

EDITION 222 MAY 2023

Contact BRIC on 5455 2716 or email info@boortbric.net to submit articles or receive the 'About Boort' via email



SERVING OUR LOCAL COMMUNITY



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Embrace a learning mindset to accomplish the things that matter most to you

Adventure Bingo



Residents are being encouraged to get physically active while having some fun at the same time by taking part in *Adventure Bingo* – an initiative from Healthy Loddon Campaspe.

Through the initiative, participants spot points of interest listed on a grid during their walk and once they've spotted three items in a vertical, horizontal or diagonal line, they've got Bingo.

On Thursday 30 March, students from Boort District P-12 School helped to launch the Boort Adventure Bingo around Little Lake Boort which is now available for everyone to participate in! Hard copy maps and Bingo cards are available for free at the Boort Resource and Information Centre or residents can participate online by scanning the QR code.

Healthy Loddon Campaspe is also giving residents the chance to win one of 50 \$20 sports store gift cards via a series of prize draws. Entries are open from Monday 20 March until Friday 5 May, with five weekly draws starting from Tuesday 11 April. Residents simply need to complete Adventure Bingo online to go into the draw.

Other Adventure Bingo walks are located in Gunbower, Dunolly, Bendigo, Romsey and Maldon.







Ambulance Australia Visit

The Year 8 Outdoor Education class were fortunate to have members of Ambulance Victoria visit to explain and demonstrate CPR skills and how to use an AED. Students were broken into small groups and were able to practice their skills on manikins under their guidance.

It was a great experience to use the ZOLL training manikin, which indicated to students if their depth and rate of compressions were efficient and this was definitely a great way to assist learning.

Special thanks to Josh, the Loddon Paramedic Community Support Coordinator for giving up his time to travel to Boort to provide this vital life skill session.

Thank you to Boort member Fiona Cockerell for her valuable knowledge and assistance on the day to provide this experience for the students.













The class will continue learning first aid skills in Term 2.

Angling Club



BOORT ANGLING CLUB Inc No: A 0051259 P
34 Ring Road, Boort VIC 3537 or PO Box 43, Boort VIC 3537
boortanglingclub@yahoo.com

ANNUAL & GENERAL MEETING

The meeting ill be held at BAC Club Rooms at 7.30pm on Wednesday the 10th of May 2023. Please submit agenda items or questions to boortanglingclub@yahoo.com at least 14 days prior to that date. Nominations for office bearers will be accepted prior to or at the meeting.

CLUB ROOM HIRE

Application to hire forms are now available from the Boort Newsagents during working hours. Please complete and sign the form and return to via boortanglingclub@yahoo.com. Pay online information is on the form. For further info please call Rod on 0428 513 888.

If you wish to become a member, please contact us at boortanglingclub@yahoo.com or call Rod on 0428 513 888. Alternatively, pop in to a meeting and say hello!

FISHING REPORT

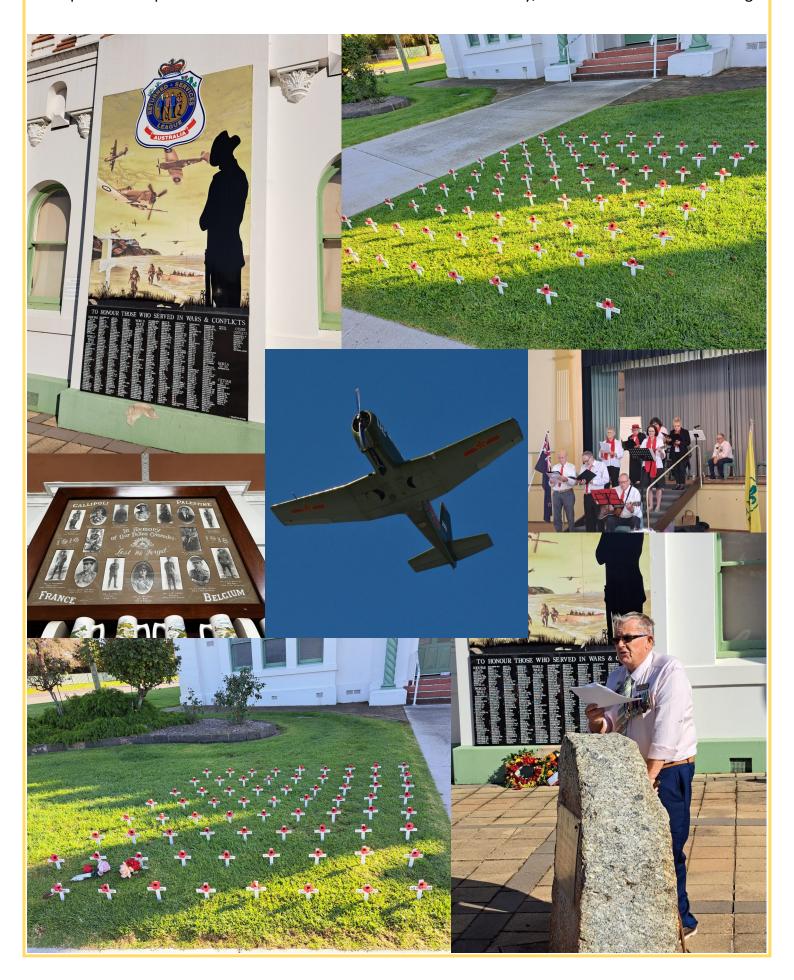
There have been no organised BAC comps lately, but some members have been getting together at various venues. Peter and Rod had good social four days on the Goulbourn River with a group of eight fishermen. Fish caught were one 41cm Yellow Belly, one 59cm Cod (returned to the water), three Trout Cod, and the rest were Cod all under size limit, so they are there for next time.

