



# The *Welcome Record*



## CELEBRATING OUR AUXILIARY LADIES



This week, we are proud to have two members of our Dunolly Hospital Auxiliary on the cover, in celebration of International Women's Day on March 8th. From the early days of the Hospital till the present, the Auxiliary has contributed to life-changing and vital work for the community. We acknowledge and celebrate these selfless women and their dedicated commitment to our community.

*Read their stories on Page 10 and 11...*

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MARCH  
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.

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Phone: (03) 5468 1054

Web: [www.thewelcomerecord.com.au](http://www.thewelcomerecord.com.au)

Email: [welcome@thewelcomerecord.com.au](mailto: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](mailto:editorial@thewelcomerecord.com.au)

## Advertising

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## Also available online at:

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## Our Team

### Co-Editors

Angela Ang  
Marilyn Goldie

### Proofreading & Distribution

Sharon Shay  
Pamela Michie  
Helen Jesser

### Design

Paula Kilgal

### Production

Faye Arnold



## 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.

## Editorial

As **International Women's Day** approaches on **March 8**, we shine a light on: Gender Pay Gaps; the Mother's Day Classic fundraiser for women's health; Practical advice on planning for a fire season that is NOT yet over; a virtual work experience program encouraging gender balance in the Tech sector and even a hen with an indefatigable independent streak – all prime examples of how women have made many strides forward with so much more to come.

As a popular song says, "*Sisters ARE doing it for themselves*" but it's never *JUST* about themselves.

In regional towns, women predominantly lead the way as volunteers in many areas of the community with selfless commitment and resilience as demonstrated by our Dunolly Hospital Auxiliary members.

They are but one group of many women in our town and district, who have responded to the call for community help.

It leads us to ask - where are the MEN? Why are they not volunteering and contributing to the growth of our communities. There are so many groups which need assistance and the gender balance in volunteering is clearly not balanced at all.

There is a constant clarion call for volunteers at the CFA, Community Garden, the Sporting Clubs and yes, even *The Welcome Record*, to name a few - **we ALL need volunteers of every age and gender to keep us going.**

Whilst the attention is on our Women, it's now time for everyone not just Men to "*share the load*", step up and volunteer to ensure many of our community groups and initiatives not only survive but thrive well into the future.

## Crossword Solution 46, 2024

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## Our Community Bank welcomes new *Welcome Dunolly* “game-changing” Portal website

**I**n Partnership with the Community Bank Maldon & District and the Portal’s project manager, *The Welcome Record*, Dunolly is set to have a one-stop, ‘whole-of-town’ new website as a singular web portal for the town.

Community Bank Maldon & District’s Executive Officer, Jane Hoiting said, *“We’re proud to support a project that is so well aligned with our own vision and values; that of facilitating communities to be thriving, sustainable and connected.*

*“The Welcome Dunolly Portal will be a user-friendly online portal where visitors and community members can reach out, engage and connect with everything Dunolly.”*

Helmed by Project Manager, *The Welcome Record* (Dunolly’s Award-winning Community Paper) the Portal will provide direct links to community groups, sporting clubs and event organisers as well as *The Welcome Record*, to ensure relevant information with exciting plans for increasing engagement for residents and visitors with the town.

*The Welcome Record’s* President, Angela Ang said, *“We are deeply grateful and sincerely Thank our Community Bank for investing and partnering with us on this vital project for Dunolly. This portal website will be a ‘game-changer’ for our town.*

*“Facebook posts are not terribly effective in retaining information unlike a website which can keep information indefinitely for continual reference. No more chasing Facebook Posts that you can’t find again for things like services, opening times, trades, local sporting games, events. The strong letters of support are a*

*“ We can’t wait to showcase our town to new and existing residents, soon-to be residents whilst attracting more interest to come and discover us and may choose to join our community ”*

*clear indication of the many community groups’ enthusiastic desire for this new Welcome Dunolly Portal.”*

**T**he pandemic brought in an influx of new residents in the past 2-3 years who have yet to discover all Dunolly has to offer. Current residents also need an update on new initiatives available to them. *“Although a small town, Dunolly has a lot of services, halls, community groups in different locations within the town and this website is an essential navigational tool.*

*We’ve always punched above our weight and this website will be no different. The Welcome Record is investing considerable inhouse knowledge and volunteer staff time to develop the Portal. We can’t wait to showcase our town to new and existing residents, soon-to be residents whilst attracting more to come and discover us and may choose to join our community”* she added.

Dunolly’s Community Groups have all grappled with the necessity and costs involved in having their own websites as Facebook posts do not allow for continuity or retention of information.



The *Welcome Dunolly* portal allows many community groups to collectively collaborate, inform and promote their activities and the town’s attractions through a single web portal for existing and new residents and to attract visitors.

Through the use of new technology, each group will be able to self-manage their own “Pages” as training will be provided to each group’s designated online person to ensure that the site remains current.

