

NEWSLETTER OF THE SOUTH BENDIGO FOOTBALL NETBALL CLUB

February 2021 Edition

Welcome to your February 2021 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.

Welcome to the first edition of **BLOOD LINES** for 2021, let us all hope we can get through a full season without the complications that confronted us last year. It seems the big issue for all clubs this year is going to be the re-engagement of members, supporters and sponsors after having a year off.

For us, the lack of volunteers around the club is starting to become a major risk factor. 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 an exceptionally good position. Our financial status is the best it has been for some years, our on-field/court performances are clearly on the up and there is now tangible progress being made regarding the strategic move to our new home in South East Bendigo at Harry Trott Oval. It is emerging as an exciting time to be at the Bloods, we just need to get more people on board to continue this current momentum.

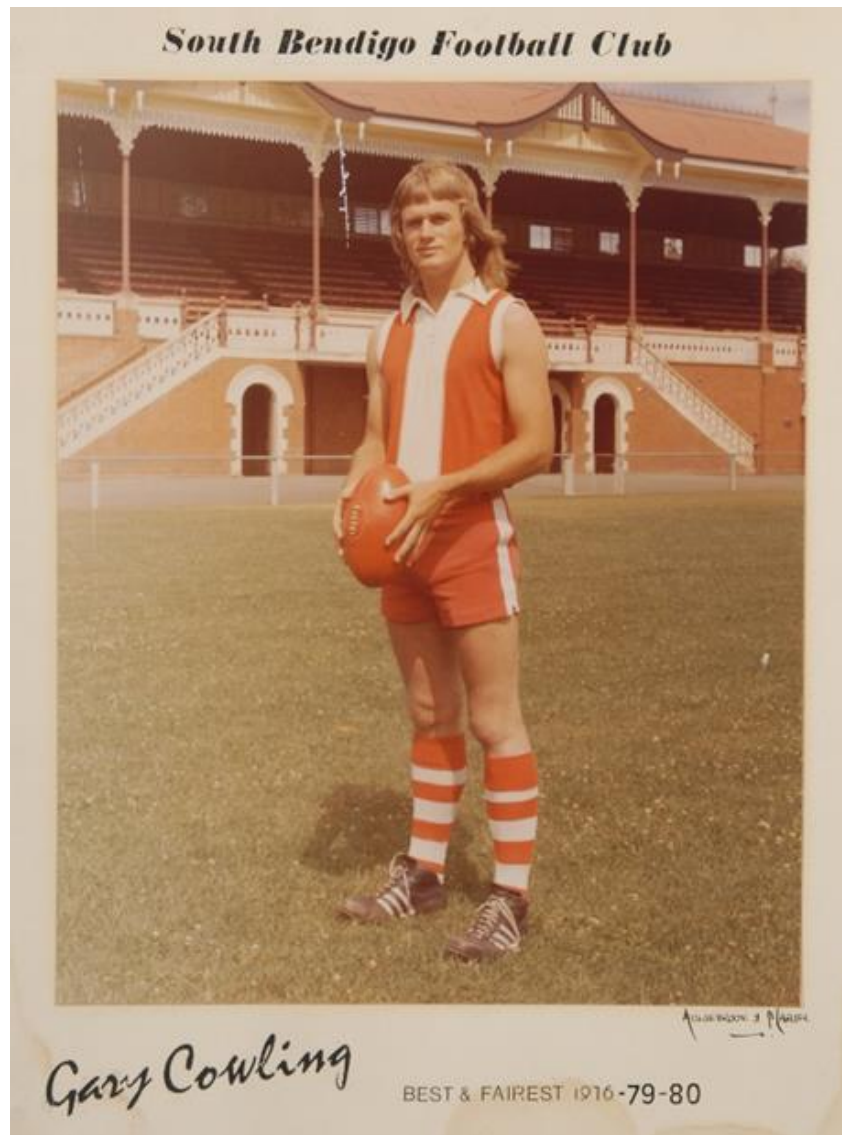
I would urge you to get more involved with your club this year. Take out a club membership or better still, seriously consider volunteering a little of your time to help in one of the many support roles that underpin a solid and successful club. Building a strong off field team is the last piece in the jigsaw that will put The Bloods well and truly back on top.

