

Community Spirit is alive and well!

In November, Troy from Kokoro Kai Karate club had several people ask him to run a boot camp style fitness session, to help keep people motivated and physically active towards the end of year and leading up to Christmas.

To help promote physical activity in Dunolly, Troy agreed to do a one-off session.

After agreeing to run the session, Troy heard the news about a local Tarnagulla lady who had recently lost her partner.

After hearing this sad news, Troy decided to run the boot camp as a fundraiser. Troy and members of the Karate club thought it would be nice to be able to give Justine and her son a Christmas card, leading up to Christmas, with some money in it, no matter how much it was, just to be able to buy themselves something special for Christmas or even enjoy a meal out or a day trip together.

Something to put a smile on their face at Christmas time, after a tragic year.

As soon as Karate members and local Dunolly community members found out what the fundraiser was for, we had lots of people put their name down to attend the boot camp; adults and kids came along for the session, not only to get active, but also support the fundraiser for Justine and Ryan.

The Karate club also put a call out for non-perishable items to make up a Christmas hamper, and had generous offers from Karate families and also Dunolly community (who aren't club members, but were just happy to donate).

The Dunolly Primary School also allowed us to take some items such as cereal and long-life milk (which were left over and no longer needed) from their breakfast program.

As a community, lots of people got together to show their love and support for Justine and Ryan, which is amazing and just proves during tough times we all stick together to help each other out.

Story Melissa and Troy Hoban

Photo Jenny Scott



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Contributions are accepted up to **3pm on Tuesdays**. Exceptions are made only by prior arrangement, or for important community notices for the *Classified* pages. If in doubt, please ring us before 3pm on Tuesday to avoid disappointment.

All letters, articles and classifieds must contain the author's full name, home address and daytime telephone number, not necessarily for publication if so requested. However, during election campaigns, all communications pertaining to candidates must have authors name and suburb published in accordance with electoral regulations. All un-acknowledged photo/pictures are from stock.

The Welcome Record aims to present the diversity of viewpoints which reflect the concerns and interests of our community. It will not print contributions which are defamatory or being used as an alternative to a personal approach in dealing with a personal issue. The opinions expressed by contributors are not necessarily those of *The Welcome Record*.



ROSIE'S RAMBLE

Happy New Year everyone!

Someone asked me the other day what I did over the break, answer, not a lot. The new year really only gave us a new date to remember, everything else pretty much stayed the same for a while.

Some stuff has changed, but the basic precautions are the same.

I have a bad habit of writing notes on the nearest piece of paper or envelope when I have a phone message. These float around the place being a nuisance — until I actually need the message, then they disappear off the face of the earth, sometimes never to be seen again. I do have a phone notebook, but it is often missing when needed.

After Mass on Christmas Day, daughter Ramble the Elder went to change into something more relaxed. When she came back I could hardly believe my eyes. I went to my room and came back with the dress I'd bought recently. They were identical! Mine was a trifle larger than hers, of course. She had bought hers at an op shop in Colac, and mine was from an op shop in Bendigo. How about that for weird!

I absolutely love *Simon's Cat*, a cartoon on *Facebook*. It is good for the giggles, a laugh out loud or a belly laugh. Sister Ramble fails to see why I like it so much, but she is a dog person.

There was an item on *Facebook* about people who see faces in all sorts of unexpected places like curtains and floor tiles. I do, it is called Pareidolia. According to Wikipedia, it is a very human condition relating to how our brains are wired. Research from Sydney University shows that we process these fake faces using the same visual mechanisms as for real ones. It is weird but interesting when it happens, but seers are not mentally disturbed, it can happen at any time and anywhere.

Older but not wiser — As the years go by, I keep losing weight but it keeps finding me.

Furry Logic — I have my principles, and if you don't like them.... Well I have others.

Rosie



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Defibrillators available at —

SES, CFA, DFNC, Dunolly Bowls Club, Doctor's Office and Dunolly Town Hall.

In case of emergency, the defibrillators can be accessed at the above venues when they are open.

The unit at the Town Hall is located in the breezeway outside and can be accessed at any time.

Important telephone numbers

Police: 000

Fire: 000

Ambulance: 000

Police non emergency: 131 444

Dunolly Police: 5468 1100

Stories from Cynthia

We have all heard the expression "the terrible twos" and most of us would have had the experience of surviving the vagaries of a two-year-old. My little visitor has just gone home to Canberra with her mother and Nana; my daughter and granddaughter. Little Layla took her first steps in my sitting room a year ago, but she fortunately was not as mobile as she is now. She is the sweetest, friendliest little toddler and talks really well but is always capable of wreaking havoc wherever the fancy takes her. When a friend asked me the other day whether I had received her email I explained the reason why I had not seen it. Layla had her cot in the study and would climb out, not making a sound so she wouldn't alert anyone that she was awake, and investigate all the interesting things within her reach. Although I had concealed the keyboard on its sliding shelf under the desktop, Layla managed to find it and propel it over the edge at the back of the desk which was against the wall. The mouse was nowhere to be seen. It was very entertaining for Layla to spread all the computer paper and accessible files on the floor around the room.

I wear a security button in case of an accident etc. and the emergency speaker with a big red button for me to push, is also in the study and I had forgotten this, so of course I received a call from security services because Layla had pressed the shiny, red button. I then removed the speaker and hid it at the back of the desk out of sight, but a day or so later I received a call from a not so friendly security lady. It turned out that Layla had found the lead hidden under the desk and pulled and pulled till she had it within her reach, despite the fact that she couldn't see what was at the end of it, but hurray there was that red button which let out a big siren noise. How could she not resist pushing it again!

Layla's Nana bought a blow-up pool and more toys, even though I have a store of them here, but new things were introduced to distract her; however it was never long enough for Layla to seek new pastures.

Maddie did not escape Layla's attention and I think she was a bit scared of this little tornado because right at their first meeting Layla nearly ran Maddie over with her little toy trolley. Despite the unpredictable excursions of our little Layla, she is adorable and I can't wait to see her on her next visit.

Cynthia

Australian of the Year Awards

A bronze nozzle from a firefighting hose, a well-travelled statuette of Ganesh and a symbolic painting reflecting a journey through medical training are among the objects selected by the 2021 Australian of the Year state and territory recipients who include Australia's first Indigenous doctor, the former Rural Fire Service Commissioner and an advocate for survivors of sexual assault.

The National Museum of Australia and the National Australia Day Council (NADC) today launched an exhibition of significant objects chosen by the eight extraordinary 2021 Australian of the Year state and territory recipients that reveal meaningful stories about their lives, aspirations and experiences.

Minister for Communications, Cyber Safety and the Arts, the Hon Paul Fletcher MP, said the exhibition shines a light on the lives and achievements of eight extraordinary Australians.

"The Australian of the Year 2021 nominees are remarkable people whose selfless actions have stood out in a year unlike any other in recent times," Minister Fletcher said.

"The objects to be exhibited provide a window into the lives of Australians who have striven to make our communities safer and stronger.

"I commend the nominees for the contributions they have made to their communities and Australia more broadly."

Their stories will inspire future generations of Australians.

2021 Victoria Australian of the Year, Donna Stolzenberg: Founder of the National Homeless Collective and proud Ngatjumay and Mirnang woman, has been working for people experiencing homelessness for 20 years. Her choice of object was a small statuette of Ganesh that has travelled with her around the world. The God Ganesh represents new beginnings and the removal of obstacles which reminds Donna of the infinite possibility in every day — a sentiment she brings to her charity work.