Community knowledge and access is vital to developing Community Engagement and Social Capital. Regular engagement by the community groups through the continuing life of the portal provides a positive, partnership experience within the community and fosters a confident, welcoming impact on site visitors. As development of the Portal unfolds in the coming months, *The Welcome Record* will be updating the Community on the project with a view to launch later this year. For more information or to participate, email: [production@thewelcomerecord.com.au](mailto:production@thewelcomerecord.com.au)

## What's On

**Friday, March 8, 2024**



**Goldfields Music Club,  
Open Mic and Jam Night**

This Friday at the Dunolly Golf Club,  
Separation Street **6:00pm—11:30pm**  
All players and public welcome with \$5  
entry. Lucky door prizes, meals available,

bar by Dunolly Golf Club (Cash only). All music genres  
welcome.

**Saturday, March 9, 2024**

**Women on Women Exhibition Launch  
Central Goldfields Art Gallery at 2 pm.**

**Women on Women, the latest exhibition at Central  
Goldfields Art Gallery, is launching at 2pm on  
Saturday 9 March 2024.**

Three artists from Central Victoria and three artists  
from Melbourne are brought together in this exhibition  
that spans painting, drawing, photography,  
printmaking, and textiles. The unifying theme is the  
celebration of the diversity of women's experiences.  
Local artist Tenar Dwyer from Bealiba is excited about  
the opportunity to exhibit with well-known Melbourne  
artists.

*"This has been a great opportunity to explore new  
ideas and gain insight into the creative practices of  
these inspiring women, practising within the feminist  
space.*

*"My own work uses domestic and familiar objects to  
explore the meaning of womanhood in a world where  
youth, beauty and material success are pursued with a  
cult-like obsession, and where women are often  
shamed if they choose not to 'lean in' to the idea that  
you can't be fulfilled unless you 'have it all'.*

Central Goldfields Shire Mayor Councillor Liesbeth  
Long applauded another unique opportunity for local  
artists.

*"It's one of the important principles of our newly  
redeveloped Art Gallery – to showcase our local artists,  
plus exhibit regional and national artists.*

*"It's giving our local artists the experience, networking  
and exposure to show off the creative work from our  
region. This is a fantastic collaboration."*

Artists from Central Victoria included are First Nations  
artist Tashara Roberts, Tenar Dwyer from Bealiba and

Fiona Somerville  
from Talbot,  
alongside  
Melbourne inner-  
city artists Ruth  
O'Leary, Starlie  
Geikie, and Lyndal  
Walker.

The exhibition  
itself is the result  
of a partnership  
between Central  
Goldfields Art  
Gallery and the  
Melbourne based  
not-for-profit

organisation, *Satellite Projects*, that supports visual  
artists through an innovative program of exhibitions,  
networking and professional development.

The exhibition encourages exchange and collaboration  
between artists and audiences and a series of artist  
talks will be held while the exhibition is on display  
through until 16 June 2024.

**All are welcome to attend the opening on Saturday, 9  
March at 10am.** There will be food and drink to enjoy,  
entry is free and bookings are not required.



## Coming Soon...



**Goldfields Music Club –  
Community Meeting  
20 March 2024 at 6pm  
Dunolly Neighbourhood  
Centre.  
18 Havelock St. Dunolly**

Everyone is welcome to a Community Meeting on 20  
March 2024 at 6pm at the Dunolly Neighbourhood  
Centre to talk about **Vibes on Broadway 2024 –  
Dunolly's Street Festival on Sunday 27 October 2024.**

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

Sue Hayman Ph: 0412 549 981  
[goldfieldsmusicclub@gmail.com.au](mailto:goldfieldsmusicclub@gmail.com.au)



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# Letters & Notices

## COMMUNITY BUS TO CHANGE DEPARTURE TIME



**Effective from Friday 15th 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

## FREE JARS

Clean jars suitable for jam or pickles, some big and smaller Moccona jars. FREE  
Call: 5468 1537

## IS OUR COUNCIL LISTENING?

Dear Editor,

I have been trying to deal with the Compliance Dept. AT THE CENTRAL GOLDFIELDS SHIRE in regards to getting a vacant block cleared for the current fire season. With great difficulty I must say. The block is in Dunolly town boundaries. Two years ago this block caused a severe grass fire and spread into paddocks and trees behind it. The block is adjacent to two adjoining houses - one occupied by very elderly owners who do their best to keep their block clear. The council mowing did not cut the verge grass of this property earlier. The block owned by absent owners is now covered by 10 foot gum saplings and high grass after the wet spring we have had. I have not had any feedback about my complaints to the CGSC Compliance Dept. OR action on getting the block cleared which is now urgent with the on-going high risk, fire days still to come. Surely this clearance could be done by the Shire and the cost added to the owner's rates payment. The community is very un-nerved by the lack of attention by this department. I am awaiting a reply from our local Councillor.

Helen Jesser, Dunolly



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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; **Ballroom Dancing:** at Dunolly Golf Club—on break until early April; intermediate skills required—call me at the Centre for further details. **Card making with Rhonda:** Third Monday of the month from 1.30 at the Centre **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.

**LABOUR DAY PUBLIC HOLIDAY**

Monday, the 11th March is the Labour Day public holiday, so the Centre will be closed. There will be no Hub Club at the Arts Hub either.

