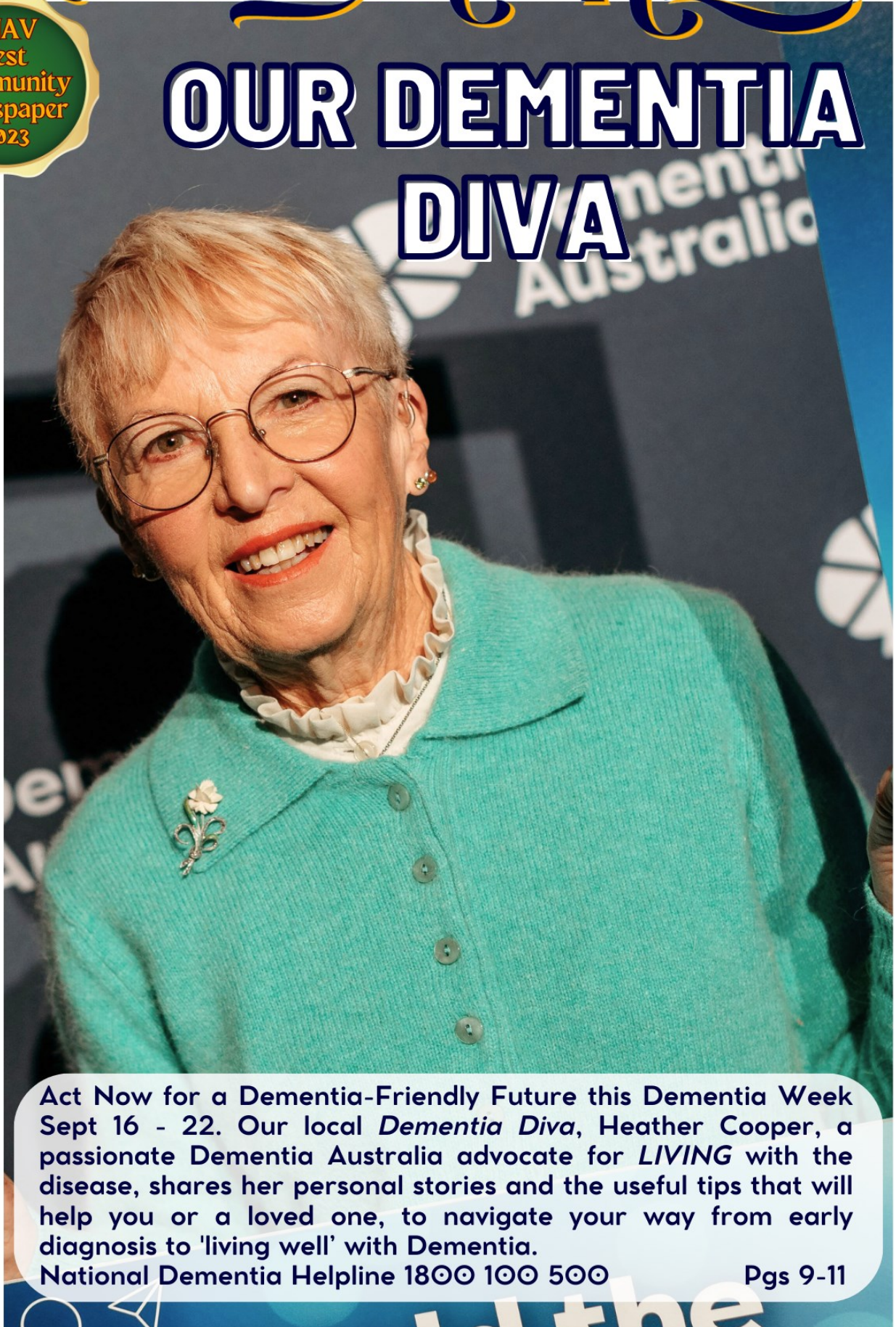




The *Welcome Record*



OUR DEMENTIA DIVA



Act Now for a Dementia-Friendly Future this Dementia Week Sept 16 - 22. Our local *Dementia Diva*, Heather Cooper, a passionate Dementia Australia advocate for *LIVING* with the disease, shares her personal stories and the useful tips that will help you or a loved one, to navigate your way from early diagnosis to 'living well' with Dementia.

National Dementia Helpline 1800 100 500

Pgs 9-11

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SEPTEMBER
2024

GOLD COIN



The Welcome Record

ABN 19299170473 A0013872F

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.

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

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 Butcher, Dunolly Bakery, Dunolly & District Neighbourhood Centre and Dunolly Friendly Grocer.

Bealiba: Bealiba 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.

Don't Forget

Dunolly Country Market Winter Time Change extended to September Market Day 10am - 2pm



Crossword Solution 69, 2024

W	I	T	H	E	R		C	A	N	N	E	S	
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'COMMUNITY' - The Challenge And Solution For People With Dementia

New research released today by Dementia Australia for Dementia Action Week (16-22 September) shows a decade of persistent poor understanding of dementia among Australians, is leading to stigma and discrimination.

Data in the research report – **'People in the community' are the challenge and the solution: Towards a dementia-friendly future'** from 2024 shows that:

- Nearly three in four people (71%) with a loved one living with dementia felt that people patronised their loved one
- Three in four (76%) felt people treated their family member or friend with dementia as though they were not smart
- Two in three identified 'people in the community' as the most common source of discrimination.
- One in three suggested that people avoid or exclude their loved one with dementia

Other surveys conducted by Dementia Australia have found that one in three people think dementia is a normal part of ageing – which has increased slightly in the past decade. Alarming, in 2012 and 2024 surveys, 68% of people say they know very little about dementia.

Dementia Australia Advisory Committee Chair Bobby Redman, who lives with dementia, said it is almost unbelievable that we are still having to talk about the limited awareness and understanding about dementia.

"Why do people treat us differently? What have we done to deserve this? As a Dementia Advocate, it angers me. Why are people not listening? All we are asking for is to be understood, respected and supported – just basic human rights.