Media release National Museum Australia



Donna Stolzenberg — Victorian of the year



We survived

(Under the age of 40? You won't understand.)

My mum used to cut chicken, chop eggs and spread butter on bread on the same cutting board with the same knife and no bleach, but we didn't seem to get food poisoning.

Our school sandwiches were wrapped in wax paper in a brown paper bag, not in ice pack coolers, but I can't remember getting e. coli

Almost all of us would have rather gone swimming in the lake or at the beach instead of a pristine pool (talk about boring), no beach closures then.

We all took PE and risked permanent injury with a pair of Dunlop sandals instead of having cross-training athletic shoes with air cushion soles and built-in light reflectors that cost as much as a small car. I can't recall any injuries, but they must have happened because they tell us how much safer we are now.

We got the cane for doing something wrong at school. They used to call it discipline, yet we all grew up to accept the rules and to honour and respect those older than us.

We had 50 kids in our class and we all learned to read and write, do maths and spell almost all the words needed to write a grammatically correct letter — Funny that!!

We all said prayers in school and sang the national anthem, and staying in detention after school caught all sorts of negative attention.

I thought that I was supposed to accomplish something before I was allowed to be proud of myself.

I just can't recall how bored we were without computers, PlayStation, Nintendo, X-box or 270 digital TV cable stations. We weren't!

Oh yeah ... and where was the antibiotics and sterilisation kit when I got that bee sting? I could have been killed!

We played "King of the Hill" on piles of gravel left on vacant building sites and when we got hurt, mum pulled out the 2/6p bottle of iodine and then we got our backside spanked.

Now it's a trip to the emergency room, followed by a 10 day dose of antibiotics and then mum calls the lawyer to sue the contractor for leaving a horribly vicious pile of gravel where it was such a threat.

To top it off, not a single person I knew had ever been told that they were from a dysfunctional family.

How could we possibly have known that?

We never needed to get into group therapy and/or anger management classes.

We were obviously so duped by so many societal ills, that we didn't even notice that the entire country wasn't taking Prozac!

How did we ever survive?

Love to all of us who shared this era and to all who didn't, sorry for what you missed. I wouldn't trade it for anything.

Supplied by Robyn Anderson



Lots Of things happening at the Neighbourhood Centre!

After a non-existent year we will have lots of things for you to see and do in 2021.

- Walking Group Mondays from the Centre 9.30am
- Mosaics Mondays 10am at Arts Hub
- Table Tennis Mondays 9am.at Golf Club rooms
- D Sharps Singing Practice, Acapella Singing Mondays at the Centre 2.30pm.
- Old Time Dancing Mondays at St Johns Hall 7.30pm.
- Tai-Chi Tuesdays 10am at Golf Club rooms
- Woodwork/Men's Shed at The Centre Tuesdays 9am.
- Table Tennis Wednesdays at Golf Club rooms 9am and 7pm.
- Craft Group Wednesdays at The Centre 10am.
- Art Group Thursdays 9am at Arts Hub.
- Garden Club Last Monday of the month.
- Archery 4th Sunday of the month at their range behind the Dunolly oval. The first shoot of the year will be this Sunday the 24th of January.
- Move- Groove, movement to music starting in February.
- Introduction to Paper Mache on 3rd February

And that's just for starters.

There will be more information forthcoming on these and more!

Want more information? Simply Ring 5468 1511 or

email: admin@dunnhc.com.au

Sharon Hiley Coordinator



Join our steering group and help us encourage older residents to get moving. Motivating older residents to improve their physical health is the focus of the Loddon Mallee Region "Move It" project.

The "Move It" project is funded by the Australian Government through a Sport Australia Better Ageing grant.

\$71,550 in funding will support the delivery of the "Move It" initiative in the Central Goldfields Shire.

Central Goldfields Shire, Cr Geoff Lovett said the initiative would support older residents to get active for fitness, enjoyment and social connection.

"To do this we are looking at hosting a series of strength training sessions at various locations across the municipality with transport also offered if required. A walking group is also being planned.

"To help us we're inviting three members of our community to join our "Move It" steering group.

"With community involvement we can work together to make sure we are reaching all members of our community and that the program is engaging, accessible and held in the right locations," he said.

To find out more about the "Move It" initiative and to express your interest in joining the Steering Group please contact Council's Strength for Life Move It Project Officer Zac Egan via:

- Phone 0428 965 448.
 - Email Zac.Egan@goldshire.vic.gov.au
 - An online form is also available on Council's website www.centralgoldfields.vic.gov.au/strengthforlife
- Lachlan Steed on 5461 0689.

CGSC News



Central Goldfields Seniors embracing digital technology

Since the Digital Connection Project for Seniors started in November last year, there has been great enthusiasm from Central Goldfields locals with 21 inquiries received from people ranging from 65 to 90 years of age wanting to increase their digital literacy. As a response to the COVID-19 restrictions, the program has aimed to support residents over 55 in Central Goldfields stay socially connected with their family and friends through using technology as well as improving their overall digital abilities.

From the current inquiries, there has been a range of needs with the majority of participants having none to low level of digital literacy and primarily wanting support in learning how to use their devices or set up emails. Through the help of digital mentors, participants are able to learn at their own pace and receive the one-on-one support needed to reach their individual goals.

Maryborough District Health Service Support Service Worker and digital mentor, Lyndie Slade, said "I'm excited to be able to connect with community members again and be there to support them in learning a new skill."

It was found that several of the referrals have felt lonely as a result of the pandemic restrictions and hoped the project would help them feel more confident in using technology to reconnect with their loved ones.

Local resident and Central Goldfields Shire (CGS) Home Support Worker, Margaret Davies, is a perfect example of someone staying digitally connected.

Having refined her own skills through learning from others and teaching herself, Margaret has progressed from "not being able to answer the phone to attending Zoom meetings for work." Margaret is now one of several CGS team members who have completed training to provide digital mentoring as part of community home support. She has also been able to show off her photography skills through capturing her flowers on her android phone's camera and bringing her garden to her clients, which has been a great asset during lockdown.

This Digital Connection Project for Seniors is a joint initiative of Central Victorian Primary Care Partnership, Maryborough District Health Service (MDHS), Central Goldfields Shire Council, Maryborough Regional Library, Goldfields Employment and Learning Centre and the Maryborough Senior Citizens Group.

MDHS CEO, Nickola Allan said "It's great to have numerous local organisations working together to provide a service aimed at keeping our community connected and supporting seniors to improve their skills."

Central Goldfields Shire Cr Anna De Villiers said it was great to see the program already having an impact within the local community.

"COVID-19 has made us all realise the importance of keeping connected and so it's wonderful to see that there is support available for the older residents in our community to learn how to get online and improve their digital literacy. "Congratulations to all the partners involved in getting this project off the ground as I'm sure it's going to make a real difference to the lives of many."

If you or someone you know, are a shire senior and would like to reach Margaret's level of digital skill, call the Digital Connection Project for seniors at Maryborough Regional Library on 5461 9111. If you don't have a device, there may also be options available to you.

Naomi Fitzgerald

Freemasons Primary School Scholarships 2020

The Central Goldfields Masonic group comprising lodges of Avoca, Carisbrook, Maryborough, St George of Dunolly, and Talbot with the addition of All Nations at Clunes have again provided 13 scholarships to primary schools within the feeder district of Maryborough secondary colleges.