Alan Ellis
President



GARY COWLING AWARDED RETROSPECTIVE 1979 MICHELSEN MEDAL

Article taken from BFNL website 3rd February 2021



The Bendigo Football Netball League can confirm a recent submission by the South Bendigo FNC on behalf of the family of the late Gary Cowling was received, to request consideration to amend the outcome of the tied 1979 Michelsen Medal.

The SBFNC submitted extensive research and supporting evidence, clearly documenting the result of the 1979 Michelsen Medal count, including the initial three-way tie, with the result determined under a “countback” system at the time, a system which is no longer implemented by the League.

Peter Tyack (Sandhurst)* and Eric Pascoe (Golden Square) were announced as joint winners on the night, eventually determined by a countback following an initial 3-way tie including Gary Cowling (South Bendigo).

* before he saw the light 😊.

Based upon the extensive evidence presented, in conjunction with further research undertaken by the League and in accordance with current BFNL by-laws, the BFNL Board have approved the request to award Gary Cowling of the South Bendigo FNC, a retrospective 1979 Michelsen Medal. League records will be updated to document the 1979 result as a three-way tie between Peter Tyack (Sandhurst), Eric Pascoe (Golden Square) and Gary Cowling (South Bendigo), including notation of this successful submission.

The BFNL also confirmed such consideration of amendments to any historic league award outcome would only occur for senior league competitions. This includes the prestigious Michelsen Medal senior football award, with only records dating back to 1952 being considered, at which time the award was renamed and referred to as the Michelsen Medal.

The League will invite the family of the late Gary Cowling to accept the award on his behalf at the 2021 Michelsen Medal awards ceremony, scheduled for September 2021.



1974 Premiership player & 1975 Club Champion Shane Cowling with the Club's B&F portrait of his brother and 3 time Club B&F winner Gary.

Picture: NONI HYETT Bendigo Advertiser





South Bendigo FNC



Individual Entry Fee
\$50



Enter a Team
\$200



Sponsor a Hole
\$100



Arrive at 10.30am for a 11.30 Tee-off

FREE BBQ

For further enquiries or to enter please contact

Trevor Wright on 0418 616 220 or at trevor.wright@mmem.com.au

Rick Townsend on 0417 037 572 or at rick1242@me.com

Alan Ellis on 0427 427 627 or at alan_ellis@bigpond.com

BECOME A MEMBER IN 2021

Memberships continue to be an ever-increasing and important aspect of the Football Netball Club. Our club strongly encourages all existing members, supporters, past-players and families to continue financially supporting the club and become a member in 2021 – If you love South Bendigo, we'd love to count you as a member.

Every member will receive their own club membership card which will gain them free entry into every home game as well as ½ price entry to away games. Membership also has it rewards and a member's merchandise pack is provided to each Bloods supporter who takes out a 2021 Membership.

Your financial support via a Club Membership is as vital as it's ever been in country Football / Netball. So that YOUR club can continue to grow and prosper, PLEASE consider taking out a Club Membership package in 2021. Take a look at all the Memberships options on the following pages, we are sure there will be a Membership Package just for you.

Membership Categories 2021

1. Bloods Coterie Club Membership \$500 + GST

2 x Adult Memberships of South Bendigo Football Netball Club. (Value \$240) admits free to all home games and ½ price entry to all away games)

Entry to complementary Half Time drinks and food in club social rooms at home matches.

Business name listed in social rooms as a Bloods Coterie club member.

2 tickets to All-inclusive 500 club networking/sports lunch with guest speaker at a home match in 2021. (Value \$200)

2 x Social Club Drink Cards to be used at home games.

Bloods Coterie Club Keyring.

Business promoted on Club Facebook page.

10 x Complimentary Tickets in the Club's Annual Major Raffle.

2 x tickets to the Club's Season Launch

2 x tickets to the Club's Annual Ball

2 x Tickets to the Club's Best & Fairest Presentation night

South Bendigo FNC Enhanced Merchandise Pack

Club monthly Newsletter

2. Red & White Player Sponsorship – Football \$250

1 x SBFNC Standard Adult Membership (Value \$120). (Admits free to all home games and ½ price entry to all away games)

Entry to complimentary half time drinks and afternoon tea at home games in Social Rooms.

1 x Social Club drink card for use at home games. Show your card at the bar in the Social Rooms after the game and the first drink is on us.

A copy of the Club's monthly Newsletter

2 x Tickets to the Club's Season Launch with recognition when your player is introduced.

An invitation to the Club's Best and Fairest/Presentation night.

1 x framed player photograph for your business premises or other personal/family use.

