

ABOUT Boort

EDITION 148 FEBRUARY 2017

Boort Swimming Club's Aquatic Education Program

Brooke Chamberlain along with assistant Victoria McDougal successfully conducted the Water familiarisation, Water Confidence and Beginner Swimmer program over 8 days in late December and early January. The children were very enthusiastic and made vital progress over that period and were lucky enough to have warm weather. Numerous parents of the youngest group assisted their children to enjoy the water and make an important start on their swimming education. Boort Swimming Club provides the volunteers to make this important program possible.



Brooke and Victoria organised fun activities to encourage the preschoolers to get their faces wet and build confidence.



Positive feedback and plenty of practice are the keys to success.

Photos courtesy of The Loddon Times

Boort Medical Practice

Telehealth

At Boort Medical Practice we are always looking to improve the services we provide to you, particularly at those times when you may need a Doctor after hours. We are committed to ensuring we have a GP on call 24/7, but because it is not always possible to have the Doctor available on site at all times, together with Boort District Health we sought to find a solution to address this. We made an application to the Murray Primary Health Network and were successful in gaining funding to implement a telehealth model that enables our GPs and nurses to conduct video consultations on those occasions when the GP is off site. We have been setting up the technology and equipment over the past few weeks and supporting our staff to undergo training; striving to “get it right” before we launched it with patients. The good news is that it is up and running. The even better news is that patients who have had a video consultation have expressed their satisfaction and reinforced the benefit of having access to this facility.



In short, patients who present at the Urgent Care Centre at the hospital are assessed by the nurse. In the event the Doctor is not on site and the nurse believes the patient needs to be seen, the GP is contacted and a video consultation is undertaken which enables the GP to see the patient, talk to the patient and their family and assess their medical requirements. Equally, patients have commented on the benefit of being able to actually see and discuss their needs with the GP, who can manage and possibly refer patients if necessary.

Delivering high quality care to our patients is of paramount importance to us and the use of telehealth is already proving to be one way of enhancing our after-hours services. The ability to provide a face to face consultation makes this an exciting quality improvement strategy.

This is a new innovative program that is already having a positive impact on services and we would encourage patients to take the opportunity to provide feedback of their experience so we can continue to improve our services. Our experience here at Boort will become an important story for other small rural communities when the findings of our project are published.

Visiting services

Boort Medical Practice is continually actively looking to engage visiting services that can provide appointments for our patients, we understand that having to travel for appointments is not only costly but also inconvenient.

Cardiac Testing - Central Victorian Cardiology will be available for cardiac testing (Holter monitoring & Transthoracic Echo) each fortnight from the 7th of February 2017.

Podiatrist – Paul McKenzie from Global Podiatry visits monthly.

Optometrist – Bill Wilkinson Optical offers appointments every 3 months.

Physiotherapist – Thank you to Ange Doyle for her services over the past 4 years, we wish her all the very best for the future and we hope to engage another Physiotherapist as soon as possible.

Psychologist – Rachel Masiboy is available for consultations each fortnight.

For more information or to book an appointment have a chat to our GP's or reception staff.

Boort Toy Library 2017

Boort Toy Library (located in BRIC) will recommence on **Monday 13th February at 11:30am.**

Membership costs are as follows;

Single: \$20.00 (2 borrowings per fortnight)
Family: \$30.00 (4 borrowings per fortnight)

Borrowing times are fortnightly as follows;

Monday 11:30am to 12:00 noon
Wednesday 1:15pm to 1:45pm

Come in and see our new toys for 2017 for children from 6 months to years.

New members are most welcome and casual / grandparent borrowing is available at \$5 for 2 toys.

For further information please contact Karen Haw 54552154



Provide First Aid (includes CPR)



Date: Wednesday 22nd February 2017

Time: 9:00am – 3:30pm

Venue: Boort Resource & Information Centre

Cost: \$195 (if we have 10 or more participants)

**CPR \$80 – can be done as a stand-alone unit
(in the morning session)**

Bookings are essential: Contact Loretta or Anne at BRIC on 54552716 or email bric.boort@bigpond.com

PLEASE NOTE:

Enrolments must be received early – including your Unique Student Identifier (USI) – please call BRIC to find out how to get a USI, and to get your workbook.

The Workbook needs to be completed and returned prior to class commencement.