The Victorian Fishing Authority are actively restocking waterways, with recent releases of Murray Cod and Golden Perch (yellow belly) into Little Boort Lake, Lake Meran, and other sites.

Tight Lines

Anzac Day 2023

On Tuesday the 25th of April Boort held its annual ANZAC Day service. Amity served tea and coffee, David Wagner was the guest speaker, Adam Wright held a fly over the town, and Paul Haw filled the hall with photos. People came from far and wide to commemorate the day, with the lawns full all morning.



Bowls Club

On the 15th of April the Bowls Club held this season's windup.

Presentations were made to all the winners of the Ladies and Men's club events.

LADIES CLUB CHAMPIONSHIP FOURS

Winners - Yvonne Cashen, Margaret Nelson, Gillian Tweddle, Dorothy Gibson (s)

Runners-Up - Joan Earl, Pam Gould, Tania Noles, Thelma Moresi (s)

LADIES CLUB CHAMPIONSHIP PAIRS

Winners - Pam Gould, Margaret Nelson (s)

Runners - Up - Yvonne Cashen, Dorothy Gibson (s)

LADIES 100 - UP SINGLES

Winner - Thelma Moresi

Runner-Up - Pam Gould

LADIES CLUB CHAMPIONSHIP SINGLES

Winner - Gillian Tweddle

Runner - Up - Thelma Moresi

MEN'S CLUB CHAMPIONSHIP FOURS

Winners - John Nelson, Glenn Hudson, John Gibson, Shayne Morris (s)

Runners - Up - Alan Gould, John Hampson, Peter Waters, Kevin Walton (s)

MEN'S CLUB CHAMPIONSHIP TRIPLES

Winners - Ray Taylor, Tony Matley, Kevin De Piazza (s)

Runners - Up - Joan Earl, Peter Waters, Shayne Morris (s)

MEN'S CLUB CHAMPIONSHIP PAIRS

Winners - Laurie Maxted, Shayne Morris (s)

Runners - Up - Kevin Walton, Kevin De Piazza (s)

MEN'S CLUB CHAMPIONSHIP HANDICAP PAIRS

Winners - Tony Matley, Laurie Maxted (s)

Runners - Up - Alan Gould, Ken Birt (s)

MEN'S CLUB 'B' GRADE SINGLES

Winner - Ray Taylor

Runner - Up - John Hampson

MEN'S CLUB HANDICAP SINGLES

Winner - John Gibson

Runner - Up - Shayne Morris

MEN'S CLUB CHAMPIONSHIP SINGLES

Winner - Shayne Morris

Runner - Up - John Gibson

On the 16th of April the Boort Bowls Club hosted the District Ambulance Day where thirty four players played. Winners - C. Whitman, T. Matley, K. Willey (s) Runners-Up - J. Scott, Y. Cashen, S. Morris (s)

The club will continue running social bowls each Saturday during the winter, providing sufficient numbers are interested. If anyone is interested, could they please give their names to Ken Birt or Laurie Maxted in the next few weeks, as these members will be giving up their time to run the competition.

The Boort Bowls Club will be holding their Annual General Meeting on Monday the 8th of May at 7.30 pm. All members are welcome to attend this meeting.



LADIES 100 - UP SINGLES
Thelma Moresi



LADIES CHAMPIONSHIP SINGLES
Gillian Tweddle



MEN'S CLUB HANDICAP SINGLES
John Gibson



LADIES CLUB CHAMPIONSHIP FOURS

Yvonne Cashen, Margaret Nelson, Gillian Tweddle,
Dorothy Gibson (s)



LADIES CLUB CHAMPIONSHIP PAIRS Margaret Nelson (s) Pam Gould



MEN'S CLUB CHAMPIONSHIP FOURS
John Nelson, Glenn Hudson, John Gibson, Shayne Morris (s)



MEN'S CLUB CHAMPIONSHIP TRIPLES
Kevin De Piazza (s) Tony Matley, Ray Taylor



MEN'S CLUB CHAMPIONSHIP PAIRS Laurie Maxted, Shayne Morris (s)



MEN'S CLUB CHAMPIONSHIP HANDICAP PAIRS
Tony Matley, Laurie Maxted (s)



MEN'S "B" GRADE SINGLES
Ray Taylor



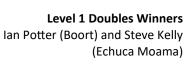
MEN'S CLUB CHAMPIONSHIP SINGLES
Shayne Morris

Croquet Club

On the 18th & 19th of March Boort Lakeside Croquet Club held their annual Golf Croquet Tournament. Entries came from all over Victoria and Southern New South Wales. On Saturday the singles were contested in very hot and trying conditions, the new air conditioner certainly got a work out!