Personal or Business name on a Players Sponsors Acknowledgement Board hung in Social Rooms.

5 x Complimentary Tickets in the Club's Annual major raffle (Value \$50)

Acknowledgement in the Club's Annual Report as a player sponsor.

South Bendigo FNC Enhanced Merchandise Pack which includes a Club Logo Leather Key Ring

Sponsors can either elect to sponsor a player of their choice or alternatively a player chosen by the club.

The second option provides great support for young players or players new to Bendigo with few contacts such as students who have traditionally found it difficult to obtain sponsorship.

3. Red & White Player Sponsorship – Netball \$150

1 x SBFNC Standard Adult Membership (Value \$120). (Admits free to all home games and ½ price entry to all away games)

Entry to complimentary half time drinks and afternoon tea at home games in Social Rooms.

1 x Social Club drink card for use at home games. Show your card at the bar in the Social Rooms after the game and the first drink is on us.

A copy of the Club's monthly Newsletter

2 x tickets to the Club's Season Launch with recognition when your player is introduced.

An Invitation to the Club's Best and Fairest/Presentation night.

1 x framed player photograph for your business premises or other personal/family use.

Personal or Business name on a Sponsors Acknowledgement Board hung in Social Rooms.

1 x Complimentary Ticket in the Club's Annual major raffle,

Acknowledgement in the Club's Annual Report as a player sponsor.

South Bendigo FNC Enhanced Merchandise Pack which includes a Club Logo Leather Key Ring

Sponsors can either elect to sponsor a player of their choice or alternatively a player chosen by the club.

The second option provides great support for young players or players new to Bendigo with few contacts such as students who have traditionally found it difficult to obtain sponsorship.

4. Adult Membership \$120

1 x Full Adult Membership Card (admit to all home games and ½ price entry to away games)

1 x Social Club Drink Card for use at home games. Show your card at the bar in the Social Rooms after the game and the first drink is on us.

A copy of the Club's Monthly Club Newsletter

South Bendigo FNC Standard Merchandise Pack

5. Family Membership \$200

2 x Adult Membership Cards

2 x Social Club Drink Cards for use at home games. Show your cards at the bar in the Social Rooms after the game and the first drink is on us.

1 x Club Newsletter

2 x South Bendigo FNC Standard Merchandise Packs

6. Past Players Membership \$75

1 x Past Players Membership Key Tag. (Admits to all home games)

Free Admission to Graeme Wright Day

1 x Social Club Drink Card for use at home games. Show your card at the bar in the Social Rooms after the game and the first drink is on us

A copy of the Club's monthly Newsletter.

***Note:** Past Players who take out a Full Adult Membership for \$120 can also access these Past Player entitlements as well as receive a South Bendigo FNC Standard Merchandise Pack.*

8. Life Members

Adult Membership Card is issued annually to all Life Members

Includes a copy of the Club's Monthly Newsletter

In addition, for a fee of **\$60**, Life Members can also receive annually:

South Bendigo FNC Standard Merchandise Pack and a Social Club Drink Card (Show your card at the bar in the Social Rooms after the game and the first drink is on us)

2021 Club Members Merchandise Packs

The Club really appreciates the patronage of supporters who take out a Club Membership. As a token of our appreciation for this support a Club Member Merchandise pack has been added to the normal range of membership entitlements. In 2020 club member merchandise packs will include:

1. Enhanced Membership Pack:

Club Logo Leather Key Ring
Stubby Holder
Bumper Sticker
Pen

2. Standard Membership Pack

Stubby Holder
Bumper Sticker
Pen

PAYMENT OPTIONS

OPTION 1: Direct Credit through Bendigo Bank

Account name: South Bendigo FNC
BSB: 633-000
Account Number: 105 675 235
Please include Name as Reference for Payment.

Note 1: For Bloods Coterie Memberships please contact Rick Townsend at rick1242@me.com

Note 2: For all Adult, Family & Life Membership categories please email Alan Ellis at alan_ellis@bigpond.com on completion of payment with the date, reference number for the transaction and your postal address and we will organise your 2021 membership card and entitlements.

Note 3: Past Players please email David McMurray at davidmcmurray1811@gmail.com upon completion of payment with the date, reference number for the transaction and your postal address and we will organise your 2021 membership card and entitlements.