**YOGA NOW FORTNIGHTLY!**

AS I mentioned last week. Yoga with Rhonda Dam is now fortnightly, starting from Monday, the 11th of March (Labour Day).

Rhonda is thrilled to bring Yoga to the community of Dunolly and doesn't mind coming along on a public holiday! Sessions start from 10 am at the Dunolly Golf Club on Separation road (turn left at Stuart Mill Rd.), We have spare mats at the Centre so call me if you would like to borrow one.


**DANCING TAKING A BREAK!**

Our dancers are taking a break during March, while Trish and Rex head north for a little holiday. Dance resumes early April, so if you are interested in checking it out, give me a call for details.



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

**Yoga class**  
Monday March 11 at 10am  
Dunolly Golf Club  
NOW FORTNIGHTLY!



Begin with Hatha Yoga to enhance fitness, flexibility and discipline, and follow with Yoga Nidra for complete relaxation.

Full: \$12.50 Concession: \$7.50 cash.  
Bring mat & light blanket.  
Call 54681511.



**DON'T FORGET TO REGISTER YOUR BURNS**

Registering your burn-off allows authorities to cross-check triple zero calls from the community about smoke or fire sighting and avoid firefighters being dispatched unnecessarily.

The **Fire Permits Victoria** website is the easiest option for Victorians to register their burn-offs with authorities.

Register on <https://firepermits.vic.gov.au/> or call 1800 668 511.

# MOTHER'S DAY CLASSIC STEPS UP FOR BREAST AND OVARIAN CANCER

**O**rganisers of Australia's most loved national fun run and walk, the Women in Super Mother's Day Classic (MDC), calls for more to be done to increase funding for medical research, to elevate women's health, prevent deaths from breast cancer, and improve the survival outcomes for ovarian cancer.

For the first time, this year's annual event, in which more than 70,000 participants will walk or run nationwide on **Mother's Day, Sunday, May 12**, will also raise money for ovarian cancer research, partnering with the Ovarian Cancer Research Foundation.

In 2024, MDC participants will have the option of taking part in support of and fundraising for breast cancer research, ovarian cancer research, or both.

Ovarian cancer is the most lethal gynaecological cancer, which claims the life of a woman every eight hours in Australia.

The five-year relative survival rate for ovarian cancer is just 49 per cent, with 1,054 deaths every year.

The MDC is the biggest donor to the National Breast Cancer



Foundation, having raised \$44 million over the past 26 years. In that time the five-year relative survival rate for breast cancer has increased from 84 per cent to 92 per cent.

For the 2024 Mother's Day Classic, 70,000-plus people will start their day by walking or running at one of more than 70 locations across the country to support and honour those touched by breast cancer or ovarian cancer.

The National Breast Cancer Foundation and the Ovarian Cancer Research Foundation both acknowledge that **research is the key to improving outcomes for women and saving lives.**

**Registrations are now open for**

**the 27<sup>th</sup> Mother's Day Classic at [mothersdayclassic.com.au](https://mothersdayclassic.com.au).**

Participants can save up to 33% with VIP pricing, plus 'Kids Go Free in Feb'. T's and C's Apply.

In the 26-year history of the Mother's Day Classic, \$44 million has been donated to fund game-changing breast cancer research. In 2024, the event is going further and inviting MDC participants to run or walk and accelerate progress towards the day that no Australian families suffer the devastation of losing another woman to breast or ovarian cancer.

**Facebook:** [facebook.com/mothersdayclassicaus](https://facebook.com/mothersdayclassicaus)

**LinkedIn:** [linkedin.com/company/mother's-day-classic/](https://linkedin.com/company/mother's-day-classic/)



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Many years ago, before I even considered becoming a councillor, a group of locals and Council developed the Gordon Gardens Master Plan.

After a lot of work and community consultation, the final plan was published in September 2019.

The aim of the plan is to provide a framework and directions to guide Central

Goldfields Shire Council's future work including planting and development of the gardens. For example new paths, new trees, shade sails, seating, new facilities and removal of old facilities.

Work has been done in the years since, as money has become available either through grants or Councils' own funding, but the plan is not quite complete.

I am stoked to announce that more work is planned in the next couple of months by the Operations Team, with available budget from this financial year.

The scope of works to deliver the next parts of the master plan is as follows:

- 2 DDA (Disability Discrimination Act – i.e. accessible) compliant tables and benches.
- Purchase of 15 Trees (compatible trees) and planting.
- Removal of old skate park and new path installation – approx. 100m
- Installation of a disabled access ramp for the Dunolly Bowling Club on Barkly Street.

This is exciting news for Dunolly, especially the disabled ramp at the Bowling Club which a lot of people have been asking for.

You can find the Plan on Council's website:

[www.centralgoldfields.vic.gov.au/gordongardensmasterplan](http://www.centralgoldfields.vic.gov.au/gordongardensmasterplan)



For those interested in reading up on what's been achieved so far, the link below has a timeline that sums things up perfectly:

[www.engage.cgoldshire.vic.gov.au/gordon-gardens-dunolly-master-plan](http://www.engage.cgoldshire.vic.gov.au/gordon-gardens-dunolly-master-plan)

Exciting times for Dunolly, stay tuned!