"If local councils, businesses and organisations recognise that dementia is no less of a disability, because it is invisible, we could feel supported. Ms Redman said.

Dementia Australia CEO Professor Tanya Buchanan

"If friends and others in our community keep an eye out for us and make sure we are included, we can feel less socially isolated."

*Bobby Redman, Dementia Australia
Advisory Committee Chair*

said the research shows that 'people in the community' are the most common source of discrimination towards people living with dementia. ***"Australian and international studies show that stigma and discrimination associated with a dementia diagnosis can discourage people from seeking health care, including a diagnosis, and reduce social engagement with family, friends and the broader community, which has knock-on impacts on the physical, cognitive and psychosocial health of the person with dementia,"*** Professor Buchanan said.

"It is incredibly disappointing that Australians' understanding of dementia has not shifted in a decade and profoundly concerning that more people now think dementia is a normal part of ageing than they did a decade ago. Dementia is NOT a normal part of ageing.

"This Dementia Action Week (16-22 September) Dementia Australia is calling for urgent and sustained action by communities and governments at all levels to increase their awareness and understanding of dementia – and to become the solution."

Head to dementia.org.au/DementiaActionWeek to help to create a future where all people impacted by dementia are supported and welcomed in their communities, no matter where they live.

If this story has prompted any questions or concerns, please call the National Dementia Helpline 1800 100 500 (24 hours, 7 days a week) or visit dementia.org.au. An interpreter service is available. The National Dementia Helpline is funded by the Australian Government.

**Act Now for a
Dementia-
Friendly Future**

**Dementia
Action Week**



16-22 September 2024

Find out more

What's On

Friday, September 27th Goldfields Music Club, Open Mic and Jam Night

Held the 2nd and 4th Friday of each month at the Dunolly Golf Club, Separation Street. **6:30pm—11:00pm.** All players and public welcome with \$5 entry. Lucky door prizes, bar, meals available.



CASH ACCEPTED AND EFTPOS IS AVAILABLE
And don't forgetSunday 27th October,
Vibes on Broadway Dunolly Street Festival

What Do I Say? What Do I Do?

Purpose:
To increase understanding of suicide bereavement and learn basic support skills

Topics covered:

- The StandBy Service Model
- Understanding of some of the theories around Grief, Trauma and Suicide
- What makes suicide different from other sudden loss
- Support approaches and best practice
- Self-Care

Date: Friday 20th September 2024
Time: 10.30- 2.00pm
Light lunch provided.
Venue: Tarnagulla Community Centre
8, Sandy Creek Ln, Tarnagulla VIC 3551
Facilitator: Emma Knapp
Registration via
E Standby.murray@wellways.org

For More Information Contact
Name Emma Knapp
Murray StandBy Coordinator
M 0422 079 393
E standby.murray@wellways.org






StandBy - an initiative funded by the Australian Government

We acknowledge the traditional Custodians of the land on which we operate, and pay our respects to their elders past, present and emerging.

Our organisation is a place where human rights are respected and people of diverse genders and sexual orientation are welcomed and supported.

www.standbysupport.com.au



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Coming Soon...

CWA Dunolly Branch presents
Lions Club of Quilters Victoria
Trunk Show of Australian Quilts
Friday September 20th
10.30 am at Senior Citizens Hall
21 Bull St, Dunolly
\$10 entry Inc Lunch
RSVP
Faye email: fayelynette1956@gmail.com
Phone: Colleen 0402287963



BEALIBA PONY CLUB INC. A0039544D

"MEMORIES LAST FOREVER"

School Holiday - Three day Camp (Camp 1)

Thursday 3rd, Friday 4th & Saturday 5th October 2024

Open to riders of ALL ages -
As this camp has many lessons over the three days it is preferred that all riders are capable of walking and trotting unassisted.

Camps allow you to make new friendships and challenge yourself with different activities while making wonderful memories.

We have **AMAZING INSTRUCTORS** - Specialists in their field
Wonderful Meals - Prepared by our Canteen ladies
Great Night-time Activities - which are informative and FUN.
Excellent facilities - for families and horses

Some of our Amazing Instructors

Allan Mitchell - Show Jumping (3 days)
Lynn MacIntyre - Dressage (3 days)
Merv Membrey - Tent Pegging (3 days)
Pat Collins - Barrel Racing Technique (1 day)
Jackie Clare - Cross-Country (1 day)
Dannielle Smith - Racing Victoria (1 day)



COST:
\$390 per person - includes all lessons, 3 x cooked breakfasts & 2 x two-course Evening Meals.
This price is for families willing to have their name placed onto our Roster for the camp.
Roster jobs include - Gear Checking, setting up/packing up equipment, helping to prepare/serve breakfast/lunch/tea, cleaning up after each meal, setting up water stations.

OR
\$490 per person for those not wanting to be placed onto a Roster.

NUMBERS ARE LIMITED -
Preference will be given to riders booking in for the **ENTIRE CAMP**. (3 days)
All camp fees are to be paid **IN FULL** prior to the camp.

ALL BOOKINGS **MUST** GO THROUGH THE DISTRICT COMMISSIONER -
Phone FAYE 0448000525 OR Email f.barnett4@bigpond.com

Letters & Notices

NOTICE:

ANNUAL GENERAL MEETING DUNOLLY & DISTRICT INC.

The Dunolly & District Incorporated will be holding its Annual General Meeting on Wednesday 9th October 2024 Time 5.30pm, Venue: Dunolly Senior Citizens Hall

Reports will be presented for the 23-24 year and election of Office Bearers will be held for 24-25.

Rod Stuart
President.

Anyone wishing to become a part of the DDI can contact us via email Dunollydistrict@gmail.com

Karyn Bromley
Secretary DDI.



