



NEWSLETTER OF THE SOUTH BENDIGO FOOTBALL NETBALL CLUB

May 2020 Edition

Welcome to your May 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.

COMMUNITY FOOTBALL RETURN TO PLAY UPDATE



25/04/20

Re.: Community Football Return to Play

To Our Football Community,

Recently we provided an update about the work underway to determine a roadmap for a return to community footy. Our intention was to provide a more detailed outline at the end of this month, following the release of a roadmap for the elite game.

Whilst we all want clarity around when the game will return to our fields, this area of work is constantly changing. The announcement by the Prime Minister yesterday that the National Cabinet will develop a guiding set of principles for sport at all levels, reinforces the extensive work we have been doing to refine our protocols and processes on how and when our seasons will commence.

Federal, State and Territory Governments have also indicated the possibility of easing of some restrictions by around mid-May, should the current low trend of transmission continue; and the National Cabinet has indicated that they will review restrictions at a meeting on May 10, provided the curve is still flattening and testing rates are increasing.

As a result of these developments and reviews, the timetable we will now work to has been revised.

In the week beginning May 11, there will be an announcement from the elite game with a proposed date for a resumption of training and return to play. An update around timings for a resumption of activity at Community level, will be provided once the roadmap for the elite competition has been announced.

Pleasingly, Governments across Australia are well aware that it will be vital for local sport to resume and re-connect support networks that are currently stretched or not operating.

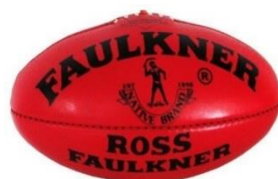
We continue to focus on being aligned with the advice of the Government and the relevant medical authorities and are ensuring everything we do protects the health and safety of our participants and wider community.

We thank you for your patience and ongoing collaboration as the planning continues to evolve, and we look forward to being able to provide a more robust update to you following the planned elite game announcement in the second week of May.

Yours sincerely,

Stephen O'Donohue

Head of Community Football Victoria



CLUB DEVELOPS WELFARE POLICY IN RESPONSE TO COVID 19

The disruption to football and netball caused by the current health crisis has a ripple effect that goes beyond just the cancelation of games and postponing the start of the 2020 season. The club environment offers so much more to individuals than simply the opportunity to play sport and not having the opportunity to be a part of it can impact on more than just an individual's physical fitness.

The Club has developed a policy, which has been circulated to all players, to assist to minimise the impact of any welfare issues that may arise in our club community.



2020 COVID 19 SOUTH BENDIGO FNC WELFARE POLICY 2020 COVID 19

Policy Mission

The South Bendigo Football Netball Club is committed to providing a safe, inclusive and supportive sporting environment for its players, volunteers, coaches and supporters. This policy encourages both the club and its members to provide or receive support for challenges that may present themselves both in a club environment or outside.

This policy will assist to minimise the impact or harm that welfare issues present to our club community.

Policy Overview

The South Bendigo Football Netball Club understands that pressure doesn't just exist on the football field or netball court. It understands that members face issues and struggles that affect their personal health and wellbeing. The club also understands that as a community safe place it has an obligation to support those needing help or assistance to seek it.

Through this policy, the South Bendigo Football Netball Club will outline a clear process for those wishing to seek help, those unsure of how to do so, or for members who may be concerned about the welfare of a fellow club member.

The South Bendigo Football Netball Club will appoint a designated Welfare Officer who will be reachable by anyone facing personal issues. Where appointed the Club Chaplain will also perform the role of Club Welfare Officer. The Welfare Officer will provide support and information to the concerned member about what professional options they can access and may assist them to make an appointment or booking with the permission of the member.

The South Bendigo Football Netball Club will also provide advertised information about these services on club noticeboards, online communications and membership packages for those wishing to seek help on their own.

The South Bendigo Football Netball Club understands the importance of personal privacy and will, at all times, keep communication to and from the Welfare Officer strictly confidential and no official record will be kept.

This policy is not a substitute for professional advice or support and is clear in its message that the Club Welfare officer is not a trained professional, instead endorsing them as a caring linkage between the concerned member and trained assistance.