Mayor Cr Liesbeth Long

### OUTDOOR POOL SEASON EXTENDED

The Outdoor Pool Season at Dunolly will be extended to Monday 1 April, 2024. The extended outdoor pool season will mean local residents can continue to have access to aquatic facilities during the warmer weather whilst the 25-metre pool at the Maryborough Sports and Leisure Centre is upgraded.

To make way for the upgrade, the pool hall at the Maryborough Sports and Leisure Centre will close on Monday, 4 March.

The project is expected to be complete by late May.

For more information on the project visit:

[www.centralgoldfields.vic.gov.au/indoorpoolupgrade](http://www.centralgoldfields.vic.gov.au/indoorpoolupgrade)



**Martha Haylett**  
MP for Ripon

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# DEMENTIA!

Naming the ELEPHANT in the room

By Heather Cooper

We have had more than 600 visitors to Bealiba Historic Railway Station. Some come in groups, others individually.

Some sail in and out so quickly, others linger a long time – chat, watch the Rail video and leave with both parties better informed on the workings of Victorian Railways.

Last week a solo gentleman showed a great deal of interest, patiently questioning and telling us about his own historic home.

Deep in conversation, we were shocked to hear him ask, "What's the capital of Victoria?" My dementia alarm went off!



The Heather of 5 years ago thought, "What a dill!" TODAY's Heather with Alzheimer's thought, "How clever of this man in the middle of a complex conversation to give me an accurate description of a word he cannot recall, so that we can continue our conversation uninterrupted by memory loss."

Speak up for yourself, let people know where help is required and where it is not. Ignore your fear of failure as you launch yourself into interactions. Remind yourself that a human brain has 100 billion neuron receptors, so there are plenty to spare. Work out new ways to cope.

Mental disorders are value related to intelligence, self-worth and competence. Physical disorders - even those caused by extreme foolishness - are value related to damage control. Your self-worth and wisdom from a long life are still valuable, as demonstrated by the gentleman visitor's most interesting conversation.

A few days ago, I could not overarm throw Lassie's ball properly. I lacked coordination. Now I underarm toss it high in the air. Puppy Lassie flies up in the air and takes 'a speccy' to the satisfaction of us both.



Be out there with your dementia.

What other people think, is their problem, not yours.

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# CELEBRATING OUR DUNOLLY HOSPITAL AUXILIARY



*By Vicky Frizzell*

International Women's Day is celebrated every year on March the 8th. It began in 1911 to raise the status of women and strive for parity in education, society and the workplace. Over the past 113 years there have been a lot of gains but there is still some way to go. In Dunolly there are a number of committees wholly run by women and each one, in it's own unique way, raises the status of Dunolly women.

The Dunolly and District Hospital Auxiliary (Inc.) is one such committee. Members were quick to point out that they have no rule against men joining them but so far no males have applied. The current committee has only four members Faye Nicholson, Rosemary Mecredy, Joyce Vater and Barbara Coupland who describe themselves as very mature, middle aged. Since COVID 19 hit it has been impossible to recruit new members to replace those who have retired.

## First, some history:

The Dunolly Hospital Ball Committee was the main Dunolly Hospital fund raising body for many years, organising balls, concerts and card parties amongst other things. When support for these activities waned during the 1980s, reviving an old group was considered. A Dunolly Hospital Auxiliary existed previously and did tasks such as mending and other jobs as needed. It disbanded in the 1960s due to a lack of members. Around 1990 it re-emerged and while it initially did do some mending it soon took over as the major fundraising body. The mending soon disappeared.

It held an annual White Elephant Sale, wood raffles, and cake stalls. The Dunolly Golf Club had a hospital day tournament and the Auxiliary, splitting into morning and afternoon shifts, did the catering. But changes to government regulations pertaining to catering have made food preparation and sales difficult now. Funds raised have been spent on hospital client needs.

In the years from 2003 to 2015 the Auxiliary spent more than \$45,000 on client welfare. A lifting chair was bought, as were special shower and geriatric chairs. Doonas and covers were also purchased. Committee member Joyce once bought 15 different silk scarves for clients. Christmas and Easter gifts are bought for all clients. Director of Nursing Donna Bell always gives a report at Auxiliary meetings as well as indicating where funds could be spent.

Currently, they are running several fundraising raffles a year with prizes such as vouchers from local retail or at times, even a fat hamper.

*Left: Joyce Vater*

...ges the enormous contribut  
**ola Charity Co**  
...o the physical and social cap  
...e Dunolly Co





# CELEBRATING OUR DUNOLLY HOSPITAL AUXILIARY



They all find it pleasant to sit on Broadway selling raffle tickets. With a cuppa in hand, they chat to each other, (they do this in pairs) and all passersby are usually very happy to buy a ticket or two in support of the hospital.

Annually, they give \$100 vouchers to the two most improved students (senior and Junior) at Dunolly Primary School. They also provide a \$1,000 scholarship to a local applicant who is going forward with their nursing studies.

One innovative Dunolly hospital worker introduced aromatherapy to the clients and it was very popular. Responding to that, the Auxiliary provided funding for required essential oils. It is an ongoing program but now clients pay for their own oils.



