The $31 million Aquatic and Wellbeing Centre in Kangaroo Flat is rapidly taking shape.

Mayor Cr Margaret O’Rourke says it was exciting to see the progress being made on the site as she toured the facility in company with several members of the Bendigo media.

“The very fact that we brought the community together with this project, we know that this is not just for Kangaroo Flat and it is just not for Bendigo, this is for the region and the benefits that people will get from a health perspective will be enormous.

The facility will encourage people to think more about their own health and we hope that some of the programs operating out of this facility might be able to tackle obesity in the region.”

Chief Executive Officer Craig Niemann said it was exciting to see the progress that was being made on site.

“The 50m and learn-to-swim pools are looking fantastic, the tiling is nearly complete in both these pools, and plastering is moving along in the gym, wellness suites and program rooms. The 1.5m-wide boom was lifted into the pool a few weeks ago, which will allow the 50m pool to be split into two 25m pools and increase available lane space for casual swimmers, lessons and squad sessions and can also be moved into position to create a compliant pool for water polo.

The external cladding is up and windows continue to be installed right around the building.

The pool pumps and other mechanical infrastructure are also in place, and car park and other road works are getting underway.

The countdown is certainly on to opening this facility, which will deliver a state-of-the-art health and wellbeing experience for all users.

From the 2014 Active Living Census we know that swimming is the second most popular physical activity that residents participate in, followed closely by visiting the gym.

This is the biggest infrastructure project undertaken by the City and we look forward to completing this important facility for our community and those in surrounding areas to enjoy.”
Support your local businesses because... FlatMatters

Editorial
Welcome to our MAY 2018 edition
The Kangaroo Flat Community Enterprise is proud to bring you our 106th edition of FLAT MATTERS.
Wow! Time flies when you are having fun!
Our poor old city council has been coping a pounding in recent weeks. Again the placards were out at our monthly council meeting when council had to vote on land they have their eye on in Marong. We saw a rallying of the troops including a couple of former councillors in the gallery as the debate took place and the elected members put their thoughts forward and some got the wrath of the interjecting crowd and a couple drew mild applause. The vote 6-2.
It was similar when the council voted to remove the old leisure centre building in Kangaroo Flat to make way for the new Aquatic and Wellbeing Centre. The Golden Square swimming pool sage is another perfect example.
Decisions are made by those duly elected...simple as that.

FREE GREENWASTE DISPOSAL
Greater Bendigo residents will be able to dispose of free green waste for this autumn at the Eaglehawk Landfill on the weekend of May 26 and 27. The City is providing the free green waste disposal weekend to encourage residents to clear their properties before the cooler winter months. City of Greater Bendigo Presentation and Assets Director Debbie Wood said the free green waste disposal weekend is a good opportunity for residents to get rid of excess green waste that won’t fit in their organic bin.
"The City encourages residents to take advantage of this free opportunity to dispose of their green waste," Ms Wood said. These weekends will be particularly busy at the landfill and we ask residents to be patient and follow directions from the staff when dropping off their green waste.
Only green waste from private households will be accepted of charge. Commercial businesses will be charged the normal disposal fees.
The Eaglehawk Landfill is open on weekends from 8am until 4.30pm.

MARONG BUSINESS PARK
Greater Bendigo City Council has voted to adopt part 2 of Amendment C161 to apply a Public Acquisition Overlay to the Marong Business Park site. The 313 hectare site is located 500m west of the Marong township, 313 to apply a Public Acquisition Overlay to the Marong Business Park site.
The project is supported in a number of State Government supported plans such as Plan Great Bendigo, Loddon Campaspe Regional Growth Plan and the Loddon Mallee Investment Prospectus.
The amendment will still require the approval of the Minister for Planning.
Deputy Mayor Cr Jennifer Alden said the decision was not one any Council took lightly.
"Councillors have thought long and hard about this decision and we believe this development is critically important for the future growth and development of Greater Bendigo and neighbouring municipalities. It is Council's intent to ensure there is adequate land available for future industrial development and jobs and the Marong Business Park is the best way to achieve this."