This course is nationally recognised and accredited and a certificate will be issued upon successful completion. Accreditation is for three years.



INFANT IMMUNISATION PROGRAM

2017

Infant Immunisation sessions will be available at the following location:

Boort Boort Resource & Information
Centre BRIC, Godfrey Street

Thursday March 9 11:15am

Thursday May 11 11:15am

Thursday July 13 11:15am

Thursday September 14 11:15am

Thursday November 9 11:15am



To make an appointment telephone Loddon Shire – Serpentine Office on 5437 7999

For information regarding immunisation, or to contact immunisation staff during sessions, telephone 0488 095 205

Please bring your Medicare Card and Child Record Book to each Immunisation Session

Please allow 15 minutes waiting time following immunisation

Boort Senior Citizens

New members are very welcome to join. There are a variety of activities available to get involved in and it is a great way to socialize, have a 'cuppa' and a chat with friends. Craft, Scrabble or Snooker occurs on Mondays, Movie Day is the 1st Wednesday of the month and the monthly luncheon is on the 3rd Wednesday. Wednesday 15th February starts the new year off with the monthly lunch.

15th February Hawaiian Cocktail Party

Come dressed in your grass skirt or bright floral shirt, wear a flower in your hair and join in the fun!

Barbecue and salad lunch. Everyone please bring a salad. Please ring Julie or Margaret to put your name down or place your name on the list on the IGA noticeboard.

1st March Movie Day and finger food lunch

15th March Monthly Lunch

27th March Tillow Fashions

Their range of clothing includes Black Pepper, Equus, Threadz, Clarity and Renoma and more.



Would you like to have your copy of "About Boort" posted to you each month?

"About Boort" subscriptions of \$14.00 are payable to BRIC at P.O. Box 152, Boort 3537.

Those who have access to email can have the "About Boort" Newsletter emailed to you each month for no charge. Submit your email address to bric.boort@bigpond.com attention: About Boort

Articles for the newsletter need to arrive by 9:00 am on the 20th of February for inclusion in the March About Boort email to: bric.boort@bid.com

Life! – a chronic disease prevention program helping thousands of Victorians



With chronic disease rates rising dramatically, the *Life!* program is leading the way in prevention



The statistics about type 2 diabetes, heart disease and stroke in Australia are alarming. Every day almost 280 people develop diabetes, every 12 minutes someone dies of cardiovascular disease, and one in every six people is likely to suffer a stroke. Preventing these serious conditions has never been more important.

The *Life!* program teaches Victorians how to reduce their risk of chronic disease by making small changes to their lifestyle. Using an evidence-based approach, it supports participants every step of the way in achieving and maintaining their healthy lifestyle goals. It is run across the state as a group course or through a personalised telephone health coaching service, with participants choosing the option that suits them best. Free for most, accessible and packed with useful information, the *Life!* program helps Victorians to live healthier lives.

Since 2008, over 40,000 Victorians have joined the *Life!* program to reduce their risk of chronic disease through the *Life!* program.

Diana enrolled in the *Life!* program after finding out from her GP that she was at high risk of developing type 2 diabetes. She joined her local group course and lost 12 kilograms – and she didn't find it difficult.

“The *Life!* program really worked for me. Just by being committed to achieving a series of small goals, I got the results I wanted, not by going on a diet but by integrating a whole new lifestyle that now feels natural and normal to me. However, the real gift of the *Life!* program has been a psychological one. It's taught me that you should never give up and you should always do the best for yourself. *Life!* is a fantastic vehicle for doing that.”

Northern District Community Health Service is running a *Life!* group course

March 2017

Boort

For more information on this *Life!* group course, please contact **Alex or April on 54510200**.

About the *Life!* program

The *Life!* program is a lifestyle modification program run by Diabetes Victoria and funded by the Victorian Government. Delivered as either a community group course or a telephone health coaching service, *Life!* empowers participants to change their lifestyle to help reduce their risk of developing type 2 diabetes, heart disease and stroke. For more information on *Life!* please visit www.lifeprogram.org.au or contact ltuckett@diabetesvic.org.au

Hard waste collection encourages clean up

Council's hard waste collection dates are always well received and residents are encouraged to put the dates in March in your diary.