*(Left to Right) Faye Nickolson, Barbara Coupland and Rosemary Mecredy*

The Auxiliary's greatest aim is to see long planned independent living units up and running. A lot of work and lobbying has gone into this over the years and they hope it will secure government funding eventually.

**WHAT IS REALLY NEEDED RIGHT NOW - IS A FEW NEW MEMBERS.**

There is no real physical work to be done, but some commitment to attending meetings would be necessary. New ideas would be excellent. The meetings are held at the Neighbourhood Centre at 10am on the first Monday of the month, though that could be flexible. You would be welcome even without any ideas.

If you need more information or you'd like to join them, don't be shy. Faye would really like your call on 0419 928 514.\_

**All Auxiliary members said the satisfaction they get from assisting the Dunolly Hospital is immense. Friendships formed with other Auxiliary members and social interactions outside your home as well as being a useful member of the Dunolly community are other reasons they continue to be members of the Auxiliary.**

# THE WAIT

By: Helen Jesser

It became very real for most of us during the latest heatwave. Being older makes one feel more vulnerable.

The way the heat revved up and the wind gusts grew, so does your anxiety.

Preparation does give one a feeling of being in control. Keeping on top of shrubbery and grass this season has been difficult.

Having such a wet lead up and now very dry has made those tasks more difficult.

Keeping a bag packed with personal essentials – clothing, documents, copies of your identity cards and medication is essential.

Photos, paintings and family history is also important. But how do you draw the line with things you have lived with - all your life?

Possessions can be replaced but people can't.

So I have the essentials - assembled dog carrier, lead, food and of course, the pet ready for the car.

We have a long way to go this fire season so I also have buckets of water and mops on hand for 'ember showers' which are a good start for defence of your property but making the decision to leave is the important one.

- Take care of yourself, drink plenty of water, keep your phone charged and be aware of your surroundings - checking outside regularly for changes.



~~Plan A~~  
~~Plan B~~  
Plan C

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can be  
replaced but  
people can't.”*

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# The Adventures of *Miss Non-Conformist* A Chicken Tale

By Charmaine Shepard

**A**t La Goshen Farm, nestled amidst rolling pastures and rustling trees, there exists a tale of one singular hen who defies the conventional norms of the coop. Meet "*Miss Non-Conformist*," the feathered rebel with a penchant for individuality that rivals even the most free-spirited of souls. While the rest of the flock indulges in communal activities - pecking at feed, scratching the ground, Miss Non-Conformist prefers to perch in contemplative solitude, as if pondering the meaning of life from her lofty vantage point. Miss Non-Conformist scripts her own adventures, penning chapters of sheer audacity and gall. One fateful day, while the sun dipped low in the sky, she embarked on an odyssey that would make even the boldest barnyard creatures gasp in awe. Unbeknownst to the farm, Miss Non-Conformist, the intrepid explorer, ventured far beyond the familiar confines of the coop. With a determined strut, she traversed fields, trekked down winding paths, and crossed into the neighbour's domain. And there, in an unexpected rendezvous, she found herself amidst the equine elegance of "*Toffee*," the neighbour's regal horse.



It was a scene straight out of a whimsical fable—a chicken and a horse sharing a moment in the twilight, an unlikely duo engaged in an impromptu meet-up.

What tales they exchanged under the watchful gaze of the setting sun, we may never know. Yet, it was a sight to behold, a testament to Miss Non-Conformist's daring spirit.

Fate intervened in the form of a concerned farmer, about to embark on an evening stroll with "*Popcorn*," another farm friend. Imagine his surprise upon discovering Miss Non-Conformist's bold foray into neighbouring pastures! With quick thinking and gentle coaxing, I managed to persuade the adventurous hen to return

to the safety of her coop.

At La Goshen, where each day unfolds with its own charming story, **Miss Non-Conformist stands out as a reminder—that in a world where conformity often rules the roost, sometimes it takes a daring chicken to show us the beauty of being different - where even the smallest feathered rebel, can teach us the biggest lessons in embracing our uniqueness.**

Until then, I'll keep an eye on the coop, for who knows where Miss Non-Conformist's wings might take her next!

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# Church Notices

## Catholic Church, Dunolly

There will be Mass at St. Mary's Church, Dunolly at 8.30am on Sunday March 10th.

We have been asked to pray for Liz, the parish Secretary, who was hurt in a car accident recently .

The Good Friday service will be at the Uniting Church , Dunolly .

R Mecredy

*Love has its source in God, for love is the very essence of His being.*

Kay Arthur

## 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

Worship and Holy Communion on Sunday, March 10th at 9.30am. will be led by Pastor Tanya Dunbar.

UCAF will be held on Thursday, March 7th at 1.30pm. The theme is Birds.

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

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

Linda Pickering

*"You shall have no other gods before me."*

Exodus 1:3

## 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

## Op Shop News

### LONG WEEKEND FURNITURE SALE

**SATURDAY, 9th March 2024**

**From 9 am**

**F**urniture takes up so much floor space in the Op Shop. There will be a display of our furniture for SALE in the grounds of the Uniting Church **from 9am on Saturday 9<sup>th</sup> March**. Come along to check it out.