These cover a number of smaller schools but include Amphitheatre, Avoca, Bealiba, Carisbrook, Dunolly, Maryborough Education Centre (MEC), Moonambel, Natte Yallock, St Augustine's, Maryborough, Talbot, Tarnagulla and Timor.

Valued at \$200, the recipients of these scholarships are selected by the Principal and year six teacher from each school for one student they feel worthy to receive these encouragement awards, which will help finance their transition into year seven.

With funds deposited in the student's account at the secondary college, they are tagged for use to supply books, uniforms, excursions, or other educational material. Now in the third year, funding is normally raised through our Lodge Ladies Lunch Group (Triple Ls) and a charity night provided by the local Highland Society club then funds doubled by the Freemasons Foundation.

With the cancellation of all activities some alternative funds had to be sourced, so while Triple Ls managed to provide their quota for the first time, lodges within the group were asked to contribute.

Still short of half the required funds, a successful application was made to Freemasons Foundation for more than half.

When final numbers came in then two schools had no year six meaning that these two spare awards were presented to schools with larger classes namely Dunolly and as in 2019 to MEC because they have two classes of grade six.

These scholarships are being received with great appreciation by the students and their parents as well as the teachers who have the privilege of selecting the recipients. They are only a small part of the educational funds being provided within the CGMG area as a large number often receive Annual Freemasons Foundation Awards.

Hopefully 2021 will see some normality with a Highland Society Charity Night at Maryborough already planned for Friday June 11th 2021.

Students selected at Dunolly Primary School were Hunter Scholes who is transitioning to Girton College and Isaac Scott who will attend Highview.

Ken Calder



**CENTRAL GOLDFIELDS
RATEPAYERS AND
RESIDENTS ASSOC. INC.**

Hi guys, all back on track for 2021.

The aim is to get the Council, Shire and community all on the same path. Has been a sort of rocky start to the year. Just hope it's all uphill from here. 2021 is going to be the year for the community. We hope everyone had an extremely happy and safe Christmas and New year. 2021 is going to be a year which is like no other.

For us of the Central Goldfields this will be the year where we all, community, councillors and shire team up and set the foundations for a positive, confident and united direction for our shire and ourselves.

The year began — and we are sure it will have a COVID flavour, but just a slice.

It's time for us all to take responsibility and help our newly elected councillors achieve the goals they set for us and them. They cannot do this alone. A community that works together prospers together. If there is a question or issue you would like addressed start with the Shire. With them assisting you with your questions we are sure you will get a timely and satisfactory response. If still you have concerns, please contact a councillor or ask us to assist.

We are here to advocate for the community and you do not need to be a member of our Association. You also could contact the Councillors. They have a huge task so possibly contact them at last resort. They would love to help us all. But use the system and seek responses for the Shire first.

We have two public meetings already booked for 2021 (COVID permitting).

These are;

- 2nd February at 7pm Maryborough Hub and Carisbrook Senior Citizens Hall
- 2nd March at 6pm to 8.30pm.
- The Carisbrook meeting will begin with a Carisbrook levee update from 6pm to 7pm, followed by our normal meeting.

Everyone welcome.

For information call 0419 101 144 or mail to P.O Box 184 Maryborough 3465.

At all our public meetings membership is not needed. We are inclusive, not exclusive.

We CGR&RAI are confident our newly elected councillors and Shire will open the door to public consultation, better transparency and public participation.

We can not emphasise enough this will be achieved with each and every one of us taking part, asking questions, involving ourselves and being open with the shire, councillors and our shire development.

So for 2021 — let us all make this a stronger united effort and set the foundations for a stronger future.

With the newly elected councillors, issues which have lingered over the past few years have now been or are being addressed.

A lot of improvements won't be seen immediately. But if you have a doubt please contact the shire, councillors or Ratepayers members for information or direction.

We look forward to seeing a much stronger community participative year.

Thank you and let's move forward together.

We are masters of our own destiny.

Central Goldfields Ratepayers & Residents Assn Inc

cgoldratepayers@mail.com

Wayne McKail
President

Water Ski Championships back on!

Bridgewater on Loddon will host some of Australia's best athletes in water skiing this January when it holds the 2021 EasyTow Malibu Australian Masters Water Ski Championships. Held over three days from 23rd to 25th January, the event will see more than 50 skiers travel from all over Australia for this premier event which is hosted by the Bridgewater Water Ski Club.

Bridgewater Water Ski Club Secretary Craig Stephen said spectators could expect to see strength, skill and ability on show during the weekend, resulting in lots of water spray and action.

"Obviously COVID-19 has had an influence on the running of the event and therefore reduced the numbers attending, but we are hoping that with smarter programming we will have two world champions here for the event," he added.

Of the participants expected to take part over the weekend there will be competitors in all age groups, ranging from under 11 years of age through to the over 65s and disabled divisions.

The competitors are among the country's best performers in water skiing, slalom, trick and jump.

Prize money and event medals will be on offer along with the prestigious Glenn Thurlow Trophy for Most Outstanding Skier.

The slalom and jump are held on the length of river in front of the Bridgewater Public Caravan Park, while the tricks competition is run upstream opposite the boat ramp.

"It's an attraction that the patrons of the Bridgewater Public Caravan Park come back for year after year and we are aiming to make it a bigger event through the 2020s," Craig said. Craig added that the Australian Masters Water Ski Championships had been going for more than 50 years.

"It started in Deniliquin as a junior development program and a last chance qualifier to enter the Moomba Masters," he said. "We have run it here at the Bridgewater Water Ski Club now since 2004. "We have been blessed with the support of the Malibu Boats EasyTow trailers, the Bridgewater Bakehouse and the Shire, Craig added.

Formed in 1960, the Bridgewater Water Ski Club is one of the oldest water ski clubs in Australia.

It runs the prestigious event to enable national calibre skiers to qualify for the Moomba Masters, held in Melbourne in March.



The world ranked competition is also a major lead-up event for the selection for the Junior Worlds Waterski Championships.

Located two hours north of Melbourne and 35 minutes north west of Bendigo, Bridgewater is a key destination for visitors looking to enjoy the river or explore the region. The town boasts an award-winning bakery, world class wineries and a classic Australian pub with an appealing beer garden offering views of the river.

Claire Leunig, Loddon Shire



Jam-packed January school holiday program

Central Goldfields Youth, Central Goldfields Art Gallery and the Maryborough Regional Library have put together a jam-packed program of a range of fun, free activities to keep our youngest residents entertained during the January school holidays.

Central Goldfields Shire Cr Wayne Sproull encouraged children and teenagers across the Shire to sign up for one, or more, of the free events organised.

“Our summer school holiday program has heaps of fun and free activities and there is sure to be something for everyone. We have dance parties, photography and film sessions, how to make your own lava lamp plus heaps of great virtual activities on offer,” he said.

Central Goldfields Youth Face to Face Activities: Chill Out Space at Dunolly!

Thursday 21st January, 11am to 3pm

Gordon Gardens, Dunolly

To register for the above event visit:

www.centralgoldfields.vic.gov.au/schoolholidayprogram

Virtual Activities:

- Melbourne Day: Join our youth team for a tour of Melbourne’s coolest sights including the Zoo, NGV and the MCG!