HOUSEHOLD WASTE BIN AUDITS
Regular weekly, kerbside visual audits of general waste, recycling and organics bins by the City of Greater Bendigo have shown that while most households are good at sorting out their waste there is still room for improvement.
In closing, we at FLAT MATTERS would like to thank the many sponsors and community organisations that have contributed to our "new look" community newsletter FLAT MATTERS which is distributed in the Kangaroo Flat, Golden Square, Maiden Gully, Marong, Lockwood, and Big Hill region.
For news stories and advertising details email us at a.besley@bigpond.net.au

UPGRADE YOUR LIFESTYLE
Fully Complete, Low Maintenance Homes – Ideal for the Downsizer or First Home Buyer
Display Home OPEN - 1PM-3PM SAT & SUN
Lansell Homes Bendigo’s Turn-Key Builder

MUNICIPAL BUDGET
The City of Greater Bendigo has adopted a new Community Granting Policy which will take effect from July 1, 2018. The changes have come about due to an extensive policy review process:
- analysing data from previous Council grant allocations.
- benchmarking of 33 different corporate, government, and philanthropic grant programs.
- inviting all Greater Bendigo community members to provide input via a survey.
- community members responded to the survey.
- the City's amended Granting Policy which will take effect on July 1, 2018.

COUNCIL BUDGET
MAYOR AND CEO'S MESSAGE
We are very pleased to introduce the City of Greater Bendigo's proposed 2018/2019 Budget. This year we have combined the Budget and Annual Plan which represent Council's plan for our community for the financial year and demonstrate how both documents work together in delivering on the Community Plan.
This year’s proposed Budget includes a $40.5M investment in new projects and maintaining and renewing existing infrastructure.

Multimillion Dollar Expansion
A major building program is planned for St Laurence Court in Wesley Street, Kangaroo Flat.
Benetas has advised FLAT MATTERS that the project will cost over $22 million and will involve building a new model of care as well as refurbishment of the existing facility.
Benetas Media and Communications Advisor Sarah Carr says the project has received planning approval and will commence in the second half of the year.
"Benetas is committed to ensuring we meet the increasing demand for aged care in the area, now and well into the future. The works at St Laurence Court, in Kangaroo Flat, is reflective of this. The project will see the development of a new 80-bed building as well as a complete refurbishment of the current facility. In total, Benetas will offer an additional 70 aged care places once the works are complete, up from the current facility's capacity of 60 beds. The new development will reflect Benetas' new approach to aged care, with apartment-style configuration working to create a home-like environment.
The new development will feature a range of amenities for residents as well as extensive living and outdoor spaces, private lounge, café area, activity rooms, and private dining room. The works will be completed across two stages to bring our new model of care to Kangaroo Flat."

The Budget also invests $183.1M in continued funding important services for our community through the operating Budget. The Budget supports the six key goals outlined in the Greater Bendigo Community Plan 2017-2021:
- lead and govern for all
- improving our wellbeing and of all residents
- strengthening the economy
- presentation and managing growth
- environmental sustainability
- embracing our culture and heritage

Maintaining essential infrastructure is another key responsibility and the 2018/2019 budget will see $12.1M invested in renewing sealed roads, more than $5M for grading and resheeting of unsealed roads and $1.9M to renew drainage across the municipality. Overall $30.6M will be invested in renewing the City’s asset base and Council will also invest $1.77M to build new and upgrade existing footpaths and shared paths.

The proposed Budget includes a rate increase of 2.25 per cent, which is in line with the Victorian Government’s rate cap. Council decided not to seek an exemption to this cap this financial year, as it is confident it will be able to accommodate the rate cap without impacting on service delivery in the short term.
Submissions to the proposed Budget and Annual Plan close on Friday May 18.
World's Greatest Shave

Like most teenage girls Melissa Smith loves her hair and how pretty it makes her feel, but more than that she loves her family. With a beloved maternal Grandmother and Aunt both battling cancer she jumped at the chance to raise money for the Leukaemia Foundation by shaving off her flowing locks when the “World’s Greatest Shave” was announced this year.

With assistance from her parents Chris and Georgina Smith, and her grandparents Graham and Carolyn Smith they challenged their friends, family and business associates to fight this battle with them. Carolyn and Melissa visited both the Golden Square Bowling & Croquet Club, as well as the Kangaroo Flat Bowls Club. After talking with the members and explaining what the shaving was for and why, everyone wanted to be involved and members were more than generous with their donations. Melissa’s total at this stage was almost $400 and growing donations for her family and friends, but if you’re going to shave your head, well, more is better.

