



The Welcome Record

CNAV
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Community
Newspaper
2023

BRINGING MUSIC TO OUR REGION



Musicians for Musicians – the Goldfields Music Club is here to provide and showcase local musicians and music gigs in our region. Celebrated for their fun and easy Open Mic and Jam Nights at the Dunolly Golf Club, GMC has big plans and ideas to showcase and share with the community across our region. Story on Pages 10 and 11.

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FEBRUARY
2024

GOLD COIN



welcome@thewelcomerecord.com.au — www.dunollynews.org

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.

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Phone: (03) 5468 1054

Web: www.thewelcomerecord.com.au

Email: welcome@thewelcomerecord.com.au

Address: Dunolly & District Neighbourhood Centre, 18 Havelock St. Dunolly, VIC 3472

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

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Our Team

Co-Editors

Angela Ang
Marilyn Goldie

Design

Paula Kilgal

Production

Faye Arnold

Proofreading & Distribution

Sharon Shay
Pamela Michie
Helen Jesser



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.

POOL SEASON EXTENDED

The Outdoor Pool Season at Dunolly will be **extended to Monday 1 April, 2024** which means local residents will continue to have access to our local pool whilst the 25-metre pool at the Maryborough Sports and Leisure Centre is being upgraded.

MARYBOROUGH PRIDE FESTIVAL TO RETURN



Crossword Solution 45, 2024

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

Single-Councillor Wards for 2024 Central Goldfields Shire Council election

Central Goldfields Shire Council (CGSC) will move to a single-councillor ward structure for the 2024 Council Election.

The change is the result of the Victorian Electoral Commission's (VEC) electoral structure review, which takes place every 12 years.

Currently, Central Goldfields Shire Council is divided into four wards with a total of 7 Councillors – one ward with four Councillors (Maryborough Ward) and three wards with one Councillor each (Flynn, Paddys Ranges and Tullaroop).

The electoral structure will move to a single - councillor ward structure with a total of 7 councillors across 7 wards – with one councillor per ward before the October 2024 local government general election.

The wards will be titled:

- Flynn Ward
- Maryborough Central Ward
- Maryborough East Ward
- Maryborough North Ward
- Maryborough West Ward
- Paddys Ranges Ward
- Tullaroop Ward

Central Goldfields Shire Council is one of 39 Councils to have its electoral structure reviewed due to new requirements under the *Local Government Act 2020*.

Prior to the completion of the review, Council made a submission to the VEC.

Council's submission supported the change to single-Councillor wards and also suggested the four wards covering Maryborough should include the name of the town and compass directions – north, east, south and west.

The review has not changed any external boundaries in the Central Goldfields Shire municipality.

For residents there will be no significant difference to the way that they participate in the 2024 council elections based on this change.

To ensure that all Councils meet the requirements under the Act, the Minister for Local Government formed two panels to conduct electoral structure reviews.

The reviews were held over three rounds, concluding in January 2024.

You can learn more about the electoral structure review here: [Electoral structure and ward boundary reviews \(localgovernment.vic.gov.au\)](https://localgovernment.vic.gov.au/electoral-structure-and-ward-boundary-reviews)

To find out more about running for Council at the October Local Government Election visit: [Become a local council candidate | Victorian Electoral Commission \(vec.vic.gov.au\)](https://localgovernment.vic.gov.au/become-a-local-council-candidate) and [Council Elections 2024 \(localgovernment.vic.gov.au\)](https://localgovernment.vic.gov.au/council-elections-2024)

Telstra Connected Communities Grant

Last year, Telstra announced the Connected Communities Grant Program, supporting Australia's remote, rural, and regional communities with \$600,000 to foster inclusion and resilience over three years.

Applications for 2024 Telstra Connected Communities Grant Program has just opened.

In partnership with the Foundation for Rural & Regional Renewal, grants of up to \$10,000 are available to not-for-profits to help them build resilient, sustainable, and liveable communities. If you know of a community group or not-for-profit organisation that could use a hand – the Connected Communities Grant Program might be for them.

The program has three themes:

Resilient communities that are well prepared and socially connected, with the ability to renew and recover together when disaster strikes;

Sustainable communities that are diverse and inclusive, through planning for the health, wellbeing and prosperity of their people and planet;

Liveable communities that have digital capability, helping to equip people with the skills to live, learn and work in a digital society.

