



Central Vic Salvos

31st May 2026

On Thursday, 14th May, I set off on my Red Shield Appeal Goldfields Walkathon to raise money to support our community services across Central Vic Salvos.

Day 1 – Bendigo to Castlemaine (Leanganook Segment):

60 km in 10 hrs 21 mins moving time (11 hrs 24 mins elapsed time) with 945 metres total elevation gain. Troy and I set off from the Official Launch of the Red Shield Appeal at Gravel Hill and maintained a solid average pace of 5.8 km/hr. It was a wonderful surprise to meet Corinne's husband and son hiking the early section of the track, who stopped to encourage us. About halfway along our journey, Troy had preplanned a pitstop at one of his friend's place that backed onto the track. We refilled our hydro packs from his water tank and had a snack break before proceeding along the second half. We completed our first marathon (42.2 km) at Harcourt and arrived in Castlemaine at around 11:30 pm, where we were greeted by both our wives and Major Warren Elliott. It was a long day but we both arrived feeling pretty good, despite sore feet.

Day 2 – Castlemaine to Daylesford (Dry Diggings Segment):

59.61 km in 12 hrs 44 mins moving time (14 hrs 9 mins elapsed time) with 1,406 metres total elevation gain. I started day two from Castlemaine Corps with a bacon and egg muffin and coffee prepared by church volunteers who were setting up for their weekly community breakfast. Church Leader, Beth Waldron Anstice, had organised a reporter from Castlemaine Mail to be present and Major Warren Elliott was also onsite to see me off at 9:45 am. This segment was the longest and hardest with way more elevation than I expected and predominantly narrow and rugged bush tracks that slowed down the pace. My energy levels remained high all day but I had to push through feet and ankle soreness! I completed my second marathon outside the Chocolate Mill (which unfortunately was closed at the hour of night). The final 17 km seemed to take forever, as the narrow track hugged the contour of a steep hillside along Spring Creek that was quite technical in sections because of dew that made it very slippery and muddy from earlier rain that had washed away parts of the track. At this point, I was very pleased I had upgraded my headlamp, which enabled me to navigate this tricky section in the dark. I arrived at Lake Daylesford at 11:45 pm feeling a little weary after such a long and challenging day on the track.

Day 3 – Daylesford to Creswick (Wallaby Segment):

52:28 km in 9 hrs 55 mins moving time (11 hrs 11 mins elapsed time) with 861 metres total elevation gain. This was a welcomed easier day! I started out at a much slower recovery pace, as it took a while for my joints to limber up after two strenuous days of walking. The middle section of the track opened onto gravel roads through farmland that linked the forests between Daylesford and Creswick. I was able to significantly pick up the pace and finish the day strong at a much more sensible time at around 9:15 pm. Once I reached the tracks near St Georges Lake, I was in familiar territory where I had recently walked during Officer's Fellowship during March. This was where I reached another milestone of my third marathon in three days, something I could never have imagined achieving (it had previously never occurred to me to try and walk a single marathon).

Day 4 – Creswick to Ballarat (Eureka Segment):

28.65 km in 5 hrs 33 mins moving time (6 hrs 2 mins elapsed time) with 417 metres total elevation gain. The final day was a shorter and strong finish to an epic walk! Fortunately, the rain forecast for the day held off but overnight rain did make it very wet and slippery underfoot. Despite still having plenty of energy left in the tank, I really did have to battle through severe ankle and shin soreness. I could no longer flex my right foot due to shin splints, so EVERY step hurt.

The tail end of this segment was easy terrain along the shared Yarrowee River bike trail into Ballarat where I completed a half marathon (21.1 km) just beyond the Western Highway underpass. That means I achieved three ultra marathons (50+ km) and a half marathon in four days (it sounds crazy to me too!). I met Ness at Lake Esmond (instead of the intended destination at Ballarat Railway Station) to ensure I clocked over 200 kilometres. I had flirted with the idea at the beginning of the day of going through to Mount Buninyong where the Goldfields Track officially ends but I was content to stick to my original plan of 200 km in 4 days to preserve what was left of my feet.