- Makers Session: Make your own banana bread.

- Upskill Session: 5 tips for a great resume.

- Upskills Session: 5 tips for taking great photos.

For more information, contact Council’s youth team via youth@cgoldshire.vic.gov.au or 0418 536 517

Central Goldfields Art Gallery

with National Gallery of Victoria, NGV Kids on Tour

Dance party: Wednesday 20th January 2.30 to 3.30pm

Bookings are essential.

Email cgsc.art@cgoldshire.vic.gov.au or call 0438 367 094.

Maryborough Regional Library

The Maryborough Regional Library is hosting weekly Science Technology Engineering Arts Mathematics (STEAM) sessions throughout January. Sessions are recommended for children aged between eight and 14 years and are free to attend.

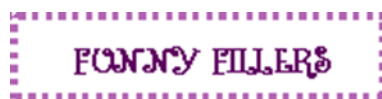
Sessions are:

- Monday 25th January 2.30 to 3.30pm

Bookings are limited. Contact the Maryborough Regional Library on 5461 9111.

For more information on the events listed above visit www.centralgoldfields.vic.gov.au/schoolholidayprogram

Central Goldfields Shire Council Communications Officer
Lachlan Steed



Did you hear about the new movie in which a beautiful girl falls in love with a very ugly loaf of bread?

It’s called beauty and the yeast.

Did you hear about the stonemason’s son?

He was a chip off the old block.

On 26th January, Australia Day celebrations will be taking place across our Shire with towns and communities hosting events (in line with current COVID-19 restrictions).

Celebrations will be held at Boort, Bridgewater (to be confirmed), Calivil, Eddington, Inglewood, Newbridge, Tarnagulla and Wedderburn.

The day will also include the announcement of the Australia Day Awards for Citizen of the Year, Young Citizen of the Year, Community Services and Community Group/Event of the Year.

These awards celebrate the achievements and contributions made by outstanding members of our community who, through their efforts, make us feel proud to be Australian.

To find out more, including times and locations of Australia Day celebrations, visit:

www.loddon.vic.gov.au/Our-Council/Ceremonies/Australia-Day

This year’s Australia Day competitions, including literature, colouring and photography have been centred on the theme of the Olympics and sports.

Regional Travel Voucher Scheme – Round 2

Registrations for Round 2 of the Victorian Government’s Regional Travel Voucher Scheme open this Wednesday 20 January.

Vouchers will be offered to Victorian residents to contribute to the costs of accommodation, tourism attractions or tours undertaken in regional Victoria, the Yarra Ranges and the Mornington Peninsula.

Victorians who receive a voucher and spend at least \$400 on accommodation, attractions or tours during their stay will be eligible to receive a reimbursement of \$200 on presentation of receipts.

The program works on a ‘first-come-first-served’ basis and each round will close once all places have been filled for that particular round.

To find out more and to register visit www.vic.gov.au/regional-travel-voucher-scheme

Nominations open for Victorian Honour Roll of Women

Nominations are now open for the 2021 Victorian Honour Roll of Women.

Each year, the Victorian Honour Roll of Women recognises women who have demonstrated remarkable leadership and excellence in their field of expertise, interest, endeavour, or through their commitment to the community. Since 2001, more than 600 women have been recognised for their incredible efforts in Victoria, Australia and beyond.

Women are recognised for their achievements in a broad range of fields, including science, arts, environment, law, social justice, family violence prevention, research, health, media and education.

Victorian women may be nominated for their achievements in either paid or voluntary work, across five categories: Trailblazer, Change Agent, Local Champion, Emerging Leader and Leading through Disaster.

Nominations close 31 January 2021.

For more information visit www.vic.gov.au/victorian-honour-roll-women-program

Loddon Shire Media Release

Febfast 2021

Febfast 2021 set to attract record numbers of Aussies looking to cut down on alcohol and sugar for a good cause

Aussies reeling from the year that was 2020 are flocking to annual abstinence event Febfast to kick-start better health in 2021.

Registrations for Febfast have now opened and organisers are expecting a bumper year. Febfast, now in its 12th year, is an initiative of YSAS (the Youth Support + Advocacy Service). Participants abstain from alcohol, sugar or a vice of their choice for 28 days of February whilst raising money to support young people who are experiencing serious disadvantage. Businesses can also sign up as a team and/or dollar match donations. Registrations are now live at www.febfast.org.au

Dominic Ennis, General Manager of Service Development at YSAS (who runs Febfast), said: "Febfast is the perfect opportunity to call time out on alcohol or sugar for the month of February and raise funds to transport the lives of young people experiencing serious disadvantage.

"The health benefits are clear. Days and nights without alcohol or sugar improve energy levels, concentration, sleep and the ability to relax, while also decreasing stress and mental tension. With all the extra time and energy they have, our Febfasters get out more — going for a surf, exploring new bike paths or spending more quality time with the kids.

"It's a win-win. By registering for Febfast and asking your friends, family and colleagues to sponsor your break from booze or sugar, you'll also be raising funds for YSAS to work with young people who are struggling with substance abuse to get back on track to a healthier life and a better future."

Jane Gardner, Head of Advocacy at YSAS, added: "Put simply, 2020 sucked. It's no wonder so many of us — myself included — found ourselves eating Nutella straight from the jar after watching another depressing press conference and cracking open yet another bottle of wine at the end of an extremely long day of kid-wrangling and remote working.

"As a result, I exited 2020 feeling tired, unfit and just plain uncomfortable with the newly acquired COVID-kilos.

"I will be taking part in Febfast to help reverse some of that 2020 damage by quitting sugar and alcohol. Having done Febfast in previous years, I know it'll work for me and I encourage others to join me as well. Not only will I feel so much better, I'll also feel good knowing I've raised money to support disadvantaged young people who have had a truly horrible 12 months."

Information about Febfast

Febfast is where individuals take a pause on alcohol, sugar or another vice of their choice, to support disadvantaged youth in Australia. It is the perfect excuse to kick-start the year with a little good health and good will. Across Australia, thousands of people give up alcohol or sugar for the month of February to raise vital funds for young people experiencing serious disadvantage to access the resources and support they require to lead healthy and fulfilling lives. Sign up now and pause for a cause this February via www.febfast.org.au

Jane Gardner

GM Comms & Advocacy —YSAS (Febfast beneficiaries)



January is Tourism and Travelling Month

'Are you planning to travel this summer?'

However, if you are planning to enjoy Victoria's amazing getaway locations, make sure your plans include being bushfire ready and safe when you travel. Follow tips from below website to stay informed.

For more information on travelling throughout summer visit www.cfa.vic.gov.au/travel

What is Nomophobia?

Nomophobia is a newly coined term in our technological age. Nomophobia is the fear of not having a mobile phone. Monash University conducted a survey of 2800 participants and discovered most people had some degree of nomophobia. Of the respondents 0.8 percent said they had no nomophobia, 37.3 percent said they had mild nomophobia, 48.7 percent had moderate, and 13.2 percent reported severe nomophobia. Participants in the 40 plus age bracket were less likely to experience nomophobia, while those aged 18 to 25 were likely to experience severe levels.

The study noted mobile phones have become an essential part of modern life with positive effects including creating a sense of belonging and social inclusion, and mobile apps can assist with health eating, exercise, chronic disease management and mental health support.

