THE RECALL

Where obedience meets fun

NEWSLETTER • TERM 4 2025



Established 1963

From the Executive

I can't believe we are already into Term 4!

It's great to see so many members participating in training – in all conditions! And across a range of disciplines. We had some wet and wild weather in Term 3, so well done to those who continued their engagement and training with your special fur friend. It was rewarding to read the class assessments and to print off graduation certificates for many of you. I hope each class participant has clarity on progress and is looking forward to learning more in Term 4.

There have also been a number of members competing and taking home invaluable lessons or even qualifying passes and titles. Congratulations to all our members who have celebrated small and large achievements.

Whether a social engagement focus or a competition focus, building skills together strengthens your bond with your dog. And that is always rewarding.

Our club continues to evolve and grow our offerings – Tricks classes on Tuesday evenings; Puppy and Beginner classes on Wednesdays; Scent Work classes on Thursdays; and Agility, Obedience and Rally classes on Sundays.

All of these classes rely on volunteer instructors. Term 3 was a challenge to have all our classes available due to instructors (and our President) being away for extended holidays,

away for work, or competing themselves during a busy competition season. So if you are interested in supporting our Club as a trainee or assistant instructor, please reach out to me via bendigoodcsecretary@gmail.com.

We have bucket loads of exciting developments in the pipeline: workshops, new Club merchandise, class content reviews, community demonstration days, beginner classes for Tricks, Scent Work and Agility. Watch out on Facebook for announcements and how to participate. AND new toilets at club grounds. (Yep, we will be excited to farewell the portaloos at the end of the year!)

The weekend of November 1st and 2nd is our Agility and Jumping trial. It's always a great two days of exceptional dog performance and handling skills. If you have ever wanted to try Agility, a great way to learn more is to volunteer at a trial. See the call out for helpers later in the newsletter.

Finally, mark the last club training day of term in your calendar. A fun day of dog and handler games, demonstrations and the ever popular 'dress up' competition. We would love to see you there to celebrate what we have achieved together.

Alex

Obedience Class times

Baby Puppy classes

Wednesday 9.15-9.45am

Older Puppies

& Advanced Beginners

Wednesday 6.00-6.30pm

Beginners

Wednesday 7.00-7.30pm

Classes 1, 2, 3

Sunday 8.30-9.00am Term 1

9.30-10.00am Terms 2, 3 & 4

Classes 4 & 5

Sunday 9.30–10.00am Term 1

10.30-11.00am Terms 2, 3 & 4

Term dates 2025

Term 4 Induction: 8th October (New members)

Wednesday Training: 15 October – 3rd December Sunday Training: 12 October – 7 December

Club dates to remember

Saturday 1 & Sunday 2 November – Agility and Jumping Trial **Sunday 7 December** – End of Year Fun Day (Christmas)

Return dates 2026

Term 1 Induction: 28th January (New members)

Wednesday Training starts 4th February

Sunday Training starts 1st February

Keep an eye on our website and Facebook page for full 2026 dates.



Meet your Committee

Meredith Marshall		
Denise Chrystal		
Alexandra Gartmann		
Sarah Crocker		
Committee members		
Rob Hopman		
Clive Hughes		
Sian James		
Deb Wain		
Bryn Wedgeford		

Committee Spotlight

Name: Julie Booth

Why I joined the committee:

I joined the committee to be more involved with Club activities whilst spending time with like-minded people.

Dog's name/s: Zariah

Activities I do with my dog at the Club: Obedience, Tricks, Scent

Work, and Tracking.

Fun fact: This one is about Kelpies! The highest price paid for a kelpie puppy was \$50,000 at the Perth Royal in 2024.



Why I joined the committee:

I've been a member for a few years and I joined the committee so I could give back. I respect what the Club does to help people enjoy their time with their dogs and I hope I can also help.

Dog's name/s: I have two German Shepherd – Coco is nearly five and Nyssa is nearly 4.