Chris and Graham then joined in. As directors of Bendigo’s Turn-Key builder, Lansell Homes, they had already told the bowls club members that they would match the combined bowling club donations Dollar for Dollar.

And they did. With Lansell’s quick doubling in value, Melissa’s total was now almost $800. A great effort, but she knew she could do more. The Lansell Homes team then spoke with Michelle O’Sullivan from local Bendigo law firm O’Sullivan Johnson Lawyers about helping. Michelle understood this great cause, and so then thereafter O’Sullivan Johnson Lawyers had donated a further $550 to Melissa’s cause. A great show of support from a great local business.

In total, Melissa and her team raised a well over $1100. A fantastic result for a young lady with a huge heart, a huge head of hair, and huge love for her family. Melissa would like to thank everyone that donated towards this fantastic cause:

- Golden Square Bowling & Croquet Club
- Kangaroo Flat Bowls Club
- Lansell Homes
- O’Sullivan Johnson Lawyers

Without them, she would not be the success she is.

Hi all, I just want to provide a few words on behalf of the Enterprise Group and its Committee about our new Aquatic and Wellness Centre and a brief update on other projects we are supporting and working on.

As Chairman of the Enterprise for the past 4 years I have seen many changes across our region, for one couldn’t be happier to see the new aquatic centre go ahead. We have had enquiries from all the local schools in the area and in most cases – donations pledged and delivered. The schools will benefit a great deal in this new facility, with the Learn to swim classes, the Wellbeing suites, the Gym and all within walking distances of their schools. It will also save many dollars in bus fees ferrying the students back and forth. The elderly will also love it with the benefit of the Hazeldean’s Warm Water Pool. We have also received monies from the local V’s men’s club and also Kangaroo Flat Rotary and we thank all contributors for their generous support. The centre is due to open in August of this year.

One of next major projects we are aiming to complete (and have had on our books for a number of years) is Solar Lighting the asphalt path that follows the creek from Lockwood Rd to Alder St. This path runs directly beside the new Aquatic centre and knowing the centre will be open early in the morning till late in the evening, it’s a safety concern of ours and we would like to see this path lit by Solar Lighting. It will also ensure a healthy walk,ride or jog on the way to the new pool. The Enterprise has done some studies and early costings for this project with the help from our local Electricians, and is committed and ready to pass the funds onto council for this project but the City of Greater Bendigo is having trouble fitting it into their schedule, we hope we don’t have to wait too long.

We have invested more money into growing our magazine “Flat Matters” with more pages and now in colour. One of the chiefs at Mulqueen Printers, Billy McBride says, it’s a joy to read now, much easier to view the photos and the articles are becoming more extensive. Thanks Billy.

For those of you who don’t know, the Kangaroo Flat Fire Brigade in conjunction with the Sh John of God Hospital runs a Soup Kitchen every Wednesday evening from 5:45pm at the hall in Rotary Park, opposite the help of Rotary, the Bendigo Bank, the Enterprise and the local Schools, we have a handful of volunteers serving the underprivileged for 52 nights a year.

We are also a major supporter of the “Kangaroo Flat Fun Day”, held in July of each year at the Kangaroo Flat Primary School. The Family fun days usually attracts in excess of 500 people during the day and is a great way to finish off the School holidays.

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Popular Spot = Cruseoe

Cruise Reservoir continues to be one of the most popular recreation spots in our region. With the walking track around the reservoir there are always plenty of people out for their early morning stroll. Then there are the many anglers that frequent the reservoir in search of that magical catch. We spotted a couple of avid fishermen out on the pondjoy enjoying the sun from the comfort of their deck chairs. They were also hauling in some nice fish!

Our New Hospital

By Bill Rankin – Kangaroo Flat Resident

Wow, what a wonderful hospital we now have here in Bendigo. My wife and I have both spent time as patients at our new hospital since it was opened early last year. My wife spent almost three months at the Bendigo Hospital after major heart surgery and I have had two stints at the hospital since it was opened as well as a visit to the Day Surgery. We cannot be more thankful for the treatment and care we have received from the wonderful staff, nurses and doctors at our hospital.

