

ISSUE 2 | WINTER 2020

EAGLEHAWK

Info That Matters

MAGAZINE

INCORPORATING THE 3556 DIRECTORY IN PARTNERSHIP WITH THE EAGLEHAWK COMMUNITY NETWORK SUPPORTING LOCAL BUSINESS.



Project Harmony

Creating Community Togetherness



EAGLEHAWK
COMMUNITY
HOUSE



CITY OF GREATER
BENDIGO



Goldfields
Libraries



CITY OF GREATER
BENDIGO



Long Gully
Neighbourhood Centre

A COMMUNITY MAGAZINE SHARING THE IMPORTANT SERVICES AND SUPPORT AVAILABLE IN EAGLEHAWK AND CENTRAL VICTORIA.

AN EAGLEHAWK COMMUNITY HOUSE INITIATIVE.

19 Bright Street, Eaglehawk 3556



EAGLEHAWK COMMUNITY
HOUSE



Neighbourhood Houses
The heart of our community

magazine@eaglehawkcommunityhouse.com



We've all heard the term – 'Resilient Communities'. But what does that really mean?

When the COVID 19 Lockdown Stage 3 began in March this year, the thought of locking the Eaglehawk Community House gates to our Community members was simply heartbreaking.



The Eaglehawk Community House normally welcomes around 1000 visitors each month who come to enjoy Tuesday lunches and dinners, art and craft classes, meditation, Tai Chi, Computer classes, playgroup and more. And what about the people, including children that need our support with food, personal products, other supports and/or information.

And then there is our amazing Team of volunteers, many of whom are our more at risk citizens too, who turn up each and every day, rain, hail or shine to participate in Community House driven activities. To many, the Eaglehawk Community House is somewhat of a 'lifeline' – a place they can come to work and relax and enjoy the company of others; to build friendships; to share in chatter and laughter; to be busy and to

achieve things they didn't think they could. And to help other members of their Community. These people truly do have genuine hearts of gold and are to be admired.

The Eaglehawk Community House survives on more than 9000 volunteer hours each year just to get the basic day to day jobs like cleaning, gardening, cooking, administration done, to ensure the Community House is 'ready' every day to welcome our many visitors and to ensure they enjoy their time with us.

So, in the midst of the COVID 19 worldwide pandemic we all sat around our Community Room table and as a Team decided we wanted to remain at the Community House to continue to support our seniors and more vulnerable Community members. We started making phone calls to ensure those known to us were ok and to check up on their wellbeing. Initially, we received much food and fresh produce from several businesses that were forced to close down. So we also began making extra meals to offer to assist those most at risk so they didn't have to leave home so much and to help keep them safe. We also started to home deliver. Many of the Eaglehawk Community House Committee members are involved in this part of our program, also enjoying the satisfaction of being involved and engaging with our Community members in a positive way.





Since March 2020, we have provided around 500 meals to our Community members each week. And more than 100 hampers with fruit, vegetables, bread and milk, pantry staples and personal products are also distributed weekly. But we could be doing more.

But how do we pay for all this?

We are also very lucky to have the strong businesses and leadership groups that we have locally. The Community House did not have the funding to support a program of this calibre, especially as it grew with referrals from the Help Your Neighbour program, churches and schools. And the new emerging anxious requests from sometimes quite frantic people and loved ones reaching out for assistance for themselves and/or vulnerable family members of people they knew and couldn't be with or assist, due to their inability to travel and cross Community boundaries and/or visit loved ones in high risk groups, like grandparents.

So the strength in our Community is evident to see. Organizations, businesses, groups and individuals all coming together to offer and extend their contribution to the cause of supporting their Community members needing assistance in this time of crisis.

That's the meaning of 'Resilient Communities'





SINCERE THANKS!!!

The Eaglehawk Community House 'Happy Food Helpers' Team sincerely thanks the following for their support with funding, donations and contributions throughout the COVID 19 pandemic. This assistance has enabled the ECH to support the most vulnerable citizens in our Community with meals, pantry staples, hampers and personal products. **If you know of someone that may require our assistance, please do not hesitate to contact us on 54 46 8322.**

To the many people that donated on our Go Fund Me Campaign

- Eaglehawk Lions Club
- Lets Get Saucy Café
- Chef Shazzi – Camp Hotel Eaglehawk
- Bendigo Foodshare
- Foodbank Victoria
- Kirkland Lake Gold
- Empowering Eaglehawk
- Rotary Club of Eaglehawk
- City of Greater Bendigo
- Scotts Bendigo Pty Ltd
- Eagle Foods Australia
- J & K Law
- Bendigo Volunteer Resource Centre
- Steve Turner - Property Improvement Professionals
- Eaglehawk Community Network
- Tweed Sutherland Real Estate
- Help Your Neighbour Program
- Eaglehawk Community House Committee of Management
- One Way Gathering
- Department of Health & Human Services
- Bendigo Community Health Services Annual Coat Drive
- Jeff Westbrook - Liberty Finance
- Lisa Chesters MP - Volunteer Grants Program
- Hellers Australia - Moira Macs
- Dr Fahad
- The One Box
- Oz Harvest Hampers



Special thanks to McKern Steel who support us weekly through our Egg & Bacon brekkie program

And to the very special people who have donated funds and contributed to our Go Fund Me Campaign; offered their support with volunteering hours in our kitchen and food preparation areas and looking after the ECH; to our delivery Teams transporting meals to our most vulnerable citizens.... We thank you all and could not do all that we do without you.