Activities I do with my dog at the

Club: The great thing about the Club is that you have the opportunity to try out lots of different dog sports. Coco has tried Tricks, Scent Work, Rally, Agility and Sprint Dog, and I'm really looking forward to competing in Tracking with her. Nyssa has competed in Lure Coursing and I know she will love Tracking.

Fun fact: Coco is a Christmas baby born on Christmas Day 2020.



Volunteers make our Club tick

Bendigo Obedience Dog Club has been operating for 60 years and over that time many, many volunteers have contributed to supporting thousands of dogs and owners to have a more positive relationship.

From instructing to helping classes, to keeping grounds maintained and helping communicate opportunities and insights. There have also been many volunteers who have worked to help the Club operate efficiently, develop new training programs, and create facilities in which we can learn with our beloved canine companions.

From time to time you might hear about events or trials being hosted by our club. There are always plenty of opportunities to help out at these dynamic days. Coming to and volunteering at an event is also a great way to see what that aspect of dog training is about and maybe to find a new outlet for you and your dog to pursue with BODC.

We can't thank our volunteers enough for all the time they offer – which when taken collectively is hundreds and thousands of hours over the history of the Club – so that the Club can be a vibrant and active hub for Obedience and other dog training.

Are you interested in volunteering at BODC?

Talk to a committee member or email bendigoodcmembers@gmail.com to find out more.

Have a question for Bendigo Obedience Dog Club?

Talk to one of our committee at training, or email **bendigoodcmembers@gmail.com**



A 'tail' of the 2025 Obedience and Rally Trial

Bendigo Obedience Dog Club held its annual Obedience and Rally trial on Sunday 17th August at the Finn Street Recreation Reserve with 98 dogs entered and approximately 70 competitors and their families from all over the state, and a couple from interstate. This event is one of many events we hold annually at the grounds in addition to our regular training.

Country trials are always a lovely day full of support, encouragement, friendship, achievements, and the gaining of insights. But a trial does not miraculously happen – there are hours, days, and weeks of work put in by many behind the scenes to bring a perfect day to fruition. Trial Secretary Sarah Crocker, Club members, and generous volunteers all pitch in for a range of planning tasks, set up, stewarding, cooking, pack up and reporting.

There were four rings running throughout the day – two for Obedience and two for Rally.

Obedience trials demonstrate the dog and handler's ability to work together with precision and publicly show the training they have done to achieve this. It is essential that the dog demonstrates willingness and enjoyment when working, but handlers can only give single commands to the dog for each exercise.

Classes (the levels that dogs and handlers trial in) are designed to be progressive, allowing the dog and their handler to grow their skills and experience as titles are earned. There are seven levels of obedience in Australia: Community Companion Dog (CCD), Companion Dog (CCD), Companion Dog (CD), Companion Dog Excellent (CDX), Utility Dog (UD), Utility Dog Excellent (UDX), Obedience Champion (O. CH), and Grand Champion (O. GR.CH.). These titles become more challenging as they progress.

Rally aims to provide a fast-moving and motivational sport for both dogs and their handlers, requiring them to work as a team to complete various exercises in a set course that demonstrates competency in basic obedience exercises.

Handlers are allowed to walk the course to become familiar with it before competing. The Rally course is set out with numbered stations including a start and finish. Handlers and their dogs navigate the course by following the numbers and carrying out the exercises shown on the sign positioned at each of the numbered stations. Dogs work in the "Heel" position between exercises. Handlers can direct their dog by talking, encouraging with praise, and patting unless specified in the rules.

At the entry-level of Novice, dogs negotiate a course having between 10 and 15 stations (not including the start and finish) and work on lead during the test. There is a total of 76 stations available to be placed on a Rally course, gradually increasing in complexity as the level of Rally becomes higher. The higher levels of Rally – Advanced, Excellent and Master – use up to 24 stations including many of the more complex ones and dogs are required to navigate the course off lead with their handlers.