Policy Process

The South Bendigo Football Netball Club will provide a designated Welfare Officer who will be responsible for assisting those struggling to receive professional assistance on behalf of the club.

The South Bendigo Football Netball Club will advertise their appointed Welfare Officer and the support they can offer, as well as providing and advertising directly the support options through their;

- Club noticeboard
- Membership packs
- Member information nights
- Online correspondence

Club members will be encouraged to suggest the support of the Club Welfare Officer should they notice a fellow club member struggling.

The Club Welfare Officer can be contacted by a member concerned about the welfare of someone else.

The Club Welfare Officer, if possible is to provide support in a private and personal setting away from public eye.

Unless the Club Welfare Officer is also the Club Chaplain, they are not endorsed to provide counselling or their own advice. Simply listen and provide the approved support information as included in this policy.

This policy will be reviewed every 12 months and a Welfare Officer appointed / re-appointed before the beginning of each season.

Policy Adopted: 21 / 04 / 2020

Policy Signed:

.....*Alan Ellis*.....

South Bendigo FNC President

.....*Rick Townsend*.....

South Bendigo FNC Vice President



CLUB DESIGNATED WELFARE OFFICER & CLUB CHAPLAIN

Dave Lovell

Phone: 0408 413 026

Email: welfare@southbendigofnc.com.au

Options of Professional Support

LOCAL SERVICES

Bendigo Community Health Services – 03 5406 1200

Greater City of Bendigo regional community health provider delivering over 50 health and welfare programs for local families. <http://www.bchs.com.au/>

Headspace Bendigo – 03 5406 1400

Bendigo based agency for people aged 12-25 seeking mental health, drug and alcohol support. <mailto:headspace@bchs.com.au>

NATIONAL & STATE SERVICES

Victorian Responsible Gambling Foundation – 1800 858 858

The Victorian Responsible Gambling Foundation is here to support people affected by gambling harm, including family and friends.

1800RESPECT – 1800 737 732 – 24 Hour Support

24-hour national sexual assault, family and domestic violence counselling line for any Australian who has experienced, or is at risk of, family and domestic violence and/or sexual assault.

Lifeline – 13 11 14 – 24 Hour Support

Lifeline has a national number who can help put you in contact with a crisis service in your State. Anyone across Australia experiencing a personal crisis or thinking about suicide can call.

Headspace – 1800 650 890

Is a youth mental health foundation that helps young people aged 12–25 years who are going through a tough time.

Beyond Blue – 1300 224 636 – 24 Hour Support

Mental health support program for people who are dealing with Anxiety, Depression and Suicide tendencies. 24/7 telephone and online support an information service.

Aboriginal Family Domestic Violence Hotline – 1800 019 123

Victims Services has a dedicated contact line for Aboriginal victims of crime who would like information on victims' rights, how to access counselling and financial assistance.

A WORD FROM OUR CHAPLAIN

The first part of the 2020 Bendigo Football & Netball season is a little bit like the classic Aussie song called "A Pub with No Beer." It seems a little harsh after a great preseason and the addition of a number of new members to our football and netball teams to be entering the month of May with no clear starting date for our season. It certainly feels like the rug has been pulled out from under us. It's no one's fault but it can be a little hard to come to terms with.

For many of us, this interruption to the season is maybe just one of a number of other disappointments that we are all currently experiencing in life. I was meant to be getting onto a plane in early May to celebrate with my son who has just graduated from Boot Camp in San Diego as a US Marine. I'm incredibly disappointed that I can't be there to witness this very significant occasion in his life. Many of us are facing similar losses at this time, whether it's your job, your relationship, your studies, your holiday or some big celebration that had been planned and put on hold.

How do we go when we lose some of these things? If we're honest, sometimes not very well. If you find yourself struggling to cope over some loss, can I just say that this is normal experience and there is certainly no shame in admitting that to others. Be real with those that you trust and find someone to share personal issues with. Please know that there is also help for you at the club.

I am only a phone call away (0408 413 026) or I can be contacted at the club by emailing me at welfare@southbendigofnc.com.au I'm only too happy to have a chat or point you to the appropriate source of help.