However, there were also negative consequences such as unhealthy and harmful uses like addictive patterns of use, cyber-bullying and risky use such as gambling and using the mobile while driving. "The greater the nomophobia, the more likely problematic dependant behaviours occur," the report read. "The fear of being without one's smartphone for access to information convenience, to maintain an online social identity and a sense of connection and belonging, can increase the chance of problematic dependency by more than 11 times. Our research shows the fear of being without a mobile phone can increase the likelihood by 10.3 times in spaces where one will use a mobile phone where it is forbidden to do so, such as libraries, classrooms, cinemas or where people need silence.

The likelihood one will engage in dangerous smartphone behaviours can also increase by up to 14 times for people with severe nomophobia."

Susan Anderson
courtesy *The Maryborough Advertiser*
excerpt from story by Christie Harrison
and Brandon Solomon





Church News
 Services as per Church News
Catholic Church

There are some items still for sale from the Redbank church which has been sold. Ring the parish office on 0466 451 984 for details.

Masks are to be worn inside the church, unless you are under 12 or exempted. Attendance must be recorded on the clipboard at the door or by scanning the QR code on the phone.

There will be Mass at St. Mary's, Dunolly at 8.30am on Sunday, 24th January.

R Mecredy

Here I am, Lord; I come to do your will.

Ps. 39: 2

St John's Anglican Church

Rev Canon Heather Blackman
 Parish Office 6 Nightingale street Maryborough
 Phone 5460 5964

Next Service: Thursday, January 28th, 2021, at 10am.
 Meeting in the Church hall immediately following the service.

"Eternal God, whose Son, Jesus Christ, is now exalted as Lord of all, and pours out his gifts upon the Church: grant it that unity which only your Spirit can give, keep us in the bond of peace, and bring all creation to worship before your throne; through Jesus Christ our Redeemer, who lives and reigns with you in the unity of the Holy Spirit, one God, now and for-ever. Amen".

1 Samuel 3.1-10

Esmé Flett

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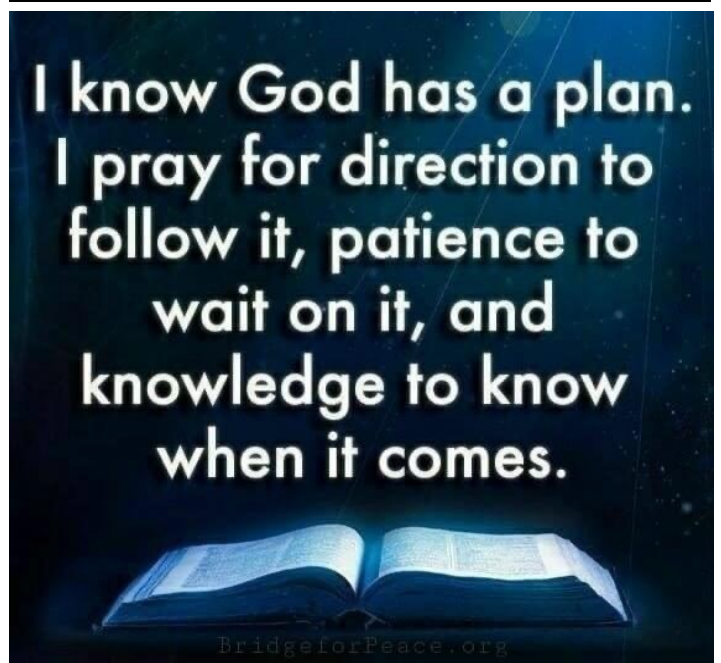
03 5464 7329 / 0429 333 321

marriage@noellemason.com.au

Uniting Church

Cris Venning will take the service on Sunday 24th January at 9.30am. John Moir on 31st of January at 9.30am. It would be lovely to see you all there. The op shop is open on Tuesday for sorting and will be open until they are finished. Thursday and Friday 10am to 4pm. Thank you to our dedicated volunteers and to all the people who donate.

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Australia Day Dunolly Style

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The celebrations begin at 10.00a.m. with free food and music. The formalities begin with our new councilor, Liesbeth Long acting as MC.



Our very own D Sharps will sing the National Anthem, and then we have a surprise Guest Speaker — someone you all know.

More Music after the awards, free barefoot bowling next door in the Bowls Club, and if it's hot, bring your bathers because the pool will be open and free to everyone.

Giveaways galore for the children, plus it is whispered that toot the magical clown from old dunolly town will make an appearance. So bring a chair or a picnic rug and make a day of it and celebrate Us, Dunolly and Australia.



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Oops wrong car!

Some years ago Marion and Alick were shopping in Castlemaine, and parked their car close by. Like all responsible country drivers of the time they left their car unlocked and the window down. As they came back to their vehicle they could see somebody in the driver's seat looking puzzled as to why his ignition key was not working. At a glance Alick took in what was happening and casually sauntered over to the car, bent down and peered in to the open window with an amused look on his face. He asked with a wide grin "Having a bit of trouble there mate?"

The stranger, obviously alerted by the tone of Alick's voice, took a quick peek around the interior of the car. For the first time he seemed to notice it might not be his car. It turned out his own car was parked three or four spaces away. He jumped out, apologising profusely, and stood talking to Alick for a long time, no doubt trying to explain to Alick as well as himself how he had come to make such a mistake. Meantime Marion noted that while it might have been the same model as theirs his car was not even the same colour.

Jump forward to 2020 and a gentleman told a recent story about his wife and her friend who had gone shopping together. They opened his wife's car with a remote control and were settling in to come home when one asked "Is that shopping bag in the back yours?" The other looked into the rear and had to say "No!" They both took another look at the interior, and of course it was not the wife's car. Quickly they gathered their bags, hopped out and locked the car hoping that nobody would notice what had happened. Neither of them realised that it was possible to open somebody else's car with remote keyless entry.

Vicky Frizzell

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LABOR MEMBER FOR WESTERN VICTORIA



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Authorised by J Pulford, 211 Dana Street, Ballarat Central. Funded from Parliamentary budget.



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A Travel Story with Local Connections

For the past few years, Vicky Frizzell has conducted a Writing Class over several weeks at Dunolly & District Neighbourhood Centre. I have attended all of these and despite this year's being somewhat of a challenge, with necessary breaks due to lockdown, it was completed successfully, not long before Christmas. Vicky's classes are always fun, informative and enlightening and I would highly recommend them to others who may think of attending in the future. This year we were asked to write a brief outline of a couple of events which may have had an impact on our lives; we then chose one and enlarged on the story, with Vicky encouraging us to look beyond the event and to creatively draw out further details which we may have overlooked or considered unimportant. This memory of mine was ideal, as I had blocked some aspects from my mind and it later led me to entering the resulting photo into a competition.

A lot of funerals are sad, but this was different, due to the many people who had painted this villain to be an angel. I escaped as soon as I could and embarked on my journey.

The anticipation of my long train trip helped to take my mind off the negative vibes and I relaxed as we headed from Bendigo towards Melbourne. The overnight journey from Melbourne to Sydney usually gives me an opportunity for much thought and reflection, so, on boarding the XPT, I was pleased to find I was in a carriage on my own.

As usual, people were joining the train at stations along the way and I crossed my fingers that no-one would enter my carriage and interrupt my thought processes.