Level 1 Singles Winner
Brian Rowe (Essendon)
Runner Up
Phil DeAraugo (Bendigo)



Runners Up Trevor Peters (Mooroopna) and Rick Finch (Rich River)



The Saturday night dinner was a fun social event enjoyed by all. Some players took the opportunity to play under lights afterwards. The weather on Sunday for the doubles was kinder, which was a relief after the heat and wind on Saturday.



Level 2 Singles Winner
David Searl (Ballarat)

Runner Up
Peter van der Zande
(Echuca Moama)

Level 3 Singles Winner
Rick Finch (Rich River)
receiving his prize
from Tournament
Manager Ian Potter
and President
Carmel Allison

Runner Up Lorraine Powell



Level 2 Doubles was won by Gerry Daley (Drysdale) and John Powell (Mildura), runners up were Phil DeAraugo (Bendigo) and Glenda Kelly (Echuca Moama).

Level 3 Doubles was won by George Train (Drysdale) and Jenny van der Zande (Echuca Moama), runners up were Wayne Comer (Shepparton) and Wendy Mills (Boort)

Level 4 Doubles was won by Jean Henderson (Boort) and Jeff Pumpa (Echuca Moama), runners up were Mary James (Deniliquin) and Louise Comer (Shepparton)

It was pleasing to see good turn outs at all the working bees to set up croquet courts on the Boort Tennis courts and to set up our own courts. The catering committee did a fantastic job of keeping all the participants well fed and hydrated.

Thank you to the Boort Tennis Club for allowing us to set up three courts on their tennis courts and to our sponsors Loddon Shire Council and Charlton Community Bendigo Bank, we could not run such a successful tournament without their help.

Golf News

Calendar Of Events:

Friday 5th May - Night Golf Sunday 7th May - Social Golf Friday 12th May - Junior Golf Clinic

For information about club events contact:

Men's Captain: Andrew Kane 0428 378 738

Ladies Captain: Dianne Johnston 0427 434 625

The official club opening day was on Saturday the 15th of April, when the club asked Craig Allison to open the season by hitting the first golf shot on the 1st tee. Craig has been a very valuable member of the golf Committee for years and the club thank him for all of his assistance.

We hope the men were able to play a few more fairways on Saturday than the ladies were able to on the Wednesday, as they were only able to play a few fairways before the thunder and rain sent them running for cover. The storm ended golf for the day, but the long afternoon tea was great.

Night Golf: The Night Golf was very successful last year so the committee have organized another for Friday the 5th of May as there is a full moon. It will commence at 6pm with a B.B.Q. This event is open to everyone that would like a fun and entertaining night. Special golf balls can be hired for \$5.

Social Golf: On the 5 Sundays in May there will be a social 9 hole event, starting at 1pm. It will be open to anyone and will cost \$5 for adults. It will be a great way to have a social afternoon enjoying a few holes of golf.

Junior Golf Clinic: Andrew Kane is starting a junior golf clinic on Friday 12th May from 4pm to 5pm at the golf course. All young people are invited to come along and give golf a try. This will continue if enough juniors come along.

Ladies will commence their 9 hole pennant 1^{st} & 2^{nd} rounds at Wedderburn on Monday the 1^{st} of May, 3^{rd} & 4^{th} rounds at Birchip, with Donald for the 5^{th} & 6^{th} rounds and finishing the pennant competition at Birchip on Monday the 22^{nd} of May. We welcome Sea Lake to the competition this season.

The Ladies Club Championships will commence this year with 1st round being played on Wednesday the 31st of May, with the next 2 rounds to be played in June. K.K.G. Golf Ladies will then play the Shield & Association Day and Champion Of Champions at Charlton on Thursday the 29th of June. It will be a busy day, but we hope to see a good number of lady golfers on this day.

Saturday the 29th of April is the Men's President V Captain Day as well as the 1st round of the Singles Knock Out Competition. On May the 13th there will be another interesting day to see who wins the Privilege Cup as well as

the first round of Pairs Knock Out event.

On June the 3rd the men will play the 1st round of their Club Championships and will continue over the next three Saturday rounds. The Championships and Weaver Cup will be played over four rounds with best three rounds counting.

There has been many working bees and thanks go to all those people who have assisted in making the golf course look great by adding sand to the bunkers, repairing the sands and painting. With the rain, it now looks green and inviting so come out for a game of golf.



Craig Allison opening the season hitting the first golf shot on the 1st tee

Boort District School Work Experience Program

The Year 10 and 11 students spent term 1 preparing themselves for their highly anticipated Work Experience placements to conclude the term. The Year 10 students were able to travel anywhere in the state to complete their four days of work experience.

Year 10

Lauren Gawne Boort Pre School and Boort District School Foundation class.