DUMPED RUBBISH

Dear Editor,

I'm not sure what this will achieve as people who litter do not care or take notice, but there are many people who do care about the area in which they live and are sick of a real minority of people abusing it. These photos show that there are people who think it's okay to dump their unwanted, very heavy furniture in the bush and along the roadside. We have just picked up a complete lounge suite-couch and two armchairs, 50 metres into the bush along the Bealiba Goldsborough roadway.



They have been there for months! We also picked up one couch from the edge of the same roadway. This couch was dumped between 6pm and 11pm on Friday 13th Sept. There's no excuse for it-it's just blatant illegal littering left for someone else who doesn't want it strewn all over our countryside, to pick up and dispose of!

Concerned Bealiba resident

Op Shop News

TABLES: Dining tables which are square, oval, large rectangle, dining tables with extension for the family get together, they are here at Dunolly Op Shop.

Many have quality chairs to accompany the dining tables. Occasional tables, bed-side tables, coffee tables, display tables and would you like a really lovely sideboard with your table? Our prices are always cheap because our store has tiny overheads and it is staffed by volunteers.

Stock must be moved quickly as spaces in the old church buildings is very limited. Furniture needs to move out quickly as donations sometimes come into Op Shop in house loads.

WARM clothing? **\$5 for a generous shopping bag, stuffed with clothes, scarves, shoes, hats.** Did you think your Winter wardrobe would be moving to Spring? Op Shop needs to move our warm wear to make way for hot weather garments. Come along and select your wardrobe from an wide range in all sizes.

Op Shop Team



18 Havelock St
Mon -Thu 9:30 - 3pm
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 from 6pm- 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. \$12, all inclusive.
- ◆ Hub Club for kids: FULL. Call me at the Centre to put your child on the wait list.
- ◆ Yoga: 10am, fortnightly- Dunolly RSL Hall. Upcoming dates: September 23rd, October 7th and 21st. Bring a mat and light blanket (\$12.50 full, \$7.50 concession).

Tuesday:

- ◆ Woodwork in the Centre shed from 9am until 12.30. Open to all!
- ◆ Spinning/weaving at the Arts Hub from 10am to 2pm.

Wednesday:

- ◆ Table tennis at the Golf Club on Separation Road from 9am to 12pm.
- ◆ Craft at the Centre from 10am- bring your own activity.
- ◆ Paper Mache at the Arts Hub- 10-2pm. \$5/session, materials supplied. Bring apron/rubber gloves/lidded container.

Thursday:

- ◆ Croquet at the Golf Club on Separation Road from 10am. Plenty of mallets available, so come and have a crack!
- ◆ Family History: from 7.30pm at the Centre.

Friday:

- ◆ Dunolly Community Meals- every second Friday, Senior Citizens. Doors open 11.30am for 12.30pm meal. Call Nat on 0400 611 655 to book, as places are limited.
- ◆ Whichcraft at the Arts Hub.

Sunday:

- ◆ Golden Triangle Archers meet on the fourth Sunday at 10am, Deledio Reserve on Elgin Street (behind the RL Williams oval). Covered shoes compulsory, and parents must stay with children.

BASKET WEAVING WORKSHOP AT THE ARTS HUB- OCTOBER 12 & 13

Join Lynda and Jo for a two-day basket weaving tutorial at the Arts Hub! Call Lynda on 0418875453 to register your interest.

KATH'S ANNUAL LEAVE DETAILS:

I'll be on Annual Leave from September 13th, and return to work on Monday, October 14th from 9.30. The Centre will only be open for our regular activities, and there won't be many opportunities for one-one support.

DUNOLLY NEIGHBOURHOOD PANTRY HOURS WHILE I'M AWAY: WEDNESDAYS AND THURSDAYS 1.30 TO 3PM.

WHOLE TOWN GARAGE SALE: SATURDAY NOVEMBER 23rd.

Registrations open on Monday, October 14th when I'm back from annual leave. The cost remains \$5, and you will receive a little pack when you register, with posters for your wheelie bin, streamers, a how-to guide plus little goodies. Speak to you all from October 14th!



Neighbourhood Houses
The Heart of Our Community

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



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Improved water quality for Laanecoorie

Residents of Bealiba, Dunolly, Tarnagulla and Laanecoorie will receive a better service thanks to upgrades at Laanecoorie Water Treatment Plant.

Households may notice some slight changes to their drinking water from Monday as Coliban Water makes the switch to a new raw water source.

General Manager Operations Julian Bull said until now, raw water which feeds the plant, has been sourced from the Loddon River.

"At times, this water has been extremely poor quality for a number of reasons. This includes organic material being washed into the river – and this was exacerbated by flooding in 2022.

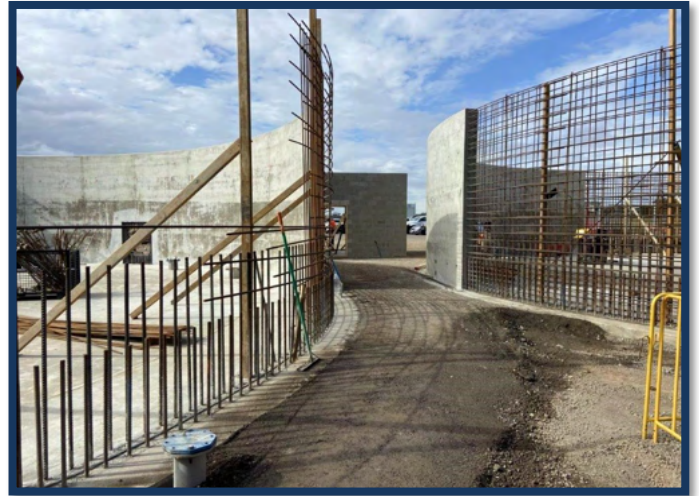
"As a result, our plant was under stress and working hard to treat this water before delivery to nearby communities. Thanks to these upgrades, this issue is resolved, and our plant is now connected to the South West Loddon Pipeline.

"This means we now have access to a better-quality raw water source and the process to produce drinking water at the plant will be more reliable and efficient," Mr Bull said.