After crossing into NSW however, I became perturbed at sounds of a ruckus emanating from the next carriage. I could see through the glass on the doorways, where a youngish Bohemian woman appeared to be arguing with other passengers, ostensibly as to her entitlement to the seat one of them occupied. I tried to block the vision and sound; it was loud, even through the carriage doors. The girl then appeared to experience a seizure and attendants were called – they then made the disastrous (for me) decision to bring her into my carriage, where they hoped she'd settle down.

Trying to avoid eye contact, I sat quietly, but eventually she initiated communication and we engaged in some light conversation until she showed signs of another impending seizure and started vomiting. Attendants were called and fortunately, as we were approaching Junee Station, they arranged for an ambulance to be there when the train arrived.

I attempted to capture the atmosphere of that moment, by taking a photo from my seat in the carriage. The darkness, loneliness and an almost spooky air of a deserted country station at 1am through the reflections on the glass, served to create an image which later won first prize in the 2016 Bealiba Through the Lens (Transport Theme) Photo Competition.

My thoughts were with the girl as she was conveyed away, wondering who would take care of her at this late hour, however they were overcome by my sense of relief at having the chance to continue my quiet reflection and possibly even sleep for the next six hours until we arrived in Sydney. I would still like to think that she wasn't left on her own in a strange country town, but given the appropriate care and eventually reunited with friends and family.

Jenny Scott.



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The cheeky charity run that's raising funds for Neurofibromatosis (NF) research and support is back, and it's wilder than ever with daring new challenges for its undie-wielding runners! Families, friends and colleagues are encouraged to register before 14th February and get ready for the strip of their lives.

Cupid's Undie Run has been a crowd-pleasing and successful major fundraiser for the Children's Tumour Foundation in Australia for almost 10 years, where charity runs were held in 15 towns and cities. While things this year are looking up with the global pandemic in Australia, we're not in the clear just yet. So, in 2021, Cupid's is going virtual, with free registration open to anyone, anywhere in Australia. The Cupid's Undie Run will start with an online version of its signature run, before offering up cheeky new challenges each day for two weeks.

The Cupid's Undie Run Challenge 2021 kicks off on Valentine's Day, 2021. We're calling it "Undie Sunday", and it will be open for everyone to recreate the Cupid's Undie Run at home or out on the streets. We're giving you total creative control over your Undie Run experience and want to see you bring your best, as you show off a little flesh – in the name of charity.

Janu Dhayanathan was born with Neurofibromatosis Type 1 (NF1) and used to keep her diagnosis hidden from others.

"Growing up, the standard of beauty set for women by the media was thin, beautiful, feminine, white, able-bodied with flawless skin. I did not feel like I was any of those things, largely as a result of my NF. That is why Cupid's Undie Run is so important. It celebrates what makes us different. I want everyone to feel comfortable in their own skin, even if they don't fit into a certain standard," said Janu Dhayanathan, NF Ambassador for the Children's Tumour Foundation.

We will have a series of fun and daring challenges

- The Cupid's Undie Run Challenge 2021 runs from February 14-28, 2021. To get involved, it's easy. Repeat after me. I take my pants off for charity!
- Sign up to the challenge at cupidsundierun.com.au from now and start fundraising! The list of challenges can be found here: cupidsundierun.com.au/challenges
- You can even purchase the official Cupid's branded undies from cupidsundierun.com.au/store to show your support



Anybody can show their support or register to take part in the national activities at

cupidsundierun.com.au

Follow [@cupidsundierunoz](https://www.instagram.com/cupidsundierunoz) and [@ctfaustralia](https://www.instagram.com/ctfaustralia) on Facebook and Instagram.

#CupidsChallenge

#CelebrateDifference

#ConquerNF #ImWithCupid

Thea Beverage

Music group to bring community together

Local musicians will help lead community members along with participants from Asteria Services and members of the Maryborough Community House Choir to create music at weekly sessions for Music Making in the Central Goldfields project launching next week.

Asteria Services is bringing the sound of music to Maryborough with a new program set to launch next week.

Asteria and local musician Fay White have teamed up to bring the free Music Making in the Central Goldfields project to life, providing an opportunity for anyone in the community who has a passion for music, or anyone trying their hand at it for the first time, to get together.

The sessions will run weekly with instruments, percussion, drumming and singing and Ms White said she hopes the program will lift the community's spirit after a difficult year.

"This is all about making music in groups for fun and friendship, for health and energy and connection with each other," she said.

"We all live in central Victoria and many of us live in what I've always called the beautiful 'Borough' and music making is a great way to share what unites us, and to connect the smaller communities across the shire.

"Last year was pretty hard, so this year we can lift our spirits by coming together and putting some good sounds into the air and recharging ourselves to start afresh."

Ms White said the aim of the program is to create a fun environment and for the community to connect through music in a low pressure environment.

"It's about making music with others, rather than making music for an audience," she said.

"It's about the sheer pleasure that comes from the sounds we can make, without the anxiety and nerves that often go with performance. Naturally if groups really want to perform they can, but it's not the aim."

The program is open to all abilities and ages and will launch on Thursday, 21st January at 10am outside the Maryborough Community Hub.

The session will be led by musician Andy Rigby. No previous music training is required, but people who already play an instrument or sing are especially encouraged to come along.

To find out more or register your interest contact Asteria on 5459 0300.

Story by Christie Harrison
Courtesy, *The Maryborough Advertiser*



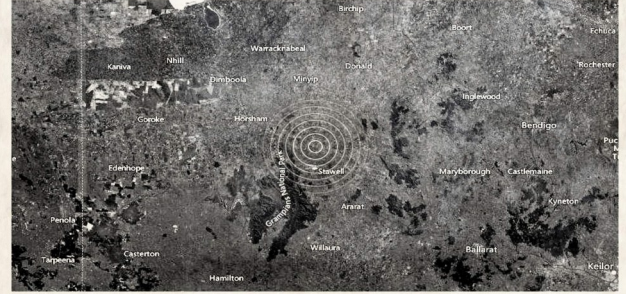
Bushfire at Moliagul

Photos, shared by Rheola Fire Brigade, were taken by the Air Attack Supervisor from Firebird 305 in the early stages of Monday's Fire at Moliagul, situated around 10km north of Dunolly. "Rheola Tanker 2 can be seen working in the bottom of the photo chasing down the head of the fire in a half forward flank attack," said the CFA (Country Fire Authority) unit of the left image. "At this stage, the fire had travelled more than a kilometre and embers dropping out of that smoke column were starting to cause multiple spot fires downwind. We were very glad to see the air support and many other trucks appear out of the smoke shortly after this photo was taken." The aerial photo on the right was taken around half an hour later as the crew were getting it rounded up. Members of the community have applauded the firefighters involved for ensuring the blaze didn't get out of control. "Great shots and a good save in rough granite country," wrote one *Facebook* user thankful for their efforts. "Some great work and decision making; a fantastic effort by everyone involved," added another.

Photo Bendigo Advertiser
Central Goldfields Community News



SECOND EARTHQUAKE ROCKS WESTERN VICTORIA IN TWO DAYS



A 3.1 magnitude earthquake has occurred near Glenorchy, situated approximately 100 kilometres west of Maryborough and 20 kilometres north of Stawell.

The incident came in the wake of a separate 3.5 magnitude earthquake, which hit the nearby area on Friday morning at a depth of 11 kilometres.