The cost of tables, chairs, lounges, side tables, bed ends, desks and shelving is so little, because we need to free up space in the storage shed.

\$5 for a whole supermarket size bag of summer clothing, including summer shoes and accessories.

The more stock that is cleared the more room for the winter stock, which will start to come into Op Shop now that Autumn is here.

You can buy up for all the family members in one or two or as many as you wish-bags.

10 clothing items and a pair of sandals for \$5 will make next summer look brighter.

The Op Shop never suffers from shortage of clothing items and inflation never happens here.

Invalid aids went flying out the door, after our last



article in the *Welcome Record*.

If you have any items at your place which would help the elderly or sick, we would be pleased if you could bring them along for us to sell, helping to fulfill the requests of several customers.

The Op Shop Team



**I had a "you got up there, you can get down" episode with C K cat this week .**

When she goes out in the yard, the noisy miners always start alarm calling, but when it was louder than usual, I went out to investigate.

Couldn't see her, so I called and this pathetic little mew came from above my head. She was up in the fork of the flowering gum about four metres up. So I gave her the above message, and kept talking to her.

She finally screwed up enough courage and came down in jumps. Then, of course she strolled off as if it had been no drama.

I went into Maryborough Saturday morning, taking advantage of the cooler day to do my shopping.

On the way home I had a motor bike escort for a few kilometres. There were two buses in front of me at the golf course roundabout and a lot of bikes behind. Once we all got past the 100 km sign, I pulled over a bit, slowed down and they passed when



it was safe. There must have been about 20. I lost count after about 10, thought it was a better idea to concentrate on my driving. They turned off at the Bendigo corner.

I heard an interview with the owner of the soft plastics factories, one of which burned down last year. They have set up a new factory in Reservoir, so it looks like we will be able to start keeping it out of the tip from a little later in the year.

I was looking in a cupboard and found some music tapes from way back. Apparently they are very popular with those young enough not to have played them, when they were the way to get your music. The one I looked at was by Engelbert Humperdinck. When I picked up the Seniors newspaper there was the man himself on the cover. He is doing a farewell tour this year. He is only 87.

ROSIE

*Just for a laugh*

FISHING

Some of the rivers in the Australian outback have so little water in them that fishermen can tell where a school of fish is coming, by the cloud of dust it raises.

SCIENCE HOWLER

An octogenarian is an animal that has eight young at birth.

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- Routine farm consultations.
- 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**

## FREE Virtual Work Experience

**A** national virtual work experience program for tech jobs delivered in partnership with leading education group Year13 was recently launched by Tech Council of Australia (TCA).

The program is available **FREE** to all young Australians aged 14-25 **connecting secondary school students and post-school leavers facing increased barriers to employment, including those with a disability**, with the TCA's network of tech partners to build awareness of jobs in the tech sector and provide them with a clear pathway towards employment in the industry. Robyn Denholm, Chair of the Tech Council said, *"Tech jobs are amongst the fastest-growing and best-paid jobs in our economy. I particularly encourage more young Australians from diverse backgrounds to explore tech careers, it's a very egalitarian industry, we want more women, Indigenous Australians, people with disability and those living in our outer suburbs and regional Australia, to have the ability to access these fulfilling careers."*

Australia's leading tech companies have signed up as initial program partners, including Microsoft, Commonwealth Bank of Australia and nbn®. **They will be delivering virtual work experiences in high-demand roles like software and networking engineering, cyber security and data science.**

Year13 co-founder and co-CEO, Will Stublely said "We



*have regularly been told by young Australians we work with that they would love to get into a tech or tech-related job, but just don't know where to start. That's why we're proud to offer a program that can help give them the tools to pursue their dreams."*

### About the Tech Council of Australia

As the peak industry body for Australia's tech sector, we aim to advise and engage with Australian governments, businesses, and the wider community to help support the ongoing creation, development, and adoption of technology across industries. Our vision is for a prosperous Australia that thrives by harnessing the power of technology.

### About Year13

Year13 is a purpose driven Australian EdTech that is dedicated to inspiring and supporting current and future young Australians to reach their potential and succeed in life after school. Their core mission is to upgrade the school-to-work transition, with the ultimate goal of helping young people make better and more informed decisions about their future.



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# Gender Pay Gaps Exposed



**T**he exposure of the gender pay gaps in large Australian organisations is a turning point for gender equality, but more must be done to hold employers to account.

Workplace diversity expert Professor Carol Kulik says the Workplace Gender Equality Agency (WGEA's) release of gender pay gaps for large Australian employers is a great first step but its impact will depend on the actions of organisations to narrow the disparity.

The WGEA – a statutory agency responsible for promoting and improving workplace gender equality has published gender pay gaps for Australian private sector employers with 100 or more employees. It is the first time that large organisations will have their gender pay gap data exposed.

**In 2023, the WGEA reported that the average gender pay gap was 21.7%, meaning women in Australia are earning, on average, \$26,393 less a year than men.**

Professor Kulik, who has based her career on researching effective management of workplace diversity particularly in relation to gender and age, is a member of the SA Gender Pay Gap Taskforce, an advisory board reporting to the Minister for Women

and the Prevention of Family and Domestic Violence. She says the revelation of gender pay gaps in large corporations is a pivotal moment in advancing gender equality.