Max Beattie Tomkinson Group, Bendigo
Chloe Hare Furlife Vet, Long Gully
Harry Malone Boort Lakes Caravan Park
Jack Potter Harrison 4WD Centre, Bendigo
Samuel Toose Adrian Bassett Homes, Golden Square
Johnothan Vernon Regional Home Builders, Bendigo
Kathleen Hocking Roslynmead Sheep Stud, Mt Terrick

Ella Streader Bendigo Truss Plant, Epsom

Caitlin Zanker Headmasters Hair Lounge, Kerang

Jessica McClelland Bendigo Library, Bendigo

Brodie Arnold Customized Constructions, Kennington

Noah Perryman Cobram Estate Olives, Boort Sienna Boyd Sarah the Painter, Bendigo

Lachlan Hall Cornerstone Plumbing, Ocean Grove

Year 11 ventured to Melbourne on Sunday 2nd April and along with four days of work experience, they undertook activities such as; Melbourne Uni tour with past BDS students, CBD Scavenger Hunt, Escape Room challenges, Ten Pin Bowling, Laser Tag, Ice Skating and enjoyed eating out with the varied cuisines on offer. Here are a few of the students comments about the Melbourne trip.

<u>Ella M</u> - "I really enjoyed my experience at the MCH Centre, I learnt a lot from the people that I worked with and will definitely consider the profession in the future. The highlight of the trip was being with the class doing all the activities and going out for tea."

<u>Isabelle H</u> - "I had a great experience at Docklands Health, I got insight into a wide range of allied health professions and got to speak with many interesting practitioners and patients. The highlight of my trip was spending time with the class and meeting new people."

Zak M - "Working in Melbourne at Motorcycle City was a great experience. I found many tips and tricks that can elevate the workmanship done on motorcycles. My time there allowed me to learn the importance of detail and how every action taken should be done with thought about potential outcomes. Exploring Melbourne and gaining knowledge on managing travel was also a much needed learning curve."

<u>Jacob C-F-</u> "Working at Heartland Records allowed me to experience all kinds of genres of music, as it was all there physically in front of you. It also helped improve my social skills as I served customers and understanding how to get to and from work via public transport is a good skill I learnt."

<u>Tayla G</u> - "For the 5 days we spent away in Melbourne there was a lot of understanding based around city life and how different we live our lives here in Boort. Although Melbourne isn't the place I see myself in future I took in a variety of knowledge specially about safety and operation of big vacuum trucks and drain cleaning trucks which can be used all around Australia. Ethan Leeds (our employer for the week) was very accommodating to my interests and capabilities and related the theory back to life in Boort. We were lucky enough to sit 2 courses and on the last day travelled to Bendigo and actually got to operate the trucks, which was awesome considering I didn't even know anything about this kind of work beforehand. Ethan and his family were amazing people to be around and the trip was very eye opening."

On behalf of Boort District School, we would like to extend a big thank you to all the employers for giving our students this opportunity. Some of the employers have provided placements for our students for more than just this year. It has been heart-warming to connect with past employers who have not hesitated to accept a Boort District School student again for work experience. It has also been wonderful to have past students of Boort High School now as employers open their businesses to our students. A special thank you to everyone involved.





MAYORAL COLUMN 26 April 2023

Lest We Forget

It was an honour to attend the Anzac Day ceremonies at Calivil and Mologa yesterday.

I'd like to recognise and thank everyone involved in organising Anzac Day commemorations across the Shire. These commemorations enable us as a community to come together, pay tribute to and remember the sacrifice of men and women who have served or are currently serving our country during wars, conflicts and peacekeeping operations.

Road Updates

Immediate Restoration Works will commence over the coming weeks, as we have awarded \$1.37 million to contractors to complete the works. The priority of works is being planned utilising Council's hierarchy in the Road Management and Road Asset Management Plans. I would like to thank everyone for their continuing patience with respect to the restoration of roads and infrastructure throughout the Shire.

Gravel re-sheets in Jarklin

- Jarklin West Rd
- * Ellerslie Rd
- * Pattison Rd
- * Hollands Rd
- * No. 2 Weir Rd

Sealed roads in Fernihurst

- Borung Prairie Rd
- * Loddon West Rd
- * Boort Fernihurst Rd

Gravel re-sheets Boort

* Boort Fernihurst Rd

Sealed and gravel roads Dingee

- * Tandara Elmore Rd
- * Dingee Rochester Rd
- McElwains Rd

Unlocking Loddon's Growth Potential

Loddon Shire Council is looking for opportunities to attract new residents and grow our amazing community. The last census (2021) showed that between 2016 and 2021 more people moved into Loddon than out of Loddon. This is a reversal of the trend found in the previous census. We have seen new housing development, urban subdivisions and a high level of enquiry for residential land as an expression of the growth trend in Loddon.

Loddon Shire has a large supply of vacant urban land in most of its towns, however a lot of this land is currently not available for development. Council has been fortunate to secure a grant from the Victorian Planning Authority (VPA) to investigate opportunities to unlock this land for growth.

