

Dunolly & District Community News



The *Welcome Record*



SPACE ADVENTURE



ISSUE 32
ISSN 2653-4754

9TH OF
OCTOBER
2024

GOLD COIN



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

What a great way to enjoy the last few days of the school holidays. The infectious, unpredictable, inventive audience participation made sure that Dunolly Library's *Space Adventure* show at the Snr. Citizens Hall on Oct 1 was terrific fun for both performers and audience. Catch the fun of the show on the Back Page of this issue. *Photo: Joe Grasso*

18 days to **VIBES** **SUNDAY**
 ON BROADWAY **OCT 27 TH**
 DUNOLLY STREET FESTIVAL **2024**

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

Tarnagulla: Tarnagulla Post Office

Maryborough: Maryborough Pharmacy OR via subscription (please email for rates).

Also available online at:

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

Our Team

Editor-in-Chief

Angela Ang

Editor

Kath Walker

Design

Paula Kilgal

Production

Karen Gray
Rheanne Holloway

Proofreading & Distribution

Sharon Shay
Pamela Michie
Helen Jesser



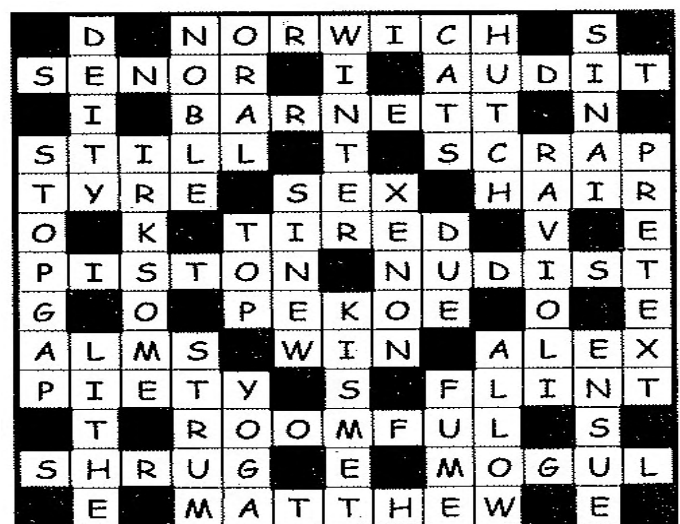
ACKNOWLEDGEMENT OF COUNTRY

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

From the Editor...

Had a lovely afternoon at the Bowls Club on Sunday. They had a fundraiser afternoon organised by Michael Rayson and Jan Stephenson with the Bowling Club. A country music afternoon with a fabulous local performer Mick Coates and the Cash only Band. I really enjoy supporting the local events, that are helping raise money for the Community and local venues, so they stay open for the use of the Community, my favorite thing about living in the country. The Seniors Citizens Club is used for Community Meals done by Nat Conlin, they have a great little kitchen and facilities. The Bowls Club has a Big Kitchen, it's a fabulous space that I have had the pleasure of, working and enjoying a meal a few times. GMC Music Club had a fundraiser night there with a two-course dinner and music. The CFA used the facility for their awards night with catering done by Natalie Conlin to raise money for the Community meals, which is on this week! And of course the Country afternoon (**See pic Page 17**) Not forgetting the Golf Club that hosts many Local Groups, Clubs and Events again with great facilities. Another quiet achiever is the Railway Hotel Social Club, they have Happy Hour on a Friday Night, a chance to win a free meal or a meat tray from Matt and Zoe. You can also buy a Bingo Ticket as well as try your luck winning the \$100. The social Club also support and donate to some local groups and support where they can. What a Great Little Town we have.

Crossword Solution 72, 2024



Five Key Things for Senior Housing

Choosing the right retirement village or seniors housing option involves careful consideration of various factors to ensure it aligns with your lifestyle, health needs, financial situation, accommodation preferences and social desires. Here are five key factors from Aged and Community Care Providers Association (ACCPA) CEO Tom Symondson to keep in mind when selecting the right village for you.

Amenities / Facilities

Consider what amenities and facilities are important to you in a retirement village. Many villages offer recreational options or on-site services such as hair salons, libraries and cafes which can add convenience and enhance the community atmosphere - **Identify which amenities are most important to you.**

Health and Support Services

Healthcare and support services may be essential to you as you age. Investigate the care services provided within the village. **It is worth exploring whether the village operates its own home care services or partners with reputable third-party providers to deliver these services. Some villages have co-located facilities with residential aged care.** This can ensure a seamless transition if your care needs change over time.