"As we switch over on Monday 16 September, the look, taste or smell of your drinking water may change. Rest assured, your water remains safe to drink at all times."

The \$5 million infrastructure upgrade has delivered improved resilience, water security and capability.

"We've installed two new raw water storage tanks and a booster pump station, to manage the new raw water supply" he added.



The project has taken several years to come to life, with construction commencing on site in January this year with contractors Simpson Construction.

"We've aimed to implement these changes as seamlessly as possible. We've been in contact with customers to keep them informed throughout this process.

"As our region continues to change and grow, demand for water services is steadily increasing too. We continue to plan ahead and meet the needs of our community now and into the future. This is an example of how we're putting our customers' money to work to build safe, reliable and resilient assets,"

Mr Bull said.

For more information:

<https://connect.coliban.com.au/laanecoorie-water-supply-upgrade>

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- ◆ Industrial
- ◆ Commercial
- ◆ Farming

Emergency Callout Service Upon Request



My name is **RAYMOND SEXTON**, and I am standing as an **INDEPENDENT** in **FLYNN** Ward in the upcoming local election for the Central Goldfields Shire Council this October 2024. Some Issues that are important to me are:

- **TOURISM, HISTORY & HERITAGE**
- **ENTERPRISE & EMPLOYMENT**
- **ENVIRONMENT & CLIMATE ACTION**
- **SPORTS & RECREATION**
- **ARTS & CULTURE**
- ◆ **EFFICIENT & EFFECTIVE SERVICES**

What issues are important to YOU?

I'm listening so feel free to contact me:

Mobile: 0406 850 709

E: sextonperly@gmail.com

VOTE SEXTON for FLYNN

Authorised by Raymond Sexton Dunolly-Bridgewater Rd. Dunolly 3472



ENERGY BREAKTHROUGH

Join in the excitement of Energy Breakthrough and help promote the event's 'waste wise' message by volunteering with our Waste Education team. Helping to guide patrons sorting their waste, reducing landfill and recycling their utensils is a fantastic way to meet people and achieve positive results for the whole community. Plus there is a range of other roles to choose from to support the 5,000 students from 150 schools taking part.

Visit: www.eb.org.au/volunteer
For further details, or to submit an application visit: www.centralgoldfields.vic.gov.au/EBcatering



AUSTRALIA DAY AWARDS

The Central Goldfields Shire Australia Day Awards celebrate the achievements and contributions made by outstanding members and groups in our community. They inspire us through their efforts and make us proud to live in our Shire.

Nominations for the 2025 awards are now open for the following three categories:

- Citizen of the Year
- Young Citizen of the Year
- Community Award of the Year

Nominations close at 12 midnight on Sunday, October 27.

Visit: www.centralgoldfields.vic.gov.au/NOMINATE



Learning Hub

Meet Tarun, our Environmental Health Officer for the past two and a half years. Before joining us, Tarun was an accomplished chef who decided to return to tertiary study in 2016.



So, what's your plan?

You can help us improve further education and training opportunities within our Shire by completing our short survey in partnership with La Trobe University, Bendigo. This feedback will support our funding applications for a Maryborough Learning Hub.

Local learning facilities with support staff, high speed internet, learning areas and specialised equipment open up new opportunities for everyone in the community, enabling growth and development without the need to relocate into distant cities.

The survey takes less than ten minutes. To learn more and begin, visit:

www.engage.cgoldshire.vic.gov.au/learninghub

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MY DEMENTIA ADVENTURE

By Heather Cooper

Early diagnosis of dementia will lessen the effects of dementia in life. **Early diagnosis** allows you to put into place an enormous variety of strategies for coping with **mental, visual, emotional and physical** challenges.

Early Diagnosis will lessen the effects just as early diagnosis of cancer lessens the severity of treatment. Early diagnosis eludes many of us in its early stages for two reasons.

First Reason – many symptoms are **common everyday occurrences** for us all, which is the main reason why early diagnosis does not happen. For example – **Forgetting**: You turn back from the room you've just come into, having to retrace your steps, in order to recall the reason you had gone there in the first place OR my husband's speciality - standing at the fridge with the door open until it goes "beep beep". **They are common to us all** including those of us with dementia.

What types of signals should you be looking for when you fear dementia is upon you or your loved one? Here are some of my behaviours which show up in my Alzheimer's Disease. I told myself for months that my forgetfulness was because I enjoy being busy. But, forgetting to turn on the tap on our sink or toppling over in the shower when I get soap in my eyes, because I'm relying on vision to keep my balance? **This is quite scary forgetting...** when I have picked something up and I'm holding it in my hand, I have to LOOK to see what it is, I picked up. If you or your loved ones display behaviors like this, seek a medical opinion as soon as possible.

Visual hallucinations are a very common occurrence for me. There was one classic visual hallucination which was very scary. It happened a very short time after I received my Alzheimer's Diagnosis. Some years ago, I had painted the toilet floor with Black Japan stain. One afternoon, I opened the door and screamed so loudly because I thought I was going to fall through the huge black hole in the toilet floor!

I struggle with the **sequence of things**: getting dressed in particular is very hard for those of us with dementia.

We all hesitate to view what I've mentioned as symptoms of dementia. Because **denial is easier about such experiences, or forgetfulness or getting a bit lost**. So the chance for an early diagnosis is out of our minds, explained away as forgetfulness because **we are getting older**.

The second major reason is the **general attitude to mental health**. It is only recently that there is kind thought and support for such disorders. These days mental health including dementia is supported by government funding.

Dementia Australia has about 600 volunteer Advocates, like me, to **stop the social stigma** associated with dementia, to take away the fear of facing your doctor as I eventually did. This is done through **education for the general public**, all the way to individual counselling, phone hotlines, peer counselling and carers groups.



This week is Dementia Action Week – with the theme of Act Now for a Dementia-Friendly Future. Find out how you can influence change in our community to create a dementia-friendly future at dementia.org.au



LIVING WITH DEMENTIA

Heather's checklist of emotions, to approach the disease calmly and rationally.

