



The *Welcome Record*



WELCOME TO YOGA!



Yes, we now have Yoga! It's on every fourth Monday in the next three months with a view to having more classes available. The sessions start at 10 am for an hour at the Dunolly Golf Club, led by well-respected Yoga instructor Rhonda Dam and supported by the Dunolly & District Neighbourhood Centre. Check out the well-attended inaugural class who thoroughly enjoyed their 'gentle' and invigorating and relaxing session on the back page.

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FEBRUARY
2024

GOLD COIN



The Welcome Record

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The Welcome Record is the weekly Independent Voice of the Dunolly and District Community, produced by dedicated community volunteers and self-funded.

Public Opening times: Only Tuesday & Wednesday, 10 am - 12.30 pm.

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The Welcome Record aims to reflect the concerns and interests of the community. We will not print contributions that are defamatory or being used as an alternative to a personal approach in dealing with a personal issue. All letters, articles and classifieds may be submitted via email or in person and must contain the author's full name, home address and telephone number. The opinions expressed by contributors are not necessarily those of The Welcome Record.

Editorial Deadline

Editorial contributions to be submitted BY **12 NOON** each **FRIDAY** for the following week's issue. All contributions may be edited for the purposes of clarity and/or available space.

E: editorial@thewelcomerecord.com.au

Advertising

Contact: production@thewelcomerecord.com.au for advertising sizes, rates (from just \$15 per week) and deadlines.

GET YOUR COPY HERE...Pick up a copy from...

Dunolly: Dunolly Pharmacy, The RTC, Dunolly Cafe, Dunolly Butcher, Dunolly Bakery, Merchants of Broadway, Neighbourhood Centre and Dunolly Friendly Grocer.

Bealiba: Bealiba Post Office

Tarnagulla: Tarnagulla Post Office

Maryborough: Maryborough Pharmacy

OR via subscription (please email for rates).

Also available online at:

[Dunolly News](#) | [The Welcome Record](#) » [Current Issue](#)

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ACKNOWLEDGEMENT OF COUNTRY

We acknowledge the Dja Dja Wurrung People, the Traditional Owners of the land that we are on. We pay our respects to leaders and Elders past, present and emerging. We express our gratitude in the sharing of this land, and our hope that we may walk forward together in harmony and in the spirit of healing.

CHANGE OF ADDRESS

THE WELCOME RECORD IS NOW BASED AT THE DUNOLLY NEIGHBOURHOOD CENTRE, 18 HAVELOCK ST. DUNOLLY.



SUPPORTED PLAYGROUP

TERM 1 2024



MONDAY	TUESDAY & WEDNESDAY
Laptime (Babies 0-1 year) 10am - 11am Maryborough Library 91 Nolan St, Maryborough	Maryborough (Children 0-5 years) 9.30am - 11.30am Salvation Army Corps 27 Wills St, Maryborough
THURSDAY	FRIDAY
Carisbrook (Children 0-5 years) 9.30am - 11.30am Tullaroop Leisure Centre / Carisbrook Primary School	Dunolly (Children 0-5 years) 9.30am - 11.30am Dunolly Kindergarten 94 Maude St, Dunolly

For all enquiries, please contact: 0427 702 567





Crossword Solution 42, 2024

E	M	B	O	S	S		F	A	R	R	O	W
N		A		C	H	E	A	T		U		E
T	O	N	G	U	E		C	H	I	L	L	I
I		D		M	E	L	E	E		I		G
C	R	I	B		R	E	T	R	E	N	C	H
E	A	T	E	R		A		T	I	G	H	T
	J		S	E	A	F	O	O		D		A
S	A	V	E	D		L		N	E	W	L	Y
T	H	A	T	C	H	E	R		R	A	K	E
O		L		R	A	T	E	S		D		A
C	O	U	P	O	N		F	O	N	D	E	R
K		E		S	K	I	E	R		L		L
S	T	R	E	S	S		R	E	M	E	D	Y

News

Healthy Lunch Box

School's back and Victoria University (VU) researchers are advising parents to take the pressure off making the 'perfect' school lunch, while still helping children develop a positive relationship with food.

Clinical paediatric dietitian VU Associate Professor Helen McCarthy said that there is too much pressure on parents to make perfect meals and lunch boxes. "Most parents are doing a great job at offering a variety of food options to their kids. However, they have to balance providing healthier options against their child's food preference, the time available to prepare lunch boxes and cost of potentially wasted food. They also want to ensure their child eats something and doesn't go hungry. This is a massive, and often overwhelming challenge for parents."

"Parents should focus on supporting children to build healthy relationships with food. Encouraging them to try a variety of foods is more likely to set them up for better health in the long term."

"Research has shown that food habits and food choices developed in childhood continue into



adulthood which can reduce risks of obesity and associated physical and mental health issues like type 2 diabetes, cardiovascular disease, and depression."

It was also important to not label food as 'good' or 'bad', instead recommending that families enjoy exploring a wide variety of foods with their children, keeping foods that are high in fat, sugar and salt to a minimum. **Further information:**

<https://www.healthylunchboxweek.org.au/>

Safer Internet Day - Connect. Reflect. Protect.

February 6th marked the 21st Safer Internet Day with the theme **Connect. Reflect. Protect** – a call to action for the whole community.

Kids Helpline, a service of **yourtown** is part of a safety-net for children and young people who experience online safety issues, including cyberbullying, serious online abuse, and image-based abuse or pornography (sextortion).

Empowering young people to be more digitally resilient and protecting them from the worst that the Internet has to offer has never been more important – so this month let's remind everyone to:

Connect safely and with purpose – by keeping apps and devices secure and using social media in positive ways.