Empowering
EAGLEHAWK



Bendigo Bank and Bendigo Telco are proud partners of Empowering Eaglehawk, enabling the donation of over \$1 million dollars back to the 3556 community. When connecting with the Bendigo Bank or Telco and link your accounts to Empowering Eaglehawk, a trailing commission will be donated back to Empowering Eaglehawk at no cost to the customer. Linking your banking at Bendigo Bank or your account at Bendigo Telco costs you nothing, but ensures vital funds are continuously distributed back into your local community.



To lodge a new enquiry or link your account, simply visit the Empowering Eaglehawk website for more details. <http://www.empoweringeaglehawk.org.au>

B Bendigo Bank

<https://www.bendigobank.com.au/branch/vic/bendigo-eaglehawk-bendigo-bank/#enquiryForm>



<https://www.bendigotelco.com.au/community-enterprise-partnerships>



Welcome to the Muslim Community.



Wednesday February 26th seems like such a long time ago, but it was such a special occasion for the Eaglehawk Community House staff and team members, Committee of Management and local citizens who warmly welcomed members of the Muslim Community to share morning tea.

Aptly called – Project Harmony - the morning tea was simply to make new friends and to feel encouraged to ask questions and have conversations around our Muslim residents' way of life. Attended by more than 50 people including local dignitaries and ward Councillors James Williams and Malcolm Pethybridge, and Andrea Metcalfe – representing the Mayor welcomed everyone and encouraged unity and acceptance for all of our citizens to call Bendigo and surrounds home.

Distinguished members of our Muslim Community including Sheik Attallah spoke eloquently and gave thanks for the invitation as extended by the Eaglehawk Community. The morning tea was attended by Dr Aisha Neelam from Bendigo Islamic Association, Conchita Ollivier, the Understanding Islam trainer with Bendigo Community Health Services, and Salwa Dastgeer who is the Cultural Diversity Officer with the City of Greater Bendigo.

And there was just as much excitement surrounding the importance of sharing food featuring Afghan savouries and Eaglehawk sweets were served in rather large quantities, something the Eaglehawk Community House is renowned for. Needless to say, no one left hungry.

A special highlight for guests was hand paintings by the very talented Henna Artist Beenish sharing her beautiful traditional designs and decorations. The Henna paint is specially made by Beenish and her devoted family members from natural products sourced and gathered locally.



Members of both communities continued to chatter, mingle and eat throughout the morning. Delighted listeners also appreciated the sharing of pictures of the designs for the new mosque currently under construction. Known as the Community Centre with the foundations for Stage One (multipurpose hall) having been laid.

All attendees agreed the morning tea was a significant event that broke down barriers and built understanding between groups that had no prior interaction.



The Eaglehawk Community House looks forward to hosting our next get together sometime in 2021.



Developing a plan for Virginia Hill Estate

June 2020



The Victorian Government is investing \$10 million to improve Virginia Hill Estate in Eaglehawk. Improvements to housing, public areas and connections with Eaglehawk will make the area a better place to live.

Community input will help guide the improvements, with a masterplan setting out the plans for change.

In March 2020 we asked the community what they think of the proposed key directions for change for Virginia Hill Estate.



Thanks to everyone who shared their feedback

What we heard

The feedback showed agreement with the previously identified issues and support for the proposed key directions for change. We heard that the community wants to see better public spaces; connections to surrounding areas; and improved community cohesions by integrated public and private houses. With this input we're currently developing the plan.

What's next and how you can learn more

Later in 2020, we'll seek community feedback on the draft masterplan.

To learn more and stay informed about the Victorian Government's plans for Virginia Hill Estate and to view the community engagement report visit:


www.dhhs.vic.gov.au/virginia-hill-estate

Love Your local

How much do you love your local café, restaurant, pub, gym, retailer, hairdresser, beautician, market or florist?

Our local economy needs your help to bounce back after COVID-19 and the best way to do this is to support local small businesses.

So here's a little challenge, how many of these items can you tick off over the coming weeks?

Put this handy chart on your fridge and give it a go! 

Don't forget to follow and like your favourite small business online. Leave a positive review and share your love with others.



 Buy a coffee	 Get a hair cut	 Meet a friend for brunch
 Get your bike or boat serviced	 Buy flowers for someone you love	 Shop at a local market
 Get your nails done	 Update your wardrobe	 Buy a coffee
 Make a dinner reservation	 Buy a coffee	 Visit your favourite pub
 Buy a new BOOK	 Support your favourite retailer	 Buy a BIRTHDAY PRESENT
 Shop at a local market	 Cook a meal using local produce	 Visit your favourite café or bakery for lunch
 Pay it forward... SURPRISE SOMEONE!	 Shop at a local market	 Buy a new pair of runners
 Buy a coffee	 Buy a gym membership/return to the gym	 Enjoy your favourite take away
 Support your favourite retailer	 Pay it forward... SURPRISE SOMEONE!	 Buy a gift voucher



Our new One Way TV is an online channel that we launched during lockdown.

We're still getting into the swing of things, but we have some exciting episodes planned. Each episode goes for about 15-20mins.