Funds will be available for new or existing not-for-profit programs to help them scale their impact to help more Australians in rural and regional areas become better connected.

Applications for the 2024 Telstra Connected Communities grant round has just opened at 9am on Tuesday 27th of February 2024 and will close at 5pm on Wednesday 27th of March 2024.

This round will make \$200,000 available for applications of up to \$10,000 each. Successful grants will be announced in June 2024 and successful applicants will have 12 months to complete funded projects.

For more details on the Connected Communities Grant program, click <https://www.telstra.com.au/exchange/telstra-connected-communities-grants>

Coming Soon...



Goldfields Music Club News

Well, we've made the big change and the **Open Mic & Jam** will now be held on the 2nd & 4th Friday of each month with a

Feature Band as well on the 4th Friday.

Don't forget there are some GMC related bands playing at the Newbridge Car Show on Saturday 2 March 2024 - **Peat, Whiskey, Stihls & Hash & Back Creek Band** will be keeping us entertained!

So, our next **Open Mic & Jam** is **Friday 8 March, 2024** and it was unfortunate we had to cancel the Feature Friday last week but it was a pretty nasty day with fires in the area and a lot of smoke around.

There'll be a Community Meeting on 20 March 2024 at 6pm at the Dunolly Neighbourhood Centre about Vibes on Broadway in October 2024.

We'll be applying again for Broadway to be closed that day and we'd like to hear from Community and Service Groups, Traders or anyone that would like to participate in the event with us. Come along & let us know what you might like to do.

Sue Hayman 0412 549 981

goldfieldsmusicclub@gmail.com.au

Thursday, March 21, 2024

**MDHS Charity Golf Day
at Maryborough Golf Club**



The annual MDHS Charity Golf Day is back on Thursday 21 March, promising a day of friendship, compassion and competition to raise funds for Maryborough District

Health Service. The event is run in partnership with True Foods and Maryborough Golf Club, raising vital funds for MDHS for the last decade, with more than \$200,000 to facilitate improvements to healthcare services in the region.

The impact of these funds can be seen right across our community from patient transport vehicles to new cutting edge mammography equipment.

This year MDHS aims to raise \$30,000 for state-of-the-art simulation equipment at Maryborough Hospital to train our future healthcare workforce on crucial life-saving skills. For more information or to register visit mdhs.vic.gov.au or visit

<https://bit.ly/24MDHSCharityGolfDay>.

Pictured: MDHS CEO Nickola Allan, Maryborough Golf Club Captain Dave Kerry (left) and True Foods Managing Director Mark Thurlow.

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Letters & Notices

Fruit Fly Trees

Dear Editor,

In response to an article, published in *The Maryborough Advertiser* on Friday 16th of February, titled "Dunolly's share table supporting community", I feel the need to disagree with the Central Goldfields Shire Council's decision on the risk of fruit fly inhabiting the Black Plum tree that is currently offered as an option for street tree planting.

These trees do, in fact, harbour the Queensland fruit fly, which are becoming an ever increasing threat to Victorian fruit production.

The following quote is taken from the Burke's Backyard website - <https://www.burkesbackyard.com.au/fact-sheets/in-the-garden/flowering-plants-shrubs/flowering-plum-blossom/>:

"These trees are grown for their flowers and rarely produce fruit however they should be checked after the main flowering time to see if any fruit has formed. If fruit has formed, clip it off. Fruit that is overlooked on ornamental trees (such as peaches) can become infected by pests such as

Queensland fruit fly. So, despite it not being edible, it may still produce fruit which could in turn harbour insect pests. In addition fruit that remains on a tree can produce fungal spores which then infest other trees. Do not leave fruit lying around. Put it in a bag and into the garbage bin." I understand that people are planting all sorts of fruit trees in their own gardens, but these street trees are much less likely to be monitored in the same way. Can the council guarantee that the plums on these trees will be harvested and thoroughly monitored in a timely manner? It seems to me that a much simpler and less costly idea would be to not plant these trees in the first place.

Kate Higney, Maryborough

JUSTICE OF THE PEACE SIGNING STATION

Due to the World Day of Prayer to be held at the Dunolly Uniting Church on the 1st March at 10.00am. The Justice of the Peace signing station will not be available at that date and time.