One aspect of this project is understanding why people to move to Loddon Shire, what they love and what can be improved. This information will allow Council to be responsive in terms of residential development opportunities, and target initiatives to capture growth as well as retain residents. Council would love to hear from people who have moved to Loddon within the past five years, and invite them to participate in a brief survey via our website (www.loddon.vic.gov.au). The survey will be open until 14th May 2023.

It is crucial that we work together to retain our current community members, and continue to foster a welcoming environment to new residents. Council planning staff also welcome input from other residents regarding their thoughts about unlocking residential land within our towns and encouraging population growth. The planning department can be contacted on 54941200 or planning@loddon.vic.gov.au

Australian Citizenship Congratulations

Today, I also had the honour of presenting citizenship certificates to our newest Australian citizens. Grazyna Dominowska who is formerly from France, Colleen Houghton, Ivee, Ivan and Ize Pantig, Rose Pavo, Shamica Castro who are all formerly from Philippines and Yan Jiang who is formerly from China.

I'd like to congratulate our new citizens, who made the Australian Citizenship Pledge during a ceremony at the Council Chambers.

Healthy Minds Network Art Competition

Entries for the Loddon Healthy Minds Network 2023 Art Competition are now open.

The competition challenges entrants to explore different ways to raise awareness of mental health issues, to maintain good mental health and wellbeing or to help reduce the stigma around mental health.

The art competition is open to students as well as community members via the competition's Open Section. The Open Section is open to all Loddon Shire residents aged over 18 years, or residents under 18 who have either left school or are attending school outside of the Loddon Shire area.

The students' categories include Upper Secondary (years 9 to 12) and middle school students (grades 5 to Year 8). There are also two junior students' categories – grades 3 and 4, and grades Prep to 2.

The two themes for the Open Age section and Upper Secondary categories are Mental Health No More Stigma and Be Kind to Your Mind.

This category includes literary entries in essay form (between 500 to 1000 words) using one of the two themes.

Themes for the middle school students' category are: Be Kind to Your Mind and Just Don't Give Up.

The junior students' categories are a colouring competition (poster provided), with the themes What Makes You Happy (grades 3 and 4) and Believe in You (grades Prep to 2).

All entries are to be completed and delivered to the Loddon Shire office at Wedderburn by Monday 7 August 2023. To find out more and for entry forms and briefs, visit www.loddonhealthy-minds-network-art-competition



Bridgewater Run for Resilience

Sunday, 7 May | 8:00 AM - 2:00 PM

Back for its second year the Bridgewater Run for Resilience' offers several routes to run and walk, kids activities, food, coffee and live entertainment! The Run for Resilience is for ALL fitness levels, we encourage everyone to have a go and we will be at the finish line supporting our participants until the last person is in.

This year, the 'Bridgewater Run for Resilience' will be dedicated to Lesley Morrison who tragically lost her life on 25 May 2021. In life she had overcome some huge battles and we were all in awe of her determination and resilience as she spent the past 3yrs recovering from horrific burns. She found a way around any obstacle and never quit.

Behind the scenes Lesley was working hard to bring our two townships together (Inglewood & Bridgewater) to deliver a fantastic 'Run for Resilience'. The 5k course will be named 'Fittys 5' in honour of our little Active Farmer Lesley 'Fitty' Morrison.

21km - Inglewood to Bridgewater - Under 18 \$10 | Open \$30

10km - Bridgewater River Trail - Juniors (under 12) FREE | Under 18 \$10 | Open \$25

Fitty's 5 - Bridgewater River Trail - Juniors (under 12) FREE | Under 18 \$10 | Open \$20

Contact: Active Farmers Bridgewater, Claire Harrison 0458 373 397

E: claire@activefarmers.com.au

The Coronation of Poppea by Claudio Monteverdi

Saturday, 13 May | 2:00 PM - 5:00 PM

Lyster Opera returns to Tarnagulla with a professional production of Claudio Monteverdi's masterpiece, The Coronation of Poppea.

Monteverdi's sweeping score – full of tragedy and comedy,

stoicism and joy, romance and revenge – showcases early opera at its finest. This production will be performed in English, using the Raymond Leppard edition.

Tickets – General Admission \$35, Concession (Senior/ Student, Centrelink) \$28 – available at

www.lysteropera.com.au

Contact: 0410 890 388

E: info@lysteropera.com.au

Tarnagulla Public Hall, 69-71 Commercial Road, Tarnagulla

3551

Wedderburn Swap Meet & Market

Saturday, 20 May | 7:00 AM

The Wedderburn Historical Engine & Machinery Society invite you to join them for their annual swap meet and market.

A great opportunity to turn unwanted goods into much needed cash!

A variety of food and drinks available on site.

Entry \$2.00 adults, children free.

Stallholders \$10.00 (Stallholders must have Public Liability)

Contact: Trevor 0427 583 341 or Lois 0438 915 278

E: admin@wedderburnengineclub.com.au

Supported by the Loddon Shire Council.

Engine Park, Racecourse Road, Wedderburn 3518

31st Annual Wedderburn Vintage Machinery Rally

Saturday, 9 & Sunday, 10 September | 9:00 AM - 9:00 PM

The Wedderburn Historical Engine and Machinery Society brings you a great day out for the whole family.