Some of the segments we plan to do include profile community groups within Eaglehawk and surrounding areas, do some history segments, discover some hidden gems around our region that we could go and visit, have some testimonies, guest musicians, some practical simple cooking sessions, a short message and much more.

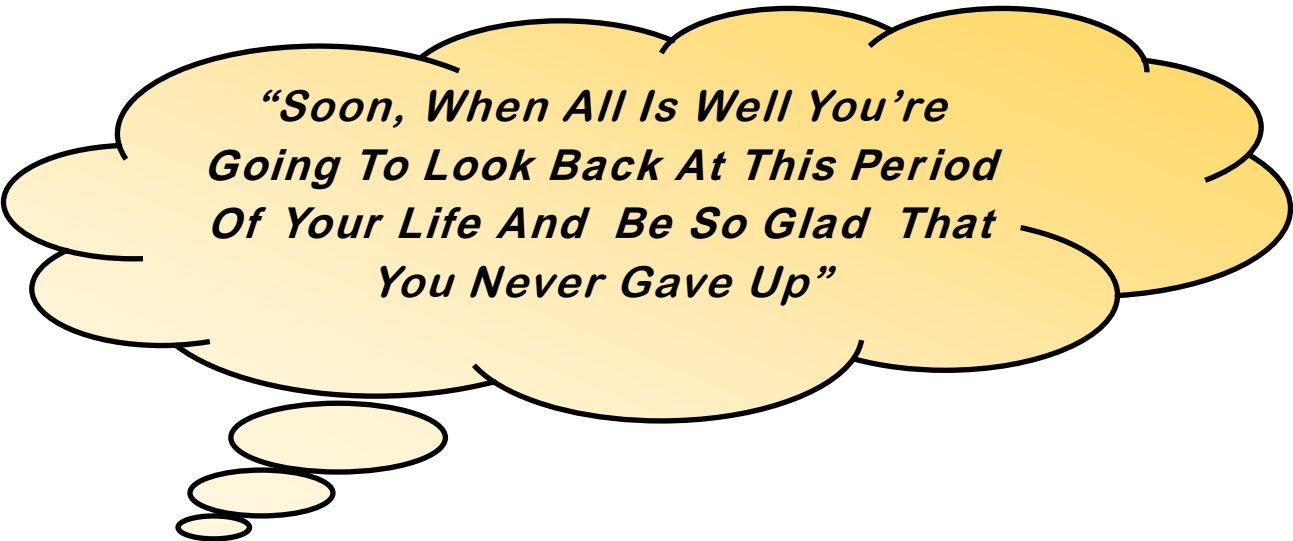
Each episode screens at 7pm Friday or 9am Sunday, where you can also join in the online chat if you want. Visit www.onewaygathers.org to tune in. The best thing is, you can watch in your pj's in bed!

If you miss an episode or want to catch up on any previous episodes, there's also a link to the youtube channel on the website.

Tune in 7pm Friday or 9am Sunday at www.onewaygathers.org

Church has changed, check it out!

Brought to you by One Way Gatherings,
a Christian church affiliated with the CRC International

A large, yellow, cloud-like thought bubble with a black outline and a tail pointing towards the bottom left. Inside the bubble is the text:

*“Soon, When All Is Well You’re
Going To Look Back At This Period
Of Your Life And Be So Glad That
You Never Gave Up”*

**We are working towards resuming some
of our regular activities at the
Eaglehawk Community House**

from Monday 4th October 2020 including

Tuesday Community Lunches **ONLY**

(No dinner at this stage)

Computer Classes (Mondays)

GCS Learn to Cook Classes (Tues & Fri mornings)

Tai Chi (Wednesday)

Meditation (Tuesday afternoon & evening)

Yoga (Saturday morning)

Art Group (Wednesday afternoon)

Craft Activities (Thursday morning)

**As there will be limited places available due to
distancing restrictions, please phone to book
and secure your place.**

5446 8322 Mon – Fri 9am - 3pm



19 Bright Street, Eaglehawk

Our Councillors Are Listening

As always, there is a lot happening at Council and a number of initiatives are well underway.

Three strategies are out for consultation - :

- Re-imagine the Bendigo Creek;
- The Food Systems Strategy and
- Greening Greater Bendigo

are all open for you to have your say.

They can be accessed by logging on to

<https://www.bendigo.vic.gov.au/About/Media-Releases/public-invited-comment-three-major-draft-strategies>

You can also visit the Council website to see the individual documents themselves and we encourage you all to provide feedback so we can create an even better strategy.

In local news - works have now been completed on the Avery's Road roundabout. We have received a lot of feedback from the engineering department regarding the safety and access of, and for, bike riders and trucks that use the intersection. We note this has resulted in further design work being undertaken for the new roundabout.

Tendering and the purchase of the light towers at Canterbury Park is underway and we look forward to these constructed on sight in the future. This is one of the final pieces of the jigsaw that will see Canterbury Park as a major venue for sporting and community events in Bendigo and we congratulate all those involved on the many years of development and reconstruction of the entire Canterbury Park complex and as always there is more to do with the impending upgrade of the Peter Krenz Leisure Centre.

Work has begun on the healthy hearts of Victoria outdoor fitness improvements in Long Gully and it would be great to see everyone using this wonderful trail to maintain your fitness. I reckon myself, Andrea and Mal could do a few laps.

The YMCA has purchased extra gym equipment and are busy rearranging the gym space at Peter Krenz LC including repurposing one of the squash courts to make a high intensity group workout space.