Jan Watts

Important information about the Community Bus

Effective from Friday 1st March 2024, the community bus to Maryborough will depart the RTC at **9.30 am** instead of 10 am. This will give people an extra half hour to shop or attend appointments.

The return will depart as usual at **12.15 pm** from the bus stop outside Woolworths.


Suzy Anderson, RTC Coordinator


Summer Is **NOT** Yet Over... Some tips to staying cool

Be prepared for more Hot Weather.

Should there be another power outage, it's important to know how to take care and stay safe during the heat:


 Drink plenty of water


 Keep yourself cool by using wet towels, putting your feet in cool water and taking cool (not cold) showers. You can also use a spray bottle to wet your skin.

 Stay inside and wear light, loose-fitting clothing. Close curtains to keep the sun out.

 Visit a relief location.

A full list can be found at www.emergency.vic.gov.au/relief

 Spend as much time as possible in cool or air-conditioned buildings. Consider visiting shopping centres, libraries, cinemas or community centres in areas with power.

 Check in with family, friends and neighbours, and remember to slip, slop, slap!

Stay safe and stay informed:

www.emergency.vic.gov.au and www.bom.gov.au


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Dunolly Arts Hub
Corner of Thompson
& Alice Streets.



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 encouraged—Lynda will guide you; **Card making with Rhonda:** Third Monday of the month from March: 1.30 at the Centre (day may change in the future). **Ballroom Dancing:** at Dunolly Golf Club rooms, from 6pm (times vary according to season). Intermediate skills required—call me at the Centre for further details. **Hub Club for kids:** FULL. Call Kath to be put on the wait List for 2024.

Yoga: March 11th at 10am, Dunolly Golf Club on Separation Road; bring a mat and light blanket. (\$12.50 full, \$7.50 concession). Fortnightly from then.

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 9.30am for Summer, plenty of mallets available so come and have a crack!

Family History: from 7.30pm at the Centre.

FRIDAY: Art group at the Arts Hub—on hold until April; **Whichcraft** at the Arts Hub

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

DUNOLLY NEIGHBOURHOOD PANTRY AND AFTER-HOURS PANTRY

The Dunolly Neighbourhood Pantry is open Monday to Thursday 1.30 to 3pm, and the after-hours Pantry on the verandah is always available. 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.

CROQUET AT THE GOLF CLUB ON SEPARATION RD.

This is an energetic group who gather for an informal crack! There's no over-the-top competitive drive here, just a group of enthusiasts who enjoy the benefits of a little extra exercise. The Golf Club has a lovely spot kept tidy for our team, and the group is very friendly - so why not come along and give it a try? While the summer heat is with us, our group gather from 9.30 am. Call me at the Centre if you have any questions.

YOGA NOW FORTNIGHTLY!

Yoga has proven to be very popular so far, with Rhonda Dam from Talbot sharing her wisdom with our lucky group. We are now happy to offer Yoga to our Dunolly community fortnightly, starting from Monday, March 11th at 10am at the Dunolly Golf Club (*details at left*). We hope Yoga continues to be a popular addition to our program of activities, with its long list of health and lifestyle benefits.



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

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FLUTTERBIES OR BUTTERFLIES

By: Helen Jesser

Well after a few warm days and nights, you will have seen the white butterflies milling over bushes looking like they are receiving electric shocks.

In the evening, I see them hanging from grasses and flowers suspended in sleep.

While I may say White butterfly you may say Cabbage Moth! We can differ in opinion and name. But if you are a gardener, it may send you into a frenzy - on watch for their green caterpillars on the green vegetables in your plot.



Spot the butterfly

Sitting in a gully in the bush one Spring, I was amazed to see a continuous stream of White butterflies using it like a freeway. They were on a mission!

Our Spring has been a bit disrupted this season so it has affected our insects as many other things.

While most butterflies may be showy in colouring, many moths have subtle shades. But moths are very important in the fertilizing process as they work both day and night. Many plants open their flowers at night specifically to attract moths.

So when you may have a low opinion of the 'Common moth', rethink about their purpose. In their short life helping to play a role in the plants life cycle and our food chain.



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In 2021, we were fortunate to be chosen as a Live4Life community. This was due to the collective efforts of Council, local schools and local services who recognised the need for more support for our young people.