Acceptance: This is the first and vital step. **Everyone will have a different approach.** Signs up all around our house, the distress of telling our family and friends and researching further information (Online library from Dementia Australia).



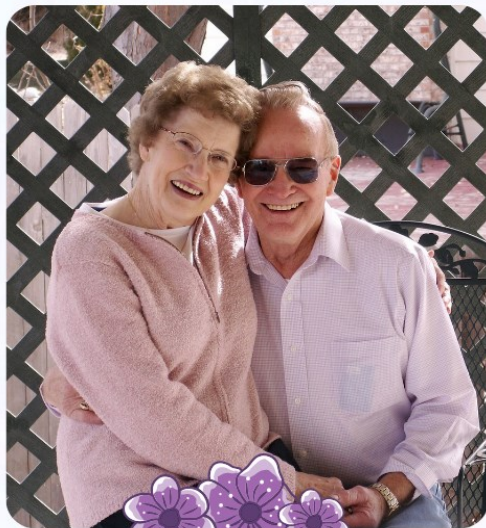
Be Rational – Overreaction to happenings, “awfulizing” dramatics. To support being rational, understanding the **brain's contribution to perception** – what we *appear* to see.

Briefly stated, our eyes are not cameras. Rather our eyes catch a glimpse of an object but its the brain which constructs from most extensive memory banks, of what we perceive. Toilet + floor + cushion + fence = dog. A good tool for rationality is to **scale things from 1 to 10 in importance** to the rest of my life and those around me and what has just happened. Unimportant – 1 or life threatening - 10. When **unpleasant** dementia happenings take place, I can be heard to yell “**AMBUSH**”.

Resilience: My parents brought me up in their good strong Scots tradition - never spoil, always rewarded for hard work and courage to “**Hang in there**”. I have run 2 full Half Marathons - 42km.

Responses to grief: Grieve over your loss of intellect. **It's OK to be deeply grieving**, saddened by so many things lost. Giving up my license, Giving up bowls, Caring for grandkids. I find my monthly talks with a Dementia Australia Counsellor a great way to complain, grizzle and generally have a “*Oh poor me*” session.

GRIT: A combination of Acceptance, Rationalist, Resilience and Grieving. **My glass is half full.**



The Undesirable emotions that Exacerbate Dementia Difficulties

- **FIGHTING WON'T HELP DEMENTIA** - Denial of symptoms will set back an early diagnosis.
- **STRESS!** If you have sickness in a partner, family, severe worries about relationships, seek help. Get “*Meals-on-Wheels*”, a house cleaner, dog walker – whatever you need. You can only row **one boat at a time** with dementia
- **Self-Discipline:** Plan a realist program, including rest for each day
- **Sympathy:** Mental illness is far too scary for most folks.

I have spent my professional life supporting people to do what they needed/wanted to be able to do. Now I need to turn that support motif around.

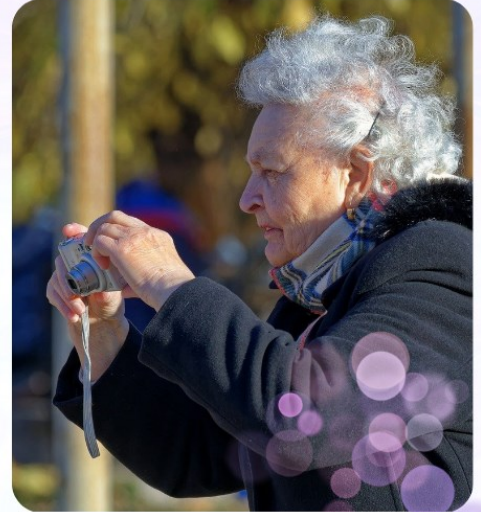
I need/want to be able to maintain myself, dressing, feeding, moving and communicating until my old body quietly drops off its perch.

LIVING WITH DEMENTIA



Environmental Strategies: Living without a memory means that you need **visual displays** to keep you on track. Visual stimulus tells you what to do next. Here are some major difficulties and cunning ways to get around a **CHANGED** brain.

Clothes: Each evening, I consult the calendar, and lay out suitable garments for the next day in order. **Order is very difficult** with dementia and despite good preparation, some mornings I'm often trying to put my knickers on top of my jeans! Showering and nightwear also require careful preparation. Design a strategy to **simplify activities**. Whatever activity you are working on which has many parts, then this strategy will work for you. Bringing in **washing** is a challenge for dementia. My dearest friend Anne helped me with that at her last visit. For the washing on the line, bring in related items **in groups** rather than a basket overflowing with confusion. For example, "Take off the sheets" then make the bed, Underwear to underwear drawers, Towels to Bathroom etc.



Kitchen: Remove cupboard doors and **replace with curtains**, then everything is on display. I can see what I need as **vision replaces memory**. Tip: Spots of bright nail polish on dials help avoid confusion.

Outdoors: The woodshed has a kindling box, paper box, cleaning equipment in one container etc. Garden tools hanging on display, **open shelves**.

Useful General Rules

- Don't attempt to remember something. **Write down** all planned activities and **cross them off** when completed. If interrupted, all planning is disturbed. Expect to have quite a few "**AMBUSH**" episodes before you can get back on track.
- Write down what activities are planned and **discuss prior** to commencement. **Thorough planning** and preparation will ensure the most complex tasks can be undertaken.
- Your life Partner **MUST put everything** of joint use, **back EXACTLY** to where they found it.

Have I challenged your outlook on dementia? I hope I have assured you that a **RICH and HAPPY life CAN be ENJOYED** with dementia.

"God, grant me the serenity to **ACCEPT** the things I cannot change. The **COURAGE** to change the things I can, and the **WISDOM** to know the difference." - *AA Prayer*

Hold the Moment – A groundbreaking Podcast features 7 episodes exploring personal stories of living with dementia, carers and health experts, experiences of being diagnosed, staying active and managing relationships. Their stories are honest, raw, sometimes harrowing, heartwarming and at times heartbreaking.