Overall, I walked 200.5 km (263,784 steps) in 38 hrs 33 mins over 3,629 metres through some beautiful terrain on Dja Dja Warrung Country across Central Victoria. So far, I have raised \$2,586 towards supporting Central Vic Salvos Community Services, which falls short of my target of \$20,000. So, please consider donating and sharing the link to my donation page among your personal and professional networks to help meet this ambitious goal. The donation page will stay open until the end of the Red Shield Appeal period on 30th June.

I want to acknowledge the strong support of Vanessa, who followed my journey each day to ensure I was well hydrated and fed and met me at my daily destinations with a meal and lots of encouragement. I also want to acknowledge the support of Major Warren Elliott and the other CVS Team Members, who supported me throughout the journey. My thanks again to Troy for joining me on the first day. Finally, and most importantly, I give thanks to God for sustaining me and protecting me throughout this challenge, giving me sustained energy that exceeded my own abilities.

Robert Evans (Major) CVS Team Leader



QUIET TIME CHALLENGE

STILLNESS & REST

Read: Matthew 11:28

Spend time resting in God's presence without rushing



Come to me, all you who are weary and burdened, and I will give you rest

Matthew 11:28



RED SHIELD APPEAL COLLECTING PLACES

WE NEED YOUR HELP!!!!

Eaglehawk IGA, Long Gully IGA, Kennington Woolworths, Market Place, Lansell Square, Kennington IGA, Caravan and Campervan Show.

Supermarkets in Maryborough
If you have any time to spare and help collect money for our appeal please see your Corps Officer/Leader

THE SALVATION ARMY BENDIGO CBD THRIFT STORE

Volunteers needed

WE ARE LOOKING FOR COMMUNITY-MINDED PEOPLE WHO WANT TO MAKE A DIFFERENCE BY HELPING OUT AT OUR STORE. WE ARE OPEN TUESDAY - SATURDAY, NO EXPERIENCE NEEDED AND FULL TRAINING PROVIDED.

IF YOU ARE INTERESTED DROP INTO THE STORE AND SPEAK TO OUR FRIENDLY STAFF 18 PALL MALL
OUR HOURS ARE 9.30 - 4.30 (TUE - FRI)
& 10.00 - 4.30 (SAT) OR CALL 5440 8434

THE SALVATION ARMY

SNAPS FROM COLLECTION IN CVS THIS WEEK.



Still time to join and help raise money for our Red Shield Appeal see your Corps Officer/Leader

Registrations extended - now open until Tuesday June 2nd!



June 19-20 at Eva Burrows College, Ringwood

Special Guests: Colonel Lani Chamness, Lt-Colonel Debra Stevens, Jody Chadban

- » Friday 7pm - Saturday from 9:30am
- » \$50 (includes lunch and refreshments)
- » Registrations close May 22nd

Limited accommodation available at your own expense.

Bendigo

Help us create The Salvation Army's 2027 calendar!

We're looking for stunning nature photos from across Australia to feature in our 2027 calendar. From rugged coastlines and native wildlife to wide-open landscapes and hidden local gems, we want to showcase the beauty that is Australia.

Your photo could help brighten someone's wall while also helping tell the story of The Salvation Army's work in communities across the country—bringing hope, care and support to people across Australia.

Whether you're a seasoned photographer or just love capturing the perfect moment outdoors, we'd love to see your best shot! for more information scan the QR Code or <https://www.salvosonline.org.au/calendar-photo-submission>

Laundry



Stop by the big orange box next to the Worship Centre and have a chat with our friendly volunteers while you wash your clothes.

Please make sure you arrive 45 minutes before closing to allow enough time to dry your clothes

Monday: 12.30pm-2.30pm

Thursday: 10.30am-1.30pm

COMMUNITY MEALS

We have two free Community Meals each week.

Monday (held by Impact Recovery): 12:00pm-1:00pm

Thursday: 12:00pm-1:00pm



Bendigo Salvos, 65-71 Mundy st
Hilltop Café


Bendigo



Castlemaine

SUNDAYS @ CASTLEMAINE

May 31	Luke 10v1-12 John 20v21	On the way
June 7	Proverbs&Psalms	Prayer ways
June 14	2 Chronicles 17 & 19 Ephesians 6:11-17	Courageous in the ways of the Lord (Standing our Spiritual ground)
June 21	2 Chronicles 17 & 19 Ephesians 6:11-17	Courageous in the ways of the Lord
June 18	Hebrew 12	All the way – going the distance
June 25	Hebrew 12	All the way - going the distance



We'd like to offer a special welcome to the parents and carers of young children.

