amateurs in Cooper Leon, Oli Simpson and Oscar White along with the experienced Michael Herlihy and the return of Lachlan Furness was a significant start to the year. The club also embarked on a training programme which included targeted running and workout sessions and a training camp at Barwon Heads Football club. The early signs were that the majority of players were significantly fitter come the two scheduled practice matches we were able to play. Whilst the playing structure required some more work the way the players were able to run out both games was extremely positive. At that stage, restrictions were placed on personal distancing which ultimately led to the postponement and eventual cancelling of the senior season.

The Under 18's, to be coached by club great Peter Tyack, which was a great coup for our club, recruited well. Peter assembled a fantastic support team with many familiar names to the South as Mark Blabey, John Hardinge, Travis St Clair, Rik McCaig and Bubba Wild.

The lads had a solid preseason and after some very strong results in pre-season games against both Sandhurst and Strath had a great first up win against Eaglehawk on their home ground. Alas, by the end of that week the league had no option other than to cancel the rest of the juniors which included the Under 18 competition.

Cuts to the salary cap for the Bendigo league along with a decision to lift the LVFL and HDFL existing Under 17 age group to under 18 will place further pressure on recruitment for season 2021 however currently the club has managed to re-sign all recruited players from this year including nearly all of our existing players. Training commenced November 16th and the players will once again begin a set training programme targeted at ensuring high fitness levels which many have continued to maintain throughout this year.

The club will continue to target a number of key positions for recruitment and Nathan is committed to provide opportunity to younger players including a number who will be playing senior football for the first time.

A continuing challenge is to provide off field support for our footballers in terms of trainers, and team managers and I would welcome any interest from our past players and supporters who may be able to assist in any small way.

I would, on behalf of Nathan, thanks Alan, Rick, Robbo and the team for their support through the year and on field, acknowledge the work of Neale Torpey and Ian Connaughton. Lastly, I would like to acknowledge Nathan Horbury for all his work in what has been a

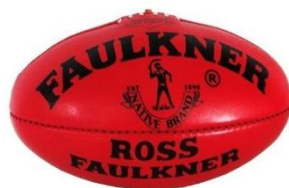
frustrating year for us all. He continues to work tirelessly to improve our on field performance and his professional attitude to achieving this is a great example for all at our club. We are looking forward to the challenges of season 2021 whatever that might look like, Go Bloods

Yours in Sport

Gary Bath
Football Operations Manager



Our Football Leadership Team
Football Operations Manager Gary Bath & Senior Coach Nathan Horbury



JUNIOR FOOTBALL

A Year in Review

It was certainly has been a year like no other, however despite its challenges, 2020 was a positive and proactive year for the South Bendigo Junior Football Club. The year started with our annual South Bendigo Family Day, held at the new location of the Faith Leech Aquatic Centre. The day was a great success with good representation from all areas of the club, both football and netball, juniors and seniors.

Our junior football club had a great year in regard to player registrations. With 209 registrations making up ten teams, South Bendigo was represented in U9, U10, U12, U14, U16 and U14G. A growth in registration of 26%. We had a smooth and efficient committee transition with new appointments in roles including President, Secretary, Director of Coaching and other positions, with another three new committee members ready to join in 2021.

With the COVID-19 pandemic disturbing the season in early April, we were proud of the way our club responded, ensuring the health and safety of all players, coaches and club members was always our main priority. We continued to monitor the situation and were thrilled to be in a position to act quickly once restrictions eased, which saw South Bendigo Football Club being the first club back out on the field.

Our committee will continue to proactively plan for our club's future, including building on our numbers, strengthening our recruitment and the development of our coaches, and to continue positioning our club as a family focused club. With plans already in place for a planning day, family day and with a focus on mental health and team spirit, we are looking forward to 2021; what is bound to be another successful year at the South Bendigo Football Club.