Note 4: For Red & White Player Sponsor Memberships please contact:

1. Football: Gary Bath at gary.bath@plumber.com.au
2. Netball: Gill Davey southbendigonetball@gmail.com

OPTION 2: Cheque

Make cheques payable to South Bendigo Football Netball Club

Mail address: SBFNC Memberships, PO Box 127, BENDIGO, Vic 3552

WE NEED YOU - BE INVOLVED....

SUPPORTING SOUTH BENDIGO – IT'S IN THE BLOOD



THE CLUB HAS A VACANCY CAN YOU OR SOMEONE YOU KNOW HELP

ARE YOU 55 YEARS OR OVER AND WANT TO HELP YOUR CLUB?

Get paid an allowance (max \$15,900 per annum) to work a minimum of 30 hours per fortnight for the South Bendigo FNC as our Social Rooms Manager.

You may be a retired person who is looking for some part time work or you may be currently unemployed looking for options.

If you are interested in knowing more, or know someone who may be then please email us at president@southbendigofnc.com.au or call on 0427 427 627



2021 FAMILY DAY ON SUNDAY 28th FEBRUARY

SBFNC
FAMILY
DAY

Sunday 28 February 12:00 - 3:00pm
Faith Leech Aquatic Centre - Barnard St

All new & existing players and their families are welcome!

Free Entry, Free BBQ, Waterslide
Lucky door prizes

Bring a chair, sunscreen, hat, mask and \$2 for the raffle

COVIDSafe Event - Registration will be required

A WORD FROM OUR CHAPLAIN

Us Aussies are an active bunch with an estimated 14.4 million people participating in some form of exercise, recreational or sporting activity each year. We love our sport and many of us find a rich sense of community within the various sporting clubs or groups in which we associate with.

Where does Sports Chaplaincy fit in all of this?

Sports Chaplaincy Australia (SCA) was established in 1984 and today has over 400 chaplains serving as volunteers in local and high-performance sports across Australia. Some chaplains also serve in critical incident sports such as Motor Racing, Surf Lifesaving and Horse Racing. The Bendigo Football League currently has several chaplains serving across the league.

People often ask me what a chaplain does at a sporting club. The simple answer is we **"loiter with intent."** Sporting clubs are full of ordinary people who at various times face some extraordinary problems. Sports chaplains are trained to provide genuine pastoral care and support for the members of their sporting communities in their time of need. We help clubs by providing a range of services such as:

- Mentoring
- Suicide awareness
- Stress management support
- Crisis management and recovery services
- Home and hospital visitations
- Grief, loss and bereavement care
- Family care and general support

I've been serving as the chaplain at South Bendigo FNC for several years and it's been a real pleasure to meet many different people as well as provide some of the different services listed above. A couple of years ago, the club decided to extend its care to our junior football teams by adding Chris Thornton to the volunteer chaplaincy team. Make sure you reach out and contact us if you ever see or have a need. We are only a phone call away.

Loitering with intent...

Dave Lovell
Club Chaplain
0408 413 026



Chris Thornton SBJFC and Dave Lovell Senior Club Chaplain

NETBALL



The netballers have been in full swing for pre-season in 2021 with the first, full squad, training session undertaken in mid-January, after squads were finalised in November 2020. The girls have commenced an 8-week Bootcamp of a Tuesday night, with 'The Bunker HQ' which focusses on strength and conditioning and overall improvement of fitness. The Bunker HQ team, formally known as Original Bootcamp, have supported the South Bendigo Netballers over previous years throughout pre-season, which have generated great results. Alongside bootcamp, the girls are back to some 'normality' on the court of a Thursday night after year that was 2020.

On Saturday 6th of February, our annual netball pre-season camp was undertaken at the QEO for the whole netball squad. These camp days are well organised by our coaches and operations manager of netball which while having a netball focus aim to improve confidence and build connections amongst our players both as individuals and as a squad. Our day started off with a netball focussed court session in the morning, followed by a dance and cheerleading class lead by 'Jennifer from ZFit Studios', which saw our girls working in groups and performing cheerleading style lifts.

By far the highlight of the day was our spectacular guest speaker Jacqui Cooper. Jacqui is a former five-time Australian Olympic Aerial Skier and spent time talking the girls through her stellar career which also seen her face and overcome many injuries to have an amazing comeback to the sport and continue life post professional sport with her own family. Jacqui demonstrated several qualities that resonate with team sports but was also inspirational to listen to, providing great life strategies the girls can apply to their toolboxes for the making of champions, both on and off the court.