Alexandra Gartmann

Congratulations to the following club members who received the club member Highest Qualifying Score for Obedience & Rally and those who competed with their dogs in the following classes:

Highest Qualifying Score Obedience - Deb Wain & Pyxis (96/100 in CCD)

Highest Qualifying Score Rally – Erica Schelfhorst & Pi (98/100 in Rally Excellent)

RALLY RESULTS Rally Novice AM Rally Advanced AM Jan Moore & Squizzy Jan Moore & Tilly Donna Blanks & Hugo Sandra Price & Lexi Max Donovan & Tosh (Q) Deb Wain & Pyxis Lynne Murdoch & Fancy Fire Fly (Q) James Browne & Sheree Alex Gartmann & Murray Sian James & Maggie (Q) Alex Gartmann & Ruby (Q) Sian James & Badger Sarah Crocker & Jav (O) Rally Excellent AM Erica Shelfhorst & Pi (Q) Bryn Wedgeford & Torben (Q) Barbara Farwell & Bingo Heather Turpie & Tia Dale Cousins & Coco (Q) Rally Master AM Damian Holden & Chook Eileen Perry & Jazzy

Rally Novice PM

Jan Moore & Squizzy
Donna Blanks & Hugo (Q)
Max Donovan & Tosh (Q)
Lynne Murdoch & Fancy Fire Fly
Alex Gartmann & Murray (Q)
Alex Gartmann & Ruby (Q)
Sarah Crocker & Jay
Dale Cousins & Coco (Q)
Barbara Farwell & Bingo
Bryn Wedgeford & Torben (Q)

Erica Shelfhorst & Cheeky (Q) Rally Advanced PM

Jan Moore & Tilly Sandra Price & Lexi Deb Wain & Pyxis (Q) James Browne & Sheree Sian James & Maggie Sian James & Badger (Q)

Rally Excellent PM

Erica Shelfhorst & Pi (Q) Heather Turpie & Tia

Rally Master PM

Eileen Perry & Jazzy
Erica Shelfhorst & Cheeky

OBEDIENCE RESULTS

CCD Community Companion AM CCD Community Companion PM Sarah Crocker & Bolt Sarah Crocker & Bolt Dale Cousins & Coco Dale Cousins & Coco

Bryn Wedgeford & Torben Alex Gartmann & Murray James Browne & Smokie

Deb Wain & Pyxis (Q)

CD Community Dog AM
Damian Holden & Chook
Christine Spicer & Macey

CDX Open AM
Merle Hopman & Jess

Merle Hopman & Jess
Pauline Gardner & Buster

Dale Cousins & Coco Deb Wain & Pyxis (Q) Bryn Wedgeford & Torben Alex Gartmann & Murray James Browne & Smokie

CDX Open PM

Merle Hopman & Jess



Did you know that Bendigo Obedience Dog Club is a CDS Vic Donation Partner?

What does this mean?

This means that the club is part of the **Container Deposit Recycling Scheme** and you can choose to donate your 10c deposit for bottles and cans to support our club.

How can I participate?

On your CDSVic App, you can select to donate your refund total; or when you return you containers to a collection point for refund, scan the barcode shown here.

The club has copies of the barcode laminated that you can keep handy in your car/wallet etc. If you would like one, please ask one of the team after training.



PLEASE DO NOT BRING CONTAINERS TO THE CLUB!

To find CDS locations go to: https://cdsvic.org.au/locations



The Agility trial is our last one for the year!

Can you assist?

We are on the lookout for volunteers:

- Set up and pack up each day
- · Ring stewards
- Scribes
- · Catering assistance
-plus many more!

If you can help please write your name down on the list available at training, or email Sarah C via sazinafrica@yahoo.com

End of Year Fun Day!

Sunday 7 December

Dress up competition... It's all things Christmas, so come along dressed up and don't forget your dog! Prize categories include Best Dressed Dog, Best Dressed Handler, and Best Dressed Pair.