Relive the past exploring old engines, vehicles, farm machinery, tools and many items of yesteryear.

Browse the range of market trade stalls and exhibits on show. A unique collection of Patchwork quilting will be on display in the old school building.

Food and refreshments available all weekend.

Entry - Adults: \$5.00. Children and exhibitors: free.

Cash only.

Contact: Trevor 0427 583 341 or Lois 0438 915 2

E: admin@wedderburnengineclub.com.au

Supported by the Loddon Shire Council.

Engine Park, Racecourse Road, Wedderburn 3518

We encourage community members to check directly with event organisers to see if listed events are proceeding. If events have been cancelled and the Loddon Shire has not received notice, they may still appear in this listing.

Speeding? Significant fines apply.

If you speed, you can expect a minimum fine of \$231 and 1 demerit point. Police and speed cameras can be anywhere, so why take the risk?

Chances are you will be caught.

Anywhere. Anytime. Anyone.



POWER SAVING BONUS GET ANOTHER \$250 Lib back/ NEXT ROUND OF THE PSB STARTS 24 MARCH 2023

NEW POWER SAVING BONUS ROUND

Come in to BRIC and bring your:

- Recent power bill
- Bank account details

(or you can receive a cheque)

- Phone number
- Email address

(if you don't have an email address we can work around that)







BOORT PHONEBOOK

DO YOU NEED TO UPDATE YOUR CONTACT DETAILS?

Contact **BRIC** on **5455 2716** or email your change to **info@boortbric.net**



THE RAILWAY HOTEL

Summer is here and we need you!

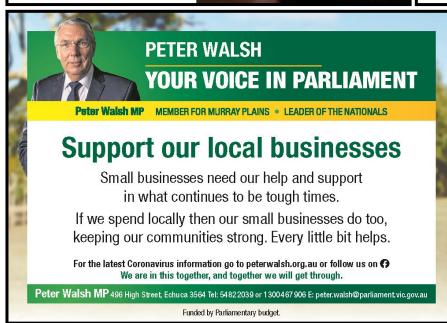
We are looking for waiting and kitchen staff to join our team in Boort providing friendly service and quality meals to our community and visitors!

For further information please contact

Paul Carter on 0417 111 297

AMITY AUCTION

Sunday 30th April 2023 8am drop off for a 12pm start For more information call Sandra 5455 2156 OR 0428 552 156





BOORT

AMITY CLUB

Come and join our friendly local ladies community group!

Everyone is welcome!

For more information call Kathy Lowrie

0427 409 079

ASTHMA & COPD

Asthma is a common condition that affects the airways in your lungs. People with asthma have sensitive airways that become inflamed when exposed to triggers. Inflamed airways make it difficult to breathe.

Asthma affects 1 in 9 Australian adults, and 1 in 5 children. However, anyone can develop asthma, even if you didn't have it as a child.

Chronic obstructive pulmonary disease (COPD) is an umbrella term that includes a number of long-term lung conditions such as emphysema, chronic bronchitis and chronic asthma. The main cause of COPD is smoking. COPD causes narrowing of the airways in the lung, making it difficult to breathe. It gets worse over time.

Symptoms of Asthma or COPD may include:

- Feeling breathless
- Wheezing
- Chest Tightness
- A new or persistent cough
- Producing a lot of phlegm
- Wheezing
- Chest Tightness

Do you have a current Asthma or COPD action plan?

When was the last time it was reviewed?

Book an appointment to see your doctor to update or plan!

For more information ambulance.vic.gov.au. Follow the Loddon Paramedic Community Support Coordinator (PCSC) on Facebook (facebook.com/pcscloddon)

Saving lives is a team effort and the community is a vital part of the team.

4 STEPS OF ASTHMA FIRST AID





Sit the person upright



Give 4 separate puffs of blue/grey reliever puffer

- **Shake** puffer
 Put **1 puff** into spacer
 Take **4 breaths** from spacer

Remember: shake, 1 puff, 4 breaths









If there is still no improvement dial Triple Zero (000) for an ambulance

Keep giving 4 separate puffs every 4 minutes until emergency assistance arrives

Call emergency assistance immediately. Dial Triple Zero (000):

- · If the person is not breathing.
- If the person's asthma suddenly becomes worse, or is not improving.
- if the person is having an asthma attack and a reliever is not available.
- · If you are not sure if it's asthma.
- If the person is known to have anaphylaxis follow Anaphylaxis Action Plan, then give Asthma First Aid Blue/grey reliever medication is unlikely to harm, evif the person does not have asthma.







For essentials you need now.

No fees. No interest. Ever.

Borrow up to \$2000. Pay back what you borrow.

No Interest Loans (NILs)

No Interest Loans (NILs) are a smart choice loan option to help you manage your money.

With no fees, no interest, ever.



Loans are available up to \$2000 for essential goods and services including:



Household



Repairs & Registration

Medical & Dental



Technology



Housing



Education

Am I eligible?