We are proud of the work the Central Goldfields Live4Life program has already delivered to our community in improving the mental health of local young people.

The Live4Life Central Goldfields Partnership Group is inviting community members to apply to undertake the training needed to become a Youth Mental Health First Aid Instructor.

All relevant associated costs will be covered and once trained you will be able to deliver Youth Mental Health First Aid training in the community during 2024 and 2025.

Applications close Friday 1 March.

To find out more, and to apply, visit www.centralgoldfields.vic.gov.au/mentalhealthfirstaid



Clean Up Australia Day 2024 is almost here!

To ensure you receive your free Clean Up kit ahead of Clean Up Australia Day, we encourage you to register now. Residents, businesses, clubs, schools and other community organisations

can register specific locations to clean up. If they are Council sites, we go in and remove the bagged waste the day after.

Clean Up Australia Day is Sunday 3 March.

For more info and signup visit: <https://register.cleanup.org.au/>



CAT TRAPS

In March our Animal Control Team will commence setting traps to capture feral cats, starting with the Dundas Road area in Maryborough.

To reduce feral colonies, captured cats are checked for microchips, desexing

and registration, then returned to owners or placed in the pound for observation. Feral animals can cause disease outbreaks in domestic pet populations, while also impacting native animal populations.

To ensure animal welfare, traps are set in the evening and then checked the following morning.

Unregistered animals may attract a fine for owners.

Registration renewals are due by 10 April, with notices being sent out from March.

To register your pets, visit:

www.centralgoldfields.vic.gov.au/RegisterYourPet



Vic Roads has advised it has changed the opening hours of its Maryborough office at Nolan Street.

Opening hours are now 9am to 4pm, Monday to Thursday. For further information, including a list of services available, visit: www.vicroads.vic.gov.au



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BRINGING MUSIC TO OUR REGION

"If Music be the food of love, then play on..." - Shakespeare

It is exactly this passionate Love of Music and particularly of Local "Live Music" that fueled a group of musicians who simply *"wanted to do something for local music"* to form the Goldfields Music Club. It all started simply in 2018 with casual Friday Music Nights at Pete's Bistro in Dunolly which was short-lived when Covid struck. In September 2021, a collective voted to form the Dunolly Music Group which eventually morphed into the Goldfields Music Club Inc. (GMC) at an informal meeting outside the Welcome Stranger Café in March 2022.



The Goldfields name is a more accurate reflection of the Club as the dedicated audience at their gigs are coming from far and wide; and allows GMC to provide a "turn-key" working structure for music performances, events and festivals. This ensured no need for personal equipment by musicians at gigs as the group provides required equipment such as PA's, microphones etc.



The Goldfields Music Club was literally formed and run by Musicians for Musicians.





BRINGING MUSIC TO OUR REGION

Chris explains, *“We all love playing music, and socializing at gigs with good people. I’ve been playing for a long time and have all this experience and knowledge to pass on.”*

“We’re always improving as a player by playing music.” added Kez.

Natalie agreed, *“There is also a symbiotic relationship between our audience and musicians.”*

Sue concluded, *“Our group is across two Shires, we go out to the community and give people somewhere to go to listen to music or play music and where they can afford a meal.”*

Nine current GMC Committee members including Chris Jobson (Bass), Kath Walker (banjo & singer), Andy Ball and Natalie Conlin (both guitar & singers), Kez Jongebloed (guitar, drums, harmonica, mandolin, ukelele) and Sue Hayman (percussion & singer) plus Ray (the Phantom) Higgins were members of the original group.



GMC is easily Identified by a distinctively, striking logo designed by musician Melinda Traves (from *Two Little Fish Graphic Design*) who visually married *“the old and the new”* featuring an antique microphone and a guitar crossed over by a mandolin.