Heather Cooper's story is on Episode 3 - Hold on to exercise – Staying physically fit while living with dementia <https://www.dementia.org.au/hold-the-moment>

For support, please contact the **National Dementia Helpline on 1800 100 500**.
An interpreter service is available OR visit dementia.org.au
The National Dementia Helpline is funded by the Australian Government.

HELPER IN THE GARDEN

By: Helen Jesser

Do you have a helper in the garden? If you have a dog then usually the answer is 'Yes!' Well your dog *thinks* it's being helpful.

They mimic your actions - **dig, dig, dig!** They play with discarded pots and then following the planting of seedlings, playfully remove the tiny plants. The helper then has the look of **pure innocence**. What can the owner do but forgive the misdemeanours?

Burying loved things also contributes to the fun. Precious bones seem to improve immensely with a good 'burying!' Scratch, scratch, place the treasure in the hole then nose the dirt into place, result is an obvious molehill!

The telltale signs are also obvious on your '*Helper*'. **Dust and soil caked in eyes, nose and even ears.** Paws are coated with grit, nails are tatty and the usually well-groomed coat is covered in dust.

My Helper may claim that '*It wasn't me*', '*Must have been the other imaginary dog*' but the telltale signs are obvious and all this falls on deaf ears of the frustrated owner, trying to put the well-loved **garden patch back into order!**



The look of mixed **enjoyment** of the garden helper then the **shame of being discovered**, will melt any dog owner's heart. After the event scolding will never work!

Oh well, back to putting the patch back in order and with a stern look cast on the Helper or a word of warning, which is **totally ignored by the wagging tail** and you're back to square one. But don't turn your back as it's bound to happen again after all it is Spring! **Happy Gardening!**

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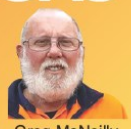
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AVOIDING POTHOLES

Potholes are a common driving hazard capable of damaging your vehicle. Knowing how to avoid potholes - and in the worst-case scenario, safely drive over them – is a must for all motorists.

RACV's 2024 [My Country Road survey](#) showed that potholes and poor road condition are the biggest safety issue on regional roads across the state, with improving road surfaces a top priority.

What causes potholes?

When water seeps into cracks in the road's surface it causes the surface to weaken and split. This process is exacerbated by the pressure of vehicles travelling over the road, eventually leading to chunks of the asphalt coming away entirely – resulting in a pothole.

Once the primary pothole has formed, they can easily grow in size and depth. Vehicles passing over the pothole can progressively erode more and more asphalt, while rain or flooding can wash away more road surface.

Who's responsible for repairing?

There is not one entity responsible for the repair of potholes. Rather, it depends on the road.

In Victoria, VicRoads is responsible for potholes on arterial roads and freeways. Local councils are responsible for the non-arterial roads within their municipalities, while Parks Victoria and the Department of Land, Water and Planning manage the non-arterial state roads. Privately owned roads like the CityLink freeway are the responsibility of the controlling corporation. If you see a pothole, reporting it to the relevant authority is the best way to get it fixed.

Causing damage

Silvia Morris, Senior Instructor for RACV Drive School, said, "Large potholes have the potential to cause severe damage to your tyres, wheels, suspension, exhaust and/or vehicle body, and in some cases can even lead to drivers losing control of their vehicle. Even small ones can cause wear and tear to your vehicle's suspension and steering, which can be costly."

If you accidentally hit a pothole, it's a good idea to check your car for signs of damage.

Avoid potholes

Avoidance is the best strategy, but do not suddenly brake or swerve, as that is dangerous.

How to drive safely

Sometimes your only option is to hit the pothole, but you can minimise the damage. When you encounter a pothole, avoid sudden braking and dangerous swerving into oncoming traffic.

"In these situations, a better decision would be to hit the pothole rather than risk hitting another vehicle or losing control of your vehicle. When approaching an unavoidable pothole, keep a firm control of the steering wheel – which can be jolted with impact - and keep your wheels straight. Slow down but release your brakes before impact. Applying the brakes at the time you hit the pothole can cause more damage," Morris said.

Keep your distance

In good conditions, a three-second following distance is recommended, with an additional second added for every condition that reduces visibility or increases your risk of additional hazards (for example, rain, fog or darkness).

Stay alert

Be mindful of where other drivers are on the road, as this will allow you to make safe decisions if you do spot an upcoming pothole especially on multi-lane roads.

Hands on the wheel

People often drive with one hand, or with their hands positioned lazily at the bottom of the steering wheel. Your hands should be positioned at 9 and 3 on the steering wheel because of the airbag location, not 10 and 2 as was previously taught.

Drive to conditions

Slow down to increase the amount of time you'll have to see and safely avoid a pothole. Also beware of driving through puddles.

RACV News



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Man with a tractor

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Church Notices

Catholic Church, Dunolly

There will be Mass at St. Mary's, Dunolly on Sunday, 22 September, at 8.30 am.

Next Sunday is the fifth Sunday of the month and Mass will be at Bealiba. Bishop Paul Bird will be visiting the parish that day, and will be at Bealiba.

R Mcreddy

*I will walk in the presence of the Lord,
in the land of the living .*

Ps 114

St John's Anglican Church, Dunolly

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

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

Rev Chris Venning will lead worship on Sunday, 22 September, at 9.30am.

Uniting emergency relief will be in Dunolly on Thursday, 19 September, from 1.00pm.

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

The \$5.00 bag sale continues this week at the Op Shop.

*'The LORD is righteous in all his ways
and faithful In all he does.'*

Psalms 145:17

New Horizon Church, Bealiba

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

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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.

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After hours service available**



Rosie's Ramble

I spent several minutes this afternoon watching the cat sitting perfectly still staring up into the bottle brush tree where a very small bird was perched. Then I thought that it does not take much to entertain a cat.