Have a Health Care Card / Pension Card

earn less than \$70,000 a year (gross) for a single household

earn less than \$100,000 a year (gross) for couples or people with dependants

have experienced family or domestic violence in the past 10 years

have the capacity to repay the loan

Loans are NOT available for:

X Cash



X Food

Find out if you're eligible and start your application today.



Neighbourhood Houses

Neighbourhood Houses Victoria

9606 0117 or 0467 400 693

www.nhvic.org.au/nils or Facebook @NILSNH\

Brought to you by:

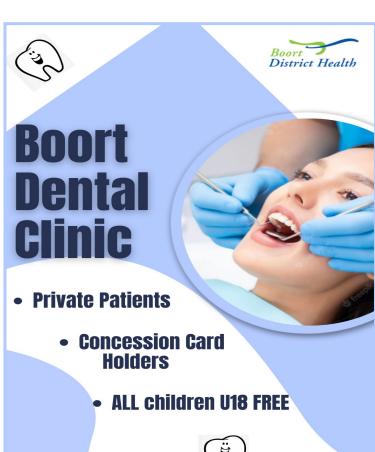
Good Shepherd No Interest Loans

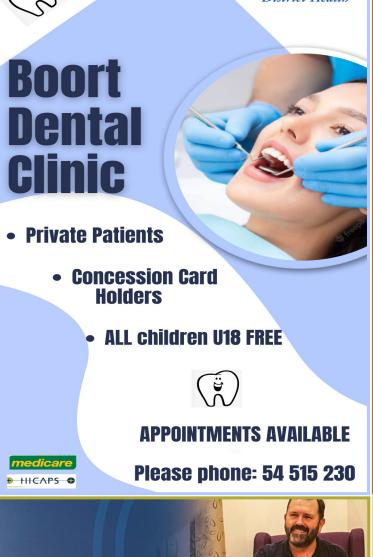
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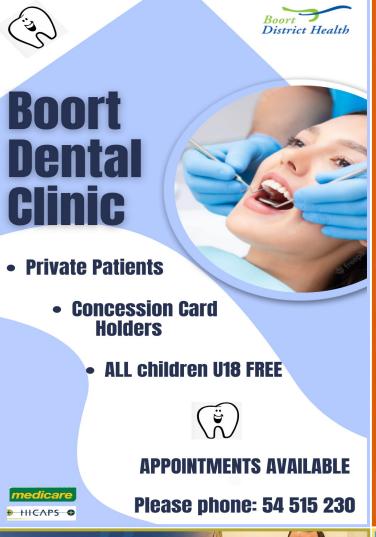
in partnership with:















Mental health and wellbeing services are now available in your community.

Flying Doctor Wellbeing provides FREE and confidential mental health appointments with no need for a GP referral.

Call (03) 8412 0480 or email wellbeing@rfdsvic.com.au to find out about the service or make an appointment.





Sustainable Rural Health Project

Simone O'Brien

I'm your new nurse practitioner

Working with Dr Chris Olise to help improve healthcare in Boort

needs, specialising in:

- women's health
- · pain management
- palliative care

Appointments are available every 2nd Wednesday at Boort Medical Practice.



Boort Medical Practice on (03) 5451 5220 or visit hotdoc.com.au





REX THEATRE



30 - 34 High St. Charlton 3525 03 54912333 boxoffice@rextheatre.org.au



COMING ATTRACTIONS April / May

Movie Prices: General Admission \$12 Members \$10 VIP Members FREE



Love the Beast Sat 29 April 2pm \$5 entry



The Super Mario Bros. Movie

Sat 6 May 8pm Sun 7 May 2pm No screening Tue night



Tue 16 May 8pm



John Wick Chapter 4 MA15+ 169 mins Action | Thriller

Sat 29 April 8pm Sun 30 April 2pm Tue 2 May 8pm

Tue 9 May 8pm LIVE-ON-STAGE



Tickets \$65 https://events.humanitix.com/ kevin-bloody-wilson-national-dilligaf-day-tour Charlton Neighbourhood House 03 5491 2333



Mafia Mamma MA15+ 101 mins Comedy

Sat 20 May 8pm

Sun 21 May 2pm Tue 23 May 8pm



A Good Person

Sat 27 May 8pm Sun 28 May 2pm Tue 30 May 8pm



TUE 9 MAY

8PM

Tickets \$65

https://events.humanitix.com/kevinbloody-wilson-national-dilligaf-daytour/tickets

or Charlton Neighbourhood House 03 5491 2333

A raucous night of down-toearth humor, and bawdy tales is guaranteed when Kevin Bloody Wilson throws political correctness to the wind as the International DILLIGAF Day World Tour hits town.

Supported by Jennytalia (from Australia), come along and join the fan base which stretches from Broken Hill to Buckingham Palace for a show where no one and nothing is off limits.

This is an R-rated show for only 18+

Boort Library Agency Storytimes 2023

Nurture your child's listening and learning skills in fun-filled sessions of stories, songs and rhymes.

