

NEWSLETTER OF THE SOUTH BENDIGO FOOTBALL NETBALL CLUB

July 2019 Edition

Welcome to your July 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.

2019 PREMIERSHIP REUNION DAY

On an absolutely dreadful day for football and with torrential rain lashing the QEO, the club hosted its annual Premiership Reunion Day. This year we welcomed back our premiership heroes on the 5 or 10 year anniversary of their triumph celebrating the victories of 4 Senior sides, 5 Reserves sides and 4 Under 18 sides. The most notable attendees on the day being:

- 4 members of Alan McDonalds 1954 side: Max Ellis, Lloyd Jones, Ken Mannix and Bruce "Tarz" Pollock.
- Colin Rice's 1969 legends celebrating the 50th anniversary of their great win over Eaglehawk and
- 1959 Reserves Captain/Coach Bill Redmond (who incidentally is the sole remaining member of Carlton's 1947 Premiership team



1969 Premiership Players: Rear L to R: Ivan Abbot, Harry Watts, Geoff Lock & Steve Young Front L to R: Russell Evans, Colin Rice & Howard Looney

All of these Premiership heroes received a rousing round of applause from all in the Social Rooms when introduced to their fellow past players and officials present in the rooms. The day was a huge success with over 100 past players and officials from the following eras renewing old acquaintances, enjoying the company of former teammates and reliving past successes

Senior's

1954 (65yrs), as mentioned the 4 members of the late Alan McDonald's team; Lloyd Jones, Bruce Pollock (both of whom also played in 1949 Reserves team), Max Ellis and Ken Mannix **1969** (50yrs), Colin Rice's team

1974 (45yrs) The late Bernie McCarthy's team.



1974 Premiership Players: Rear L to R: Richard Dickins, John Turner, & Doug Carter Front L to R: Drew Cahill, Harry Watts & Alan Ellis

1994 (25yrs) Peter Curran's team



1994 Premiership Players: Rear L to R: Adam Shanahan, Stephen McMurray & Frank Bourke Front L to R: Craig Osborne & Shaun Leech

Reserves

1949 (70yrs) Lloyd Jones, Bruce Pollock 1959 (60yrs) Captain/Coach Bill Redmond's team



1959 Reserves Premiership players: Ray Kingsley (1956 Seniors premiership) & Rex Nancarrow

1984 (35yrs) Coached by Barry Hayes



1984 Reserves Premiership Players: Rear L to R: Brendan Francis, Peter Nalder, Brett Moore & Gary Bath Front L to R: Bruce Connaughton & Ian Connaughton

1989 (30yrs) Coached by Brendan Francis

1994 (25yrs) Coached by Mark Blabey 2009 (10yrs) Coached by David McCormick

Thirds

1979 (40yrs) Coached by the late Ron WeeHee

1989 (30yrs) Coached by Brian Teesdale

1999 (20yrs) Coached by Warren Roberts

2004 (15yrs) Coached by Daryl Billett

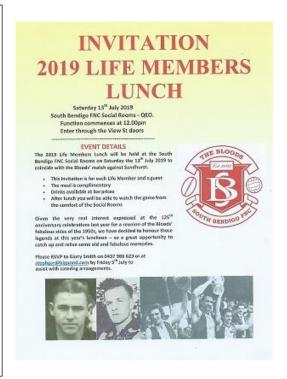
LIFE MEMBERS LUNCH & FABULOUS 50's REUNION

The 2019 Life Members Lunch will be held at the South Bendigo FNC Social Rooms on Saturday the 13th July 2019 to coincide with the Bloods' match against Sandhurst.

Also, given the very real interest expressed at the 125th anniversary celebrations last year for a reunion of the Bloods' fabulous sides of the 1950s, we have decided to honour those legends at this year's luncheon – so a great opportunity to catch up and relive some old and fabulous memories.

As many contact details for the 1950's are not on record, could members of the 1950's brigade give a shout out to their past team mates and invite them along.

If you are planning to attend could you please advise Garry Smith on 0437986 623 or at stephgar@bigpond.com



TICKETS IN OUR ANNUAL MAJOR RAFFLE ARE NOW AVAILABLE

Our major raffle this year consists of a first prize of \$3,000 Travel Voucher from Travel Action along with a \$1,000 Coles Myer Voucher for second plus 3 minor prizes of \$500, \$250 and \$150 respectively. To be drawn on July 14th with a free BBQ starting at 11.00am in the Social Rooms this year's function will also include complimentary beer, wine and soft drink from 11am through to 1pm all in the price of a single ticket which is outstanding value.