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

Dave Lovell

South Bendigo FNC
Senior Club Chaplain



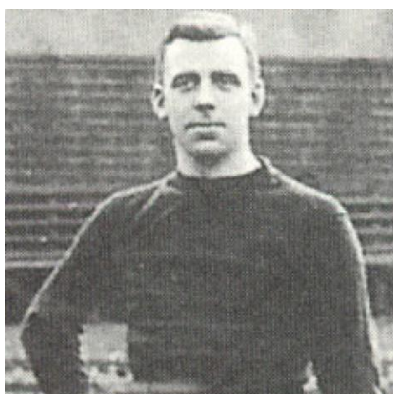
ANZAC DAY 2020

Due to the current circumstances ANZAC Day 2020 was recognised in a different manner, more reflective and individually rather than the normal crowds at dawn service. Although the day has passed it is still worthwhile to reflect on the service and sacrifice given by all, particularly those who wore the good old red and white. Below are 3 of them.



Arthur T. "Rusty" Pattinson

Played with South Bendigo 1903, 1907-1910. He was vice captain in 1903. He played for West Bendigo in 1904-05. He played for St Kilda in 1909 and Footscray in 1910. He played for Rochester 1914 and served as a trooper in the Boer War and as well as a Warrant Officer in WW1.



Arthur "Joe" Pearce

was the son of the head of Bendigo Grammar school. He played 153 games for Melbourne F.C. from 1904 to 1913. He died at Gallipoli 1915 on the day of the first landings. He joined South Bendigo from Park view 10-Jun-1902. Playing for South in 1902-1904 and then for many years in Ballarat.



Edward "Ted" Mills

was for many years captain and/or coach of South Bendigo. In the 'Bloods' - Highs and Lows of 100 years. Mills is listed as coach in 1899, 1901-02, 1904-1905 and 1909. He received a 15 year service trophy in 1909. He was an accountant. At age 40, Ted joined the 38th Battalion and reached France in November 1916. In January 1917 he was hit by a shell and had to have his arm amputated, ending his military career.



HOW CAN I HELP MY CLUB?

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

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



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

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

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

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



1STPRIZE
2019 Toyota RAV4



2NDPRIZE
2019 Toyota Camry



3RDPRIZE
2019 Toyota Corolla

SUPPORTING SOUTH BENDIGO – IT'S IN THE BLOOD

JUNIOR NETBALL

The Junior Netball Committee hopes this finds you all safe and well. Our season was due to start April 17 but as previously advised we are currently unable to take the courts due to COVID-19. At this time all community netball has been suspended until 31 May 2020. Netball Victoria remain optimistic that competition will resume in 2020 and they are working hard to plan different scenarios for what community competitions will be, once the government restrictions are relaxed or lifted. We will keep everyone updated as more information comes to hand.

So, whilst we are all in lockdown for at least the next little while we will have to make do with some inhouse or backyard netball training. We recently sent out some suggested training/fitness sites to check out but in case you missed them please see the links below:

Netfit Netball - Search “Netfit Netball” on Facebook. Netfit are running virtual clinics available on Facebook. They also have a website <https://netfitnetball.com.au/netfit-clinic/> with a free online program 9am – 3pm for kids stuck at home.

Inspire Sport Group - Our good friends at Inspire have a Facebook page with daily drills. Search “Inspire Sport Group”

The Netball Coach - The Netball Coach have training sessions you can print off and do at home. There are two sessions – one for 9 to 14-year old’s and then another for 15 to Open players. There are six sessions available to date and we will continue to add the sessions when they become available. You can access the sessions below:
<https://drive.google.com/open?id=1IW9xzCShjQQtJDK0m94eFjDJpXq34mtW>

If you’re after some general fitness and wellbeing sites check out:

PE with Joe (The Bodycoach) - This one is a YouTube channel. Search “the Bodycoach” <https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ> Look for the “P.E. with Joe” videos which are ½ hour exercise programs. These sessions are aimed at children, but all the family can join in. They are live at 9am UK time but available 24/7. Also look for Joe’s “Kids workouts to do at home” section which have short videos that are only about 5-8 minutes in length. Yoga Ed If you need the kids to find their inner Zen try Yoga Ed who provide yoga for children and teens.
<https://www.youtube.com/channel/UCZkbiujyDoXqoPPr5D74I7A>