*"We now must be asking employers, in what roles and what levels of employment are pay gaps most prevalent? How are you (the employer) supporting employees' caring responsibilities? **What are you doing to ensure women move into roles where they are paid more? How long will it take for you to close your pay gap? Until we show employers that their pay gaps influence our behaviour, they are unlikely to make the changes needed to narrow pay gaps.**"* Prof Kulik said.

*"The gaps widen further when women take extended career breaks to have children. Women end up retiring with only two thirds of the amount of superannuation compared to men,"* she added.

## QUICK CROSSWORD 47

### Across

1. Try to repress, \_\_\_\_\_ down on
6. Small motorcycle
0. Starch used as a thickener in cooking
1. Eel of warm seas
3. Tan, eg.
5. Survey of voters taken upon leaving polling booth, \_\_\_\_\_ poll
6. Large fancy marble
8. London district noted for restaurants and nightclubs
9. Raise one's hat respectfully, dip one's \_\_\_\_\_
10. Halley's, eg.
12. To the benefit of
13. Liberty
15. Irish-born Australian singer, \_\_\_\_\_ Leith
16. Bank on whom cheque is written out
17. State of things as they truly are
19. Small quantity (of something)

31. Aust. actress, former wife of Sean Connery, \_\_\_\_\_ Cilento
32. You can't teach an old \_\_\_\_\_ new tricks
34. Cover of house
36. Carry with effort
37. Stop moving, \_\_\_\_\_ to rest
38. Mountains of western South America
40. U.S. actor, Tommy Lee \_\_\_\_\_
41. An exhaustion (of supplies, eg.)
42. In wily way
43. To cover with glass

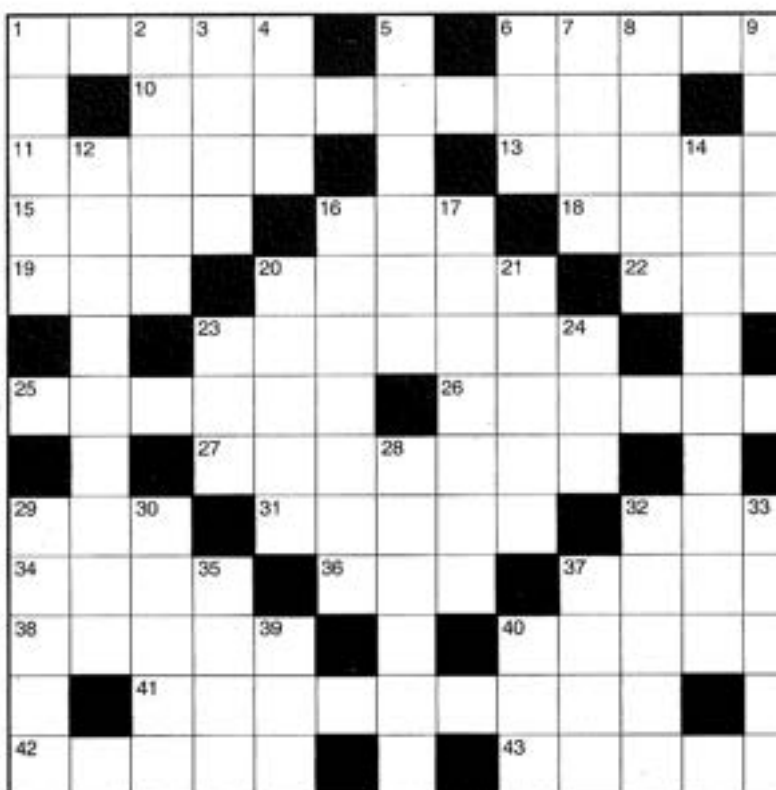
### Down

1. Mammal with one or two humps
2. Bitter-tasting
3. Protective ditch around castle
4. Enquire curiously
5. On fire
6. Noisy multitude of people
7. First person plural possessive pronoun
8. Trial sheet of printed material
9. One who gives to charity
12. Process of rust formation, eg.
14. Conducive to good health
16. Hard part of foot digit
17. Nuptials
20. System of beliefs

21. Large sweet cake
23. Tall evergreen tree
24. To be allowed to
28. Tree with aromatic wood, camphor \_\_\_\_\_
29. Family of musical wind instruments

30. Hot drink usually of whisky
32. Female operatic star, prima \_\_\_\_\_
33. A kind, though often meaningless gesture, beau \_\_\_\_\_

35. Texture
37. Chilly
39. Observe secretly
40. Lively dance



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

# Protect yourself when Gardening

**G**ardening is a fun, safe pastime and it is also a great way to get some fresh air or get the family or grandkids outside.

However, there are some precautions we should take to look after ourselves.

Did you know that Legionella longbeachae bacteria, which can cause Legionnaires' disease - a rare form of pneumonia, are found in commercial potting mixes and are also in compost and soil?