We encourage you all to get down and support your local heated pool and get fit.

The Star Cinema can now facilitate all activities planned to take place in the Eaglehawk Town Hall including bookings for events. (Currently Limited Numbers Apply)

As your Councillors in Whipstick Ward, we are rapt with the ongoing improvements of both the facilities and amenities in the Eaglehawk area. Although Covid-19 has slowed visitor numbers and bookings everywhere. Our fabulous community events, Dahlia & Arts, Eaglehawk Children's Festival and more will see more and more crowds attracted in the future

Eaglehawk truly is the place to be..!!

Kind regards,

James, Malcolm & Andrea.





Neighbourhood Watch

Let's watch out for each other

Neighbourhood Watch is full of tips and hints on the important issues like keeping your home safe.

Connect with Neighbourhood Watch today.



<https://www.facebook.com/NHW.Vic/>



<https://twitter.com/nhwvic>



<https://www.linkedin.com/company/neighbourhood-watch-victoria>



<https://www.instagram.com/nhwvic/>



<https://www.youtube.com/channel/UCjl6XndjNVesK3ToZCAAlfw>

Take Charge Of Your Life

Recommencing in

2021

Call For Dates

Eaglehawk

Community House

19 Bright Street, Eaglehawk

Phone: 5446 8322

Community Meals

**Returning Tuesday
6th October 2020**

Tuesday Afternoons

From 12 Noon

Tuesday Evenings (TBA)

From 5:30pm

Cost: Gold Coin

PLEASE Phone To Book

Eaglehawk

Community House

19 Bright Street, Eaglehawk

Phone: 5446 8322



“DELICIOUS & NUTRITIOUS”

This is the enthusiastic response from chef Narelle to my question – “What is the Grow Cook Share program all about?”



Grow Cook Share (GCS) is the brainchild of four local Bendigo groups – Bendigo Foodshare, the Salvation Army, Coliban Water, and the City of Bendigo and is funded through the Victorian government ‘Pick My Project’ grants program.

GCS is a community project designed to harvest fresh food from working gardens such as the Salvos Gravel Hill patch with aims to utilize trained staff such as Narelle to teach participants how to cook simple healthy meals using fresh seasonal produce.

Our trusty Community House cook Sabine was assigned and trained alongside chef’s Narelle and GCS Project Manager Ingrid, to work on bringing this awesome program to the Borough.

Three days later Sab returned with ideas and plans for recipes that she was soon ‘testing’ on volunteers at the House. Now Narelle and Sab are running their first Learn to Cook Workshops with happy participants and the results are delicious! Salads, desserts and main meals have all been created and participants receive a special GCS kit, including an insulated container for taking home the meals that they have prepared.

Check out our pictures to see Sab and Narelle and their creations including a bonus recipe on the next page

I asked Narelle how she became involved in the program and she told me that she has been ‘chefing’ since 1995 and is just completing her Bachelor of Health Science (Nutrition) at Latrobe. She has great connections to food programs through her career experience and training and declares that ‘food is who I am’. Sab has run cafes in the past and currently is in charge of our food programs at the Community House.

Together they make a great teaching and cooking team that may add some spice and flavors to your own cooking skills.

Both ladies are very excited about the future of this pilot program and would love to you to get on board. ‘Anyone can get involved with Grow Cook Share’ says Narelle, ‘all you have to do is come on down or ring Eaglehawk Community House on 5446 8322 or the Salvation Army in Gravel Hill and sign up for the next program and get started.’



Zucchini Slice or Muffins

Ingredients

- 5 Eggs (Lightly Beaten)
- 1 Cup Self Raising Flour
- 1 Large Onion (Finely Chopped)
- 2 Medium Zucchini (Grated)
- 1/2 Cup Parsley
- 1 Cup Grated Tasty Cheddar Cheese
- 1/4 Cup Olive Oil or
Monounsaturated Vegetable Oil
- 12-18 Cherry Tomatoes Sliced In Half



Method

1. Preheat Oven To 180 Degrees
2. Grease your muffin tray or slice tray with a small amount of oil
3. Add flour to beaten eggs and blend until smooth
4. Add zucchini, onion, cheese and oil to combine
5. Spoon into muffin tray or slice tray
6. Add 2-3 cherry tomato halves to each muffin or place over the top of the slice
7. Bake in oven for 30 minutes or until cooked through
8. Serve with a side salad

Tips

- Three rashers of chopped bacon can be added to this recipe if desired
- Zucchini can also be substituted for finely chopped capsicum and / or grated carrot to make up two cups of vegetables.

Egg & Bacon Brekkie

Thursday Mornings
8:00am to 9:00am

Eaglehawk Community House
19 Bright Street, Eaglehawk
Phone: 5446 8322



HELP YOUR *Neighbour*



Help Your Neighbour is a community in Central Victoria, taking care of our own. We share stories of kindness and support to help and encourage others to do the same. Connect with Help your neighbour for information on community support services, including food relief, health, education and financial management.

 www.facebook.com/helpyourneighbour.centralvic

 v.wiltshire@bendigo.gov.au

Unwanted Plastic Bags?