Your own Backyard - Don’t forget there are lots of things you can do in your own backyard. Janelle Hobbs, Senior Coaching Director, A grade and U/17 coach with help from her daughter Sienna have put together some short skills sessions. These are available on our team app under the “News” section. Keep an eye out as more will be posted. A couple of other websites to check out are <https://www.sportitude.com.au/blog/6-netball-drills-you-can-do-at-home> and <https://australiansportscamps.com.au/blog/advanced-netball-drills-young-netballers/>

Mental Health

Don’t forget to look after your mental health over these difficult times. Whilst it is somewhat difficult to have face to face conversations there are some great online resources available, check out:



Headspace: Headspace who were in attendance out our family day specialise in 12 – 25-year-old mental health. They have digital services, online chats and tips available. For more information check out <https://headspace.org.au/covid-19/>

Lifeline: Lifeline can be contacted on 13 11 14 and also has some good information for both children and adults online at <https://www.lifeline.org.au/get-help/topics/mental-health-and-wellbeing-during-the-coronaviruscovid-19-outbreak>

Pies, Pies, Pies!

It's the time of year we all look forward to. Stock up your freezer for winter with some delicious Elmore Bakery pies. This year you can order your pies without leaving your home through our online store. The store is available via the link below, the clubs Facebook page or through team app. Both family and individual size pies are on offer so feed the family or just yourself!

Orders close Monday 11 May for pick up from the South Bendigo Club rooms on Thursday 21 May. Social distancing rules will apply. <https://southbendigojuniornetball.company.site/>



Introducing some of our Coaches

Whilst we pause operationally, we thought it would be a great time to introduce you to some of our coaches. With 19 teams we have 24 wonderful people who give up their valuable time to coach and develop our junior players. We hope you enjoy getting to know some of them a little better.

Keiarah Brooks - Section 1 Elliston

Keiarah is coaching the Section 1 team with Julia Twigg. Keiarah plays in South's A Grade team. Growing up in Donald, Keiarah played all her junior netball with the Donald FNC. From 2017 to 2019 she played with Ballarat Swans in their Under 19s and A Grade teams. Keiarah has also played 2 seasons in the VNL (Under 19s) with ACU Sovereigns and has also been involved with West City Falcons Division 1 side. Keiarah brings a wealth of netball experience to our Section 1 team.





Haley and Jordyn Aldred – Section 3 Baker

Haley is one of the Section 3 coaches for this year. Previously Haley has coached Section 3 and 13/Under. Haley has been with the club for four years and joined when her eldest daughter started to play in grade 6. Haley has been coaching for 3 years and in her first year of coaching took her U13 team to a flag. She says she has learnt and grown a lot, along with the teams she has coached. Haley loves the challenges coaching brings along with the rewards. With two daughters playing with South in Section 2 and Grade 3 this year Haley can't wait for the season to start and get the netball brain going again.

Jordyn has been part of the South family ever since she was in grade 6, where she began as a player. During her third year of playing she chose to become a coach to broaden her netball experience and she says it was one of the best decisions in her life. Jordyn co-coached two teams in her first year of coaching, Grade 5 and a Grade 6 team. This year she is assistant coaching in Section 3 with many other amazing coaches. Jordyn has loved the experience that coaching has brought after diving in the deep end last year and says it has been worthwhile and terrifying! This year Jordyn looks forward to being able to learn a lot more in her role as an assistant coach.

Olivia Johnson – Section 3 McMurray

This is Liv's first year coaching for South. Liv played for South in Section 2 last year whilst completing year 12 and has been playing netball since grade 5 for various clubs. Liv has spent most of her time playing on the wings and moving in and out of goals. Liv is thrilled and ready to take on the coaching role of the Section 3 McMurray team this year. Liv has previously coached netball, mostly through school netball carnivals. Liv loves being able to help young players expand their skills and knowledge of the game in the most fun and effective ways possible. Liv is looking forward to meeting more South players and their families once the season resumes.