We hope you feel at home here. God put the wiggle in children, so please don't worry if they move around and make noise.

Please feel free to sit wherever works best for your family.

We are so glad to have children as part of our church!

CLOTHING SWAP

Saturday June 6 2-4pm

Salvos Hall

Kennedy Street



FAMILY FUN NIGHT

Board Games And Crafting Table

Bring a Game or play ours | Paddle pop stick crafting

Dinner @ Freindly Prices | Bring some friends

Fun for all ages abilities

19TH JUNE
5:30-7:30PM

Join us at The Salvos
KENNEDY ST, NEXT TO THE TRAIN STATION



Family Fun Nights are open to all ages, any shape of family or single person. Children under 18 MUST be accompanied by an adult. Games for every age and level.

Eaglehawk



Eaglehawk Corps participated in the National Day of Prayer on Saturday, praying over Greater Bendigo and the nation.

Maryborough



COLLECTING AT SUPERMARKETS

3rd- 7th June
ALDI & IGA

If you have any spare time to help collect for the appeal would be great please sign up on the board in the foyer.



NATIONAL VOLUNTEER WEEK AT MARYBOROUGH H CORPS

CELEBRATING 50 NAIDOC WEEK

NAIDOC WEEK 50 YEARS DEADLY 5-12 JULY 2026

NAIDOC CELEBRATIONS 2026
DATE: 25TH JUNE 2026 TIME: 10:00AM-2PM

Activities will include: 10am Cleansing, Welcome and Smoking Ceremony
Djaara Culture Dance will perform on the day
FREE activities, crafts, painting, BBQ, stalls, displays and lots of giveaways
Place: Maryborough Pony Club, 15 Johnson St, Maryborough, Vic 3465



We acknowledge the Dja Dja Wurrung people as the traditional custodians of the lands we gather on today. We pay our respects to all elders past, present & future.



Thrift Shops

BENDIGO THRIFT SHOP

2B Thistle Street, Golden Square
Ph: (03) 5459 0504

Open Hours:

9am-4:30pm Monday to Friday
9am-2pm Saturday

BENDIGO CBD THRIFT SHOP

18 Pall Mall, Bendigo
Ph: (03) 5459 0509

Open Hours:

9:30am-4:00pm
Monday to Saturday

CASTLEMAINE THRIFT SHOP

46 Forest Street, Castlemaine
Ph: (03) 5459 0506

Open Hours:

10am-4pm Monday to Friday
10am-3pm Saturday

ST ARNAUD THRIFT SHOP

70-72 Napier Street, St Arnaud
Ph: (03) 5459 0503

Open Hours:

9:30am - 3:30pm Monday to Friday
10am-2pm Saturday

AVOCA THRIFT SHOP

114 High Street, Avoca
Ph: (03) 5459 0502

Open Hours:

10:00am - 3:30pm Mon, Wed, Fri

WEEKLY PROGRAMS & SERVICES

BENDIGO

MONDAY

12.00pm - Community Meal
12.30 to 2.30pm - Clothes Washing
1.00 to 3.00pm - Art Space

THURSDAY

10.30 to 1.30pm - Clothes Washing
11.00am - Chapel
12.00pm - Community Meal
1.00 to 3.00pm - Art Space

SUNDAY

10.00am - Celebration Service
10.30am - Kids School

EAGLEHAWK

TUESDAYS

8:30am - Weekly Prayers
9:45am - Weekly Bible Study - BYO lunch

THURSDAY

11.00am 3rd of every month - Aged Care Service
2.00pm - Community Pantry
3.45pm Band Learners
5.30pm Band Practice

FRIDAY

11.00am Creative and Create Hub
finish at your own leisure

SUNDAY

9:40am - prays
10.00am - Celebration Service
3rd Sunday of month is the church/corps come
and share lunch together. starting February to
November.