After lunch, the girls were led by Coach Elizabeth Taylor for a sprint session, followed by a Pilates Class to finish the day. This was led by physiotherapist from 3D Studios, Molly Johnston, former A Grade South Netballer.

Congratulations to our coaching committee on a well organised day, thoroughly enjoyed by all -

Gill Davey (Netball Operations Manager)

Janelle Hobbs (Director of Coaching / A Grade Coach)

Liz Taylor (A Grade Assistant Coach, A Reserve and Under 17 Co-Coach)

Kiralee Kinder (A Reserve Assistant Coach)

Vanessa Saunders (B Grade Coach)

Steph Goode (B Grade Assistant Coach)

Melanie Oldfield (B Reserve Coach)

Zoe Sheean (B Reserve Assistant Coach)

Keiarah Brooks (Under 17 Co-Coach)

With Round 1 fast approaching, practice matches have been scheduled with the first on the 20th February, in Ballarat alongside the footballers, and the Annual Rochester Tournament is scheduled on the 20th March being a big day out for all squads in a round robin style against teams from all over Central Victoria.

The social committee have also scheduled a 'Summer Ball' at the South Bendigo Clubrooms, QEO on Saturday 27th February. Jump onto the South Bendigo Facebook or Instagram page's for further details.



Amanda Walters
Netball Reporter



JUNIOR NETBALL

Welcome to season 2021.

The Junior Committee hope that everyone has enjoyed some well-earned rest and relaxation over the Christmas / New Year period.

The Committee has been very busy over the last few weeks with our Open section players returning to the courts for grading sessions! It has been great to catch up with new and returning players and we are excited to be back on the courts.

At the time of writing, our Section 1, 2, 3 and 4 grading processes have been completed with the 13/Under section to be completed in the next couple of weeks.

This year we have taken a slightly different approach to grading given most of our players have not played much netball in the last 12 months. Up to four training sessions have been run over the last few weeks, much like an ordinary training session. The difference being our coaches spent considerable time taking evaluation notes. We then conducted a final grading session where independent selectors graded our players into teams.

We were very fortunate to have some great selectors help us out during the final session including Jade Heinrich from Inspire Sports, Nicole Donnellon - AFLCV Academy and 17/U coach, Jan Mannes - AFL Central Vic and BSNA Coordinator, ex gun Senior players and all round champions of the Club Mel Dillon and Emma Tomlins as well as our coaches who don't have children participating in the division to be graded. To ensure our grading process is fair and transparent the Committee have no part in the selection process except to ensure the sessions run smoothly.

A huge thank you to all the people who have helped out over the course of the grading sessions.



Primary Teams

Our **primary teams** are yet to start training, but it won't be too long before they will be back running around the courts. Coaches will be in contact within the next few weeks to introduce themselves with a return to training likely to be mid to late March for the older primary teams and early April for the younger primary teams. All primary teams will require a uniform this season.

Committee

As reported in the Annual report Emma Power and Nerissa Fry both decided to step off the Committee after joining in 2018 and 2017 respectively. Emma and Nerissa have taken on many tasks with great enthusiasm over their years on the Committee and we thank them sincerely for the work they have done. A special mention to their husbands, Damien, and Mick, for allowing us to rope them into helping when some brute strength or handyman work was required!

After an EOI process we're very fortunate that Shannon Vaughan, Tracey Turner and Stacey Wilkinson put their hand up to join the Committee in 2021. These ladies have already been valuable assets helping during the grading sessions and we look forward to working with them over the course of the year. We are always looking for assistance so if the Committee is something you would be interested in please let us know.

Coaches

We are very pleased to announce some new coaches to our coaching line up for 2021. We welcome Tracey Turner, Stacey Russell and Janene Cass who will be taking on a team in 2021. We will present a short bio on these ladies in the coming editions.

We also welcome back Alison Leech, Sharee Whiteacre, Felicia Eldridge, Michelle Grindal, Kate Buckner, Tanya O'Gorman, Jemma Sharman, Rachel Voege, Haley Aldred and Rebecca Worley who will continue coaching from last year.

Volunteers

Once grading and teams are finalised, we will be looking for volunteers to undertake the Team Manager and Carer roles for each team. The Team Manager role is best described as the team contact. They send out a reminder note on team app each week advising of the game time, who's on fruit, etc. they look after the kit bag and ensure some tasks are completed, for eg. votes. The Team Carer position helps the team during game time should someone be injured or require assistance. If you can help in either of these roles, then please let the coach know.