Reflect before we act – by taking a moment to consider how what we do and say online may affect others

"The internet has become a fixture of young people's lives, the importance of online safety cannot be overstated, and we are calling for a concerted action to tackle and prevent violence against children and young people online."

yourtown CEO Tracy Adams

Protect ourselves and others by taking action – tell teachers, family, friends and 'your tribe' about where to go to access resource, get support or report (including Kids Helpline or eSafety).

Safer Internet Day serves as a reminder that the potential for misuse of personal information, network scanning and cyber-attacks are a real and present danger for all organisations.

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What's On

Friday, February 9, 2024



Goldfields Music Club, Open Mic and Jam Night

Each Friday at the Dunolly Golf Club, Separation Street. 6:00pm—11:30pm each week. All players and public welcome with \$5 entry.

Lucky door prizes, bar, meals available.

CASH ONLY VENUE

Coming Soon...

Friday, February 16, 2024

A Chat with Jelena Dokic

2—4 pm at the Maryborough Tennis Centre

Welcome Drinks, Book Sales & Signings

Tickets: \$20 adults, \$10 students.

Saturday, February 17, 2024

'ROYAL PERFORMANCE OF OPERA "MARTHA"

7.30 pm Inglewood Town Hall

Lyster Opera proudly brings its touring production of Friedrich von Flotow's "Martha" in 2024 to the Inglewood Town Hall on Feb. 17th.

There will be a special prelude to the designated "Royal Command" Performance, by our Queen Victoria (as the opera was one of her favourites).

Under the expert direction of Jamie Moffat, and with musical direction led by Pamela Christie, "Martha" will captivate hearts as this classic masterpiece will transport audiences to a world of romance, intrigue, and timeless melodies.

For ticket information and tour dates, please visit:

lysteropera.com.au or contact 0410 890 388.

Saturday, February 17th, 2024

CLIMATE RALLY ANNIVERSARY

Saturday, Feb. 17th 10 am – 12 pm

Phillips Gardens, Maryborough

FREE EVENT

In 2020, the Maryborough Climate Action Group held a Climate Action Rally which drew 250 participants. Since then the Group has developed many successful climate projects such funding assistance for solar panels at the Dunolly Neighbourhood Centre and initiatives including a detailed climate action plan in partnership with the Central Goldfields Shire Council. To celebrate these achievements, the Group are holding a Fun, Family-friendly Climate Rally Anniversary on Saturday, February 17 at the Phillips Gardens, Maryborough.

Keynote Speaker will be Rodney Carter, Dja Dja Wurrung Group CEO alongside other special guest speakers, kids activities, morning tea and Climate Alliance stalls.

The event will also celebrate the many new alliances with community groups across the Shire and formally mark the launch of the Central Goldfields Shire Climate Action website at the Maryborough Seniors Citizens Club, who will be opening their doors to showcase the new website as well as other displays.

The Club will also be offering Devonshire Tea as a Fund-raiser for their solar panels.

Organiser Tony Macer said, "We would be delighted to see all the original participants who came to the first rally and hope to double that number as climate change is now a recognized important issue."

Mr. Macer added that the group hoped to have parents, grandparents, children, friends and neighbours coming along to contributing towards climate action in a positive and enjoyable way.

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JELENA DOKIC

with Jessica Halloran



A chat with Jelena

Janice Simpson will be in conversation with tennis commentator and former World No 4 at the Maryborough Tennis Centre on 16 February. Jelena says that past years have taught her tough and important lessons, and now she is ready to share her stories

Wear your very best tennis outfit!

Friday 16 February
2.00 – 4.00pm
Welcome drinks
Afternoon tea
Book sales and signing

Tickets \$20 adult; \$10 student
On sale through Humanix
Scan the QR code



This is a Words in Winter Central Goldfields event, proudly supported by Maryborough Tennis Club and Stonemans Bookroom, Castlemaine. Proceeds will support the Words in Winter Festival June 28 – 30 2024.

Letters & Notices

Dear Editor,

I want to thank those people who came to my aid in Broadway on Christmas Eve. I believe they call it a little medical episode and it's not unknown in old blokes like me. Thanks also to the ambulance crew, the Bendigo hospital, the good folk at our medical practice here in Dunolly and a gold star to friends and neighbours. In fact, gold stars to you all.

Mike Lester
Dunolly

Dear Editor,

With holidays now over and our minds turning back to lunchboxes, night-time routines and drop offs – all the return to school costs also start creeping up.

I wanted to let your readers know there is help available. Every student deserves access to a great education no matter their background.

That's why the State Labor Government is providing funding to keep vital programs like School Breakfast Clubs, Affordable School Uniforms and Glasses for Kids going.

Along with the Camps, Sports and Excursions Fund, these programs help ease cost-of-living pressures, and help students get the most out of their day.

The Affordable School Uniforms program assists financially disadvantaged children and young people by providing them with support to access uniforms and other essential items, such as textbooks, swimming items, school bags, and work boots for vocational students.

There's also travel assistance for families in the form of free school bus services or a conveyance allowance for eligible government and non-government students to access schools across the state.

If you need help with the cost of uniforms, books, shoes or other necessities, you can visit www.vic.gov.au/help-school-costs-and-fees or speak to your local school.

Martha Haylett
Member for Ripon

Important Notice from the RTC

We are asking the community for its input as to whether a 9.30am start for the Friday bus to Maryborough is acceptable.

This will give an extra half hour for shopping or appointments.

Please reply yes or no via email:

rtcunolly@gmail.com Thank you

Suzy Anderson Coordinator RTC

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On days when you and your family are not at home, what is your fire plan?

Have you thought about what you might do if you are travelling, separated from your family or pets and out of your comfort zone?

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<https://www.cfa.vic.gov.au/plan-prepare/before-and-during-a-fire/your-bushfire-plan>



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Dunolly Arts Hub
Corner of Thompson



In the old Nurses' Home beside the hospital on Havelock Street (top of Bull Street).
Monday-Thursday 9.30am to 3.00pm.
The Dunolly Arts Hub is on the corner of Thompson and Alice Streets, Dunolly.