The medical attention and care we have received in recovery has been sensational. I must mention also the wonderful volunteers who assist the many visitors and patients to all parts of the hospital. The health care that we can receive here in Bendigo is something we as a community should all be very proud of.

Flat Matters Update

Group President, Sue Rich, cuts the cake while Robyn, Dingee Branch, Kay, Kangaroo Flat Branch, Janet, Bendigo Branch and Gwenda Kangaroo Flat Branch, look on.

Bendigo Northern Group CWA Kangaroo Flat Branch

CWA of Victoria is celebrating 100 years this year.

Monthly Meetings are held at the Uniting Church, Church Street, Kangaroo Flat, 3rd Thursday of the month, 1.30pm and open for anyone to come along, have a ‘cuppa and a chat’ and see what we are doing in the community. Times may change for functions. Kangaroo Flat Branch enquiries, Gwenda 54978781.

Kangaroo Flat Branch joined with other Branches, families and friends to celebrate the 90th Birthday of CWA in Victoria at a Garden Party/Family Day. Immediate past President, Sue Rich, cuts the cake while Robyn, Dingee Branch, Kay, Kangaroo Flat Branch, Janet, Bendigo Branch and Gwenda Kangaroo Flat Branch, look on.

Max Blume was guest speaker at a recent Kangaroo Flat Meeting. Max explained that Outreach is now called “Uniting” and helps around 35 families in a social setting 2 days a week.

There have been some Branches reopening such as Dingee. It would be great to have a CWA Branch in Marong again or maybe one in Maiden Gully. Only needs 6 people to begin and may be monitored by another Branch if needed. Please contact Group President Marilyn for more details on 0404 334 855.

Kangaroo Flat Fire Brigade News

In recent months, Kangaroo Flat and wider Bendigo area has seen an increase in House Fires. On average, there are 3,000 house fires in Victoria each year – most of which can be prevented by taking simple precautions, such as the below:

- Check electric blankets for kinks in the wiring.
- Clean the lint filter in your dryer (and continue to do this after every use).
- Check appliances for visibly frayed or damaged wiring, and never incorrectly use electrical appliances and power/circuit boards.

With the change in Daylight Savings last month, did you change your smoke alarm battery? It’s not too late!

Would your family know what to do if a fire started in your home?

- Get down low and stay out of smoke.
- Get out of your home.
- Call 000 (triple zero) from a mobile phone or a neighbours phone. Ask for FIRE when the call is connected.
- Prepare a home fire escape plan and practice escaping quickly and safely.

Think about older relatives, neighbours, friends or adult children who’ve recently moved out of home.

Assist a loved one - check their smoke alarm, prepare an escape plan and practice escaping quickly and safely.

The Kangaroo Flat Fire Brigade has proudly served the Kangaroo Flat community as a 100% volunteer brigade since 1873.

Kangaroo Flat Licensed Post Office, IGA Maiden Gully, Lansell Plaza, Golden Square Post Office & the Kangaroo Flat Sports Club

Proudly Distributed by Kangaroo Flat Licensed Post Office, IGA Maiden Gully, Lansell Plaza, Golden Square Post Office & the Kangaroo Flat Sports Club
LOCKWOOD SOUTH PS
By Megan Haddon

Lockwood South Primary will celebrate - Education Week on Monday 21st to 25th with a 'Special Persons' afternoon tea and activities. The 'Big Breakfast and Special Assembly' for students and families learning and having fun.

Thursday morning.

Thank you to our families for being awesome and for all of those who made it to our working bee during the holidays.

We tried out our new BBQ that the 2017 Grade 6's raised funds to purchase and together we completed many of the tasks. We also held our Commemorative ANZAC service on Monday 23rd of April, families attended for a cuppa and ANZAC biscuits, we also held our ANZAC Day breakfast, for families learning and having fun!

BENDIGO SPECIAL DEVELOPMENT SCHOOL
By Kirsty Machin = Principal

Students from room 18 at Bendigo Special Development School have been learning about ANZAC DAV commemorations and what it would have been like to be a soldier during World War 1.

They visited the local Kangaroo Flat RSL Sub-Branch to meet and learn from the members and were so inspired that they decided to undertake a project to coincide with ANZAC Day and raise money for returned veterans.