BSNA/VNA Registration

BSNA/VNA Registration is now due and payable. All fees **MUST** be paid **by 3 March 2021** and anyone with unpaid fees will **NOT** be allowed to take the court once competition begins.

All players will be required to pay fees for the 2021 season. For players that paid VNA in 2020 and DID NOT receive a refund your 2020 fees will lapse at the start of the new season, therefore you **MUST** also pay the BSNA/VNA fee prior to 3 March 2021. Payment can be made [here](#)

BSNA Squad

Any player interested in trying out for the BSNA squads for 11/U, 13/U and 15/Under can register [here](#). Tryouts will be held Sunday 21 February, Friday 26 February and Saturday 27 February. Further details can be found on the BSNA Facebook page or website.

Uniform

All players G3 – Section 1 will require a Club uniform in 2021.

Uniforms and merchandise can be ordered through Team App via the [Uniforms and Merchandise](#) tab. Netball dresses will be available to try on at Family Day on Sunday 28 February. To ensure dresses are delivered prior to the first game please ensure you place your order by **5 March 2021**. Merchandise can be ordered throughout the season.

If you wish to purchase a second-hand uniform check out the chat or gallery tabs on the team app.

For those who wish to sell their existing uniform you can place an “ad” on team app under the gallery tab.

Communication

A reminder that the Junior Netball Club utilises team app for communication throughout the season. Download team app from the appstore or googleplay and then search for South Bendigo Junior Netball.

Calendar



Saturday 27 February 2021 – Summer Ball

7pm – 1130pm, Social Rooms, View Street Bendigo. Dress code: Cocktail.
Get your tickets [here](#)

Sunday 28 February 2021 – Family Day

12pm – 3pm. Bendigo Aquatic Centre, Barnard Street, Bendigo.
A great day for all the family and a chance to catch up old friends and make some new ones. Free BBQ, drinks, use of all the pools and slide, lucky door prizes.

Friday 5 March 2021 – Uniform Orders due

To ensure delivery prior to start of season order your uniforms [here](#)

Friday 16 / Saturday 17 April 2021 – BSNA season starts

BSNA Competition starts all sections.

Tuesday 11 May 2021 – Elmore Pie Drive

Elmore Pie Drive orders due.



SPONSOR OF THE MONTH



We are equipped to provide clients with a full analysis of their business structure from now until retirement.

We are an innovative and pro-active accounting & business advisory firm & over the past decade, we have consistently featured in the Business Review Weekly's top 100 accounting firms in Australia. We specialise in helping you grow your business, your profits and your wealth. We are one of Central Victoria's most trusted accounting firms and we aim to build lifelong relationships with our clients.

Our services to small business owners are both broad and deep and while we started out as a very traditional accounting firm offering taxation and general accountancy services, over the years we expanded our range of services to match our client's needs. We now offer you an extensive range of accounting, taxation, auditing, marketing and financial services including general consultancy, marketing consultancy, profitability diagnostics and benchmarking.

In today's ever changing financial climate we are constantly aiming for better and more efficient methods of servicing our clients' needs - their success is our success. Our professional team are carefully recruited and are encouraged to achieve their ambitions through professional training and first-class service to our clients.

Contact Us Today

Address: 1 Somerville St, Flora Hill VIC 3550

Phone: 5443 8888

Email: www.mgr.com.au

SUPPORT THE SPONSORS WHO SUPPORT OUR CLUB

FOOTBALL



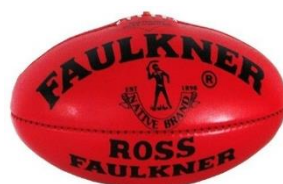
We are looking forward to the 2021 season with high expectations as we have been fortunate to maintain nearly all of our senior football list from 2019. This playing group largely comprises of a wealth of younger players who have now played 2-3 seasons such as Mitch Goodwin, Will Tobin and Braydon Torpey along with proven senior footballers in dual Club B&F winner Brody Haddow, Tom Brereton, Ron Best Medallist Kaidon Antonowitz and Brock Harvey. This strong squad will be further strengthened with a number of players returning from long term injuries such as Daniel Nalder, Zac Hare and Will Keck.