GMC gigs are very casual, laid back with no or low cover charge with cheap meals from \$10 BBQ, \$1 Dim Sims, so punters have something to eat while drinking and enjoying the music. With recent cancellations of large music events such as *“Groovin’ The Moo”*, smaller, more local events have taken up the mantle of providing live music to local communities in the regions. Previously, live music was regularly held at RSL Halls which have now gone the way of Pokies, **the GMC serves a vital purpose of continuing live gigs at more intimate local venues and events.**



The Club aims to have a **“GMC on Tour”** performing circuit and looks to engage with youth by mentoring and workshops – providing advice on playing, learning about equipment such as mixing desks, stage craft etc. **For 2024, GMC will be re-launching a new, bigger Vibes on Broadway, Dunolly’s Street Festival.** For GMC to provide these music events and opportunities, **they need volunteer help.** There are various ways to help at once-off event gigs or on a more regular basis **AND having fun whilst volunteering.** GMC is CES accredited for volunteers. **For more information on GMC, participating in Vibes on Broadway or volunteering, contact Sue Hayman 0412 549 981**



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.





Located at 94 Maude Street, every Thursday at 3.30pm. (Nex door to the Dunolly Kindergarten.) Drop off your excess produce at the Community Garden Shared Table.

<https://www.facebook.com/DunollyCG>



We are getting ready to plant our garlic and look forward to getting some good tips for a bumper crop. We will have some garlic available for planting or eating too.

We are also going to hold a community meal at Bull Street, Dunolly Senior Citizens on the Friday, 8th of March. Bookings are essential as numbers are limited and can be made by emailing communitymealsdunolly@gmail.com or calling Natalie Conlin on 0400 611 655.

Lisa Mahon

The Dunolly Community Garden has had an abundance of fruit this year, with all the trees doing well after the heavy rains earlier in the season.

The Share Table has received lots of lovely donations from other gardeners this year and it looks like many others have had a productive year in the garden. Recently cucumbers were on the table and I took some home and made pickled cucumbers using a recipe from the internet. They turned out very well and were very simple to make.

The Community garden is going to buy a bottling kit, so that we can process the excess fruit as well. If anyone is interested in coming along to help do some preserving please get in touch by leaving a message on our Facebook page.

We are holding a workshop on **Growing Autumn Vegies on Sunday, 17th of March from 1.00pm to 4.00pm**. The workshop will be presented by Mel from Gung Hoe Growers who runs an organic commercial vegetable farm, and belongs to the Harcourt Organic Farming Co-operative.

The workshop is FREE and Bookings are essential Participants can book via:

<https://events.humanitix.com/autumn-vegie-growing-workshop> OR the **Dunolly Community Garden Facebook page** or by emailing dunollycommunitygarden@gmail.com

Come and join us for a meal

FRIDAY MARCH 8TH

Senior Citizens Hall
Bull Street Dunolly

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The Healthy Loddon Campaspe initiative is supported by the Victorian Government

International Women's Day

International Women's Day

LUNCHEON

Friday 8th March 2024, 12pm - 2.30pm

\$75

Includes a two course meal & a glass of bubbles

Tickets will also be available at Country Trends and Rinaldis in Maryborough as well as at the Carisbrook Post Office Café.

Fundraising proceeds goes to Carisbrook Historical Society

Maryborough Highlands Society
35 High Street, Maryborough 3465

maryboroughwomensday@gmail.com

Church Notices

Catholic Church, Dunolly

There will be Assembly at St Mary's Church on Sunday March 3rd at 8.30am. Remember we will be celebrating Mass on Easter Sunday at Bealiba at 8.30am .

R Mcreedy

Your ways ,O Lord , are love and truth to those who keep your covenant .

Ps 24 : 4-9.

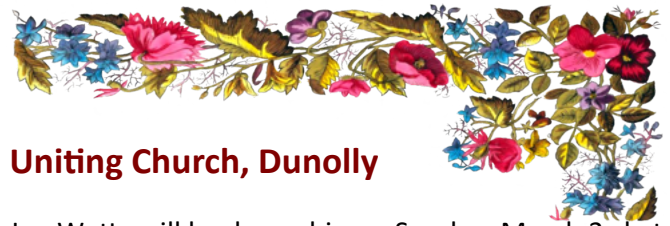
St John's Anglican Church, Dunolly

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



Uniting Church, Dunolly

Jan Watts will lead worship on Sunday, March 3rd at 9.30am.

World Day of Prayer service will be on Friday March 1st at 10.00am at the Uniting Church.

Uniting emergency relief will be in Dunolly on Thursday March 7th from 1.00pm.

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

Linda Pickering

"A good name is more desirable than great riches; to be esteemed is better than silver or gold."