Supported by their teacher Davina McCurdy and Education Support Staff Kylie Snell, the students of Room 18 wrote to the Manager of Kangaroo Flat IGA requesting the donation of flour, coconut, sugar and golden syrup, to make ANZAC biscuits to sell in order to raise funds.

The Manager of Kangaroo Flat IGA, Adrian Mooney, was wonderfully obliging and also offered for the students to sell the ANZAC biscuits at the store.

The students baked in excess of 500 ANZAC biscuits, packaged and labelled them and manned a store with parent helpers and members of the Kangaroo Flat RSL.

They were visited by many members of the local community, including, Member for Bendigo West, Maree Edwards MP.

The students sold every last bundle of biscuits and in the process have learnt so much, not just about literacy and numeracy or planning or even about the origins and significance of ANZAC Day, but so importantly, about what it means to be an engaged and contributing member of a community.

ST MONICA’S PRIMARY SCHOOL
By Karen Elgan

Saint Monica’s Term One Reflection:
As Term 1 for 2018 came to an end, take a moment to reflect on the events, opportunities and growth within your children’s lives. Term one is traditionally a shorter term and yet is filled with so much activity.

Many of our families enjoyed the annual event of the Marong Cup and many volunteered their time to help the day run smoothly. The Marong Cup sees Catholic Primary Schools in the Bendigo Region receiving generous donations from the Marong Committee each year which we are extremely grateful for.

Shrove Tuesday brought our community together to enjoy Pancakes, and the colour run being led by Grade 6 leaders; Jackson, Max, Isabella, Shelby, Josh, and Brock.

SCHOOL SANCTUM
Come along on the Wednesday morning to visit our school and see the students, staffs and families learning and having fun.

Every Friday morning from 9.00-11.00am that kiddos are encouraged to visit.

EXPERT TEACHER TRAINING FOR BIG HILL PRIMARY
State Member for Bendigo West Maree Edwards says teachers from Big Hill Primary School will receive expert training as part of the Primary Mathematics and Science Specialists Initiative thanks to the Andrews Labor Government.

“We want our students to have the opportunity to the best possible education and ensuring our teachers have access to the great training is a key part of that. A great STEM education means our students will be well prepared for the jobs of the future.”

The teachers were some of the 91 from across the state who received the training and support to ensure Victorian kids are receiving the best possible STEM education.

Schools that have previously participated in the initiative achieved above average growth in maths and science, with some students more than doubling the expected results in maths.

Under the initiative, Primary Mathematics and Science Specialists complete 20 days of professional development training over two years. They will split their time between classroom teaching and providing professional learning and support to other teachers within their school.

ST Monicas Flat Matters

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MARIST COLLEGE NEWS
By Br. Mark

There is frantic activity around the College at the moment. Work has begun on the new Foundation – Year 4 building which is due for completion for school in 2019; beautifying the Village Green (a passive recreation area); completing the opening of Stage Two of the original building (Montagne Centre). Monday 23 April was 125 years to the day when the Marist Brothers arrived in Bendigo, led by Br. Peter Carroll = Provincial of Marist Brothers and Ms Marie Edkins = President of the Students’ Council.

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Mon tagne Centre.

A special celebration took place with the blessing and opening of Stage 2 of the original building (Montagne Centre).

Also on the day we unveiled a sculpture of St. Marcellin Champagnat in the Sacred Space. This sculpture was commissioned by the Marist Brothers’ Old Collegians and is sculpted in cedar.

The sculptor was Richard Yates who hails from Chewton in Central Victoria and the bench was made by Linton Torr right here in Bendigo. Currently, Marist College has 775 students across Foundation, Year 1, Years 5-11. Our senior Girls Basketball team has narrowly missed a birth in the final of the Marist Basketball Carnival in Canberra while our Boys have acquitted themselves well against tough competition.

Also at present we have ten students from Year 11 and 2 staff on a 10-day immersion experience in Timor Leste, the first of what will be an annual occurrence.

SPECIAL MOMENT AT MARIST COLLEGE
Well known Bendigian Kevin Foley played a major role at the special celebrations to mark the opening of Stage Two of the Montagne Centre.

Kevin Foley was joined by two college faith captains Max Johnson and Courtney Dodson for the unveiling of the sculpture of St. Marcellin Champagnat the founder of Marist Brothers.