Additionally, the recruitment of Michael Herlihy from Murray football league, Oli Simpson, Oscar White, Cooper Leon and Sunny Brazier from the Amateurs, provide some additional experience of footy at a high level. Whilst our U18s only played the one game last season due to the Covid shutdown, there are expectations that young players such as Tom St Clair, Wil McCaig, Kyle Simpkins and Will Crane will come under serious consideration as they move up into the senior ranks this year.

Unfortunately, due to increased work commitments Club legend Peter Tyack was not in a position to carry on as our Under 18's coach this year. A letter was sent out to all past players last month seeking expressions of interest and while there were some offers of help, nobody has put their hand up to take on this most important role at our club. A great deal of support is available to put around the position to assist a new appointee and if anybody is now in a position to reconsider it would be great to hear from you.

Regrettably with this key position remaining unfilled so far, the ranks of our Under 18 players are very thin and likely to remain that way until the vacancy is filled. Strong underage ranks are critical in the "grow your own" approach necessary under the points system. If you are aware of any young footballer either looking for a club or perhaps unhappy where they currently are you should let them know that we are looking for more Under 18 players this season.

Gary Bath
Football Operations Manager



CLUB STALWARTS TAKE CHARGE OF THE RESERVES



The football Department is pleased to announce the appointment of two long serving loyal club legends who are taking the reins of our reserves side this year. Jayden Sheean and Tim Arnold will co-coach the reserves side in 2021.

Both players have been at the club for quite a number of years with Jayden having started in our juniors when he was 10 years young and Tim since 2007. Tim was first appointed as Reserves coach in 2020 but with the disruption and consequent cancellation of the season due to the pandemic he has had to wait an extra 12 months before taking up his coach's role.

We wish them both well in their coaching debuts.

PRE-SEASON PRACTICE MATCH SCHEDULE

The following practice matches have been scheduled as part of the club's 2021 pre-season preparation.

- 20th Feb V Lake Wendouree at Ballarat (senior netball involved as well)
- 13th March V White Hills at Epsom, (White Hills hosting, senior netball involved)
- 20th March V Sunraysia Imperials, (Marist Oval Maiden Gully, to be confirmed)
- 27th March V Rochester at Rochester



JUNIOR FOOTBALL

The 2021 season is fast approaching and we are pleased to be able to let you know of a few events and updates.

Family Day

We are really looking forward to holding our annual Family Day at the Faith Leech Aquatic Centre.

Join us on **Sunday 28 February, between 12noon and 3pm**. Free entry to the pool and access to waterslide, barbecue and drinks provided, raffle tickets and lucky door prizes! This will be a COVID Safe event with registration on entry required. Don't forget to bring sunscreen, a hat and of course a mask.

Registration incentive

Register before **March 15** and receive a free training top.

Link: https://websites.sportstg.com/club_info.cgi?c=1-6149-80384-0-0

Boot Recycling

If you are in need of boots for you child or your child has outgrown their football boots, we have a boot recycling bin at Harry Trott. Please enquire with your coach once training commences.

Training commencement

We are excited to announce the commencement of training for our Under 16 boys, Monday's at 4.30pm at Harry Trott. Please bring along your own drink bottle.

We are in the final stages of scheduling all other teams training days and times and will advise shortly once confirmed.

We are eager to get the 2021 season started and get our young players back out onto the football field.

Meghan Rogers
SBJFC



A HOT OFFER TO WARM THE BLOOD THERMAL COFFEE CUPS ONLY \$25



Take your hot or cold beverage on the go with our Bloods Supporters thermal tumblers. Enjoy your favourite liquid refreshment on the boundary line, court side or anywhere on the go with these vacuum insulated 350ml cups

At only \$25 including delivery locally or plus an additional \$5 postage & handling for out of town orders it is a good deal and a great way to support your club.

To order items, arrange payment and delivery email Club Life Member Andy Barrett at andrew.barrett16@aussiebroadband.com.au

SUPPORTING SOUTH BENDIGO IT'S IN THE BLOOD

WHY VOLUNTEERING IS GOOD FOR YOUR MENTAL HEALTH

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”. **ALEXANDRA SIFFERLIN AUGUST 9, 2016**

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.