There will be team games... Dog tic tac toe, water cup race, and obstacle challenge.





Meet the instructors

TERM 4		
Wednesday Classes		
Baby puppies (9.15am)	Denise Chrystal	
Older puppies (6pm)	Meredith Marshall, Alexandra Gartmann, Sarah Franks	
Advanced Beginners (6pm)	Rob Hopman, Merle Hopman	
Beginners (7pm)	Meredith Marshall, Alexandra Gartmann, Sarah Franks	
Sunday Classes		
Class 1 (9.30am)	Sarah Crocker, Clive Hughes	
Class 2 (9.30am)	Bryn Wedgeford	
Class 3 (9.30am)	Merle Hopman	
Class 4/5 – social (10.30am)	James Browne	
Special Disciplines		
Agility (Sunday morning*)	Meredith Marshall, Alexandra Gartmann, Sarah Crocker	
Beginners Agility (Thursday night*)	Meredith Marshall	
Tricks (Tuesday night*)	Denise Chrystal, Nicole Crameri	
Scent Work (Thursday night*)	Heather Turpie, Sandra Price	
Assistant Instructors		
Clive Hughes, Sian James, Max Donovan, Jodie Bajada		

^{*} Please contact and check times with instructors.

What activities can I do with my dog at BODC?

Bendigo Obedience Dog Club supports members looking to do different activities with their dogs. The Club has training/ workshops in different disciplines and instructors offer help and training advice.

- Tracking
- Rally
- Track and Search
- Obedience
- Agility
- Scent Work
- Tricks

Do any of these interest you?

Further details will be available on our website soon. In the meantime. speak to one of our instructors or email bendigoodcmembers@gmail.com

Instructor Spotlight

Name: Rob Hopman

Why I became an instructor:

Having been in the Club for several years I enjoyed the experience, advice and company of other instructors and Club members. I felt I had sufficient skills to develop a meaningful role as an instructor, thereby giving something back to the Club. I have enjoyed meeting many of



our members and dogs, sharing successes and frustrations.

Dog's name: Speaking of frustrations... My dog's name is Ben! Activities I do with my dog at the Club: I mainly work on Obedience and Rally at the moment. We might try Tracking in the future.

Fun fact: I have been a member of the Victorian Male Welsh choir for 22 years. As part of our repertoire we sing in the Welsh language, but I still don't have much of an idea of what I am singing about. We also sing in Latin, French, German, Italian and Srilankan. No wonder my brain hurts.

Name: Denise Chrystal Why I became an

instructor: I became an instructor in 1974 after the then head instructor at the time, Anne Bernhardt, asked me if I would be interested in instructing at the 1973 Christmas breakup.

Dog's names: Kristy, Kylie, Alister, Della (GSD),



Ebony (Pug), Oscar, Georgia, Henri, Rossi, Winnie, Abby, Ruby, Franka, Rey, Lewis, Charlie, Millie, George, Taylor, Timothy, Maggie, and Dotti, co-owned (Papillons).

Activities I do with my dog at the Club: We participate in all the disciplines offered at the Club plus some more that we pursue elsewhere.

Fun fact: I think I'm the longest continuous and active member of the Club. Yes, I'm old.



Congratulations Graduates - Term 3

Congratulations to handlers and their dogs on their graduation in Term 3.

If you do not see your name in the Graduations list, and have not chatted with your instructor, please check with them.

Graduation information

- Handlers and dogs graduate at the end of term if they are ready.
- Graduation is judged on the overall progress made throughout the term and the handler's ability to utilise the training methods.
- There is no formal graduation test.
- Instructors will discuss graduating with handlers and dogs not ready to go into the next class level.
- Instructors welcome questions from handlers and will endeavour to assist where possible.