Kevin Foley is the President of Marist Brothers Old Collegians.

Marist Brothers began teaching in Bendigo on 23rd April 1893 = 125 years ago!
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Kangaroo Flat weekend church service

- Uniting Church cnr Church & Camp Streets, Sunday 9:30am – Minister 0448 591 421
- St. Mary’s Anglican Church 193-195 High Street, Kangaroo Flat, 8am Traditional and an 11am Family Service 5447 7427 (Golden Square - Sunday 9am & Maiden Gully - Sunday 4pm)
- St. Monica’s Roman Catholic Church cnr Station Street and High St, Kangaroo Flat Saturday at 6pm and Sundays at 8am. Phone 5443 6969
- Southern Gateway Christian Church, Y’s Mens Hall, 8 Lockwood Rd Kangaroo Flat Worship Sunday 10am. Phone: 5441 3527 / 0413 682 770
- Common Ground Church, 1st Maiden Gully Scout Group Hall, 36 Lockwood Rd. Saturdays at 10 am. Phone 0423 700 770
- Enjoy Church, 10 Phillips Dr, Kangaroo Flat, 10am - Ps Martin 0430 266 008

SOUTHERN GATEWAY CHRISTIAN CHURCH

We start our month with share lunch on the first Sunday, please join us and we have fellowship together straight after the service.

Some excellent news is that Stella Johns has her PMC card and we welcome her as my assistant.

Stella coordinates scripture studies, ladies gatherings and karaoke music for worship.

Ps Dale Caldwell will be a guest preacher on May 20.

We are going to welcome our 10 am service each Sunday in the Y community hall opposite Aldi where proclamations of the Word of God and celebrate the Holy Spirit anointing.

Prayer support from Pastor Peter Pritchard on 0413 682 999.

ST MARY’S ANGLICAN CHURCH NEWS

By Rev Tracey Wolvey
May 5th – Mark it in your diaries, circle it on the calendar. It’s St Mary’s Annual Car Boot Sale. Come one, come all for a great day of bargains and loads of fun. The car boot sale kicks off at 8am and will run until 1pm. If you have stuff you want to off load, if you need to get rid of some clutter or excess unwanted goods, why not book a site and see if you can make some cash out of it. You can literally pull up in your car and sell it from your boot or have an inside stall. There will be refreshments available all day and a lot of friendly people around to have a yarn with.

From May 10th – 20th St Mary’s will be joining churches from over 85 countries around the world in prayer and praying “Thy Kingdom Come”. During those times the Church will be open for prayer 9am – 5pm on various days of the week (please check the notice board at St Mary’s and/or website for St Mary’s www.stmaryskangarooflat.org). There will be prayer tables set up for people to go in and quietly pray, there will be prayer guide booklets to assist with prayer suggestions for the 11 days and, people available to pray with you if so desired. There will also be prayer book for you to write what you are praying for so others can join you and support you in prayer. Come along, take time to lift what’s on your heart to God. It is amazing what happens when we do.

And, although it seems a little off-peak, while you have the diary and calendar out be sure to mark May 5th for our annual upcoming Winter Shirt Sale. Now is a good time to encourage budding artists to start and get creative producing entries for the show. There are a range of categories and great prizes to be won. More information will be provided soon but, reserve the date and start painting or drawing. It gets better and bigger every year!

For more information on any of these please call St Marys office on 54474727, email anglicankf@bigpond.com or ring Reverend Tracey Wolvey on 0423 267 405.
People with asthma are likely to have worse symptoms when they get the flu because the flu virus can cause an asthma attack. This is important, as flu can cause a person’s asthma symptoms to get worse.

Circulation problems can involve the veins that can affect the legs and the feet. Asthma symptoms can get worse. This is because the flu can cause asthma symptoms to get worse.

Peripheral Vascular Disease

There are a number of circulation problems that can affect the legs and the feet. Circulation problems can involve the veins (blood vessels that return blood back to the heart), arteries (vessels that carry blood from the heart to the extremities) and small blood vessels known as capillaries (deliver blood to and from the tissues and veins).