These tiny birds are again this year inspecting a two-inch hole in the veranda ceiling left by a plumber after replacing the hot water tank. They pop in and out - I don't know if they think it is a desirable residence, it would certainly be safe. I thought these birds were pardalotes, but they don't match the ones in my bird book. **They annoy the cat because they are so tiny and hard to see, and they fly at birdsonic speed making them impossible to catch.**

Saw another example of the inability of some people to take their rubbish home with them. A car was parked near where I eat my lunch when in town - at the back of Princes Park. When they left, there was a neatly folded paper bag, presumably containing the containers their lunch was in, left where the front passenger door was. **I suppose they could have just tipped it all out the window to blow all over the place. Why not bin it or take it home?**

I see as the lovely displays of camellias are fading, the beautiful magnolia are taking their place around town.

I grabbed a jar of apricot jam without looking past the word apricot on the jar.

When I got home, I saw the label said, "jam packed with apricot". The ingredients label read, "50% apricot". Wonder what the other 50% is?

Rosie

Just for a Laugh

Trust me -- at my age, I'm an expert on everything.

If at first you do succeed, try not to look too astonished.

"What it is to be popular!

The missus lined up a barbeque at our place today. I forgot all about it and went fishing."

"Did you catch anything?"

"I did when I got home."

Two goldfish swam together round their bowl when one suddenly asked the other,

"Do you believe in God?"

"Of course. Who do you think changes our water every day?"



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Community News

Cases of whooping cough (pertussis)

Whooping cough cases continue to increase in Victoria, particularly amongst school-aged children.

Immunisation is the best way to reduce the risk of whooping cough and is recommended for babies and pregnant women to reduce the risk of infection and complications.

To be effective, a booster vaccine is required every ten years. The vaccine is free for pregnant women and children.

Contact our immunisation team at Goldfields Family Centre by calling 0428 894 724, scan the QR code shown, or email: immunisation@cgoldshire.vic.gov.au



6 Quick TIPS to help identify scammers and their tricks

HELPFUL INFORMATION FROM Microblast Computers Scam Targeting Home Buyers:

- **Verify the Email Address:** Check that the email address matches the person or organization it claims to be from.
- **Confirm Directly:** Contact the person or organization directly—either by phone or in person—to confirm the email's authenticity.
- **Be Cautious with Transfers:** Conduct any bank transfers or business deals involving money in person or over the phone to avoid potential scams.
- **Avoid Email-Only Confirmation:** Don't rely solely on emails for confirming deals or transactions. Always get verbal confirmation.
- **Take Transfers Seriously:** Treat transferring large sums of money with care, considering factors like timing and consistency of information.

Protect Your Money: Double-check and verify all details to safeguard your hard-earned cash.

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BENDIGO VINTAGE CAR CLUB VISITS ALVAH GALLERY

On Wednesday, September 4, Alvah Gallery enjoyed a visit from around 18 members of the Bendigo Vintage Car Club. They came to see the art collection, frame business, and the collection of model cars, including the couple of Vintage Cars.

The Veteran Car was away for some work being done on it.

It was an interesting morning and later we all went on a History tour of Dunolly - based on one of my self-drive tours - because members travelled in their own cars.

There were periodic stops at strategic points to discuss extra features.

Some members were originally from the district so we all shared a lot of stories from the past.



John Moir
Alvah Gallery

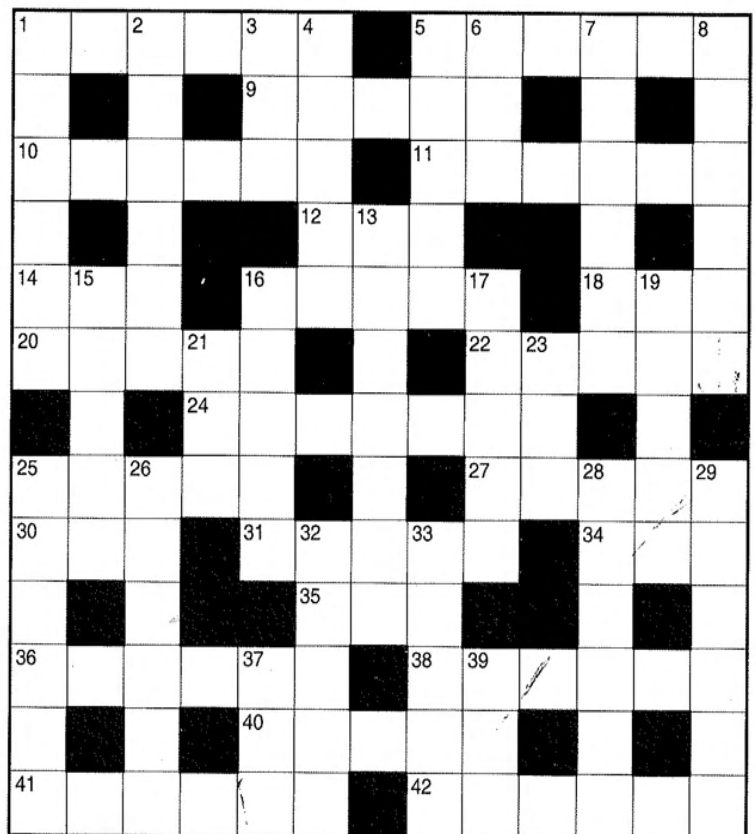
Pictured above: A line up of some of the cars on the visit – most were in moderns and the group enjoying Morning tea.