Please Bring To:

Eaglehawk Community House
19 Bright Street, Eaglehawk
Phone: 5446 8322



ECH Café

Is Coming

May 2021

19 Bright Street, Eaglehawk

Ph: 5446 8322





VOLUNTEERING

Volunteering is time willingly given for the common good without financial gain. It gives us the opportunity to participate and be passionate about an activity or a social cause which is close to our heart.

Volunteering encourages individuals to participate in community life. The focus is upon *doing* the activity as opposed to having the activity *done* for you. Being active is essential to our good mental health and wellbeing.

Bendigo Volunteer Resource Centre builds vibrant resourceful communities. We do this by promoting, facilitating, supporting and celebrating volunteering across central Victoria.



Each year we support over 3,000 individuals to connect to volunteering sharing their time and talents to support others linked to over 200 community groups.

BVRC assist community groups and organisation with promoting their meaningful volunteer opportunities, helping to identify the skills and knowledge need to assist the community organisation to delivery their services successfully.

Volunteering seeks to develop friendships, a feeling of belonging, a sense of being valued in your community, helps people of all ages meet and conquer new challenges and is provides an opportunity to develop supportive social networks.

Give a little, give whatever time you can manage, BVRC team will assist you to find the right meaningful volunteer opportunity to meet your needs.

Volunteering brings fun and fulfillment to your life, providing opportunities to explore new interest and passions.

BVRC promote best practise approaches to volunteer management in-line with National Standards for Volunteer Involvement. Our Team are available to provide one-on-one support to individuals or small groups on all matters pertaining to volunteering.

Our thanks to our partners, Eaglehawk Community House for allowing us to use their space for community volunteering discussions.



For info on volunteering opportunities contact Helen 0435 532 020



Expressions of Interest



General Member for the Committee of Management Of Eaglehawk Community House

Eaglehawk Community House invites Expressions of Interest from suitably qualified and experienced individuals interested in joining our Committee of Management.

We are seeking one voluntary member who has the enthusiasm, energy and commitment to support the local community and help us build a stronger community.

Meetings are held monthly (currently 1st Tuesday of the month at 5:30pm.)

Skills required:

- Fundraising/ philanthropy
- Marketing (sponsorship, brand building and events)
- Engagement with children, families and/or older persons
- Legal and governance

Please Note: We recognise that one individual will not have skills in all areas but are keen to ensure we build a Committee with a good mix of skills.

If you are interested in this position please contact
Eaglehawk Community House on 5446 8322 or
Email admin@eaglehawkcommunityhouse.com

for an expression of interest form.



*“Appreciate Good People,
They Are Hard To
Come By”*

FOOD FOR YOUR CH KS

The ECH often has food scraps which could be put to better use.

If you have chooks or have another use for our food and vegetable scraps, please let us know.



**Eaglehawk Community House
19 Bright Street, Eaglehawk
Phone: 5446 8322**



Egg Cartons For Annie

Please drop off your empty egg cartons to the Eaglehawk Community House and we will ensure they reach Annie from Bendigo Foodshare.

**19 Bright Street, Eaglehawk
Phone: 5446 8322**

Connect with your local library

Goldfields Libraries has plenty to share with you during Covid:

Library in your loungeroom



Library in your loungeroom brings you a range of eBooks, audio books, music, movies, newspapers, magazines, and more! These are free and easily accessible from the comfort of your own home.

Ask a
librarian

Do you have a question you need to ask your local librarian? Our librarians are on hand to help. Email your question through or call and leave your details and we'll be in touch.

Be connected



Stay socially connected with confidence. Do you need help using the internet? Are you 50 years or older? We can show you how to get the most out of your device and the internet.

Finding Connection



Could you or someone you know benefit from a friendly chat? We'd love to hear from you – give us a call on the phone number below to sign up for this service.

Programs to connect, inspire and learn

While our programs might look a little different, they are still happening and we would love you to pull up a chair in our online Library loungeroom and join us!

LIFE in Lockdown

To capture life during Coronavirus, we're inviting contributions from our communities. This may be a written story or poem, artwork, – anything that captures this moment.

www.ncgrl.vic.gov.au

Phone: 5449 2700

Email: bendigo@ncgrl.vic.gov.au



Goldfields
Libraries

Libraries
Change Lives

Long Gully Neighbourhood Centre (LGNC) is on the corner of Derwent and Humboldt Drives, Long Gully. We opened in 1984 and have become a thriving hub for the community of Long Gully.

Numerous groups use our facilities to gather during the week. We also have a number of services available. Some of them are:

Housing Help – A representative of Dept of Housing Services is available at the Centre on Tuesdays from 9.30am-10.30am. Contact 5434 5555 or the Centre for an appointment. ***(Postponed Until Further Notice)***

Let's Walk – Tuesdays @ 10am
30-40 minute trail walk through the recreation reserve, past the splash park, and community garden! Meet your neighbours, bring a friend (or come alone). Kids and prams are very welcome! ***(Postponed Until Further Notice)***

Free Bread – Every Wednesday bread is available at the Centre. Please feel free to drop in and collect some.



Long Gully Community Garden commenced in 2002 in response to a community need and continues to grow from strength to strength. ***(Please Phone For Information)***

Community Gardens are places where people come together to grow fresh food, to learn, relax and make new friends.

Community gardeners know that sharing land to grow food and other plants builds a sense of place and community.