Nick Storey – Section 4 Walker



Nick is one of two male coaches we have coaching this year. Nick jokingly says he knows a little bit about the game but having played mixed netball for more than 10 years and trying out for the Victorian men's side we feel he is greatly underselling himself. Nick has been coaching for the last 3 years with the St Therese's Primary School and this year has taken on the Section 4 Walker team. Nick has a focus on fitness and is looking forward to working with the players in developing not only their fitness but their skills and love of the game.

Sharee Whiteacre – 13/U Arnold

Sharee is married to James with 3 children - Milana, Harriett & William. Sharee has been with South Bendigo for 2 years and brings with her a wealth of netball experience. She started netball when she was 6 or 7 years old and for the past 40 years has played, umpired, and coached. Sharee has played with Nandaly, Sea Lake, Charlton, Lalbert, Newstead, Tyntynder and Swan Hill. Sharee is a 'C' grade badged umpire and in 2011 was awarded Central Murray Football Netball League's netball umpire of the year. As a player she has played in and won numerous premierships in all netball grades. A highlight was playing with her mum and sister in a few premierships and playing with her youngest sister in a couple of premierships. Sharee is still playing (attempting) social netball at Flora Hill!!! Sharee brings a wealth of coaching knowledge having coached St Josephs' PS teams, a junior team at Charlton, and assistant coach at Newstead. Last year she coached our 13/Under Brown team and is looking forward to coaching the 13/Under Arnold team this year.



Rebecca Maple - Grade 3 Nash

Rebecca has loved playing netball throughout her life from juniors through to seniors in Adelaide and recreationally as a mum in Darwin. She values the friendships she has made through netball. More recently she has coached and umpired junior netball in Darwin when her daughters started playing. After moving to Bendigo in 2019 her children have loved playing netball at South, and she is really looking forward to being able to contribute through coaching. Rebecca along with the help of Haley Aldred will be looking after our littlest netballers in our Grade 3 Nash team.



SPONSOR OF THE MONTH



Burgers done good

It's pretty simple, burgers done good™. Since 2004 we've been all about bringing you the freshest and healthiest burgers around.

Address: 188 Pall Mall Bendigo 3550

Phone: 5443 1239

Website: <https://www.grilld.com.au/menu/bendigo>

SUPPORT THE SPONSORS WHO SUPPORT OUR CLUB

A WORD FROM OUR SPONSOR

Hi Guys,

Just a quick update to let you know that Grill'd will continue to be open for business following the restrictions announced by Scott Morrison. Whilst dining in the restaurant is no longer an option, takeaway orders are fine.

It's been a crazy time! No dine-in customers and everything being takeaway certainly has tested us as it's a very different business model and how we staff the restaurant took a little while to get right but we feel we have now. The introduction of delivery was something we didn't want to do because the delivery platforms charge restaurants so much (up to 30% of the value of the order) which most people aren't aware of so, if there is a choice, collecting orders is so much better for restaurants than delivery. This applies not only to us but every restaurant. All that said, we consider ourselves very lucky to have been supported by the community and are very appreciative of that support.

Clearly these are difficult times and we would appreciate any support in spreading the above information.

Our staff have been amazing throughout this difficult time. We have had staff volunteer to reduce their hours so others with more commitments can be given priority. This generosity of spirit is reflective of the quality people they are. See you on the other side!

Cheers,
Richard Nash
Franchise Partner
Grill'd Bendigo



SUPPORT THE SPONSORS WHO SUPPORT OUR CLUB

THE YEAR 1950

This year marks the 70th Anniversary of the 1950 season when South Bendigo won the first of 5 premierships over 7 years in one of the golden eras of the club and of the Bendigo FNL. Coached by Alan "The Fox" McDonald the Bloods defeated Echuca by 26 points and the following is an extract from the book "The Bloods" – Highs and Lows of 100 Years



First South Bendigo Pennant since 1925

The greatest compliment that can be paid to South Bendigo, winner of the Bendigo Football League premiership pennant on Saturday, is to say the team's objective was achieved by all players doing their part in convincing style. In contrast Echuca, which finished with a deficiency of 26 points, had several players whose efforts were disappointing and consequently there was not the coordination of the opposing team. Previous premiership pennant won by South was a quarter of a century ago when Arthur Hando was coach.