Tickets are only \$10 each and books of 10 tickets are available from any player or member of the committee or you can contact Brad Wright on 0419 736 214 if you would like additional tickets or a book to sell. It's the major annual fund raiser for the club, so get yourself some tickets and help contribute to your club's success both on and off the field.



ANNUAL BALL

The annual South Bendigo FNC Ball is fast approaching, the gala mid-season event is on at the All Seasons Hotel on Saturday 3rd August. A night with little formality but plenty of style, just get dressed in your best and come along to enjoy a good time.

All supporters, sponsors and players are welcome along for a great night of food and drink with music and dancing. It's always a fun night.

Tickets are \$60 which includes food and entertainment with drinks at bar prices. If you would like to grab a ticket or even book a table, tables of 10 are available, get in touch with Brad Wright on **0419 736 214**, Steph Greene on **0448 458** 648 or Alan Ellis on **0427 427 627**.



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



LOITERING WITH INTENT

I love this time of the year. Not only am I enjoying watching lots of local sport here in Bendigo but I'm loving the fact that I get to watch the ODI finals, Wimbledon, Tour de France and of course the Ashes. There never seems to be a shortage of sport in Australia. Sport is a big part of our culture with many of us enjoying the wonderful sense of community it creates for both participators and spectators.

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 in clubs such as South Bendigo, Golden Square, Strathfieldsaye, Gisborne, Eaglehawk, Maryborough and Kangaroo Flat

People often ask me what a sports chaplain does at a sporting club. Chaplains are ordinary people that are trained to provide genuine pastoral care and support for the members of their sporting communities in their time of need. Two weeks ago, it was sports chaplains in this league that played a significant role in helping the Eaglehawk hockey club process the tragic passing of Michael Keating. Chaplain's work quietly behind the scenes 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

Chaplains are an integral part of sporting communities across this land offering support and care at just the right moment. Feel free to contact me at any occasion on 0408 413 026 if you ever have a need. Go BLOODS!

Dave Lovell Club Chaplain





NETBALL

It's been a huge month of netball for our South girls and who better to hear all about it from than our five captains...

A Grade

A Grade have been working extremely hard over the past month to ensure we are playing four strong, consistent quarters of netball each and every week. Three great wins over Kyneton, Strathfieldsaye and Maryborough have put us in 5th place on the ladder and we will continue to work hard to ensure we maintain that spot throughout the second half of the season. While we know we still have a lot of work to do to prove we can match it with the top four teams, the last few weeks we have really started to connect on court putting into place the structures and systems we continually work on at training. This gives us confidence leading into tough, upcoming rounds against Eaglehawk and Sandhurst.

Our attacking end has seen variety over the last month with Chloe Langley, Jamie Clohesy, Emily Cossar, Paige Randall and Danielle O'Toole all playing their roles throughout different games. Similarly, in defence varying combinations between myself, Molly Johnston, Stephanie Greene, Stephanie Goode and A Reserve captain Amanda Walters show the depth we have within our side.

The overall commitment, work rate and attitude of the girls has been second to none which has been led by our coaches Janelle and Tara. We are all super pumped for the second half of the season and believe we are only going to get stronger each and every week which will hopefully lead us into finals come September. Watch this space!

Chloe Adams - A Grade Captain

A Res

A Reserve head into Round 11 sitting at 6-2 and third on the ladder by just percentage to a second place Gisborne. Over the first half of the season, we have gelled well and shown positive signs to take on the remainder of the year. This season has seen a new look to the A Reserve team with Riley, Sarah, Emily, Taylor and Annabelle stepping up from B Squad alongside Hayley having her first year out of under 17s. Amy and Sheridan and myself continue to share our leadership and experience within the team alongside new recruit to South; Julia playing her role in defence. Morgan and Carissa from under 17s have also been provided an opportunity to step on the court with the girls throughout the year and have been a well suited fit. Watch this space - exciting times ahead for the A Reserve team as we continue to build on our game to finish the year strong with finals in sight.

Amanda Walters - A Reserve Captain

B Grade

Over the past month, B Grade have worked hard to maintain their position as 2nd on the ladder with big wins over Castlemaine, Strathfieldsaye and Maryborough and a close 3 goal win over Kangaroo Flat. In the last couple of weeks, we have been struck down with injury, illness and work commitments, which has allowed some B Reserve and Under 17's players to step into our team. We have combined really well as a team under Coach Mel Dillon and Assistant Coach Paige Randall.

Zoe Sheean - B Grade Captain



B Res

The B reserve girls are coming off the back of a few wins and are really looking to take that momentum into the second half of the season. There were a couple of games against some strong sides that could have been wins and we are definitely looking to redeem ourselves in those games the second time around. The whole team is feeling a lot more comfortable and settled and we feel that will really help us secure those wins in upcoming rounds and move up the ladder.