Scan the code to find out more



www.bendigoobedienceclub.com/ obedience-training.asp

Baby Puppies to Older Puppies	Older Puppies to Advanced Beginners
Jodi with Dexter	Anton with Bindi
Bronwyn with Rusty	George with Hennessy
Stacey with Theo	Liz & Phil with Scooby
Emma with Jonno	Phillip with Norman
Melissa & Nic with Charlie	Tarran with Stormie
Dianne & Erin with River	Victor with Linguini
Shannon with Stanley	
Older Puppies to Class 1	Advanced Beginners to Class 1
Chris with Rusty	Barbara with Halo
James with Vino	Chevelle with Skye
Spencer & Emily with Kosta	Faye with Bella
Stacey with Atlas	Imogen with Bailey
	Tania with Louey
Class 1 to Class 2	Class 2 to Class 3
Helen with Betty	Jodie with Tazzie
James with Turbo	Julie with Zariah
Jenny with Teddy	Juliet with Molly
Michelle with Sunni	Leesa with Gingi
Tori with Sullivan	Olivia with Chilli
Class 3 to Class 4	Shania with Bailey
Chris with Hank	Tanya with Rocket
Gina & David with Lunna	Trish with Poppy
Sarah with Pippa	
Sharnee with Chili	200



Taylor with CeCe
Viv with Sullivan



Education: Dog Health and Wellbeing

Obesity in dogs is increasing at an alarming rate. Research indicates that 33.5% of all dogs are overweight with a further 8% being obese. Over-feeding and under-exercising are the leading causes of increased weight in dogs, closely followed by what is being fed.

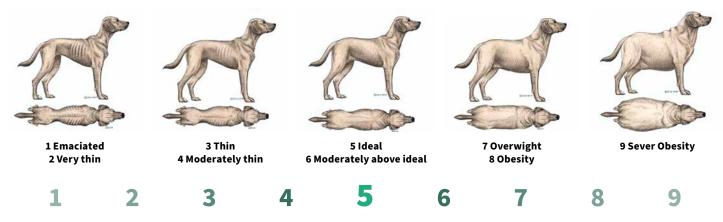
When we talk about over-feeding, it includes giving too many meals per day, too much at each meal, feeding poor quality foods, and giving too many treats. Studies also show that neutering and age can increase the likelihood of weight gain. This extra weight has an impact on the health and wellbeing of our dogs.

The health consequences can include heart disease, diabetes, joint and muscle issues, gut health, and a reduced lifespan. Our dogs are already not with us long enough so we don't want their weight to impact that further. Their quality of life is also impacted by weight because it can cause decreased mobility, lower energy, and cause pain.

Recognising the Problem

To look after our dogs, it's important to be able to evaluate their body condition, fat accumulation, and nutritional status.

The scale ranges from 1 (emaciated and extremely underweight) to 9 (dangerously obese with an extreme amount of body fat). An ideal body score is typically a 4 or 5 with a healthy amount of muscle and body fat.



Feeding

A good starting point for feeding a dog based on their weight in kilograms is to aim for 2–3% of their body weight per day. This can be adjusted based on their activity level and individual needs. For example, a healthy 10kg dog would need approximately 200–300 grams of food per day.

As a general rule, puppies and underweight dogs will need more than this (closer to 4–6%). Very active dogs could need up to 5% and overweight dogs should be fed closer to 2% of their body weight. Less active dogs will also likely need to be fed towards the lower end of the scale. The type of food (dry, wet, raw, etc.) can affect how much food you need to feed.

Every dog is different, so adjust the amount of food based on your dog's individual needs and activity level. If you're unsure about how much to feed your dog, it's always best to consult with your vet.