Circulation problems can affect anyone of any age, but there are a number of risk factors which can cause them. These include, but are not limited to: high blood pressure (hypertension), high blood cholesterol, cardiovascular health issues (such as ischaemic heart disease), Diabetes Mellitus (all types), smoking, illicit drug use, venous insufficiency, scleroderma, rheumatoid arthritis, certain types of anaemia and Raynaud’s phenomenon. Sometimes the cause may be unknown (idiopathic).

Vascular disease affects everyone in different ways. Symptoms can range from cramping, feeling of cold feet and altered sensation, to feelings of severe pain and ischaemia (loss of oxygen to the tissues). Cases of ischaemia can result in tissue damage, ulceration and gangrene.

Treatments of vascular disease can vary and will depend on the severity. For minor to moderate cases of vascular disease treatment may involve increasing exercise, controlling of high blood pressure and cholesterol levels, anti-platelet medication (blood thinners) may maintain a safe level or prevent the disease from worsening.

For extreme cases treatment may involve lower limb artery stenting, bypass surgery or removal of affected limbs. If you have concerns, questions, or simply want your lower limb vascular health assessed please book an appointment with your Podiatrist. Podiatrists can provide comprehensive vascular assessments on your feet and lower legs to determine if you have any changes or problems with your peripheral circulation. We can liaise with your Doctor and recommend that you further imaging studies if necessary. When performing our assessments we will often ask some information about your current symptoms, medical history and medications.

For any vascular foot health assessments please contact n8 health Group.

Local Library Update

By Kinta Walker

When was the last time you found yourself in a Library? Library and Information Week is held during the last week of May each year. This year it takes place from 21–27 May 2018 and the theme for it’s ‘Find yourself in a library’. We have several events happening in May where you can find yourself in the Kangaroo Flat Library!

Flat Library!

Microsoft Word Basics – Digital Literacy Workshop.

Wednesday, May 9, 2018 from 2:00pm to 3:00pm

Develop the confidence and skills to create basic corporate reports using Microsoft Word such as letters, resumes and more. BYO device or use one supplied by the library.

BOOKINGS REQUIRED at www.ncgfl.vic.gov.au or phone 5447 6554

Wills and Powers of Attorney – Community legal education

Tuesday, May 15, 2018 from 2:00pm to 3:30pm

Free legal advice assisting you to understand and assert your rights, and access relevant support. What happens if you don’t have a will, estate issues, guardianship and powers to control of property—enduring and non-enduring and supportive - financial, personal and medical.

Presented by Loddon Campaspe Community Support Centre

NOTE: NO BOOKINGS REQUIRED

National Simultaneous Storytime, Hickory Dickory Dash

Wednesday 23 May, 10.30am – 11am

Come in and join in with our very special Simultaneous Storytimes featuring the fantastic story of Hickory Dickory Dash by Tony Wilson and Laura Wood.

Library and Information Week committee

Any further enquiries ask the friendly staff at Kangaroo Flat Library, or call 5447 6544.

Support your local businesses because... Flat Matters
**Wednesday 16th May**

from 9:30am

at Kangaroo Flat Uniting Church

(Church & Camp Streets)

**Kangaroo Flat UCAF**

**Invite you to**

‘High Tea’

- Featuring a display of Salt and Pepper shakers

**At Kangaroo Flat Uniting Church**

(Church & Camp Streets)

**On Wednesday, 30th May**

at 2pm

**Cost:** $15

**Bookings essential**

by Monday 21st May, 2018

by

Maggie Carnes

5447 2705

Elise McKay

5447 7957

**Everyone is welcome**

Entry by gold coin donation (proceeds to Cancer Council Victoria)

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**Greater Bendigo Indoor Aquatic and Wellbeing Centre**

Community Fundraising Drive

This is a unique opportunity for all Bendigo residents, families, businesses, sporting clubs and schools to make a worthwhile investment in their community.

Visit your nearest Bendigo Bank branch today to donate.

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**BENDIGO NEEDLES AND THREADS NEWS**

By Janet Clark

Another month has passed us by with many garments reaching into the many corners of our community helping those in need far and wide. We are very thankful for any donations of 8ply acrylic wool that we can source.

We paid tribute for ANZAC Day with the reading of the Anzac Day poem and followed on with the sharing of Anzac Biscuits for morning tea.

We have donated 65 red knitted poppies to the Kangaroo Flat R.S.L. in memory of 65 men who lost their lives in battle never to return home.