The simplest ways to avoid breathing in or spreading Legionella bacteria are to:

- Wear a face mask and gloves while handling soil, potting mix or compost - gloves will also protect you from any sharp objects or biting insects living in the soil
- Wash your hands with soap and water after gardening, before eating, drinking, smoking or placing your hands near your face or mouth
- Open bags of potting mix in a well-ventilated space and directing the opening away from your face to avoid inhaling the mix
- Dampen potting mix with a light spray of water to reduce the risk of airborne particles, and water gardens and composts gently using a low-pressure hose

Although most people who breathe in the bacteria



don't become ill, the risk of disease increases with age, chronic lung disease, smoking, and in people with weakened immune systems.

The symptoms of Legionnaires' disease usually begin to appear within six days of being exposed to the bacteria.

Early symptoms are like the flu, and include headaches, fever, chills, muscle aches and pains, and a dry cough or shortness of breath. If you experience these, you should see your GP for treatment.

For more information on Legionnaires' disease and garden safety, visit: [www.betterhealth.vic.gov.au/health/healthyliving/gardening-safety#legionnaires-disease-and-gardening-safety](http://www.betterhealth.vic.gov.au/health/healthyliving/gardening-safety#legionnaires-disease-and-gardening-safety)

## DUNOLLY & DISTRICT

### Important Information

Fire Brigade, Police, Ambulance, SES 000

Police Assistance Line 132500

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Dunolly Post Office 5468 1010 102 Broadway M-F 9 - 4:30

The Welcome Record 5468 1054 18 Havelock St Tu/W 10 - 12.30

Dunolly Rural Transaction Centre 5468 1205 109 Broadway M-F 10-3:30

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Dunolly Library 5461 0679 42 Market St Tu 9-1 / Th 1-5

## DUNOLLY BOWLING CLUB

Results from Tuesday 27/2/2024

**DUNOLLY BLUE played TALBOT at MHS IN THE PRELIMINARY FINALS.**

Jim Smith 25 Defeated Peter Fletcher 19.  
Tony Galofaro 23 Defeated Barbara Crossley 20.  
Alan Weir 20 drew with Robert "Jacko" Jackson 20.  
Dunolly Blue 68 ~ Talbot 59.

Results from Saturday 2/3/2024

**GRAND FINAL - DUNOLLY BLUE vs MHS TARTAN.**

Peter Waters 10 defeated by G. Shay 18.  
Alan Weir 9 defeated by M Fryar 26.  
Tony Galafaro 14 defeated by G. Coburn 18  
DUNOLLY BLUE 33 ~ MHS TARTAN 62.

Although it doesn't show it, all Dunolly Blue bowlers played well and with spirit but Tartans played better on the day.

Hannah Delconte  
Publicity Officer

## BEALIBA BOWLS

A great roll out this week saw big wins in some games while others were quite even.

We welcomed Karen Waters back for the first time this year, fresh from her journey to New York.

No jet lag evident, Karen produced the shot of the night, nudging out an opposition bowl to balance her own right on the edge of the mat alongside Kitty.

Ian Lovel was back, complete with new glasses, some of us wished he had kept the old ones on, there was no stopping him.

Pam Brightwell continued in her scintillating form that she has shown since the start of this season

**Congratulations to the winning teams of John Maher, Malcolm Campbell & Shirley Coburn and to Gary McClelland, Ian Lovel & Pam Brightwell on scoring two wins each for the night.**

Happy Bowling!

Chris Evans

## Laanecoorie Dunolly Cricket Club



Saturday, we travelled to Hedges Oval to take on Colts Phelans. Batting first, it was Luke Smith and Tom Hannett who started well early with a 47 run partnership before Hannett was caught out on 26.

Joe Lovel came in and added another 27 with Luke Smith with the score at 110 at the mid afternoon break. Lovel's momentum was broken not longer after play resumed, as he was caught out with Laane Dunolly 2/115. Rosier, Bartlett and Smith all fell in quick succession making 10,12 and 4 respectively giving the home side a spark with the score at 6/154.

Zac Graham came in though and put on a dominant display finishing 65 no out. Ben Gunn also added 27. We finished with a very defendable 273 for this Saturday.

Katie Lovel, Secretary

### UNDER 13'S

For our final game of the year, we made the trek to Avoca for a one dayer. Our captain Ned won the toss and sent Avoca in to bat. The ground was in great condition but batting conditions were difficult due to the long grass, this was made even harder due to our best bowling performance of the year restricting Avoca to 74 runs.

Every member of the team bowled amazingly and made it very difficult for Avoca. Best bowlers were Addison and Elliott with 2 wickets each and Ned, Grace and Dean also chimed in for a wicket each.

After a quick drink we headed into bat, Avoca bowled as well as we did and made it very difficult to score runs keeping us to 67. Best batting performances for the night were Ned with 13 runs, Billy and Dean with 11 runs and Elliott with 10 runs.

Special mention to Isaac Thursby who scored his first ever runs in cricket finishing the day with 2 – amazing job !!

I would like to thank all of the kids for the year and especially would like to thank the parents who ensured the kids were able to play and enjoy such a great team game. See you all next season.

Cal Liddicoat



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