Sian James

Performing an At-Home Body Condition Check

- 1. Rib Check You should be able to easily feel your dog's (or cat's) ribs when you gently run your fingers along their side. A healthy-weight pet will have a thin layer of fat over the ribs and spine that you can feel but not see. If you feel a thick layer of fat, your pet may be overweight.
- 2. Waist Check Looking at your pet from above, your dog or cat should have a visible waist behind the ribs that tapers slightly towards the hips with a slight indentation near the midsection. If your pet does not have a visible waist or has a bulging waist, they may be overweight.
- **3. Tummy Test** Standing next to your pet, look at them from the side. You should see a slight tuck or upward slope in the tummy area. If the abdomen hangs low and appears bulging or sagging, it could indicate excess abdominal or "belly" fat, the most biologically active form of fat associated with systemic inflammation and disease.

 $Article\ references:\ https://www.petobesityprevention.org/ \ https://dogsaustralia.org.au/\ https://www.australianpetnutrition.com/\ https://dogsaustralia.org.au/\ https://www.australianpetnutrition.com/\ https://dogsaustralia.org.au/\ https://www.australianpetnutrition.com/\ https://dogsaustralia.org.au/\ https://www.australianpetnutrition.com/\ https://dogsaustralianpetnutrition.com/\ https://dogsa$



Reactivity – when we remove *flight* we install *fight*

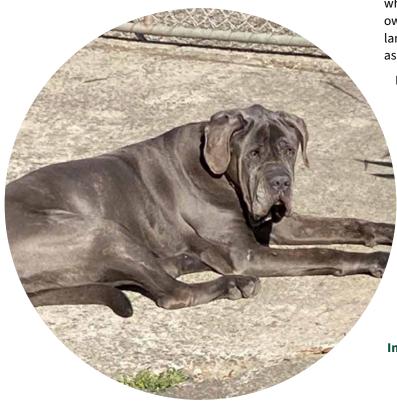
Many dogs exhibit reactive or aggressive behaviours unnecessarily, often stemming from situations where their option to flee is removed. This can occur when dogs are kept on leashes, confined to corners, or when we are attempting to show affection while they are resting and they just want some space, such as when they're in their crates. Sometimes we just need to let them be as it's us needing that extra pat or cuddle, not them. (We sometimes forget our dogs have different needs to us.)

When approaching our dogs, it's crucial to ensure they have the ability to move away if they feel uncomfortable due to the presence of unfamiliar people or other dogs. Frequently, dogs may not be aware that this option is available to them. For example, if a dog shows signs of discomfort while on a leash and a stranger approaches, we can simply grasp the leash and guide the dog a few feet away. This will help them recognise that they had been restricted and remind them they can create distance.

Similarly, when walking our dogs, if they encounter something unsettling, we can redirect them by suggesting an alternate path that allows more space, reinforcing their sense of security. Unfortunately, we often compel dogs to remain close to us, require them to sit while being approached by strangers, or insist they interact with other dogs. In doing so, we eliminate their escape option (their flee or flight instinct is removed by us), leaving them feeling that their only alternative in discomforting situations is to react aggressively. This is where our dogs go to fight mode. If we take away flight then all the dog is instinctively left with when afraid or uncomfortable is fight, and often that is due to owners not having the full understanding of their dog's body language. This is why the most common reactivity is on leash as we have taken away their option to flee.

If your dog appears uncomfortable, it is not always necessary to remove them from the situation. Instead, using the leash, you can demonstrate to them that they can create personal space and do not have to endure undue pressure. Just guide them and give them the awareness that they can move away from situations where a few feet can make all the difference. This is even more evident when our dogs can choose this option freely. This approach will lead to far better outcomes in your dog's reactive behaviour. It will take time. All dogs will learn and understand at their own pace; some will improve quickly and some will need days, weeks or months but you can do it. It just takes patience and a little awareness.

A little something from our Trickstar Tuesday Instructors.





Training Reminder Wednesdays - Storms

There will be a post on the Club Facebook page by 2.00pm on Wednesday if training is to be cancelled due to heavy rain, wind or storms.

As with the heat policy this will remain in place even if the storms pass closer to training time as it is too hard to let people know at the last minute.