"This 3.5 magnitude earthquake has been felt across a fairly wide area, from Horsham to Ararat, around the Victorian Goldfields, as well as the Wimmera-Mallee and Grampians," said Victoria State Emergency Service Regional Agency Commander Andrew Murton, of the first incident.

Central Goldfields Community News



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**QUICK
CROSSWORD
48**

Across

- 1. Optical instrument used for viewing distant objects
- 8. Third planet from sun
- 9. Annoying
- 10. Powerful aircraft
- 12. Intensify
- 15. Rough edge remaining after cutting
- 16. Projectile of archer
- 18. Replace shoe's base
- 19. Derivation
- 20. Contract signed by landlord and tenant
- 22. Don't cut off your _____ to spite your face
- 24. Ghostly

- 25. Sweet chewed preparation
- 27. Relaxed and unconcerned
- 28. Payable as punishment
- 29. Leader in a field of endeavour

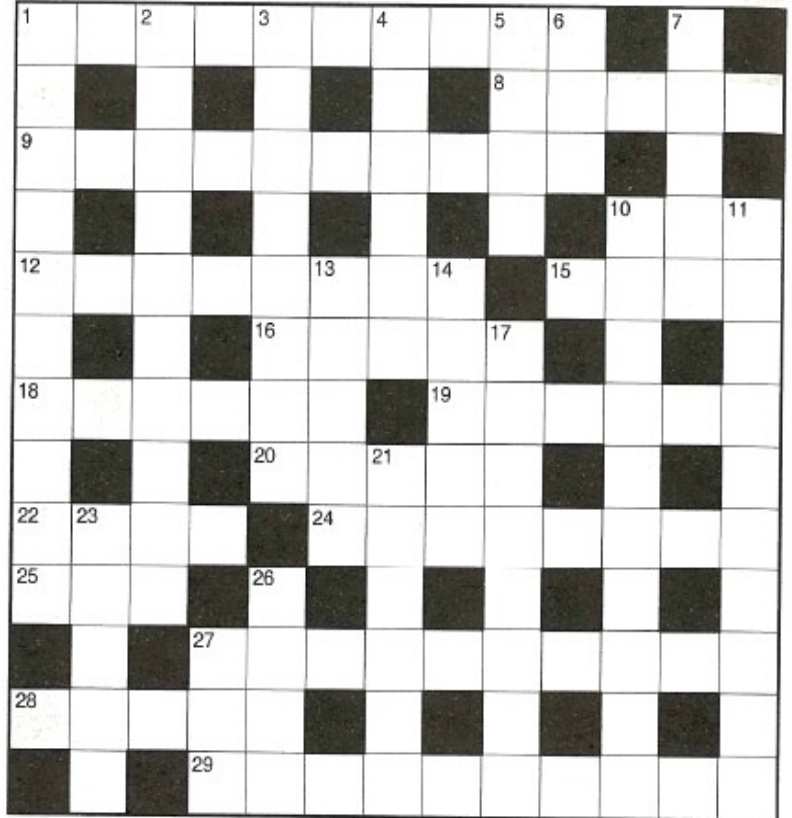
Down

- 1. Talking nonsensically
- 2. Undue interest in and admiration for oneself
- 3. Municipal government building (4,4)
- 4. 'First' is to 'former' as 'second' is to '____'
- 5. Rip
- 6. Hang unevenly
- 7. Synonym of the adjective 'total'
- 10. A powerful relentless force
- 11. One who renders (speech, eg.) in another language
- 13. Plants with which arborists deal

- 14. Loop of lasso
- 17. Remains of something destroyed or badly damaged

- 21. Member of North American Indian tribe
- 23. Further from the centre

- 26. Sweet fizzy drink
- 27. Have short sleep



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Dunolly CFA is selling their Ford XL four wheel drive diesel twin cab utility. The 2009 model has the following features, low mileage of 149,790kms, five speed manual, air con' and power steering, a full service history, steel bull bar, twin batteries, driving lights and tub protector and tonneau cover. This vehicle drives well and is in very good condition. This vehicle will be sold unregistered and without a roadworthy, as per CFA protocol. To view vehicle or apply for a tender form please contact Ken Duell on 0427 681 784 or Barry Cann on 0427 509 650. Tenders must be received by 1st February, 2021. The successful tender will be notified within one week.

Annual General Meeting

The Tarnagulla Community Centre Committee of Management invites all members of the public to their AGM to be held on Tuesday 2nd February 2021 at 7:30pm at the Tarnagulla Community Centre 8 Sandy Creek Lane, Tarnagulla.

This will be an information meeting to review the past and present undertakings of the Tarnagulla Community Centre since its beginnings in the current form in May 2019.

There will be no new election of committee members as all positions are held for three years (until May 2022).

COVID safe conditions.

For further information please contact Jeanette Shipston (Secretary) on 0408 191 738

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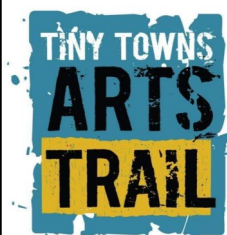
Property is 2kms from Dunolly so own transport is required.

Duties include pruning, weeding, planting. Previous experience required. Approx. one day per fortnight which could be divided into two half days if more convenient.

The job is for one day per fortnight

Contact 0427 632 278 or r.vhall@bigpond.com

Tiny Towns Art Trail



Tiny Towns Arts Trail is now emerging for 2021. We are registered and incorporated with expansive plans for the future. Meetings are underway over three shires to bring together creatives, businesses and community to network and showcase our unique part of the world.

The Anzac weekend in April is now set with more dates to be confirmed. Expressions of interest are open please contact us at tinytownsartstrail@gmail.com for forms.

Follow us on Facebook, message us to find out more.

We have workshops and group events to get your creative ideas flowing.

Judy Meldrum



Mid-Week Pennant Teams

Round 10 —27th January 2021

Dunolly Blue at Avoca

| | | |
|----------------|------------------|----------------|
| H Freemantle | Jenny McHugh | Marg Davies |
| Sandra Chaplin | Sheryl Howard | Alice Raven |
| Barry Cann | Peter Freemantle | Tony Galofaro |
| Alan Weir | Roy Pickering | Chris Williams |

Manager: Sandra Chaplin

If unavailable ring Sandra: 0438 616 477

Dunolly Gold at Dunolly V MHS Tartan

| | | |
|-----------------|-----------------|------------------|
| Heather Weir | Robyn Fox | Marilyn Mortlock |
| Doris Spiteri | Nancy Pike | Karen Stephens |
| Jim Haigh | Hannah Delconte | Keith McKenzie |
| Raeleen Mebbrey | John Moir | Heather Davies |

Manager: Marilyn Mortlock

Emergency: Jim Fox Fabio Delconte

If unavailable ring Marilyn: 0448 819 794

Saturday Pennant Teams

23rd January 2021

Dunolly Blue at Dunolly V Blue

| | | |
|--------------|---------------|----------------|
| Greg Dobbin | Alan Weir | Chris Williams |
| Peter Waters | Tony Galofaro | Terry Long |
| Evan Weir | Alan Parkes | Geoff Davies |
| H Freemantle | Sheryl Howard | B Lanfranchie |

Dunolly Gold at MHS Red cars leave 12.30

| | | |
|---------------|-----------------|----------------|
| Aaron Britten | Roy Pickering | Barry Mortlock |
| Nancy Pike | Sandra Chaplin | Jenny McHugh |
| Heather Weir | Ian Flett | Peter Harrison |
| R Mebbrey | Hannah Delconte | Fabio Delconte |

Dunolly Green at Golf V Golf Gold

| | | |
|----------------|----------------|---------------|
| Keith McKenzie | Jim Haigh | Arthur Deason |
| Marg Davies | Jim Smith | Paul Chase |
| P Freemantle | David Price | Don Mortlock |
| Karen Stephens | Andrew Mebbrey | Barry Cann |

Dunolly Red at Dunolly V Carisbrook

| | | |
|---------------|--------------|------------------|
| Robyn Fox | Frank Mifsud | Jill Morse |
| Doris Spiteri | Graham Cain | Jim Fox |
| Richard Cain | | Sandra Caldecoat |

Dunolly victorious over Highland in season return

Congratulations to Dunolly Blue on defeating Highland Tartan by 17 shots. Highland was in second place and Dunolly Blue in third, but Highland's loss knocked them out of the top two, replaced by a now victorious Dunolly Blue. Well done to our team!