Financial Considerations

A big hurdle for downsizers is the confusion around exit fees, which are standard in retirement villages. The exit fee is simply the 'lease payment' for the period of time you spend at the village. **Most states in Australia now provide village comparison documents to help prospective residents make informed decisions and compare different villages based on standardised criteria, making it easier to understand the financial**

Everyone is different, so there is no wrong or right answer - what works for one person may not work for another.

obligations and benefits each village offers.

It is essential to do thorough research and figure out what is best for you, considering both the financial implications and the lifestyle benefits each option provides.

Sense of Community

The sense of community and overall culture of the village can significantly impact your quality of life. Spend time visiting the village, talking to current residents and getting a feel for the spirit and atmosphere. This supportive community environment can enhance emotional well-being and provide a network of friends and neighbours who share similar interests and experiences, making your retirement years more fulfilling and enjoyable.

Accreditation

Accreditation is a crucial factor in evaluating the quality of a village. It not only ensures compliance with industry standards but also highlights areas for continuous improvement. **The Australian Retirement Village Accreditation Scheme (ARVAS) is a comprehensive accreditation program that assesses various aspects of village operations, including governance, communication, corporate systems and service delivery.** Achieving ARVAS accreditation indicates that a village is committed to maintaining high standards and prioritising resident well-being. When choosing a retirement village, consider its ARVAS accreditation status.



VOTE **1**
Ben Green
Community First
for Paddy's Ranges

Authorised by Ben Green PO Box 121 Talbot Vic 3371

What's On



Friday, October 11th 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—11:30pm.**

All players and public welcome with \$5 entry.

Lucky door prizes, bar, meals available.

CASH ACCEPTED AND EFTPOS IS AVAILABLE



October 11th-13th Laanecoorie Gold Bash Laanecoorie Lakeside Caravan Park, Victoria

Get ready for a weekend packed with Friday night trivia contest, gold panning, treasure hunting, token hunts, raffles, Saturday night auction and family fun in the beautiful outdoors. Market Day on Saturday 12th - some free stall spots if anyone is interested in selling non-prospecting merchandise. The countdown is on! Let's strike gold together!

laanecooriegoldbash@gmail.com



Friday, October 11th Community Meals Senior Citizens Hall Bull Street Dunolly

Come join us for a meal Doors Open 11.30 Meal 12.30
Our thanks to Jefferson Hooper and the Maryborough IGA team for their ongoing support!
Please book early to assist with catering

Bookings:

<https://events.humanitix.com/dunolly-community-meals>

Or phone 0400 611 655

Email: communitymealsdunolly@gmail.com

The Grapevine

Thursday 10th October

Maryborough Garden Club

Interclub get together hosted by Maryborough Garden Club.

Meeting at 165 Railway Street Maryborough at 1.30pm. Members please bring a plate for afternoon tea, some savouries would be appreciated.

President - Rick James 0409 456 699

Coming Soon...



Tarnagulla Primary School 150

Anniversary

Sat 19th October

Open Day@school 9am-12pm

Followed by lunch in the Hall

Booking Essential Call 0427 955 548

Goldfields Rally - Dunolly
October 19th & 20th
Vintage Tractors, Engines, Cars and Trucks
Swap Meet Saturday \$20 site Entry \$5
Onsite Catering
Old Dunolly Racecourse, 55 Racecourse Rd Dunolly
New Features this year dog jumping,
Dunolly archery club demonstration.
Saturday Tractor Test & Tune Sunday Tractor Pull
Exhibitor camping onsite
Contact: Denis Boothey 0429 429 119
Alan Lendon 0437 065 971
Swap meet Greg 0447 832 594

Heat @ Home Meals

- Sweet & Sour Pork
- Cottage Pie
- Roast (Chicken, Pork, Beef or Lamb)

From just \$8.90



MARGO'S CATERING
Dunolly

Frozen Meals
Requests Taken
GF Available

Made here using fresh ingredients

- Curried Sausages
- Lasagne
- Tuna Mornay

**100% Locally
Made**

Call 0459 940 212 or email: margoscatering3472@gmail.com

Registered Business

Letters & Notices

Clarification

Dear Editor,

I'm grateful to everyone for supporting, encouraging and trusting me to serve as Flynn Ward Councillor and Mayor - ensuring your voices are heard.