South made a tardy start, allowing Echuca to break away with a 13 point lead in the initial term. After the next 25 minutes of play there was an entirely different outlook. South had not only bridged the gap but cleared out with a lead of 17 points.

Heavy rain during the second term and again later caused a deterioration in the general play. Players found the greasy ball extremely difficult to handle and at times there were wild bursts of indiscriminate kicking.

At no stage after the half time interval did South look in danger of defeat. On several occasions Echuca reduced its oppositions lead but the northern side lacked the driving force to collect the goals necessary to gain the ascendancy. Echuca's forward line was never impressive. Generally, the work of the forwards was weak, the low scores being indicative of the defenders' superiority. Robertson, recently stepped up from the South's seconds, with 4 goals was the best of the forwards.

McDonald, South's Captain, after winning the toss decided to kick towards the Barnard Street end. It was an unorthodox move as the wind favoured the goal at the other end. Play had only been in progress for a few minutes when Connaughton went to the turf from a nasty knock on the forehead. The injury seemed to upset him greatly and his kicking was erratic. After getting attention from the trainers Connaughton took the penalty kick. His try for goal sent the ball wide, but as an opponent encroached over the mark he was given another kick. Only a single resulted. Robertson got South's first from a clever kick deep in a pocket.

As a man-to-man encounter the play held the crowd expectant. Echuca's big men threw their weight about vigorously. Over-anxious players often bumped their colleagues. South players came back gamely and shirked nothing. With a nice pass McDonald got the ball to Robertson who could only manage a single. Fast exchanges between McLean, Lenaghan and Elvey forced the ball to Robertson who scored the fifth goal.

At half time South lead by 17 points being 5.9:39 to 3.4:22. When Connaughton re-appeared he was heavily bandaged on the head. The sun was shining brilliantly for the resumption of play but the turf was slippery and treacherous.

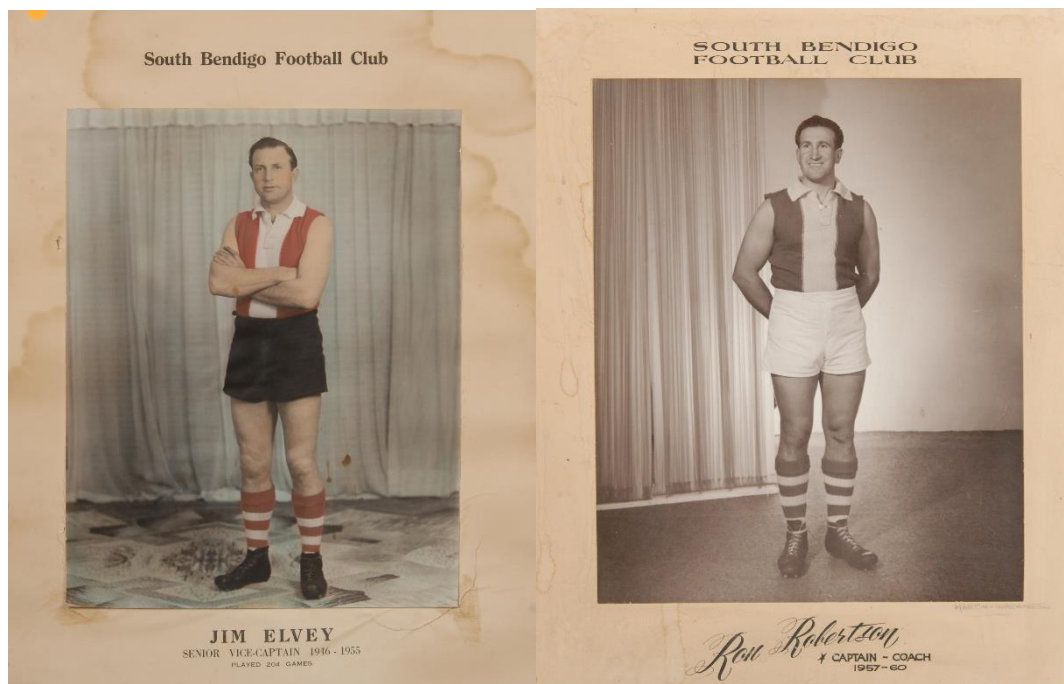
The position then became desperate for Echuca when Connaughton and Robertson got two more goals for South, which had secured a 21 point lead. The last goal for South was scored by Connaughton and South's winning margin was 26 points.