MONDAY:

Mosaics at the Arts Hub from 10am, beginners welcome—Lynda will guide you; **Card making with Rhonda:** every third Monday of the month, beginning in February: 1.30 at the Centre.

Ballroom Dancing: at Dunolly Golf Club rooms, 6pm (times vary according to season). Intermediate skills required—call Kath at the Centre for further details.

Hub Club: Note: The Club is FULL. If your child is interested call the Centre to go on the wait List.

Yoga: February 26th at 10am, then with more frequency if there is interest. Dunolly Golf Club on Separation Road; bring a mat and light blanket. (\$12.50 full, \$7.50 concession)

TUESDAY: Woodwork 9am until 12.30. Open to all.

WEDNESDAY: Table tennis at the Golf Club on Separation Road from 9am to 12pm (evening session available if enough people are interested); **Craft at the Centre** from 10am - bring your own activity

THURSDAY: Croquet at the Golf Course on Separation Road from 10am; **Family History:** from 7.30pm at the Centre. Discover your roots - our members are very skilled and happy to help.

SUNDAY: Golden Triangle Archers meet on the fourth Sunday at 10am, Deledio Reserve on Elgin Street. Covered shoes compulsory and parents must stay with children.

Dunolly Neighbourhood Pantry

Monday to Thursday, 1.30 to 3pm at the Centre.

This is a 'dry pantry', so we stock items that have a long shelf-life. The Pantry is for community members who may be struggling with rising cost of living pressures, and is a safe and welcoming space to receive support.

Expressions of Interest from community members for new group activity:

This year, we've decided to tweak our gardening group, the 'Whispering Weeders', and give it a revamp and name change.

The preference is to utilise the community bus every couple of months and go on organised outings to places of interest in our region, such as Laanecoorie and Cairn Curran, the Great Stupa in Marong, and perhaps even a "vintage themed" trip to Inglewood! To make it worthwhile, there would have to be around ten regular members to sign up, so if this sounds like something that would interest you please call me at the Centre. The cost, as usual, would be kept very low. The more interest there is, the more likely we can get this up and running.

'Blokes' Group' at the Centre: blokes, pop your thinking caps on!

I would also like to encourage the blokes of our district to get their thinking caps on - please watch this space, as we would like to start a 'Blokes' Group' here at the Centre.

We could arrange guest speakers, host barbecues, go on outings of interest etc.

I would love to hear your ideas, so please get in touch.



Kath Ryan, Co-ordinator 5468 1511
admin@dunnhc.com.au

LOOK OUT!



As children return from school holidays, RACV and the Transport Accident Commission (TAC) are highlighting the need for Victorian motorists to be mindful of speed limits and driving conditions around schools. According to data from the TAC, around 100 school aged children are injured each year during school zone times. **Be watchful and Be aware.**

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Harmonies and Grills: A Musical Feast

By Charmain Sheppard

As the sun dipped below the horizon, casting a warm glow on the Dunolly Golf Club, I could feel the excitement in the air.

The promise of toe-tapping tunes and BBQ delights beckoned, and what a night it turned out to be as I walked through the beats, bites, and unexpected surprises of the evening.



In a spirited arrival, I navigated the dusty road, greeted warmly by the local fire brigade, who were wielding spatulas instead of hoses, transforming into the evening's master chefs. Sliced bread awaited, and the enticing aroma of sausages and burgers filled the air,

setting the stage for a melodic and mouth watering adventure.

The evening unfolded with a diverse symphony of sounds, from soulful serenades to foot-stomping rock anthems. The wealth of local talent on display was a musical buffet that left no palate unsatisfied. Each performer owned the stage with confidence, their smiles, stances, and sheer joy translating into a visual narrative as compelling as the music itself. It was a parade of individual stories, brought to life through the universal language of melody.

Amidst the low chatter and clinking beer bottles, the crowd's energy was infectious - heads were banging, bodies were swaying and cheers of approval harmonised with the beats.

The audience wasn't just there, they were an active part of the musical celebration.



Amidst the musical enchantment, surprises abounded—two club logos shining proudly above the stage, a vase of flowers adding a touch of charm, and coloured lights dancing along the stage. A table offering free coffee and tea beckoned, while a tray of garden-fresh tomatoes and zucchini with a "Help Yourself" sign added a delightful twist. *Who knew a garden could groove?*

Self-taught and self-motivated, the musicians, with the exception of the drummer, Alan, shared their musical journeys. Alan, whose uncle kindled his passion with a trumpet, found his rhythm in the beats of the drum.

Dawn, a painter of cold wax mediums, encouraged aspiring artists to "Go for it!" Alan urged them to "Be more inventive!" and Nancy, a composer, left us with a resounding, "Do things for the love of it!"

As the night unfolded, it became a relaxing and eye-opening experience—a musical voyage interwoven with the aromatic delights of a BBQ soiree. The local music club had orchestrated not just a night of tunes but a symphony of community spirit, where every note and bite left us craving for more.

The Goldfields Music Club Open Mic and Jam night will run on Friday at the Dunolly Golf Club, Separation Street. 6 pm—11 pm, each week in February. Check our *What's On* Pages for latest dates.

Masonic Lodge Donation

Maryborough Masonic Lodge recently stepped up to support local scouts seeking assistance to attend a Jamboree at Mystery Creek in New Zealand.

With other Lodges from around the area pledging their support, a substantial contribution was forthcoming from Freemasons Foundation, the charitable arm of Freemasons Victoria, raising the total donation to \$3,300.00.