Maddy Townsend - B Reserve Captain

U17's

Our season began by bringing a young but talented group of girls together. We had a slow start to our season until we could get all of the girls on the court together after other commitments, illness and surgery. Despite these set-backs, we still only lost to the top teams within 10 goals. The girls have been committing hard to training and we've begun to develop into a stronger team that gets along very well. After some close losses we reflected and have always been ready to get back onto the court to have some wins. Our last few matches have shown us fight hard and forge forward with our development. We are currently sitting 5th on the ladder and are determined to go one better against the top teams. Our progress from the start of the season as a team shows we are ready to go into the second half of the season and prove our spot in finals. We need to stay confident and strong for the rest of the season, but our attitude on and off court of never giving up proves that we'll fight hard for the rest of the season.

Carissa Brook - U17's Captain

Thanks to our captains for their fantastic updates. We can't wait to see you all out there in the second half of the season!

Go Bloods!



The girls unfortunately don't have a trainer court-side so sometimes they have to improvise! Special mention to Liz for always providing a rub down when needed!

MILESTONE MATCH FOR A GRADE NETBALLER

The Bloods Round 11 match against Eaglehawk at the QEO on 29th June saw Stephanie Greene step out on court to play her 100th game for South, a significant achievement for any player. Steph, an A Grade netballer both on and off the court, is a popular and valued club member, never without a grin on her face and always one to help around the club.

Steph's 100th game will be long remembered for being more than a memorable milestone. During play a severe thunderstorm hit the court and amid torrential rain the game was called off for safety reasons. When matches are "abandoned" the score at that time stands as the result and for the second time this season the A Grade netball match between South Bendigo and Eaglehawk ended up as drawn game!



Steph Greene on her milestone 100th game in Red & White

JUNIOR NETBALL 2019 BSNA Winter Competition

Well, in what seems the blink of eye, we are now into the second half of the season having just completed Round 9. Our teams will now have a two-week break for the school holidays.

We are seeing some great results across all our teams, with just over half well placed for a run in the finals, some others not too far away and all playing a competitive game of netball! This is a great testament to our wonderful coaches who devote so much time, energy and passion developing our players. Equally our players are positive and enthusiastic learners who are always keen to improve and sharpen their skills.

Elmore Bakery Pie Drive

Hopefully everybody has been enjoying tucking into some yummy Elmore Bakery pies on these cold and wet wintery days. Thank you to all our families who bought and sold pies to make this fundraiser one of the most successful for the Club. A huge thank you to Emma Power and Haley Aldred for all your hard work in coordinating the Pie Drive and to all those who helped collect and distribute orders – a great team effort!

Sporting Club Grants Program

Through the hard work of Nicole Georgeson, the Junior Netball Club was successful in obtaining a \$1,000 grant through the Sporting Club Grants Program to cover the cost netballs. The Junior Netball Club purchases one match ball and two warm-up balls for each team at the beginning of every season. We also regularly replace training balls to ensure our players always have good quality equipment. We make sure the netballs we don't need any more are shared with those who may not be able to afford their own. Earlier this year, we sent our old netballs to Fiji on a container ship. We hope to bring you some photos of the happy recipients in a future edition of *Bloodlines*!

Honouring South Bendigo's Significant Women

As reported earlier in the year, each of our teams have been named after a number of wonderful women who have made a significant contribution to South Bendigo over many years. Some of these lovely ladies have very kindly taken the time to come along to watch their namesake teams play.



Fran Brown enjoyed meeting up with the **13/U** 'Brown' Team at the Flora Hill Stadium recently. Fran, as many would know, was the inaugural President of the South Bendigo Netball Committee and is a Club Life member. Fran hopes to attend most games and said to have a team named after her was a great thrill.

Ruby Walker has been a significant contributor to South Bendigo for many years and recently came along to watch the **Section 3B 'Walker' Team** play.



Mel Dillon is the Senior Netball Operations Manager, a two-time premiership player and a current senior coach. The **Section 2B 'Dillon' Team** is honoured to be named after such a great Club stalwart.



Fran, Ruby and Mel – our sincere thanks for all you have done for South Bendigo over many years. We are delighted to be able to recognise the significant contribution you have made and greatly appreciate the keen interest you have shown in your teams this year!

SALT Mental Health Workshop

As a sporting club, South Bendigo is in a fortunate position to be able to reach young people and to share with them important information that will benefit their health and wellbeing. The Junior Netball Club is very pleased to be teaming up with SALT (Sport and Life Training) again in 2019 to deliver a Mental Health Workshop on the 31st July, specifically for 14-17-year-old girls.