South Bendigo 1.2 5.9 7.10 10.12:72

Echuca 3.3 3.4 5.9 6.10:46

Goal Kickers: Robertson (4), Connaughton (2), Walsh (2), McDonald (1) Elvey (1)

Best: Elvey, Robertson, Lenaghan, Walsh, Hill, Swatton, Bull, McLean



Jim Elvey and Ron Robertson, 2 of the Bloods best players in the 26 point win over Echuca

FOOTBALL



Senior players are maintaining regular fitness sessions albeit individually and the pre-season fitness program that was put in place is enabling the players to provide direct feedback to coaching staff as they move through the program. Like all of us we are waiting for May 11th to see where we might be heading more generally with COVID-19 and how that may impact on our local sport. Great work from players as they continue to support our sponsors every week where they can. Safe to say all the players are looking forward to the opportunity to catch up and have a run around again.

Gary Bath
Football Operations Manager

AUSKICK

Families around Australia can keep active during isolation with the AFL Auskick at Home, a series of live-streamed clinics to provide children the opportunity to stay connected to the game they love through a series of backyard drills, exercises, and skills-based learning. Episodes will stream on Thursdays at 5 pm AEST and Saturdays at 11 am AEST via the [AFL](#) and [AFL Auskick](#) Facebook pages.



INFORMATION ON 2020 CLUB MEMBERSHIPS

Some great club supporters got in early in the year and paid up for their Club, Family and Red and White Player Sponsorship Membership Packages. The club is waiting until a decision is made by the League on a season start date before developing revised 2020 Membership options.

If the season goes ahead there will be a number of discounted membership alternatives made available and those supporters who have already purchased memberships will be given the option of a pro rata refund if requested.

This year the Club's membership cards featured last year's B&F winners Chloe Langley and Brody Haddow instead of the standard Club logo. They look great and we hope we get the opportunity to use them.



While on the membership cards, the club would like to thank past premiership player and great club supporter Matt Higgins who organises and donates the cards to us each year. Matt's ongoing patronage of the club is fantastic and greatly appreciated.

WINTER IS COMING

Think about this, every sleep brings football and netball a day closer and while we do not know when this will be, we do know that winter starts on the 1st June.

So, what if they both start at the same time?

Then you will need to make sure you are well prepared for that first cold winter's Saturday afternoon up at the QEO and there is no better way to keep warm on the sidelines than in a Bloods Beanie or Scarf.

Winter is coming and so is community sport.

Contact the club and get yourself ready.

- Beanie \$20
- Scarf \$25



WHY SAFE PEOPLE MATTER

**Drinking. Driving.
They're better apart.**



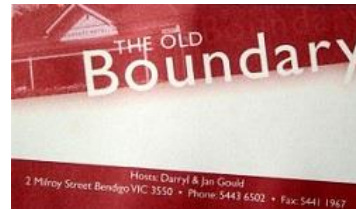
Road safety is a shared responsibility. Everyone can play an important role in helping reduce road trauma and death shouldn't be seen as an inevitable consequence of making a mistake on our roads.

Everyone can contribute to road safety by:

- Driving at safe and legal speeds appropriate for conditions.
- Separating drinking from driving, and driving only when well rested.
- Staying alert and avoiding impairment from drugs (illicit drugs and also the prescribed medications that make us drowsy).
- Keeping your eyes on the road ahead and the surrounds.
- Putting your hand-held phone away when driving.
- Belting up and ensuring everyone in the car is wearing a seat belt.
- Being good role models to our children, L-Platers and P-Platers.



MAJOR SPONSORS IN 2020



Ray White®



KENNINGTON TAVERN

BAR | BISTRO | CAFE | WOODFIRED PIZZA | WINESTORE