1st Maryborough Scouts

Loddon District Philanthropic Officer, Mr. Ken Calder said. "While being only 10% of the cost of the delegation to attend the Jamboree, hopefully this will inspire other donors to support these young people in the experience of a lifetime."

"Loddon District Freemasons are very active in supporting the Scouting movement, with recent appeals (also supported through the Freemasons Foundation) raising funds for Heathcote Lodge to help re-establish 1st Heathcote Scout Group and St George Lodge of Dunolly providing funds to replace the roof, install a large water tank and conduct internal restoration works at Mataranka Scout Camp near Goldsbrough." he added.



Mayoral Column

For those Dunollians driving past Deledio Rec Reserve of late, they may have noticed much activity at the netball courts. To say that I'm a bit excited about this is an understatement.

I vividly remember meeting with Katie Lovel almost 12 months into my term to discuss a proposed 'Netball Complex Vision' and then advocacy for this at several council briefings.

There was a grant application, which was successful and then the ball started rolling in earnest.

I am a member of Councils' 'Project Control Group' (PCG) which meets monthly. The group provides governance and direction for the project under the guidance of Kim Chamberlin, Senior Projects Manager. In truth, some of the technical stuff at these meetings is a bit above my head, however it does give me a really good feel for how things are progressing.

So what exactly are we up to?

Well, I think it would be safe to say the rain over the holiday period has caused delays, but the PCG are doing everything possible to have it ready before the season starts and we are still on track at this stage.

The first home game is in April and I've been told that we have a very good chance of achieving this, as long as we get the right weather for the slab pour and for the acrylic to be laid.

The good news is the builders got the subgrade dried out and compacted and it passed a proof roll recently. This means they can now get into laying the crushed rock layers and will soon be able to start boxing up for the slab.

Major projects like this 'don't just happen', they take a huge amount of work by many skilled, dedicated and talented individuals, both at council and the wider community.

I would like to sincerely thank everyone who has contributed this far.

Exciting times ahead!

Cr Liesbeth Long

Flynn Ward Councillor and Mayor

MAKING THE GRADE

Our grading crews have been busy over recent weeks. Cooler conditions have enabled grading of:

- Kicks Lane, Separation Road (Dunolly) and Burkinshaw Road (Bung Bong) – completed.
- Dooleys Road, Arcadia Court, (Maryborough) – next week.
- Gallaways Road, Plantation Road, Buiks Road (Majorca) – next week.

Please drive patiently around grading machinery for your safety – operators will make space to assist if given the time.

Asphalt overlay of roads is also commencing.

Contractors will mail drop in the preceding days at:

- Webb Court Maryborough, where works are scheduled for Thursday 8 February.
- Victor Court Maryborough, where works are scheduled for Friday 9 February.

In preparation for a major road upgrade along Burns Street, Maryborough, Mark Twain Road will be closed up to the McDonald's driveway next week.

Our Operations Team are moving and improving the footpath before the major night works in coming weeks.

We will advise of road closures, scheduled times and any detours when finalized.

GOING GREENER— New Trees

Would you like new trees in your street?

Applications are now open for residents to request tree planting to improve the shade and attractiveness of our streetscapes.

Species available are:

- ◆ Capital Ornamental Pear *Pyrus calleryana*
- ◆ 'Capital' Black Plum *Prunus Nigra*
- ◆ Cleveland Select *Pyrus Calleryana*
- ◆ Cimmaron Ash *Fraxinus pennsylvanica 'Cimmazam'*
- ◆ Urbanite Ash *Fraxinus pennsylvanica Urdell'*

To request a tree planting in your location call our Customer Service Team: 5461 0610 between 8.30am and 4pm, Monday to Friday. Use a smartphone or computer to lodge a request anytime at:

www.centralgoldfields.vic.gov.au/treesplease

All requests will be sent to our Operations Department and considered for planting between May and June 2024.

Applications close Friday 1st March.



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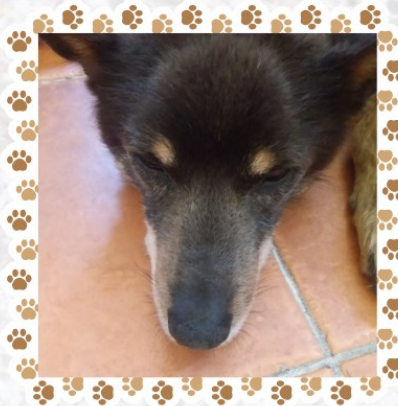
FRED

Fred was a hard-working boy when he was younger, but now he is a retired gentleman. That is not to say he has got lazy. Far from it.

He wakes the entire household at first light. If they fail to react quickly he keeps barking until they do.

A busy day follows for him. Fred keeps a close watch on birds coming in and out of the yard and barks at shadows to make sure they know their place.

Keeping an eye on weather conditions at all his favourite resting places is very important too. The back veranda is good for a warm morning, the kennel is cozy on a cold day, but the covered in porch is saved for rainy days or scorchers.



Fred understands that patting dogs is a great way for his humans to regulate their blood pressure.

He waits until one gets out of a vehicle or is stationary at the back door, or anywhere else really, then he ambles over and firmly nudges their leg. If that doesn't work he keeps nudging ever firmer until they pat him.

If a pat isn't deemed long enough to lower blood pressure he walks around and nudges the other leg, much harder. He also knows a gentle head pat is definitely not enough.

It has to involve ear scratching and chest tickles to pass his strict criteria. Sometimes, Fred condescends to go for a drive in the Ute, never in the back now, always sitting on the front seat.

A retired chap needs to be able to survey his realm with dignity from behind glassed-in, air conditioned comfort. By midday Fred has worked hard keeping his yard in order and finds a perfect spot for his well earned siesta.