Together, we have achieved so much:

- 2 successful Dunolly Goldrush Festivals
- Dunolly Neighbourhood Centre's solar panels
- Deledio's \$137K electronic scoreboard almost \$1M worth of netball courts
- a \$1M grant for Deledio's pavilion build
- Bealiba's Town Hall refurbishments funding to restore and relocate the horse trough

Some may think that because I'm a farmer, I'm only focused on the rural areas. This is untrue – I'm proud to represent EVERYONE, townships included! But my work isn't finished... A postal ballot paper will soon arrive. Please vote: 1 Liesbeth LONG Because with proven advocacy results, experience and strong networks in place, I will continue working hard for:

- determined advocacy for Deledio's pavilion build
- better public transport
- the Southern Wimmera & Northeast Pyrenees (SWNP) rural pipeline, to drought proof communities.

Authorised by L. Long, PO Box 22, Maryborough, VIC 3465

SIGN UP TODAY

THIS GIRL CAN

FREE ACTIVITIES
SOCIAL & CHILD-FRIENDLY EVENTS
SOMETHING FOR ALL AGES & ABILITIES

VicHealth
 CENTRAL GOLDFIELDS SHIRE COUNCIL
 SPORTS FOCUS

Thanks

Dear Editor

Thanks for your article, just picked it up last Thursday after working on another pole. Glad to know they are so well liked by all. The new one is a yellow flower - basic but effective.

Cuzzs Studio



Postal Ballots Due

Ballot packs for the Central Goldfields Shire Council Elections are being mailed to all enrolled voters from last Monday. **Voters should complete and return their ballot material as soon as they receive it.**

Completed ballot material must be in the mail or delivered to the election office by **6 pm Friday 25 October** or they won't be counted. Voters who haven't received a ballot pack by **Tuesday 15 October** should go to vec.vic.gov.au to complete an online replacement ballot pack form. Voting is compulsory for all voters who were enrolled for this election at 4 pm Wednesday 7 August.

Voters who don't vote may be fined.

ADVERTISEMENT

LIESBETH LONG

VOTE 1

Real, proven commitment, having successfully advocated for:

- Two rewarding Dunolly Goldrush Festivals - 2022 & 2023
- Dunolly Neighbourhood Centre's new solar panels
- Deledio's \$137K electronic scoreboard,
- Almost \$1M worth of new Deledio netball courts
- A \$1M grant for Deledio's new pavilion build
- Bealiba's Town Hall refurbishments
- Funding to restore and relocate the Bealiba horse trough

Choose 1 Liesbeth LONG for continued & determined advocacy for:

- Deledio's new pavilion build
- Better public transport for Flynn
- The Southern Wimmera & Northeast Pyrenees (SWNP) rural pipeline - to drought proof our farmlands

liesbethlong4flynnward@gmail.com 0477 095 201

Authorised by L. Long PO Box 22, Maryborough Vic, 3465

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.
- ◆ **Card making with Rhonda:** third Monday of the month from 1.30 at the Centre. \$12, all inclusive.
- ◆ **Hub Club for kids:** FULL. Call the Centre to put your child on the wait list.
- ◆ **Yoga:** 10am, fortnightly- Dunolly RSL Hall. Upcoming dates: October 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 7.30 at the Centre.

Friday:

- ◆ **Dunolly Community Meals-** every second Friday, Senior Citizens. Doors open 11.30 for 12.30 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:

Kath return's to work on Monday, October 14th.

The Centre will only be open for our regular activities,

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!



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

IAN CAIN ELECTRICAL

Rec No. 13585
1 Short Street, Carrisbrook 3464
Phone/Fax: 03 5464 1402
Mobile: 0418 388 226
Email: electrical@cains.com.au



- ◆ Domestic
- ◆ Industrial
- ◆ Commercial
- ◆ Farming

Emergency Callout Service Upon Request

0421 979 328
FARM FENCING, POST AND RAIL
PALING/PICKET, EQUINE
PET YARDS, WILDLIFE PROOFING
GATEWAYS

YOUNG MOST AT RISK OF GAMBLING

Regular gamblers at the greatest risk of harm are aged between 18 and 34 years, a new study by the Australian Gambling Research Centre at the Australian Institute of Family Studies has revealed.