Shaun Langdon
President
South Bendigo Junior Football Club



WHY VOLUNTEERING IS GOOD FOR YOUR MENTAL HEALTH

BY ALEXANDRA SIFFERLIN AUGUST 9, 2016

The current off field team at the Bloods, both at Senior and Junior levels, have some very talented and hard working people but they could all do with some extra support to lighten the load and make their participation with the club far more enjoyable. The following article from TIME USA magazine shows why putting up your hand to help out at the Bloods can be beneficial to both yourself and your club.

“Volunteering is good for your mental health, especially in middle age and beyond, according to a new study.

The report, published in the journal BMJ Open, surveyed people living in 5,000 households in Great Britain over several years. About 20% of the people surveyed said they volunteered.

On a questionnaire that measured mental health and wellbeing—where lower scores were considered healthier—people who volunteered scored about 10.7, compared to the average score of 11.4 among people who didn’t volunteer. Volunteering may “provide a sense of purpose,” the researchers write in the study, while helping maintain social networks that are critical as people age.

Interestingly, people in the 40 and older groups appeared to have the greatest health benefit from the practice. The effect increased as people got older, and it was more robust among people who said they volunteered frequently compared to people who volunteered less often. “One explanation might be that during younger ages, volunteering may be perceived of as yet another obligatory task to fulfill in order to be a good student, parent, worker and so forth, so it does not have beneficial effects on health,” the researchers suggest.

The study is not the first to link volunteering to better health. Other research has suggested that people over age 50 who volunteer regularly are less likely to develop high blood pressure than non-volunteers”.

So, by volunteering even for a small role you are not only supporting your club you are doing a lot for yourself. If you think you could help out in any way get in touch, we’d love to hear from you

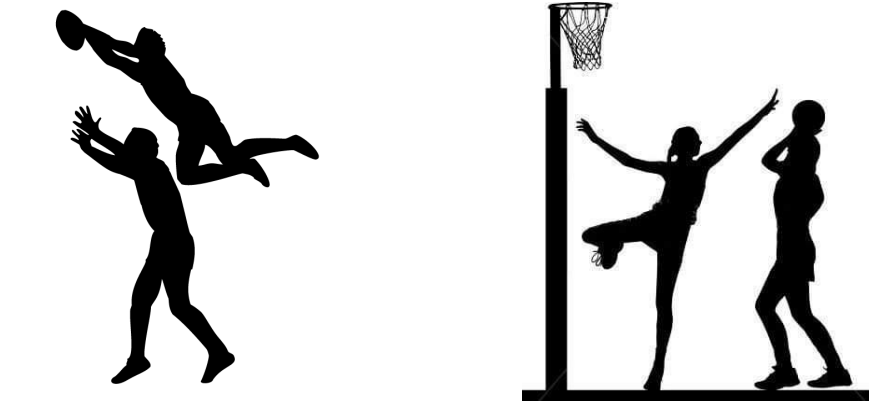


SEASONS GREETINGS

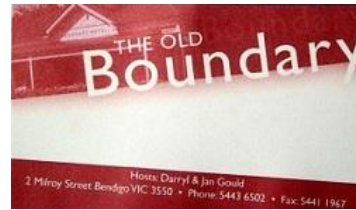
One of the joys of the festive season is that it provides the opportunity to say thank you to all our players, coaches, members and supporters for your contribution and support of the club throughout what, to use a much used word in 2020, has been an unprecedented year. We would also like to wish you the very best for the new year and hope that you get back on board and recommit your valued support to the Bloods in 2021.

Next year we are confident we can pick up where we left off in our steady progress of continuous improvement and being the best we can be as we work towards success both on field and on court. We would love to see you join us in this journey by getting more involved next year either as a supporter at our games, by becoming a member or actively participating in a club role.

Thank you for being a part of the South Bendigo FNC family. Have a happy and safe time over Christmas and we look forward to seeing you back in the red and white in the new year.



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