The benefits of community gardening include:

- Easy access to fresh, nutritious food
- A sense of achievement that comes through growing some of your own food needs
- Making friends with people in the neighbourhood
- Improving the local environment
- Learning the skills of gardening
- Healthy outdoor exercise



Want to learn something new?

Is there an activity or program you would like to participate in or perhaps lead? We welcome ideas and suggestions – please feel free to call or drop in to the Centre.

For further information, please contact Long Gully Neighbourhood Centre,
2 Humboldt Drive, Long Gully
Ph. 03 5442 1165



or check out our Facebook page

<https://www.facebook.com/lgncorg/>



Yoga & Meditation

Returns October 2020

(Call To Confirm Dates)

Eaglehawk Community House

19 Bright Street, Eaglehawk

Phone: 5446 8322

\$5.00

Food & Personal Packs Assistance

Monday to Friday

9:00am - 2:30pm

Except Tuesday

12:30pm - 2:30pm

PLEASE Provide Own Bags

Be prepared to have your low income card checked by our friendly staff.

Eaglehawk Community House

19 Bright Street, Eaglehawk

Phone: 5446 8322

Resume Writing

Learn how to develop professional resume's and cover letters to help you get the interview for that dream job you've been seeking.

Eaglehawk Community House

19 Bright Street, Eaglehawk

Phone: 5446 8322



We want to add your business, sport or support organizations to our growing directory listing. Email us today for inclusion into the next edition.

magazine@eaglehawkcommunityhouse.com

Food & Drink

Borough Coffee Crema

43 High Street, Eaglehawk
Phone: 5446 2874

Cal Gully Fish Shop

309 Eaglehawk Road, California Gully
Phone: 5446 3849

Casa Diverso Café & Restaurant

48 High Street, Eaglehawk
Phone: 5446 1111

Eaglehawk Bakery

80 High Street, Eaglehawk
Phone: 5446 9067

Eliades Fish & Chips

18 High Street, Eaglehawk
Phone: 5446 3649

It's Your Pizza

53 High Street, Eaglehawk
Phone: 5446 3899

KFC

96-98 High Street, Eaglehawk
Phone: 5446 9736

Lets Get Saucy

88A-B Victoria Street, Eaglehawk
Phone: 5446 9111
Monday to Friday 7:30am - 3:00pm

Lucky Yeoh Chinese Take Away

51 High Street, Eaglehawk
Phone: 5446 3333

McDonalds (California Gully)

2 Stafford Street, California Gully
Phone: 5446 2424

Peppermill Pantry

3/89 High Street, Eaglehawk
Phone: 5446 2900

Sandhurst Road Milkbar & Take Away

28 Sandhurst Rd, Bendigo
Phone: 5446 8712

Seashells Fish & Chips

55 High Street, Eaglehawk
Phone: 5446 3388

Subway

39a High Street, Eaglehawk
Phone: 5446 8334

The Allies Hotel

181 Loddon Valley Hwy, Myers Flat
Phone: 5446 8291

The Borough Club

2/4 High Street, Eaglehawk
Phone: 5446 1000



The Borough Fish Shop

39 High Street, Eaglehawk
Phone: 5446 8945

The Camp Hotel

35 High Street, Eaglehawk
Phone: 5446 8888

Whitehorse Hotel

305 Eaglehawk Rd, California Gully
Phone: 5446 3864

Retail

Aldi

4-8 Peg Leg Road, Eaglehawk
Phone: 13 25 34

ASQ Garden & Landscape

187 Upper California Gully Rd
California Gully
Phone: 5446 1739

Cal Gully Quality Meats

317 Eaglehawk Road, California Gully
Phone: 5446 8227

Cal Gully Post Office

313 Eaglehawk Road, California Gully
Phone: 5446 8238
Monday to Friday 8:30am - 5:30pm
Saturday: 9:00am - 11:00am

Eaglehawk Floral Boutique

32-34 High Street, Eaglehawk
Phone: 5446 9696
Monday - Friday 8:30am to 5:30pm
Saturday 8:30am to 12:30pm