By: Vicky Frizzell 



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MARTHA

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NICHOLAS SHEPPARD ANGELIQUE TOT SOFIA IMPERATORE ADELAIDE SOCCIO GREENAWAY
MANDY LYN BROOK JOSHUA MORTON-GALEA METEHAN PEKTAS NOAH STRAUGHAN

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REDFEB 2024: HEART AWARENESS MONTH HEART HEALTH ON A BUDGET

February is REDFEB, heart awareness month. Wear RED to help Heart Research Australia to raise awareness on how we can all take control of our cardiovascular well-being without breaking the bank.

Heart disease touches the lives of 2 in 3 Australians and stands as the leading cause of death. Prioritising heart health is an investment in both personal well-being and financial stability. Knowledge plays a pivotal role in fostering a healthier heart, with 8 out of 10 cases of premature heart disease and stroke preventable through healthy lifestyle choices. From heart-healthy, budget-friendly diets to accessible exercise options and stress management techniques, there are numerous practical and cost-effective strategies.



"Heart disease affects 2 in 3 Australians and still remains our leading cause of death. Prioritising heart health is an investment in your future, both health-wise and financially," says Nicci Dent, CEO of Heart Research Australia (HRA).

"The financial implications of heart disease are not just limited to medical costs. In the midst of the current economic climate, it is imperative to seek out cost-effective methods to safeguard your heart – as heart disease can impact anyone at any time," Ms Dent concluded.

Dr Avedis Ekmejian, a senior cardiologist and researcher supported by Heart Research Australia, provides his expert tips:

Eating Heart-Healthy Foods:

A heart-healthy diet doesn't have to be costly. Focus on affordable staples such as beans, lentils, whole grains, and vegetables which are not only nutritious but also easy on your wallet. Avoid excessive processed foods, sugary snacks, and fast food, which are unhealthy and costly.

Eating 5 or more vegetables everyday reduces the risk of cardiovascular disease by almost 17%.



Staying Active:

4 in 5 Australians don't do enough exercise, yet physical activity is essential for heart health. You don't need an expensive gym membership to stay fit. Consider free or low-cost options like walking, jogging, or home workouts. Gardening and household chores can also help you stay active while saving money. Try to be physically active for at least 2.5 hours every week, spreading it out over five or more days.

Managing Stress:

Chronic stress can take a toll on your heart. Finding cost-effective ways to manage stress is vital. Heart Research Australia recommend relaxation techniques like deep breathing, meditation, or yoga, which can be done at home or with minimal expenses. Spending time in nature or with loved ones can also provide emotional support without breaking the bank.



Nicci Dent CEO, HRA



Regular Health Check-ups:

Preventive care is key to maintaining heart health. While it may seem counterintuitive to spend money on doctor visits, regular check-ups can help detect issues early and save you money in the long run. Look for affordable healthcare options or community clinics in your area. Quitting smoking is not only beneficial for your health but also for your wallet.



Drug driving? The consequences will blow your mind.

Police are conducting drug tests across Victoria, which helps to keep our roads safe. Being caught with illicit drugs in your system could result in a minimum fine of \$577 and possible licence suspension. Drug driving? Chances are you will be caught. Anywhere. Anytime. Anyone.



Community News

Welcome to Linda at our Community Bank

Join us in welcoming Linda Crumpton to our local Dunolly branch of the Community Bank Maldon & District.

Located alongside the Rural Transaction centre (RTC) on Broadway, Linda is a well-known local whom you may have spied at the Gold and Grain Café.

Delighted at working at the Community Bank as it is renowned for supporting the community. *“Just by banking with us, in turn, the Bank directly supports the local community so it’s a “Win-Win” for everyone all round.”*

Although she enjoyed working at the café, Linda admitted, *“Hospitality hours are hard with children. The regular hours at the bank allows more time with the kids.”*

The Dunolly Community would also like to acknowledge and Thank Narelle Rowland who travelled all the way from Newstead to look after us in the interim until Linda’s appointment .

Come by the Bank to say Hello to Linda who would love to meet you.



Narelle (left) and Linda (Right) outside the Dunolly Branch and RTC on Broadway.

2024 Scholarship Recipients

Your banking is making a huge difference to our community.

More than \$3.6million has been reinvested to support hundreds of projects and programs across Maldon, Newstead, Dunolly, Harcourt and the broader Mount Alexander region.

Joseph Corcoran from Campbells Creek will be heading to Melbourne to study Community Services with Victoria University

Archie Sproat is a young Newstead filmmaker/storyteller who is looking forward to digging his teeth into the Bachelor of Animation at Swinburne

Dunolly netballer and coach, Teagan Cole received a scholarship for her studies at LaTrobe University where she will undertake a Bachelor of Physiotherapy.

Maia Jade Hampton Postill, also from Newstead, will be using her scholarship to support her current studies at Swinburne University’s Design course.

Finally, Nick Gardner-Trott from Maldon.



From L-R, Branch Manager Paul Simmons, Teagan and Executive Officer, Jane Hoiting.

Nick is heading to Canberra in February to take up his chosen course of Bachelor of Science, with a focus in his first year of chemistry.

For further information see our website:

[Scholarships | Bendigo Bank](#)

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Church Notices

Catholic Church, Dunolly

There will be Mass at St Mary's Church on Sunday February 11th at 8.30am.

R Mcreddy

When you ask God for a gift

*Be thankful if He sends not diamonds, pearls or riches
But the love of real true friends .*

HSR

St John's Anglican Church, Dunolly

Rev Canon Heather Blackman
Parish Office, Nightingale Street,
Maryborough. Phone 5460 5964
Service 10am every fourth Thursday

New Horizon Church, Bealiba

Bealiba Public Hall. Every Sunday 3pm
For more information about services and bible studies
Contact Veronica Medlyn: 0427 345 577

St David's Anglican Church, Bealiba

Davies Street Bealiba
Sunday Eucharist: 8am 2nd and 4th Sundays of every month. Rev. Peter Downes ph. 0412 957 383



Uniting Church, Dunolly

Worship and Holy Communion on Sunday February 11th at 9.30am will be led by Pastor Tanya Dunbar. Uniting emergency relief will be in Dunolly this Thursday, February 8th and again on Thursday, February 22nd from 1.30pm.