Susan Anderson



Celebrate Australia Day in the Central Goldfields Shire

Residents are invited to celebrate Australia Day on Sunday 26th January at the Central Goldfields Shire Council Australia Day free, family event at the Station Domain, Maryborough. A free breakfast and children's activities will commence at 8.30am followed by official proceedings at 9.15am. The Australia Day Awards — including Citizen of the Year, Young Citizen of the Year and Community Award of the Year — will also be announced.

The event will also include a Citizenship Ceremony where 13 residents will become Australian Citizens. Medallions will also be presented to all babies born during 2019. Books will also be presented to all four-year old children starting kindergarten.

Across the Shire, various community groups and organisations will also host Australia Day events at the following locations:

Talbot

8am: Talbot RSL Park (across from the Town Hall). Free breakfast. BYO plate, knife, fork, mug and chair. For more information contact Greg or Heather on 0427 090 172.

Maryborough

8.30am: Station Domain, Maryborough. Free breakfast provided, including a sausage sizzle, pancakes and cereal. All served by local community groups. Event also includes Citizenship Ceremony and Australia Day Awards announcement. Official proceedings begin at 9.15am.

Carisbrook

10.30am: Market Reserve, Carisbrook. Sausage sizzle and commemorative presentations. Australia Day Ambassador Mr Vedran Drakulic OAM will address the crowd. For more information contact George on 0437 977 237.

Dunolly

10am: Rene Fox Gardens on Broadway, Dunolly. Live music and free sausage sizzle.
11am: Official address by Australia Day Ambassador Mr Grant Monks. BYO chairs. For more information contact Marion on 0438 168 634.

Bealiba

11am: Bealiba Town Hall. Flag raising followed by an address by a guest speaker. Local entertainment and a free barbecue lunch. For more information contact Pam on 5469 1310.

CGSC Media Release

Louise Staley MP
MEMBER FOR RIPON

For help with any State Government matters, my office is here to help you.

177 High St, Maryborough 3465
LouiseStaley.com.au

Authorised by Louise Staley MP, 177 High Street, Maryborough. Funded from Parliamentary budget

10 year anniversary of the 2011 floods

This is just a short retrospective of the floods that occurred in this area, there hasn't been any mention of it currently in the media, so we will look back and remember.

Residents in the small, central goldfields town of Dunolly were stranded after floodwater spread to both sides of the railway line. Up to 40 residents were evacuated, with an evacuation centre set up at the Dunolly Bowls Club to cater for those unable to access their homes. Dunolly resident David Jennings said the floodwater had isolated the town from outside assistance.

"There was no chance of anyone getting between Bendigo and here, it was that bad," he said. "One side of the railway line was flooded and so was the other side at the same time. Anyone living within one kilometre of Broadway couldn't get out; we were basically isolated. Nobody could get through. The only way in and out was by railway, so we could get some supplies sent through that way." Jennings, who lived through Dunolly's '100 year floods' 40 years ago said the flood situation was worse than anything he had seen before.

"We had floods here 30 years ago and I can tell you this time is much worse than that. They called them the 100 year floods, but this will turn out to be much, much worse and we're preparing for more water to come in today and tomorrow."

Meanwhile, residents in the small town of Carisbrook, near Maryborough, were being evacuated as floodwaters



inundated the town. Police were door-knocking residents and asking them to go to go to Howard and Victoria Street where they would then be evacuated to Maryborough. Resident Jackie O'Connor is among them, and has been evacuated with his wife and two dogs from their Smith Street home.

"The whole street was under water," he said. "We were all getting evacuated. It was all around the homes". Fellow Carisbrook resident Peter Blazko said they helped to evacuate residents but stayed at their Curragh Moor Road property to protect their home and animals. Mr Blazko said the whole town had virtually been evacuated, and that floodwaters were rising. He said in some parts the water was three to four feet deep. He said they had recorded 196.5mm this week at Carisbrook.

Photo Pam Cann

Courtesy Bendigo Advertiser

Birds of Central Victoria — Bush Stone-Curlew



Over the previous year regular readers may remember our virtual food travels around the world, well it occurred to me we could look to our local area for some interesting features. I thought we could start off looking at birds which are indigenous to our area.

This week's chosen one is the Bush Stone-Curlew.

The Bush Stone-curlew is a large, slim, mainly nocturnal, ground-dwelling bird. It is mostly grey brown above, streaked with black. It is whitish below with clear, vertical black streaks. The bill is small and black, and the eye is large and yellow, with a prominent white eyebrow. Both sexes are similar. Young Bush Stone-curlews are similar in appearance to the adults, but are paler, and a little browner in colour. Bush Stone-curlews are nocturnal birds (night birds), doing all their feeding and other activities at night.

If Bush Stone-curlews are nearby you may hear their eerie, high-pitched wailing at night. This ghost-like call is their contact call and may be given by several birds in a chorus. Rendered as weer-lo, it is repeated four or five times, sometimes culminating in a trilled, screeching crescendo. It is sometimes also heard during the day, when stone-curlews are usually inactive, standing quietly in the shade with their eyes half-closed, or squatting on

the ground, where their cryptic plumage makes them difficult to see among the leaf litter.

Bush Stone-curlews have a wide-ranging diet, but prefer to feed on insects, molluscs, small lizards, seeds and occasionally small mammals. Feeding takes place at night. During the breeding season, nesting birds will search for food in the vicinity of the nest site, while at other times, birds may travel large distances. All food is taken from the ground.

Bush Stone-curlews have a remarkable courtship dance. Individuals stand with their wings outstretched, their tail upright and their neck stretched slightly forward. The birds will stamp their feet up and down, like a soldier marking time. This courtship ritual is repeated for an hour or more at a time and is accompanied by loud and constant calling. Eggs are laid in a shallow scrape in the ground and both adults share the incubation and care for the young.

The Bush Stone-curlew is listed as endangered in Victoria and is in fact considered to be in danger of extinction.

So, what can we do to help?

Well, most Bush Stone-Curlews exist on private land. We can;

- Designate an area that is lightly timbered with native grasses and no fertiliser.
- Control foxes, cats, domestic and wild dogs,
- During nesting period be aware of birds in the middle of paddocks; limit the use of pesticides as they may contribute to chick death.

Photo Birdlife Australia

Sources Birdlife Australia

and The Bush Stone-Curlew in Northern Victoria Goulburn Broken Catchment Management Authority

Debra Sealey