Hard waste collection dates provide an opportunity for residents to place unwanted items such as whitegoods and old bed frames out on the nature strip to be collected and removed by Council.

Items are to be sorted into piles of grouped materials such as metal, recyclables and white goods.

The total volume of goods to be placed on the nature strip on the designated date, and not before, is not to exceed one cubic metre. Excessive or unsorted piles will not be collected.

Residents are asked to note that perishables, tyres, oils, batteries, paints and chemicals, car parts, mattresses, televisions, computers and monitors and garbage will not be picked up.

Residents of Boort are encouraged to place unwanted hard goods on the nature strip on Sunday 5 March, ready for removal from Monday 6 March.

Any unsuitable items left behind after collection must be removed by residents from the nature strip immediately. We thank you for your cooperation in this collective effort towards tidying up our homes and communities.



QUAMBATOOK SILO CINEMA

**THE
DRESSMAKER**

Saturday 18th February 8.30pm



**Adults \$10, Students/Pensioners \$5
BYO Chairs and Picnic**



MOVIE EVENT – THE DRESSMAKER

A fantastic cinema experience is coming to Quambatook!! Experience a movie under the Mallee stars!

Once again, the Quambatook Silo Cinema will be screening a well-known and enjoyable film on the silos at Quambatook for the community to enjoy.

For a very reasonable cost, you can BYO chairs, picnic and refreshments (wine etc is permitted) and sit back and relax while watching a movie.

\$10 for adults, \$5 concession.

Spread the word, save the date and get your friends, family and networks together to come out and support and locally driven event.



Boort & District Probud Club February Meeting

**Gill Tweddle: Trip to Cambodia and
Vietnam**

10:00am Friday 3rd February at BRIC

Guests welcome

Following Meeting: AGM on Friday 3rd
March



Boort Playgroup Commencing.....!

Monday 13th Feb 2017

9:30am – 11:30am

At the Boort Kinder/Pre-school
Building

If you have any further questions
please contact Meredith Thompson

0419011812



TENNIS COACHING WITH PETER BEWLEY

Tennis Coaching with Peter Bewley will once again be offered during Term One 2017 in Boort— from Wednesday 8 February 2017 through to Wednesday 15 March 2017 (6 weeks).

For further information or to provide names, please make contact with Alister McDougal as soon as possible on 54 552 595 or 0427 22 10 98. Contact, please, by Sat. 4/2/2017.



BOORT TENNIS CLUB - JUNIORS

The Boort Tennis Club Junior Tennis had seen good numbers attending each week prior to Christmas.

Junior Tennis went into a holiday-mode break over January and will resume on **SATURDAY 4 FEBRUARY 2017.**

AUSTRALIA DAY

Australia Day preparations are in full swing across Loddon Shire, with volunteers busily working to ensure community celebrations across the municipality are fun, family focused events.



Australia Day

Loddon Shire Australia Day Committee Secretary Shannon Brown said Australia Day Committee volunteers were working tirelessly to arrange the final details of a variety of activities from breakfasts, morning teas, barbecue lunches and teas, through to swimming carnivals, merry-go-rounds and live music at some locations.

“As part of the annual event’s planned festivities, prizes will be awarded for a literature, colouring and photography competition organised in partnership with primary and secondary schools across the municipality,” Mrs Brown said.

“It’s wonderful to see creativity is alive and well in Loddon Shire, with a wonderful variety of entries being produced in response to the themes which centred around A Great Australian in the literary section and Local Flora and Fauna in the photography and colouring competition sections.

“This year we’ve also had a good response to the open photography competition and it’s pleasing to see people of all ages sharing their passion.”

“In fact over the last couple of months some 600 creative Australia Day competition entries have flowed into the office.”

Mrs Brown said a selection of entries received were currently on display at the Boort Resource and Information Centre,

Mrs Brown said a highlight of Australia Day celebrations across the Shire each year was the announcement and presentation of awards which acknowledged the outstanding contribution made by community members across a range of categories.

“An Australia Day ambassador is also set to speak at each event, which will feature a special flag raising ceremony and national anthem rendition,” she said. Guest Speaker for Boort is Professor Paul Komesaroff.