The Op Shop will be open on Tuesday, Thursday and Friday from 10.00am.

"but those who hope in the LORD will renew their strength. They will soar on wings like eagles, they will run and not grow weary, they will walk and not be faint."

Isaiah 40:31

Note: Jan Watts will not be available at the Op Shop office on Friday, February 16th.

TALBOT TOWN GARAGE SALE

**Saturday, February 10
8am - 2pm**

Maps available on the day at the Talbot Town Hall,
15 Ballarat Street, Talbot for a \$2 donation
(donations will go to Talbot Medical Cars)

YARD SALE

 **DAISY HILL
COMMUNITY CENTRE**

11 Dehnerts Road

Saturday, February 10, 8am - 2pm

Free access to all - \$10 donation for site

Any goods, large or small, old or new

Car boot, trailer, ute, ground sheet, whatever suits you

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Rosie's Ramble

Saw a number plate in Maryborough that made me laugh out loud. **OFNDED**. I think the driver was having a go at those who get upset about everything and probably upset more by doing it.

Saturday afternoon—40k signs on the way in, near the "blood factory". No workers or machinery in sight. Good idea on a long weekend .

A caravan went through Dunolly last week towed by a FWD ute loaded up with stuff for a holiday. A sign on the back read "**Adventure before Dementia**".

Way to go !

I cleaned off one of the shelves in the pantry and forced myself to throw out all the out of date stuff.

I now have several more jars to add to my "collection".

A couple of little bottles of food colouring still had the price sticker on them- 29 cents. Could have been there since the sixties.

I have found a way to get some action from Telstra that does not involve hanging on the phone because of an extra big number of calls. I lost my last bill and was late paying it, about one time in many years.

First came the caring letter asking if I was having

trouble paying, then a phone call from one of the scarce staff asking the same thing .

Action!

I put the phone giant out of it's misery and paid the bill.

ROSIE

Just for a Laugh

An Irishman went for a job interview and was told he would have to pass an IQ test.

" Sure , but what is an IQ."

"Well ", said the employer, "if a person has an IQ of 170 he could go to a uni, but a person with an IQ of 70 might have trouble tying his shoe laces ."

"Ah ", said the Irishman, "so THAT'S why so many Australians wear thongs".



Whenever I travel I like to

keep the seat next to me

empty. I have a great way to do it. If someone asks if someone is sitting next to me, I just say "No-one, except the Lord.

Have you heard about the Scotsman who takes his wife's false teeth to work with him every day to stop her from eating between meals ?



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DUNOLLY COMMUNITY GARDEN

DIY Fruit Fly Trap

Fruit flies are one of the world's most destructive horticultural pests and pose a risk to most commercial fruit and vegetable crops.

Fruit flies are found all around the world:

- the larvae feed within the fruit or vegetable
- they reproduce rapidly (full development within two weeks)
- prolific breeders, females lay around 500 eggs per batch

Fruit fly numbers increase in warm temperatures and there is continued availability of suitable host plants, such as summer fruit, apples, berries and tomatoes.

The best way to ensure that our area is free of fruit flies is to place Fruit Fly Traps around your property but AWAY from your fruit trees to avoid attracting them to your fruit.



You can buy or even DIY:-

1. In an empty soft-drink bottle, cut three holes, each 10mm wide, 10cm from the top.
2. Pour in 1 cup of 100 per cent fruit juice (including pulp) and 1 tablespoon of cloudy ammonia (or wheelie bin cleaner).
3. Tie a string around the neck of the bottle and hang it from the tree in the shade, 1m to 1.5m off the ground.

The mixture can last up to 3 weeks but should be changed weekly for best results.

If you're unsure on how to DIY, the lovely folk at the Dunolly Community Garden will be happy to show you how and may even give you one.

Come by 94 Maude Street, Thursdays at 3.30 pm.

Op Shop News

SCHOOL UNIFORMS PLEASE!

No garment shows the express growth of our dear children as does the school uniform.

Uniforms help make all players feel as if they are starting on the same footing, whilst many clothing companies try to do the opposite for young people, with their catchy brand names.

So please bring along to the Op Shop any items your young ones have outgrown.

Trading has been very brisk indeed during the holidays, with folk travelling from Bendigo and farther to inspect country shops and because of the distance they purchase heavily.

Although Dunolly Op Shop has yet to have a card touch device, you can make a money transfer with your phone.

People have been cleaning out their bookshelves and have been bringing lots of books by very good authors. We sell them very cheaply.

Books are so heavy to move, and our volunteer workers use up much of their valuable work time moving books from the porch at the front door into the shop.

Boxes of books are sold at bargain prices to help move stock. You may discover an author or two in whom you really delight if you take home an entire box.