Proverbs 22:1

St David's Anglican Church, Bealiba

Davies Street Bealiba

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

Dunolly Rural Transaction Centre



109 Broadway Dunolly

Ph: 5468 1205

Email: rtcdunolly@gmail.com

Hours: 10am to 3.30pm Monday to Friday

Closed public holidays

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Check weather conditions and fire risks before you travel.

www.cfa.vic.gov.au/travel





The weather and that awful fire have been in everyone's thoughts this week.

We had been in Maryborough for a visit to the Art Gallery and lunch. The Gallery has some interesting exhibits at the moment.

The air in there was quite clear and no smoke smell. So when we got home and found the town covered in smoke - it was a bit of a shock.

Joyce quickly checked her phone and there was no mention of a close fire so we realised that the wind had brought the smoke over from the big fire.

I think I am watching too much T V again. I had been watching an ad for a large Nissan when I noticed a strange thing. The wheels on the driver's side were spinning away normally , but the wheels on the other side were not moving. Very odd.

Things were a bit quiet on the RAMBLE front this week, so I looked back at what was going on about this time of the year in 2019.



The top story was about an echidna swimming under water, followed by comments on choughs, dragon fruit, national Tim Tam day, and an attempted scam about my newly acquired debit card being about to expire - he very kindly offered to fix it if I gave him the number.

ROSIE

Just for a Laugh

Then there was Bazza who walked into a pub in North Queensland leading a giant fresh water crocodile on a leash "Do you serve Pommies in this hotel ?"he enquired ."Yes , sir. We serve English people." "Good , I'll have a beer for myself and a couple of Pommies for the croc ."

"I hear MacDougal left over a hundred thousands pounds when he died ", remarked Mc Nab. "MacDougal didn't leave that money", replied McTavish, "he was TAKEN from it."

A policeman spotted a woman who was driving and knitting at the same time . "Pull over "he yelled . "No, officer, it's a SCARF."

A woman woke her husband in the middle of the night. "There's a burglar in the kitchen eating the cake I made this morning , " she said . "Who do I call ?" asked her husband, "the police or an ambulance? "



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
 

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hearts4heart

During Heart Valve Disease Awareness Week (February 26 – March 3), peak body **hearts4heart**, clinicians and people living with heart valve disease are urging Australians to have a heart-to-heart about their heart health with their GP, and for those over 65 or experiencing symptoms, to get their heart checked.

- ⇒ Heart valve disease (HVD) affects **more than half a million Australians**, yet public awareness remains low. In fact, an estimated 250,000 Australians are unaware that they are living with the condition and this number is expected to grow significantly.
- ⇒ If left untreated, HVD can damage the heart's valves, **leading to heart failure, stroke, and arrhythmia** (an irregular heartbeat).
- ⇒ **Described by some researchers as 'the next cardiac epidemic'**, heart valve disease is on the rise due to an ageing population and under-diagnosis.

⇒ Early detection and timely treatment can increase longevity and improve quality of life for those living with HVD, making education and awareness of the disease vitally important.

Have you had your free heart check?*

*Recommended for Australians 65+



Feeling dizzy,



fatigued,



out of breath?

Book your free heart check*



Heart Valve Disease Awareness Week
February 2024

#ValveWeek24



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BEALIBA CWA

It was so good to be back and to catch up with everyone and hear what they had been doing over the Christmas recess.

There was more good news with two new members – Di Dillworth and Veronica Medlyn. Welcome girls – I hope you enjoy all that CWA has to offer.

Firstly, I'd like to mention our two Junior Members, Morgan and Lexie Lea-Brightwell. The girls did a great job helping Barbara Douglass with the bar-b-cue on Australia Day. Also, many thanks to Bernie Smith for an entertaining speech on his years completing his National Service in the Australian Army. I couldn't help thinking with so many disaffected youth nowadays that perhaps it might be a good idea to re-introduce a similar scheme. Another thank-you; this time to

David Price – always a joy to hear his beautiful voice.