2021 FIXTURE



Bendigo FNL - 2021 Fixture

SEASON OPENER APRIL 2 (Good Friday)

Strathfieldsaye v Sandhurst

RD 1 - APRIL 10

Sandhurst v Maryborough
Gisborne v Strathfieldsaye
Kyneton v Golden Square (N)
Eaglehawk v Kangaroo Flat (T)
Castlemaine v South Bendigo

RD 2 - APRIL 17

Golden Square v Gisborne
Kangaroo Flat v Kyneton
South Bendigo v Eaglehawk
Maryborough v Castlemaine

* SS v SH from Rd 2 to Season Opener

RD 3 - APRIL 24

Sandhurst v Golden Square
Gisborne v Kangaroo Flat
Kyneton v South Bendigo (N)
Eaglehawk v Castlemaine
Strathfieldsaye v Maryborough

RD 4 - MAY 1

Kangaroo Flat v Sandhurst
South Bendigo v Gisborne
Castlemaine v Kyneton
Maryborough v Eaglehawk
Golden Square v Strathfieldsaye

RD 5 - MAY 8

Sandhurst v South Bendigo
Gisborne v Castlemaine
Kyneton v Eaglehawk
Strathfieldsaye v Kangaroo Flat
Maryborough v Golden Square

RD 6 - MAY 15

Castlemaine v Sandhurst
Eaglehawk v Gisborne
Kyneton v Maryborough
South Bendigo v Strathfieldsaye
Kangaroo Flat v Golden Square

(T) = Twilight (N) = Night

MAY 22

Inter-league OR
General Bye (TBC)

RD 7 - MAY 29

Indigenous Round
Sandhurst v Eaglehawk
Gisborne v Kyneton
Strathfieldsaye v Castlemaine
Golden Square v South Bendigo
Maryborough v Kangaroo Flat

RD 8 - JUNE 5

Kyneton v Sandhurst
Gisborne v Maryborough
Eaglehawk v Strathfieldsaye
Castlemaine v Golden Square
South Bendigo v Kangaroo Flat

RD 9 - JUNE 12

Sandhurst v Gisborne
Strathfieldsaye v Kyneton
Golden Square v Eaglehawk
Kangaroo Flat v Castlemaine
Maryborough v South Bendigo

RD 10 - JUNE 19

Maryborough v Sandhurst
Strathfieldsaye v Gisborne
Golden Square v Kyneton
Kangaroo Flat v Eaglehawk
South Bendigo v Castlemaine

RD 11 - JUNE 26

Sandhurst v Strathfieldsaye
Gisborne v Golden Square
Kyneton v Kangaroo Flat
Eaglehawk v South Bendigo
Castlemaine v Maryborough

JULY 3

General BYE

RD 12 - JULY 10

Golden Square v Sandhurst
Kangaroo Flat v Gisborne
South Bendigo v Kyneton
Castlemaine v Eaglehawk
Maryborough v Strathfieldsaye

RD 13 - JULY 17

Sandhurst v Kangaroo Flat
Gisborne v South Bendigo
Kyneton v Castlemaine
Eaglehawk v Maryborough
Strathfieldsaye v Golden Square

RD 14 - JULY 24

South Bendigo v Sandhurst
Castlemaine v Gisborne
Eaglehawk v Kyneton
Kangaroo Flat v Strathfieldsaye
Golden Square v Maryborough

RD 15 - JULY 31

Sandhurst v Castlemaine
Gisborne v Eaglehawk
Maryborough v Kyneton
Strathfieldsaye v South Bendigo
Golden Square v Kangaroo Flat

RD 16 - AUGUST 7

Eaglehawk v Sandhurst
Kyneton v Gisborne
Castlemaine v Strathfieldsaye
South Bendigo v Golden Square
Kangaroo Flat v Maryborough

RD 17 - AUGUST 14

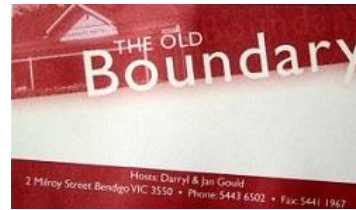
Sandhurst v Kyneton
Maryborough v Gisborne
Strathfieldsaye v Eaglehawk
Golden Square v Castlemaine
Kangaroo Flat v South Bendigo

RD 18 - AUGUST 21

Gisborne v Sandhurst
Kyneton v Strathfieldsaye
Eaglehawk v Golden Square
Castlemaine v Kangaroo Flat
South Bendigo v Maryborough

QUALIFYING FINAL: August 28
ELIMINATION FINAL: August 29
2nd SEMI FINAL: September 4
1st SEMI FINAL: September 5
PRELIM FINAL: September 11
GRAND FINAL: September 18

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