65-71 Mundy St, Bendigo

51 Church St, Eaglehawk

MARYBOROUGH

MONDAY

9:30am to 12.30pm - Community Pantry
10:30am - Women's Fellowship *

WEDNESDAY

9:30am to 12.30pm - Community Pantry

THURSDAY

12.00pm - Noon Prayer
1.30pm - Bowls
4.00pm - Kids Club *

FRIDAY

9:30am to 12.30pm - Community Pantry
5.00pm - Faith Chats *
6.00pm - Youth Group *

SUNDAY

9:15am - Prayer Meeting
10.00am - Celebration Service with Kids
Church

27 Wills St, Maryborough

CASTLEMAINE

MONDAY

9.30am to 11.00am - Playgroup *
11.15am to 12.45pm - Playgroup *
3:45pm - 4:45pm: Just Brass

WEDNESDAY

9.30am to 12.00pm Doorways

FRIDAY

9.30am to 12.00pm - Doorways

SUNDAY

10.30am - Worship Service

47 Kennedy St, Castlemaine

*not on during school Holidays



Contact Us

THE SALVATION ARMY CENTRAL VIC SALVOS

BENDIGO

Capt. Ashir Morris and Hummera Ashir
65 – 71 Mundy Street, Bendigo | 03 5440 8431
corpsofficer.bendigo@salvationarmy.org.au

CASTLEMAINE

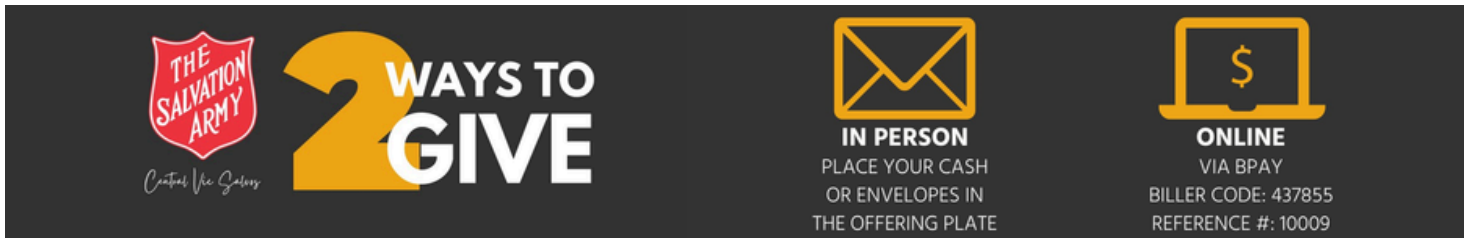
Beth Waldron Anstice
47 Kennedy Street, Castlemaine | 03 5459 0505
corpsofficer.castlemaine@salvationarmy.org.au

EAGLEHAWK

Major Karen Armstrong
51 Church Street, Eaglehawk | (03) 5459 0507
corpsofficer.eaglehawk@salvationarmy.org.au

MARYBOROUGH

Major Vanessa Evans
27 Wills St, Maryborough | 03 5459 0500
corpsofficer.maryborough@salvationarmy.org.au



2 WAYS TO GIVE

IN PERSON
PLACE YOUR CASH OR ENVELOPES IN THE OFFERING PLATE

ONLINE
VIA BPAY
BILLER CODE: 437855
REFERENCE #: 10009



doorways

Doorways is our Community Support program. It is the entryway through which those experiencing hardship and/or disadvantage can take proactive steps to find the support they need to overcome life's challenges and find long-term solutions. We offer a range of services from emergency relief to case management and more.

If you are experiencing hardship or financial difficulties, please call the Salvos Phone Assistance Line (PAL) on 03 8873 5288.

This service operates Monday to Friday between 9am and 4pm.

Please be aware no assistance interviews will be conducted from our local sites. Community members presenting to any of our Central Vic Salvos sites will be invited to contact Salvos PAL.



The Salvation Army Central Victoria acknowledges the Dja Dja Wurrung and Taungurung Peoples of the Kulin Nation, the Traditional owners of the land on which we meet and work and pay our respect to Elders past, present and future.

We value and include people of all cultures, languages, abilities, sexual orientations, gender identities, gender expressions and intersex status. We are committed to providing programs that are fully inclusive. We are committed to the safety and wellbeing of people of all ages, particularly children.