Much of the meeting was taken up discussing ideas for the East Wimmera Craft Exhibition. It isn't until 2025 but the procrastinators amongst us need a lot of time to actually produce anything. It has also been drawn to my attention that in 2025 Bealiba will celebrate 90 years as a Branch. When I look around the beautiful, modern kitchen we have in the hall, I think of some of the comments I've read in those early Minute Books where the members describe boiling a kettle on a hob over an open fire and selling slices of fruit cake for threepence a slice. I wonder what those members would think about paying \$7 for a small cake in a coffee shop! Normally, we have craft in the morning and members were busy knitting neck warmers in a variety of patters that Chandra Dutt (our Craft Leader) provided. Chandra had finished hers and it was

excellent – that's one entry for next year's Exhibition!

The afternoon was finished off with a cuppa and a piece of Plum Cake that our International Officer, Mandy Latter, had made. Apparently, it is a Romanian favourite and we can see why.

Competition Winners for Feb. Single Bloom

First Chandra Dutt
Second Barbara Douglass

Multiple Bloom

First Heather Davis
Second Betty Lovel

Holiday Snap: Everyone a point March Competition

An Easter Egg with a difference

DATES FOR THE DIARY

Friday, 1st March East Wimmera Autumn Conference @ Charlton 10am. **Thursday, 21st March** General Meeting @ the Bealiba Hall. Craft @ 10.30am, Meeting @ 1pm

Heather Davis

QUICK CROSSWORD 46

Across

1. Leisure area in house, ___ room
4. Grab quickly
7. Essential
9. Single thing
10. Open the mouth widely, inhaling and exhaling
11. Sheer (of cliff, eg.)
13. Moral values
14. Faulty shot in sport
15. Set up a temporary shelter
17. Yellowish brown colour

19. Cheque recipient
20. Gloomy
22. Large, tightly bound bundle
23. Join in something fashionable, jump on the ___

24. To hire (staff)
25. Black-and-white bird

Down

1. Synonym of the noun 'esteem'
2. One who creates verse
3. Items of confectionery
4. Orderly method
5. Uncluttered
6. Stinging insect
7. Evening entertainment venue
8. Sailor
11. Rascal
12. Arouse (as in 'to ___ one's curiosity')