2014 Victorian Australian of the Year finalist, doctor, medical researcher, teacher, ethicist, writer, humanitarian and intellectual, perhaps Professor Paul Komesaroff’s greatest skill is his ability to bring people together to work collaboratively towards a better and more just society. A profound thinker, Paul’s work ranges from promoting ethical standards in professional life to fostering reconciliation in Australia and overseas. Paul created Global Reconciliation in 2002 to re-establish trust and community strength in settings of stress or crisis; the non-profit organisation now has projects in more than 40 countries

Join in celebrating all that makes us proud to be Australian at Nolens Park in Boort at 9:15am

Algae outbreak warnings not for Little Lake Boort

Residents and visitors to Boort are advised that Little Lake Boort is not the subject of warnings about a blue-green algae outbreak recently reported in the media.

The warning not to swim and avoid contact with the water following a blue-green algae outbreak relates to what is locally referred to as “Big” Lake Boort.

Water from the affected lake should not be used for drinking, cooking or other domestic uses and boiling the affected water will not make it safe for use. Visitors can view closures due to blue-green algae at www.parks.vic.gov.au by searching under the park name.

Some concerns have been raised that the warnings might apply to Little Lake Boort, which is the recreational lake situated in the township of Boort. The warnings only relate to “Big” Lake Boort.

Record Stake Money \$101,000 Est.

Boort Trotting Club

Presents the Harness Racing Training Centre (Bendigo)

Central Victorian Championships . . .

Plus the Concessional Drivers Championships.

Friday 27th January 2017, at Boort



Central Vic. Pacers C2-C3 ms \$25,000
Central Vic Trotters TO or Better ss \$25,000. Group 3
Including Maryborough 4YO & older CO \$12,000.
Charlton C1 Only \$12,000, and
Wedderburn 3CO-3C1 - \$12,000.
8 Races

Big Screen

Pony Trots

**REMEMBER TO PUT IN
YOUR DIARY
- BOORT CUPS DAY -
SUNDAY 19TH MARCH 2017**

Bookmaker – Tom Hogan. Punters Club – Darren & Brett Carroll

MC – Rob Auber, Ambassadors Tipster Sammy Kilgour

Win Trip to the Gold Coast, Win Meat Trays, Win Best Summer Outfit

Vocalist Katie Streader at meeting, and Blast after the Last in the new sports bar.

FREE - New Mini Marquees & Sports Bar Packages – Must Book prior to day.

Brody Leversha – Performing Horse

Kids Corner – Robyn Baker Activities

Kids Treasure Hunt from Caravan Park to Track.

Justin & Stacey Streader Coffees



Ice Cream Van - Kiosk with all the goodies

TROTTING CLUB

Central Vic back at Boort 1st time in 12 years

Chairman – John Campbell 0437 077 887

Secretary – Nicole Myles 0429 321 652

Supported by
the Victorian
Government



MUSIC by the lake

Saturday January
28th 2017

LIVE PERFORMANCE BY

WENDY STAPLETON & BAND

NOLEN'S PARK, BOORT

CHILDREN MUST BE SUPERVISED AT ALL TIMES STRICTLY NO BYO

BOORT HOCKEY CLUB

Sunday 19th February 2011

9am START at Boort Swimming Pool.

Suitable for all comers!

**Kids, parents, the super fit, couch potatoes,
grandparents, just have a go!**

**Make a family team, drag the uncles and aunts along,
come and have fun. Great prizes.**

Entry forms available from:

Wendy Last, BRIC, Boort Swimming Pool

Entry on day of event strictly by 8:45am.

Entries to be returned to BRIC or Wendy Last

Entries can be mailed to 123 Bishs Rd Bears Lagoon 3517.

Enquiries:

Wendy Last:-

lasty@activ8.net.au or 0458279363

Course Details:

Short Course:

Run 1 lap pumping dam 700m Ride
1 lap Boort Lake 3.8km Swim 2 laps
of pool 100m

Long Course:

Run: 1 lap Boort Lake 3.8km Ride:
2 laps Boort Lake 7.6km Swim: 4
laps pool 200m

Entries:

Short Course INDIVIDUAL \$5

Short Course Team \$15

Long Course INDIVIDUAL \$10

Long Course TEAM \$15

Local Learning Opportunities

An “innovative and entrepreneurial generation of young people is urgently required to maintain Australia’s standard of living” according to The New Work Order Report released in 2016 by the Foundation for Young Australians. The report also claims that nearly 60% of Australian students are currently studying or training for occupations where at least two thirds of jobs will be automated, and over 50% of jobs will require significant digital skills that are not currently being met.