The Workshop is designed to reduce the stigma associated with mental illness by promoting discussion around sensitive issues such as depression, anxiety and suicide.

Net-Set-Go

Following the success of last year's NetSetGo Program, the Junior Netball Club will be hosting another eight sessions in Term 4. The program will run on a Tuesday between 5.15pm-6.00pm commencing 8th October and finishing on 26th November. Instructions on how to register will be available shortly!

When you get the chance, please support the Junior Netball Club's sponsors for the last four rounds. These sponsors' generous donations help us get our players on the court each week.











SPONSOR OF THE MONTH



PROUD SPONSORS OF THE SOUTH BENDIGO FNC

Steamatic Bendigo is a family run business with husband and wife team Gareth and Siobhan Tawton at the helm.

Steamatic is Australia's leading provider of restoration, cleaning and disaster management services and provides unrivalled coverage of the domestic and commercial restoration and loss mitigation sectors.

Steamatic is committed to helping insurance companies, loss adjusters & intermediaries reduce the cost of claims and retain their clients. Additionally, we aspire to provide the very highest levels of specialist services to a wide range of commercial, public and private sector organisations.

Through the use of proven systems and the latest technology, we deliver a highly responsive and cost-effective service. Our innovative approach and on-going technology investment strategy ensure that we continue to enhance our service package and remain at the forefront of continuous improvement within the damage restoration and loss mitigation marketplace.

Steamatics extensive list of specialist services includes

-	Domestic Carpet Clean	-	Flood & Fire Restoration
-	Air quality Services	-	Mould remediation
-	Commercial duct cleaning	-	Air-condition & duct cleaning
-	Odour control	-	Bio Hazard & forensic clean ups
-	Trauma & Crime scene clean ups	-	Meth lab decontamination
-	Dry Ice blasting	-	Laser cleaning

With offices in Bendigo, Shepparton and Mildura Steamatic services all of central and western Victoria. **For further enquiries contact 03 5448 5200**

GO BLOODS

SUPPORT THE SPONSORS WHO SUPPORT OUR CLUB

FOOTBALL NEWS

















UNDER 18's

The 18's are sticking together well; it's been a bit of a battle through June with numbers and while results haven't gone our way over the last few weeks it's not all bad news. Yes, injuries have played a part and some of the boys from the U18's group who have gained valuable senior football experience this year which is very positive for the club moving forward.

The boys put up a reasonably good showing particularly in the second half against the unbeaten side out at Strathfieldsaye. Better players on the day were Connor Robertson, Liam Jacobs, Huon Webb, Erasmus Koska, Liam Shiell and Riley Merkel. Goal Kickers Josh Stokes, Will Cornish, Thomas St Clair, Liam Shiell. Strath got on top early but the fight back was very good after half time against a very good side.

The Castlemaine game at Harry Trott was a bit of a different story, down on numbers with injuries the boys opened up very well in first quarter but then were outplayed, particularly in the 3rd quarter when our intensity dropped away. It was a learning game for the boys who were disappointed to lose a very winnable game.

The highlight of the Day was Thomas St Clair's game up forward 3 goals and an absolute screamer of a mark. Our better players on the day were Thomas St Clair, Kyle Simpkins, Aden Shanahan, Riley Merkel, Josh Lea and Wil McCaig. Thanks to the two U16 boys who come up for us this day Jack McArthur and Zandyr Barilari.

No game for us against Maryborough this year as unfortunately Maryborough are not fielding an U18's side but quite a few of the boys played helping out the Reserves with numbers and acquitted themselves well, Connor Robertson and Riley Osborne also made their senior debuts on the day and didn't look out of place so congratulations to you both. We look forward to getting few players back from injury soon and to keep improving for remainder of the season.

Eaglehawk at the QEO on the last Saturday in June this week followed by a Bye so a really good opportunity to give it our best shot again at training and on match day



Mick Eason Under 18's Coach



SNAPS FROM THE SIDELINES

Reserves Round 8 V Strathfieldsaye Pictures: Andrew Wild











JUNIOR FOOTBALL Under 14's



Congratulations to our Under 14 Reserves 2 team on their Round 10 win against Kyneton at Harry Trott Oval on Sunday 30th June.

The team enjoyed a comfortable win over their opposition with the final scores South Bendigo 12.14-86 to Kyneton 2.2-14.

The win was extra special for two sets of brothers playing in the Red and White; Bradyn & Harrison Ferguson and Declan & Spencer Lavery, well done boys.