Training Reminder Wednesdays - Heat Policy

If on a Tuesday, the Bureau of Meteorology's weather forecast for **Wednesday is for 35°C or over, practical training is cancelled**, no matter what happens on Wednesday.

Members are invited to come for a DVD or an information session – do not bring your dogs.



Remember, to get the most out of your

training, practise what

you learn in class each week at home!

10 minutes every day

makes a difference.

Ready for class? Things to remember

We all look forward to our training days and we want everyone to get the most out of the sessions offered by BODC volunteer instructors. The following are a few things that will help ensure that everything runs smoothly and that disruptions are minimised. We only have a precious 30 minutes after all.

Footwear

For safety reasons, please ensure you are wearing sturdy, closed in footwear at all times.

Parking

Parking behind the clubhouse is restricted to committee members and instructors. Please keep roadways clear to ensure ease of access for all using the carpark. You will need to park on the road if the carpark is full.

Arrive early

If you are late the instructor can ask you to leave to keep class harmony and dogs settled.

Dogs are to be on lead at all times unless instructed to be off lead by an instructor

Off lead play before or after class needs to occur on the tennis courts or in the puppy pens. While your dog may be okay, it may be cause stress or over excitement for other dogs.

• Signing in prior to class

Please ensure you sign in prior to starting class each week. After your first session, you'll have a name badge. Please wear it to every session. Signing in and wearing your badge are insurance requirements.

Collar and lead

We encourage everyone to aim to train their dogs in flat collars. However an alternative, such as a harness or martingale, may enable the training outcome in a safer manner. Their use is implemented after a review of purpose and fit with your instructor.

Your lead should be longer than a metre as short leads restrict ability to train the skills we aim to teach.

· Watch your dog please!

Watch what your dog is doing before and after class and in between exercises. Eyeballing the dog next to them (causing the other dog to react) and marking on equipment must be avoided.

• Yellow vest - Give Me Space

Give other members and their dogs who are wearing a yellow high-vis vest space before and after class as well as during training. Please show your respect and support for these handlers and their dogs by giving them ample space.

· Lots of treats!

We want to reward our dogs. Special soft treats with high reward value (eg cooked sausage, devon, cheese) aid with training. Make sure they are easily accessible (in a pouch is ideal).

Mobile Phones

Don't use your phone in class! If you are expecting an important call, please inform your instructor – remove yourself from the class prior to answering. Check with the instructor prior to re-joining the class.





BODC FACEBOOK PAGE

The Facebook page is aimed at being a hub of shared experiences, information and an informal discussion on dogs and dog events.

Members are encouraged to post their photos, stories, information and share other links in relation to their dogs, training and other topical canine news.

Members posting on our Facebook page are expected to behave in a respectful manner and adhere to the Code of Conduct. In short:

- Respect to others:
 - Be respectful when posting and keep comments supportive or constructive.
 - No comments that express disagreement in a manner that shames, condemns or insults other members and/or clubs is allowed. These comments will be removed immediately.
- Confidentiality: Please keep in mind that our Facebook page is a public space, so don't post anything that you don't want the world to see.

The full BODC Facebook Code of Conduct can be viewed on our website.



Don't forget our website!

Our website is an informative source of Club information, so keep checking back for new content.

Feedback is always welcome! Email bendigoodcnews@gmail.com with your suggestions.

So for now, don't sit, drop or stay – scan the QR code or go to **www.bendigoobedienceclub.com**

Club Sponsors

Bendigo Obedience Dog Club thanks our valued sponsors for their support.











We'd love to hear from you!

Do you have any feedback for our newsletter, or maybe you have your own training journey to share, please let us know. Email **bendigoodcnews@gmail.com**

The contents of this newsletter have been carefully compiled by volunteers and are believed to be correct at the time of publication. Neither the Executive nor the Committee of BODC will be held responsible for any errors or omissions relating to the contents of this newsletter regardless of cause.