15. Suffer (something) with patience

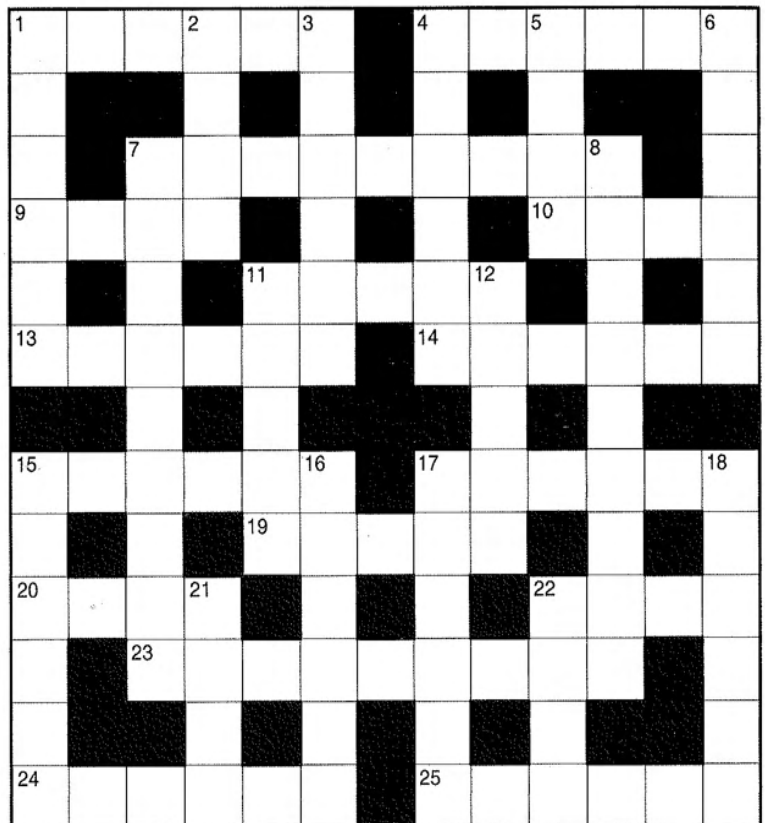
16. Time when worker is recompensed

17. Refurbish (offices, eg.)

18. Number of sides on fifty-cent coin

21. Horizontal bar (in fence, eg.)

22. Skeleton part



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

SPORTS

Mid-Week Pennant Grand Final Dunolly Bowling Club Teams Tuesday, 5th March, 2024

Dunolly Blue V MHS at AVOCA			
Skipper	Jim S	Alan W	Tony G
Third	Barry M	Keith E	Sandra Ch
Second	Heather F	Neville C	Marg D
Leader	David W	Karen S	Alice R
21 Ends to be played		8.30 Leave	Cars Second
Manager	Sandra Chaplin	\$7 per game	
If unavailable, ring Manager on 0438 616 477			
Emergency	Karen Waters	Peter Freemantle	

Weekend Pennant Grand Final Dunolly Bowling Club Teams Saturday, 2nd March, 2024

Division 1

Dunolly Blue V MHS Tartan at AVOCA			
Skipper	Peter W	Alan W	Tony G
Third	Alan P	Bary M	Chris W
Second	David W	Barry C	Terry L
Leader	Jim S	Keith E	Bernie L
Manager	Peter Waters	12.30 Leave	Cars Skip
Emergency	Geoff Davies	Karen Stephens	



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DUNOLLY BOWLING CLUB

Results from Mid Week Pennant Tuesday 20/2/2024.
Semi Finals DUNOLLY BLUE vs MHS TARTAN AT AVOCA.

B. Mortlock 12 defeated by G. Shay 21.

T. Galofaro 21 defeated by M. Fryar 25.

A. weir 19 defeated A. Brumby 18.

DUNOLLY BLUE 52 MHS TARTAN 64.

Preliminary Finals Mid Week Tuesday 27/2/2024.

DUNOLLY BLUE played TALBOT at MHS.

Results will be in next weeks Welcome Record.

Week End Pennant Saturday 24/2/2024. Preliminary Finals. **DUNOLLY BLUE vs TALBOT at MHS.**

P. Waters 16 defeated by P. Radstock 22

B. Cann 14 defeated by P. Fletcher 25

T. Galofaro 31 defeated P. McLaughlan 12

DUNOLLY BLUE 61 defeated TALBOT 59.

Week End Pennant Saturday 2/3/2024.

GRAND FINAL AT AVOCA—DUNOLLY BLUE vs MHS TARTAN.

BOWLERS COME DOWN TO AVOCA SUPPORT OUR BOWLERS IN THE GRAND FINAL.

****MEMBERS - IF I DO NOT KNOW ABOUT EVENTS HAPPENING AT OUR CLUB I CANNOT PRINT IT, IF YOU HAVE ANY INFORMATION THAT YOU WOULD LIKE PRINTED PLEASE LET ME KNOW, I WILL FORWARD IT ONTO THE WELCOME RECORD**.**

Hannah Delconte, Publicity Officer

Bealiba Bowls

The bowling seems to get better and better each week. Great bowling this week saw some very close games. Pam Brightwell had the shot of the night causing many "ooh's and aah's" to be heard.

Congratulations to the teams of Tiger Coburn, John Maher & Chris Evans, Heather Cooper & Shirley Coburn and Malcolm Campbell & Pam Brightwell, all registering two wins for the night.

The President, Committee & Members of the club would like to extend their deepest sympathies to club member David Price & family on the loss of Margaret.

Chris Evans

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SPORTS



All Junior Training

Last Sunday, 25th February, respite from the smoky haze saw a clear sky at Deledio Reserve for the first Junior training session of the year — enthusiastically welcomed by the players as shown.



Laanecoore Dunolly Cricket Club



UNDER 13's

Colts Phelans returned to Dunolly defending a total of 127.

After a slow start and a strong bowling performance from Colts, our openers were able to get going and put on 30 runs from 6 overs, Billy showed a lot of grit and was able to get to 16 runs.

From there a strong batting display from Ned and Gracie pushed the score to 85 from 12 overs, This innings was the best from the pair to date with lots of hard running and strong hitting - Ned top scored for the day with 31.

Our last four batters tried their best and were able to play some amazing shots without much success as Colts were definitely on in the field.

The team effort was there and this was one of the strongest batting displays of the season, unfortunately Colts were the better team restricting us to 123 - 4 runs short . **Well done all.**

Next week we head to Avoca for the last game of the season.

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