10.30-11am **Boort Resource & Information Centre** 119-121 Godfrey Street

Thursday 9 February

Thursday 23 February Thursday 9 March

Thursday 23 March

Thursday 6 April

Thursday 4 May

Thursday 18 May Thursday 1 June

Thursday 15 June



For more information please phone 5449 2790 or visit ncgrl.vic.gov.au/children





RUN OR WALK



EVERY SATURDAY AT 8AM



Starting at Nolen's Park, Boort near the exercise equipment



Run, jog, walk, stroll and chat, spectate or volunteer. Open to all ages and fitness levels.

Post Run Coffee

Every week we grab a post parkrun coffee at a local cafe-please come and join us!



Swan Hill 34 McCallum Street, Swan Hill VIC 3585 (03) 4016 2005 info@ghrealestate.com.au



69 Wellington Street, Kerang VIC 3579 (03) 5450 3792 graeme@ghrealestate.com.au

SERVICING SWAN HILL, KERANG, AND SURROUNDING AREAS LOCALLY OWNED LOCALLY OPERATED LOCAL PEOPLE



TRAVIS HIPWORTH NATHAN HIPWORTH



Licensed Real Estate Agent



GRAEME HAYES Principal / Licensed Real Estate Agent



COLIN BALCAM



SHARRON WOOD



CHELSEA MANUEL Business Development Manager





Property Manager



Property Manager



BROAD AND IRRIGATION FARMS . RESIDENTIAL AND COMMERCIAL PROPERTY SALES PROPERTY MANAGEMENT . ONLINE AND ON SITE CLEARING SALES . PLUS WATER TRADING





TUESDAY starting 2nd May

for Term 2

WITH SHERRYN **O'FLAHERTY** 119 - 121 Godrey Street, **Boort**

GIRLS ONLY- 4.00PM-4.45PM BOYS/MIXED- 4.45PM-5.30PM

EXPERIENCE NEEDED

PARENTAL CONSENT TO BE **COMPLETED PRIOR TO THE FIRST** SESSION. TO BE SENT OUT VIA EMAIL. Proudly supported by:









THE RAILWAY HOTEL



Come and join us during our winter trading times. We will keep you warm with a range of specials and classic pub meals.

MONDAY - OPEN 4.00PM
DINNER FROM 6.00PM

TUESDAY - OPEN 4.00PM

DINNER FROM 6.00PM

PARMA NIGHT

WEDNESDAY - OPEN 4.00PM DINNER FROM 6.00PM

THURSDAY - OPEN MIDDAY

LUNCH FROM 12.00PM DINNER FROM 6.00PM STEAK'N'POT NIGHT

FRIDAY - OPEN MIDDAY

LUNCH FROM 12.00

LUNCHTIME SENIORS DAY

DINNER FROM 5.30PM

MEAT TRAY RAFFLE FULL MENU AVAILABLE

SATURDAY - OPEN MIDDAY

LUNCH FROM 12.00PM DINNER FROM 5.30PM

SUNDAY - OPEN 4.00PM

NO DINNER



A fine pub with 100 years of trading – supplying you with friendly service, cold beer, spirits & wine, great meals, restaurant, accommodation & bottle shop.

84 Godfrey Street, BOORT

03 5400 9650

If railwayhotelboort

ITEMS FOR SALE

	400LT LG FRIDGE/FREEZER	\$200
	8KG TOP LOAD WASHING MACHINE	\$150
	6x4 TRAILER (needs work)	\$100
l	ALUMINIUM BOAT (3.6' or 12' oars & rowlocks)	\$200
	40" SMART TV (unused)	\$150
	6KWA REVERSE CYCLE AIRCON (still in box)	\$600
	WOODEN TILT TOP DESK (110cm, 3 drawer)	\$200
	CEMENT MIXER (electric on pneumatic wheels)	\$200
	CROMMELIN SHOWER PROOFING KIT	\$80
	BREAD MAKER (500gm)	\$20
	ELECTRIC PRESSURE WASHER	\$100
	HOOVER CARPET SHAMPOOER	\$100
	STIHL ELECTRIC SHREDDER (GHE 105)	\$100
	VILTA SCRUB CUTTER/WHIPPER SNIPPER	\$100
	NUPOWER ELECTRIC CHAINSAW (3.6 height)	\$100
	RYOBI SLIDING SAW (2000w, 254mm)	\$100
	BRIGGS & STRETTON 6HP HORIZ. SHIFT	\$100
	ASSORTED BOTTLE TROLLEY JACKS	$$20_{\text{each}}$
П		

CALL WARREN 0429 950 946

BOORT AMITY

TO HIRE THE COOL ROOM OR PORT-A-LOO

0427 409 079 \$50 PER DAY



RESPONDER VOLUNTEERS NEEDED



Boort ACO/CERT Meeting!

If you would like to be involved in this group and support our community please come along

A BBQ will be provided following the meeting

There will be Responders and MICA personelle present to explain more about the role



Tuesday, 23rd May, 2023 6PM Boort Tennis Club

UNABLE TO ATTEND?

CALL TO REGISTER YOUR NAME:

Alister McDougal **0427 221 098** Marj Potter **0428 554 252**

Intimidation, suggestive jokes, exclusion...

Gendered violence comes in many forms. All are OHS issues. All are unacceptable.

Q WorkSafe Gendered Violence