Eaglehawk Newpaper & Tatts

27-29 High Street, Eaglehawk
Phone: 5446 8202

Eaglehawk Post Office

90 Victoria Street, Eaglehawk
Phone: 5446 8305
Monday to Friday 9:00am - 5:00pm
Saturday 9:00am - 12:30pm

Fitzpatricks Home Hardware

320 Eaglehawk Road, California Gully
Phone: 5430 1000

Grant Rule Fashion

38 High Street, Eaglehawk
Phone : 54 46 8206
Mens & Ladies Fashion

Hartley's Hunting & Tackle

8 Stafford Street, California Gully
Phone: 5443 5669
Outdoor & Hunting Gear

Majors Eaglehawk Sports

25 High Street, Eaglehawk
Phone: 5446 8263
Bikes, Footwear & Fashion

Meat Matters

74 High Street, Eaglehawk
Phone: 5446 2599
Quality Meat

Roger King's Super IGA

93 Victoria Street, Eaglehawk
Phone: 5446 9755
Proudly Serving Eaglehawk



Rotary Bookshop

30 High Street, Eaglehawk
Phone: 5446 8026
Saturday 10:00am to 12 Noon.

St Vincent De Paul

Op-Shop & Bargains
23 High Street, Eaglehawk
Phone: 5446 9333

Assistance Centre
82 High Street, Eaglehawk
Phone: 5446 1050

William Farmer Funeral Directors

12 Victoria Street, Eaglehawk
Phone: 5446 7660

Industrial, Trade & Services

Bendigo Mobility Services

Mobility Repair & Maintenance
3/89 Victoria Street, Eaglehawk
Phone: 5446 2012

Caprine Capers & Stentwood

Top Quality Milking Goats & Angoras
185 Booth Road, Woodvale
Phone: 5446 9929

Dunstone Bros Plumbing & Roofing

Hot Water, Solar, Gas & Drainage
179 Allies Road, Maiden Gully
Phone: 5446 1535

Eaglehawk Hire

General Hire
92-94 Wood Street, Eaglehawk
Phone: 5446 7877

Eaglehawk Recycle Shop

189 Upper Gully Road, Eaglehawk
Phone: 5446 3467

Eaglehawk Recovery Yard

123 Upper Gully Road, Eaglehawk
Phone: 5446 3649

H & V Pearce

Engine Reconditioning & Parts
80 Wood Street, California Gully
Phone: 5446 9000

Joyce Industries

Rubbish Removal
7 Whitfield Court, California Gully
Phone: 0409 423 891

Majors Trailers

Trailer Build & Sales
17 Victoria Street, Eaglehawk
Phone: 5446 1629

Natrad Eaglehawk

Radiator & Auto Care Specialists
220 Upper Gully Road, Eaglehawk
Phone: 5446 7385

R & J Moss Auto Electrics

Automotive Electricians
315 Eaglehawk Road, Eaglehawk
Phone: 5446 7244

Rosiland Carpets

The Floor Covering Experts
2 Sailors Gully Road, Eaglehawk
Phone: 5446 8160



Scott's (Bendigo)

Metal Fabrication

19 Victoria Street, Eaglehawk

Phone: 5446 8498

Skips Skate Shop

1/8 Sailors Gully Road, Eaglehawk

Phone: 5446 9432

Tim Miller Electrical

Installation & Maintenance

26 Curtain Street, Eaglehawk

Phone: 0427 508 490

Tucks Windows

Windows & Wardrobes

42 Sandhurst Road, Eaglehawk

Phone: 5446 8855

Business & Services

Commonwealth Bank

11 High Street, Eaglehawk

Phone: 5446 7200

Consultum Financial Advisors

61 High Street, Eaglehawk

Phone: 5446 3809

Hi Tech ICT

Business Comm Solutions

1 Somerville Street, Bendigo

Phone: 5440 5555

Authorized Telstra Dealer

Flack Advisory

Financial Planners

47 Napier Street, Eaglehawk

Phone: 5446 3463

Philip J Eddy & Partners

Certified Practising Accountants

61 High Street, Eaglehawk

Phone: 5446 9855

Select Property Group

Your Local Real Estate Agency

19 High Street, Eaglehawk

Phone: 5446 8524

Vision Broking Group

Investments Loans & Finance

2/57 High St, Eaglehawk

Phone: 0408 470 088

Workspace Australia

Industrial & Office Space

118 King Street, Bendigo

Phone: 5444 5228

Health & Well Being

Bendigo Community Health Services

3 Seymoure Street, Eaglehawk

Phone: 5434 4300

Bendigo Eyeworks

Competitive Eye Care

Shop 5 Canterbury Walk

17 High Street, Eaglehawk

Phone: 5446 7780

Eaglehawk Hearing Clinic

Locally Owned Hearing Service

13 High Street, Eaglehawk

Phone: 5446 3399

Eaglehawk Medical Group

Your Local Doctors

87 Victoria Street, Eaglehawk

Phone: 5446 3499



Eaglehawk UFS Pharmacy

Save Shopping Locally
50 High Street, Eaglehawk
Phone: 5446 8203

eCruise Travel

Local Travel Specialists
58 High St, Eaglehawk
Phone: 5446 1888

Remembrance Parks

5 Victoria Street, Eaglehawk
Phone: 1300 266 561

The Massage Shop

406 Eaglehawk Road, Eaglehawk
Phone: 5446 3049

Tristar Medical Group

Bulk Billing
13-21 Peg Leg Road, Eaglehawk
Phone: 5446 7755

Sport & Recreation

Eaglehawk Athletics Club

38 Havlin Street West, Bendigo
Phone: 0417 881 442

Eaglehawk Bowling Club Inc

Lot 3 Simpsons Rd, Eaglehawk
Phone: 5446 8515

Eaglehawk Citizens Brass Band

27 Peg Leg Road, Eaglehawk
Phone. 0400 590 350

Eaglehawk District Tennis Assoc.