QUICK CROSSWORD 70

- | | | | |
|--------------------------------|-----------------------------------|--------------------------------|---|
| 34. It takes ____ to tango | 23. Impart colour to (cloth, eg.) | 28. Small river | 37. Not officially, ____ the record |
| 35. Up to this moment | 25. Annoy | 29. Toxin | 39. Round where one has no opponent (sport) |
| 36. To write (book, eg.) | 26. Drink of the gods (mythology) | 32. Nest of eagle | |
| 38. Female superior of convent | | 33. Southern European republic | |
| 40. Young female horse | | | |
| 41. Angry conflict | | | |
| 42. Petty officer in navy | | | |

Down

- | | |
|--|---|
| Across | 1. A comment |
| 1. Ethnic prejudice | 2. Gambling establishment |
| 5. Passenger plane | 3. Runner used on water or snow |
| 9. Fate | 4. One command which activates a series of commands (computing) |
| 10. One who practises deep religious meditation | 5. A mate |
| 11. Native American | 6. Great English cricketing all-rounder, ____ Botham |
| 12. Dealer in discarded items, ____-and-bone man | 7. Mischievous koala created by Dorothy Wall, ____ Bill |
| 14. Fleeing, on the ____ | 8. Light shoe |
| 16. Human chest | 13. To slander |
| 18. N.Z. parrot | 15. Loosen |
| 20. Small hill | 16. British P.M. from 1997 to 2007, Tony ____ |
| 22. Poem which idealises rural life | 17. City of northern Italy |
| 24. Enthusiastically | 19. Vigorous labour, ____ grease |
| 25. Asian language | 21. Guided others |
| 27. Sixth century B.C. Greek storyteller | |
| 30. Woodchopper's tool | |
| 31. Sticky secretion from plants | |



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

TARNAGULLA GOLF CLUB

Well, what a lovely Tarnagulla morning we had for the golf!

We had expected some rain and some cold weather, so we rugged up accordingly. However, once again, Tarnagulla was bright with sunshine and we quickly took off extra clothing layers. One enthusiastic golfer was even resplendent in satin shorts! That was Roger Beattie and his marvellous laugh rang out across the course. His laugh made us all laugh!

All sorts of clubs were chosen for each golfer's three clubs and one funny golfer suggested he should have brought a hockey stick! Ha!

(That was said by Roger.)

Birds were trilling but I didn't see any deer laughing at some of my shots! We all had a marvellous time and were surprised to hear later that some other rural areas had hailstones!

I had the absolute pleasure to play with Betty Higgs and her daughter, Sonya. Betty is an amazing golfer, which I observed. Every shot had height and landed mid- fairway. Never was there a chance of an "out of bounds" shot or a wayward shot! I was in awe. We had a fun nine holes with a lot of talking along the way. Oh, I should mention that Betty is a youthful 96 years of age. Yes, you read that correctly, 96!

Bravo Betty!

We had over a score playing in the event and other lovely people came along for the morning tea. What a great group of people! We had players aged from 15 to 96! How great is that!

WOMEN:

WINNER: Sonya Linehan

RUNNER-UP: Robyn Ravenhall

MEN:

WINNER: Dave Shay

RUNNER-UP: Aaron Cimbalevic

NEAREST THE PIN: Aaron Cimbalevic

Our last golf event for 2024 is on Saturday AFTER-NOON October 19, 2024 with Tee-Off between 1.30 - 2.00 p.m.

All ages welcome.

Free for Members and school children and otherwise \$15 per golfer.

Afternoon Tea is free to all-comers.

Nine holes.

We will match you up with lovely people to play the round with.

Register at lraad@mail.com, on 0481 008006, or in person on the Saturday Afternoon at the Event.

Of course, Tarnagulla & District Golf Club is open for play 365 days each year.

Free to Members (\$50 for Membership) or \$5 per day.

If you'd like to arrange a special event for associates, work mates, friends and family, just let us know and we will make you most welcome.

Mary McNamee
Secretary

BEALIBA INDOOR BOWLS

There were some big winning margins this week, some magical shots and kitty taking a tumble off the end of the mat several times.

It was also a great turn out with twelve bowlers including our much welcome visitor from NSW, Margaret Bonsor.

Congratulations to this weeks winning team of Shirley Coburn, Malcolm Campbell and Robert Dilworth with the perfect three wins. They just edged out the team of Pam Brightwell, Lyle Streeter and Ian Lovel with two wins.

Can anyone peg back the lead that Malcolm Campbell has in the championship points?

Malcolm is sitting on 56½ points, Heather Cooper is in second on 49½ and Gary McClelland is third on 47½.

It might be an interesting run to the finish line.

Happy Bowling
Chris Evans

DUNOLLY GOLF CLUB

Incredibly cold and windy conditions greeted 10 hardy players on Saturday.

Match play winners on the day were Nick Earl and Josh Britten, who will play off for the Brian Watts trophy in the next week or so.

Julie and Shenae Hunt will compete next week for the June Lovel trophy, after Julie defeated Ann Telford by finishing with a birdie and a par in a very close match.

Nick Earl with 29 points, and Shenae Hunt with 35 points were the day's overall winners in the 18 hole event.

Ian Arnold narrowly defeated the big hitting Derek Williams by one point in the 9 hole competition.

The players not competing in Matchplay will have an ordinary Stableford round this Saturday.

Please come along and join the fun now that netball and football are over for the year.

Ian Arnold

Free Healthy Vouchers

Healthy Loddon Campaspe and Central Goldfields Shire Council have teamed up to offer Healthy Sports Rewards to local sporting clubs.

Healthy Sports Rewards aims to offer an alternative to the unhealthy food and drink vouchers often presented to junior sporting club participants. We're committed to supporting sporting clubs to be places that are active, healthy and socially connected. **Healthy Sports Rewards vouchers are a great way to recognise junior players and offer healthier rewards that support health and wellbeing.**

More details about Healthy Sports Rewards in Central Goldfields Shire will be available soon. Express Your Interest!

Central Goldfields Shire-based sporting clubs with junior members (players aged under 18 years) are encouraged to express their interest in the Healthy Sports Rewards program.

Numbers are limited, and selected clubs will receive a pack of vouchers and certificates to reward junior members.

Click on: https://hlc.qualtrics.com/jfe/form/SV_3OuUuW70k40LUUq



Would you like **FREE** vouchers for healthy experiences to use as rewards for your junior players?

Healthy Sports Rewards

Expressions of Interest now open!



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