The Op Shop Team



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Man with a tractor

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QUICK CROSSWORD 43

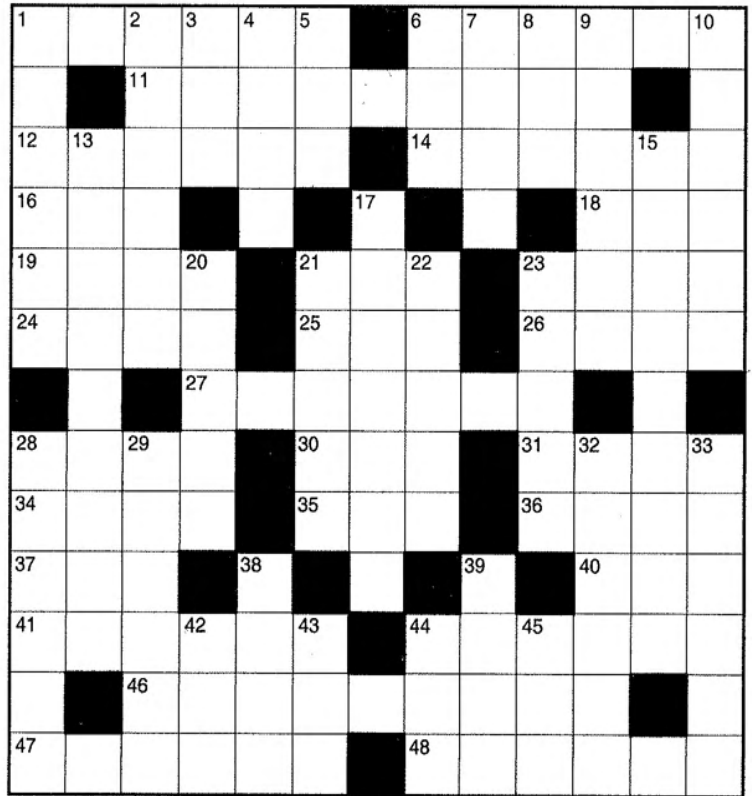
- | | | | |
|--------------------------------------|--|--|--|
| 35. Place where pigs are kept | 21. Be secretive, play one's ____ close to one's chest | 29. Picture theatre | 42. That which divides a tennis or volleyball court, eg. |
| 36. Small river valley | 22. Windy | 32. Aptitude | 43. Sheet iron container |
| 37. Average of 1.3, 7.8 and 20.9 | 23. Having offensive odour | 33. Sturdiness of character | 44. Wapiti |
| 40. Give permission | 24. Apportion provisions | 38. Broad | 45. In no way |
| 41. Tranquil | | 39. Creamy cheese with origins in France | |
| 44. U.S. actor, ____ Borgnine | | | |
| 46. Metal award given as distinction | | | |
| 47. Make tidy | | | |
| 48. Jug used for boiling | | | |

Across

1. Asian plant whose root yields a condiment used in Japanese cooking
6. State positively
11. Undergo a complete change
12. Keeness of insight
14. One of two lines parallel to equator
16. A doze
18. Put request to
19. Former Melbourne newsreader knighted in 1979, Sir ____ Pearce
21. Compartment of crane driver
23. Large sheet of ice floating at sea
24. Perform task again
25. Be unwell
26. Simple
27. Physical exercise session
28. Passageway to playing field used by footballers
30. Member of crow family
31. Single thing in list
34. Related by blood

Down

1. Young animal which has just started to feed wholly on grass
2. Inane
3. Limb of body
4. U.S. folk singer known for political activism, Joan ____
5. Film starring Bing Crosby and Fred Astaire, *Holiday* ____
6. At the rear (of ship)
7. Item of cutlery
8. Hither and thither, to and ____
9. African antelope
10. Cartoon mouse
13. One looking after something in absence of owner
15. Not equilateral or scalene (of triangle)
17. New Zealand's longest river
20. Sir Ninian Stephen's predecessor as Aust. governor-general, Sir Zelman ____



Crossword supplied by Puzzle Wizard Note: Crossword Solution for previous week's Puzzle is on Pg. 2

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- Routine horse and farm visits including pregnancy testing and horse dentistry.

All appointments for call-outs must be made before midday on a Tuesday.

**Office hours - 5461 4466
After hours service available**

DUNOLLY BOWLING CLUB

Congratulations to Karen Stephens and Keith Elliott for making the Semi Finals in the Goldfields Champions of Champions on Sunday 4/2/2024.

A hot northerly wind greeted all bowlers.

The Dunolly Bowling Club is proud of you both, unfortunately Karen and Keith were not successful on the day to play off in the Grand Finals.

Congratulations to Matt Vernon and Wendy Taylor, both from Talbot, on being the Goldfields Champions of Champions for season 2023 - 2024.

Slowly our bowling season is coming to an end.

Mid week Pennant have two more games before the finals.

Tuesday 6/2 Round 17.

Dunolly Gold played Maryborough Golf at Dunolly.

Dunolly Blue had a Bye.

Tuesday 13/2 Round 18.

Dunolly Blue vs Talbot at Dunolly.

Dunolly Gold vs MHS Tartan at Highland.

Weekend Pennant have one game before the finals.

Division 1 10/2 Round 14.

Dunolly Blue vs Dunolly Gold at Dunolly.

Division 2 10/2 Round 14.

Dunolly Green vs Avoca Gold at Dunolly.

Hannah Delconte, Publicity Officer

Weekend Pennant - Round 18 Saturday 10th February 2024

Division 1 Round 14

Dunolly Blue V Gold at Dunolly		
Peter W	Barry M	Tony G
Alan W	Barry C	Chris W
Peter F	Geoff D	Terry L
Alan P	David W	Keith E
Manager	Peter W 12.30 leave	
Car Third		
Dunolly Gold V Dunolly Blue at Dunolly		
Roy P	Frank M	Jim H
Fabion D	Sandra Ch	Jim S
Sandra Ch	Heather F	Roy P
Graham C	Paul C	Keith McK
Karen S	Jill M	Richard C
Manager: Sandra Ch 1.15pm Roll Up		

Division 2 Round 14

Dunolly Green V Avoca at Dunolly		
Wayne Mc	Ian Mck	Wayne S
David P	Wayne P	Charlie S
Corey P	Peter P	Keisha A
Jordan M	Aaron B	Elliott H
Manager	Aaron B 1.15pm Rollup	
Emergency:	Christine K; Nancy P; Heather W	
Unavailable:	Karen W; Sandra Cal; Hannah D; Raeleen M; Ian F; Don M; Greg D; Paul Z; Ned C; Heather F; Bernie L	

WHAT ARE LAWN BOWLS? A LITTLE BIT OF INFO

Lawn Bowls is a game with a long and varied history evolving over hundreds of years but was reportedly first introduced to the Australians in the late 1880s by the first colonists.