With the nature of work rapidly changing and an ageing population looking to remain healthy and active, it is being strongly recommended that a new approach be taken nationally to training and education. Local research is currently being conducted across the Buloke and Loddon Shires by the North Central Learning & Employment Network in conjunction with the Boort Resource & Information and Wycheproof Community Resource Centres. The primary focus of this needs analysis study is to explore how rural people can be better served and engaged in local education and training opportunities through enhanced partnerships.

As part of this study, a survey of almost 100 people conducted during November and December has revealed some useful insights.

With 61 percent of the survey respondents engaged in business or employment availability of time, the timing of programs, and distance, appear to be the major barriers to accessing local learning opportunities. 53 percent of the Buloke survey respondents cited time as their major barrier. Backing that up was an extremely high desire to improve time management skills when survey participants were asked their work and business aspirations. Better promotion is also recommended for higher awareness of what is currently available.

Some interesting differences were noted in the responses between Buloke and Loddon shire residents.

Weight loss, fitness, and life balance featured highly in both shires when it came to health and wellbeing aspirations; however improving fitness was mentioned more highly by Loddon residents and reducing stress more often by Buloke residents.

One survey respondent’s goal is to “Make my workload more manageable.”

“Local learning is vital for our small communities, especially for older adults who may have the time to pick up a new skill,” commented another survey respondent.

When it came to meeting the needs of the younger generation, there were references about a need to remain up to date and provide topics of interest for youth. A request for technology and computer courses ranked highly for all ages. “More access for people to become digitally literate,” was one comment.

The study will continue to explore how community partnerships can help deliver better education and training outcomes for local learning organisations in the region with the final results to be reported by the end of June.

Community discussions are being organised to give more local residents the opportunity to add their views to that of the survey and will be held at Charlton and Wycheproof during February. Local groups wishing to engage in a conversation and contribute to the study are encouraged to contact the project consultant, Kerry Anderson on 0418 553 719.

COMING EVENTS 2017

Thursday 26/1	Australia Day
Friday 27/1	Boort Trotting Club Central Victorian Championships
Saturday 28/1	Music by the Lake
Tuesday 31/1	Term starts –years 11-12
Wednesday 1/2	Term starts –years 5-10
Thursday 2/2	Term starts– years F-4
Friday 3/2	Probus
Saturday 4/2	Junior Tennis resumes
Wednesday 8/2	Tennis Coaching— Peter Bewley commences
Wednesday 8/2	Boort Self Defence Group starts
Thursday 9/2	Boort Library Agency opens
Monday 13/2	Toy Library starts
Monday 13/2	Play Group starts
Wednesday 15/2	Hawaiian Lunch at Senior Citizens
Sunday 19/2	Hockey Club Triathlon
Wednesday 22/2	First Aid
Friday 3/3	Probus AGM
Sunday 5/3	Hard Waste Collection out
Thursday 9/3	Infant Immunisations
Saturday 11/3	Snags, Beer & Bubbles Festival
Sunday 19/3	Boort Cups Day
Sunday 15/4	Easter Market by the Lake
Thursday 11/5	Infant Immunisations

See inside for more details

Boort Self Defence Group

2017 program commences at the James Boyle Hall, on Wednesday Feb 8th at 6:00 pm.

All welcome to come along and have a look at what we do.



For further info contact David Rees or Cindy Brown.



Thursday 26 January 2017

Time: 9:15am

Venue: Nolens Park, Boort

Flag Raising, National Anthem, Morning Tea, Merry-Go-Round

Guest Speaker: Professor Paul Komesaroff, Australia Day Ambassador

2014 Victorian Australian of the Year finalist, doctor, medical researcher, teacher, ethicist, writer, humanitarian and intellectual, perhaps Professor Paul Komesaroff's greatest skill is his ability to bring people together to work collaboratively towards a better and more just society. A profound thinker, Paul's work ranges from promoting ethical standards in professional life to fostering reconciliation in Australia and overseas. Paul created Global Reconciliation in 2002 to re-establish trust and community strength in settings of stress or crisis; the non-profit organisation now has projects in more than 40 countries