We celebrated Mother’s Day with a morning tea, raffle and donation in aid of the OTIS Foundation. Members were invited to bring a friend on this day.

Our Annual General Meeting for 2018 will be held on 4th June at 10am. Ladies keep up the good work.

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**CELEBRATING OUR FAITH**

A naming celebration for the Faith Leech Aquatic Centre will take place on Saturday May 12 at the Barnard Street pool complex.

Mayor Margaret O’Rourke and Leech family members will be in attendance for the naming celebration for the late Faith Leech who is Bendigo’s only Olympic gold medallist in swimming after winning gold in the 100 metre freestyle relay and bronze in the 100 metre freestyle at the 1956 Melbourne Olympics. All this when only aged 15 years demonstrated the quality of this amazing lady.

In her later years Faith Leech enjoyed working on her great-grandmother’s farm to help Australian communities thrive.

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**SERVING MEALS FOR OUR NEEDY**

The Kangaroo Flat Community Kitchen continues to provide superb meals for the needy in our community.

The Kangaroo Flat and District Community Enterprise in conjunction with Kangaroo Flat Rotary, Bendigo Bank staff and the St John Of God Hospital are proud to support this worthy project for our community.

The Community Meals are served at the Kangaroo Flat Rotary Clubrooms in Gateway Park, Kangaroo Flat between 5.00pm and 6.30pm on Wednesday evenings.
Support your local businesses because...
A major talking point has been the objectionable behaviour by a small number of players participating in the Bendigo pennant bowls competition.

The matter was raised at the association presentation night with one bowls official labelling bowls as becoming a blood sport with a win at all costs mentality.

Will be interesting to see how the bowls community reacts when pennant commences later in the year.

With Easter experiencing huge numbers for the Bendigo region it ponders the thought as to why none of the local football leagues took the opportunity to play a game.

Good Friday has in the past drawn excellent crowds to Bendigo football but even the rest of the Easter break failed to attract a game of quality football.

Up on the river the powerful Ovens & Murray League was in full flight with a full round of local football/netball over the three days of the Easter break.

They lived up to their mission statement “Passion Lives Here”

The countdown is on to the opening of our swimming complex in Kangaroo Flat. A recent inspection showed the workers are heading towards the home straight with this long awaited project and our revitalised swimming club is already active in recruiting new members.

A couple of very worthwhile sporting days coming up at Bendigo Mazda Oval during may. First up is the Autism Awareness match to be held on Saturday may when the Ross will play in a specially designed Blue jumper in their home match against Maryborough.

Secondly, the Worksafe Game of the Month comes up on Sunday May 27 when Kangaroo Flat hosts Golden Square.

Golfer Lucas Herbert continues to amaze as he makes takes to fairways around the globe.

His latest adventure took him to Beijing for the Volvo China Open. At just 22 years of age the boy from Ravenswood has the world at his feet.

Coming up he has a trip to the British Open. Another Bendigo golfer Andrew Martin will also be jetsetting this winter. Andrew says he is looking forward to playing tournaments on the Asian Tour.

The City of Greater Bendigo has released a draft 2018-2028 Hard Court Facilities Strategy for netball and tennis for public comment.

By developing a long term strategy the City is aiming to increase access and use of local facilities by providing more social and casual use opportunities, support local clubs through the ongoing renewal and upgrade of facilities, ensure facilities respond to the current and future demands for netball and tennis, and improve the capacity and sustainability of local clubs and associations through stronger partnerships and governance.

City of Greater Bendigo Active and Healthy Lifestyles Manager Lincoln Fitzgerald said the draft strategy has found there is a shortage of lit courts to support training and night competition, an increasing need to upskill volunteers to deliver local competitions and manage and maintain facilities, a preference for acrylic courts due to playability, multi-use and reduced maintenance and a lack of adequate player and spectator amenities especially for females.

“The report also found that there is an oversupply of courts in low population areas and an undersupply in key growth areas such as Maiden Gully, Kangaroo Flat and Strathfieldsaye and that single and two court tennis facilities located in outer suburbs and township are locked up, have limited use and are not being maintained,” Mr Fitzgerald said.

The draft Hard Court Facilities Strategy 2018/2028 is available to view online at www.bendigo.vic.gov.au until June 1, 2018.