The game of Lawn Bowls is now proving to be a very popular form of physical and social activity.

Mid Week Pennant - Round 18 Tuesday 13th February 2024

Round 18

Dunolly Blue V Talbot at Dunolly		
Barry M	Alan W	Tony G
Barry C	Keith E	Sandra Ch
Heather F	Peter F	Marg D
Jim S	Keith E	Bernie L
Leader: David W; Neville C; Alice R		
21 Ends to be played \$5 per game		
Manager Sandra Chaplin. If unavailable ring Sandra on 0438 616 477		
Round 18		
Dunolly Gold V MHS Tartan at MHS		
Wayne S	Fabion D	Frank M
Jim H	Jim S	Roy P
Jill M	Heather W	Charlie S
Karen S	David W	Richard C
Leader: Catherine G; Nancy P; Karen S		
21 Ends to be played \$5 per game		
8.30am leave Cars lead Roll up at 9.15am		
Manager: Jill Morse.		
If unavailable ring Jill on 0419 551 855		
Unavailable: Hannah D; Karen W; Keisha A Sandra Cal; Bernie L; Aaron B; Richard C		

To date, there are over 200,000 registered members of the game in Australia alone.

Lawn Bowls is a precision sport which involves players trying to roll their bowl closest to the white ball or yellow ball. It is played on a bowling green on a surface which is generally grassy and usually played outdoors. From—<https://lawnbowls2u.com.au>



Laanecoorie Dunolly Cricket Club

ONE DAY PREMIERS AT TRUE BLUE FLOORS OVAL 23/24 SEASON!

Another brilliant bowling display led by Daniel Romeo taking 4 wickets for 25 was followed up by Luke Smith in a magnificent innings of 72 not out to seal the deal in the one day final.

Beaufort have undergone a transformation and Matt Smith commented in his acceptance speech of the great culture of their club.

But it was all Laane Dunolly who never looked like coming unstuck despite Beaufort's pressure.

The team is highly adaptable with depth in the batting and bowling line up.

Luke Smith was awarded the Man of the Match for his sensational batting innings.

The club now farewell's James Shorney who is moving due to work opportunities and Luke Smith who returns to South Africa.



Luke Smith was awarded the Man of the Match

The club gave a massive thanks to Beaufort for a great day and commented the game was played in the right spirit.

"All players should be proud of their efforts. It's great to see how far they've come as a club this season and we look forward to future battles."

Pictured Right: Crowd favourite Bernie Polinelli accepted a medal as number one fan and club stalwart.

TWO DAY SEASON STARTED

The first match of the 2 day series began on Saturday 6th January with Laane Dunolly batting first. Tom Hannett and Matt Smith led the way scoring 71 and 91 respectively with an admirable contribution of 43 from Sam Bartlett to finish with a total of 8/302. The following week Maryborough had a massive mountain in front of them but bowlers Sam Bartlett 3/22 off 12 overs, Joe Lovel 2/17 off 11 overs and Zac Graham 2/42 off 13 overs ensured they were never in the hunt with Maryborough all out for 149.

Beaufort was the next challenge at Goldfields Reserve. Laane Dunolly batted first but lost Sam Bartlett for a duck, followed by Joe Lovel for 4, Sergio Rosier for 16 and Nathan Leist for 7. Enter Zac Graham. In an amazing innings Graham put on 105 from 130 balls exerting dominance and helping Laane Dunolly to 238. Beaufort couldn't establish a batting partnership with Joe Lovel having a stella day out taking 4/22 off 12 overs. Beaufort all out of 127.

Last Saturday was the first day of the match against Clunes. Laane Dunolly went in to bat but again lost Bartlett and Hannett for 2 and 13 respectively. Joe Lovel who is enjoying the opportunity to be promoted up the order tried to steady the ship making 26 before being caught. It was captain Matt Smith who made the run chase a little more respectable with a solid knock of 60 off 76 balls before also being caught out. All out for 183. Clunes started their batting innings late in the day and lost Jones for just 4 following tenacious fielding from Matt Smith to cause a run out. Clunes are currently 1/24 at the end of play. Our bowlers will need to be on song this week. to defend the total if we are to remain undefeated.

Katie Lovel, Secretary



Bernie Polinelli waving to fans



WELCOME TO YOGA!



Hailing from Talbot, well-respected instructor Rhonda Dam - who has 25 year's experience across various community groups and proudly brought to our community - is delighted to be running the yoga sessions in Dunolly. The benefits of Yoga she explained, *"Brings you into the present moment. It helps with Mind Discipline; Focus, Flexibility and Relaxation."*



The session starts with Hatha Yoga (30-40 mins). A yoga class described as 'Hatha' will typically involve a set of physical postures (yoga poses) gentle exercises and breathing techniques. These are typically practised more slowly and with more static holds. This is then followed by Full Body Yoga Nidra which is a form of guided meditation also known as *"yogic sleep"* or *"effortless relaxation"*.



“Yoga is for ALL GENDERS and can be as gentle or difficult as you prefer. We usually start slowly and gently, just go at your own pace – ease into it and listen to your body. Eventually you will gain flexibility and relaxation.”

With stress a major factor from work, parenting, studying, worrying about personal or global issues, it may seem difficult to release that stress. Yoga Nidra provides the much-needed ability to quickly tap into a realm of inner peace, offering numerous physical, mental, and emotional benefits.

The next Yoga session will be Monday, 26th February 2024. Cost: \$12.50 (full) \$7.50 (concession). No bookings required.