Coaching, Social & Competitive Play
Phone: 0408 354 375

Eaglehawk Football & Netball Club

Amateur Mens & Women's Sport
Canterbury Park, Eaglehawk
Phone: 5446 8046

Peter Krenz Leisure Centre

22 Napier Street, Eaglehawk
Phone: 5446 9222

Education & Training

Axis Employment

56 Queen Street, Bendigo
Phone: 5441 400

California Gully Primary School

4/14 Staley Street, California Gully
Phone: 5446 8393

Eaglehawk Preschool

15 Bright Street, Eaglehawk
Phone: 5446 8691

Eaglehawk Primary School

Church Street, Eaglehawk
Phone: 5446 3722

Eaglehawk North Primary School

Franklin Street, Sailors Gully
Phone: 5446 8366



Eaglehawk Secondary College

Reserve Street, Eaglehawk
Phone: 5446 8099

Lightning Reef

Early Learning Centre
74 Holmes Road, Bendigo
Phone: 5444 6666

Primary School
74 Holmes Road, Bendigo
Phone: 5443 2501

Neangar Preschool

24 Watsons Avenue, Eaglehawk
Phone: 5446 9767

St Liborius Primary School

379 Eaglehawk Road, Eaglehawk
Phone: 5446 9172

The Personnel Group

2/59 King Street, Bendigo
Phone: 5410 0032

Community

Eaglehawk Heritage Society

Museum & Research Centre
Sailors Gully Rd, Eaglehawk
Phone: 5446 9528

Eaglehawk Library

Tuesdays, Fridays & Saturdays
Next to Eaglehawk Town Hall
Phone: 5446 7377

Rotary Club of Eaglehawk

Service Above Self
P.O Box 52, Eaglehawk
Ph. 0417 562 952

Star Cinema

Eaglehawk Town Hall
Phone: 5446 2025

Y Service Club of Eaglehawk

YMCA Social Club
C/- Peter Krenz Leisure Centre
Phone: 5446 8193

Our Local Members

Andrea Metcalf

City of Greater Bendigo
15 Hopetoun Street, Bendigo
Phone: 0499 009 096

Jacinta Allan MP

Member For Bendigo East
107a Mitchell Street, Bendigo
Phone: 5443 2144

James Williams

City of Greater Bendigo
15 Hopetoun Street, Bendigo
Phone: 0427 211 677

Lisa Chesters MP

Federal Member For Bendigo
Cnr Williamson & Myers St, Bendigo
Phone: 5443 9055

Malcolm Pethybridge

City of Greater Bendigo
15 Hopetoun Street, Bendigo
Phone: 0427 376 983



Maree Edwards MP

Member For Bendigo West
16 Lockwood Road, Kangaroo Flat
Phone: 5410 2444

Neighbourhood Houses

Eaglehawk Community House

Monday - Friday 9:00am to 3:00pm
19 Bright Street, Eaglehawk
Phone: 5446 8322

Bendigo Neighbourhood Hub

Monday - Friday 9:00am to 4:00pm
155 Crook Street, Strathdale
Phone: 5441 2515

Kangaroo Flat Community House

Monday - Thursday 9:00am to 3:00pm
56 Thomas Street, Kangaroo Flat
Phone: 5447 9687

Long Gully Neighbourhood Centre

Monday - Thursday 9:00am to 4:00pm
52-54 Derwent Drive, Long Gully
Phone: 5442 1165 or 5443 0098

Marong Neighbourhood Centre

Open Monday to Thursday
39 High Street, Marong
Phone: 5435 2486

Learn To Cook

**2020 Course Dates
(Call For Details)**

**COST: \$5.00
(Weekly)**



Safe, Easy

Beginning Weeks Of

Monday 19th October

-

Friday 23rd October

&

Monday 16th November

-

Friday 20th November

Christmas Lunch

Tuesday 8th December

Bookings Essential

Eaglehawk Community House

19 Bright Street, Eaglehawk

Phone: 5446 8322



COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND.



30 actions to look after ourselves and each other as we face this global crisis together. Please use & share 

1 Make a plan to help you keep calm and stay in contact

8 Take five minutes to sit still and breathe. Repeat regularly

15 Make some progress on a project that matters to you

22 Find positive stories in the news and share these with others

29 Connect with nature. Breathe and notice life continuing

2 Enjoy washing your hands. Remember all they do for you!

9 Call a loved one to catch up and really listen to them

16 Rediscover your favourite music that really lifts your spirits

23 Have a tech-free day. Stop scrolling and turn off the news

30 Remember that all feelings and situations pass in time

3 Write down ten things you feel grateful for in life and why

10 Get good sleep. No screens before bed or when waking up

17 Learn something new or do something creative

24 Put your worries into perspective and try to let them go

4 Stay hydrated, eat healthy food and boost your immune system

11 Notice five things that are beautiful in the world around you

18 Find a fun way to do an extra 15 minutes of physical activity

25 Look for the good in others and notice their strengths

5 Get active. Even if you're stuck indoors, move & stretch

12 Immerse yourself in a new book, TV show or podcast

19 Do three acts of kindness to help others, however small

26 Take a small step towards an important goal

6 Contact a neighbour or friend and offer to help them

13 Respond positively to everyone you interact with

20 Make time for self-care. Do something kind for yourself

27 Thank three people you're grateful to and tell them why

7 Share what you are feeling and be willing to ask for help

14 Play a game that you enjoyed when you were younger

21 Send a letter or message to someone you can't be with

28 Make a plan to meet up with others again later in the year



“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl



ACTION FOR HAPPINESS

www.actionforhappiness.org

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: www.actionforhappiness.org/10-keys



HELP US TO STAY OPEN

Please ask the question.

At the Eaglehawk Community House we are always here to help you in any way that we can but please if you are feeling unwell, stay home. It might just be the slightest sniffle or sore throat, but this could be enough to force the Eaglehawk Community House to close to our community for weeks.

Phone instead and speak with our friendly Team Members.



Eaglehawk Community House

19 Bright Street, Eaglehawk

5446 8322

eaglehawkcommunityhouse.com

admin@eaglehawkcommunityhouse.com