JUNIOR GIRLS FOOTBALL

Under 15's

The South Bendigo Under 15 girls are enjoying a fantastic year so far. We have lost only the one game coming into round 10 which was against top of the table Sandhurst and this sees us sitting comfortably at second place on the ladder at the half way mark of the season. The girls are working so hard each week and continue to grow and improve which is so pleasing to all connected with the side.

In some individual acknowledgements our congratulations go to Octavia Di Donato on her recent selection in the state squad which is a just recognition of the great season she is enjoying. Congratulations also to our gun goal kicker Tia Davidge who is also having a great year; averaging a massive 6 goals a game, she is currently the League's leading goal kicking sitting on 43 goals already. Tia was the 2018 league leading goal kicker and is well and truly in the running to make it back to back awards in 2019.

All girls are having a great season and looking forward to tackling the second half of the season.

Maddy Townsend U15 Girls Coach



Coach Maddy Townsend with Octavia Di Donato and Tia Davidge who are both enjoying a very good year with our Under 15 Girls

Under 13 Girls

It's been an amazing couple of weeks for our South Bendigo Under 13 Girls Team. Last week they were awarded the Bendigo Junior Football League's "Most Disciplined Club - Quarter 2" award and followed this up on Sunday 30th June with their first win of the season an 8.5-53 to 4.3-27 win over Huntly.

Congratulations to Coach Sean Langdon, Team Manager Nicole Georgeson, parents and supporters and most importantly the girls who proudly wear the Red & White each week, we are sure there are a few more wins in front of the team before the season is finished.



MAJOR DATES TO SAVE IN 2019

Life Members & Fabulous 50's Past Players Luncheon Round 12 Saturday July 13th V Sandhurst at the QEO

The fourth annual Life members lunch where the club recognises and acknowledges the great contribution made over the years by our Life Members. This year the event will be combined with a reunion of those fabulous sides of the 50's the club has decided to honour those humble legends as special guests at this year's luncheon.

Major Draw Sunday 14^h July

The winners are drawn at the Social Rooms for one of our major annual fund raising events.

Annual Ball

Round 15 Saturday 3rd August V Kyneton at the QEO Venue – All Seasons.



SOUTH BENDIGO BINGO



SET OF BOOKS (30 Games) \$5.00

Minimum prize pool per session \$1520.00

Rolling JACKPOT upto \$500.00

Raffles throughout each session

Refreshments available

Monday Eyes Down 7.30 PM Thursday Eyes Down 1.00 PM

South Bendigo Football Netball Club Social Rooms 80 View Street Bendigo





FIXTURE & RESULTS

Round 7: 1st June V Kangaroo Flat at the QEO

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	Seniors	Reserves	U18's
South Bendigo	12.13-85	15.20-110	5.4-34
Kangaroo Flat	15.7-97	2.2-14	8.9-57

Netball

	A Grade	A Reserve	B Grade	B Reserve	U17's
South Bendigo	31	60	48	28	40
Kangaroo Flat	64	46	45	59	41

Round 8: 8th June V Strathfieldsaye at Strathfieldsaye Oval Football

	Seniors	Reserves	U18's
South Bendigo	4.6-30	8.7-55	4.3-27
Strathfieldsaye	26.16-172	9.8-62	16.12-108

Netball

	A Grade	A Reserve	B Grade	B Reserve	U17's
South Bendigo	53	49	38	33	61
Strathfieldsaye	44	45	24	45	39

Round 9: 15th June V Castlemaine at Harry Trott Oval Kennington Football

	Seniors	Reserves	U18's
South Bendigo	21.24-150	29.20-194	8.5-53
Castlemaine	7.11-53	1.0-6	9.6-60

Netball

	A Grade	A Reserve	B Grade	B Reserve	U17's
South Bendigo	BYE	64	82	71	63
Castlemaine		43	21	24	29

Round 10: 22nd June V Maryborough at Princes Park Maryborough Football

	Seniors	Reserves	U18's
South Bendigo	12.15-87	24.23-167	BYE
Maryborough	15.11-101	0.3-3	

Netball

	A Grade	A Reserve	B Grade	B Reserve	U17's
South Bendigo	55	BYE	48	49	53
Maryborough	49		16	20	33

Round 11: 29th June V Eaglehawk at the QEO Football

	Seniors	Reserves	U18's
South Bendigo	6.5-41	5.4-34	1.3-9
Eaglehawk	15.15-105	8.10-58	4.7-31

Netball

	A Grade	A Reserve	B Grade	B Reserve	U17's
South Bendigo	24	33	34	27	53
Eaglehawk	24	30	27	33	36

MAJOR SPONSORS IN 2019