955 people who bet online at least fortnightly on sports or races, plus 1,016 people who gamble at least fortnightly on pokies, were surveyed as part of the National Gambling Trends Study.

Regular pokies gamblers in this age bracket spend an average of \$1,453 a month across all forms of gambling, including \$500 a month on the pokies. While gamblers of all ages had high levels of meeting criteria for 'at-risk gambling', it was highest for these youngest pokies gamblers at 89% – indicating they spend more than they can afford, or feel guilty and stressed about their gambling, for example.

Of all regular pokies gamblers, their last session was about two hours (median), with 53% gambling alone. 6% reported their last session on the pokies lasted for more than 24 hours.

Meanwhile regular online bettors aged 18-34 years spent an average of \$886 a month across all forms of gambling, and 82% met the criteria for 'at-risk gambling'.

Of all regular online bettors, more than half had multiple betting accounts and 13% had used an offshore unregulated betting account during the past 12 months. 27% used credit cards to gamble, and less than 7% sought help for their gambling. Around half of regular online bettors participate at least weekly in sports and race betting (45% and 53% respectively).

Research Fellow at the Australian Gambling Research Centre, Dr Nancy Greer, said *"It may be tempting to gamble at this time of year – but it's important to think it through, set limits, and be prepared to lose any money gambled. **It's also worth being aware of the seductive nature of gambling. Many from this study reported the negative impacts of their regular gambling – for example, increased credit card debt, reduced savings and spending money, or feelings of regret, shame and distress. Despite this, few reported seeking help for their gambling.**"*

AIFS Research Director Dr Rae Kaspiew said the study supports recent moves by governments at all levels to reform the gambling industry.

"The current momentum across the country to reform the gambling industry is necessary for the wellbeing of our citizens. Measures such as reducing pokies venues' operating hours, enforcing binding limits on pokies' losses, banning credit card use for online gambling, and introducing a national register for



online gamblers to voluntarily opt-out are a justified response to the prevalence of gambling at at-risk levels. We hope this latest report on the impact of gambling on regular pokies and online gamblers will inform and accelerate efforts to curb this insidious problem" Dr Kaspiew said

Across both forms of gambling – online and pokies – younger people were at the greatest risk.

This is the first release of the National Gambling Trends Study after a successful pilot and national roll-out between 2021 and 2022.

The Australian Gambling Research Centre is based at the Australian Institute of Family Studies (AIFS). AIFS conducts original research to increase understanding of Australian families and the issues that affect them; see aifs.gov.au



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 Dunoly-Bridgewater Rd. Dunolly 3472



GO GOLDFIELDS AWARDS FINALISTS

Our Go Goldfields team have been named a finalist in two categories of the Department of Education Victorian Early Years Awards:



-Continuity of Early Learning - Great Start to School Program

-Supporting Parents to Build their Capacity and Confidence – The Nest

The awards celebrate the outstanding work of our early childhood professionals to improve the health, learning, development and wellbeing of Victorian children and their families.

Winners will be announced at an awards ceremony on Thursday, 7 November.

For more information visit

www.centralgoldfields.vic.gov.au/gogoldfieldsfinalists

CREATIVE SPACE FUNDING

We have welcomed the Victorian Government’s announcement of \$150,000 in funding for the Creative Space, Courtyard and Co-working Space infrastructure at the iconic Maryborough Railway Station.

The funding will deliver a range of flexible infrastructure so that the space can host creative events, performances, workshops and other activities, while also supporting the development of our local artists and creative industry.

For more information visit:

www.centralgoldfields.vic.gov.au/creativespacefunding



MAINTENANCE CLOSURE

The Coronation Park toilet block on Park Road, Maryborough has been closed for maintenance works.

As sections of sewer pipe need replacement, the closure is expected to last some weeks. We’ll keep you up-to-date as works progress.

Nearby public toilets on Park Road at the Princes Park Grandstand are unaffected.




ELGAS

Your Local Dealer

Phone/Text 24/7

0418 571 702

MBL

Moliagul Build & Landscape Pty Ltd

onsite welding - retaining walls - paving -
concreting - roof sheeting - solid plastering
owner builder assist - repairs & maintenance or
freshen up that garden or create a new outdoor
entertaining space

For an obligation free quote
Call Keith 0418 953 473 or email
moliagulbl@gmail.com

FOG

By: Vicky Frizzell

On a foggy night, following a puppy around with a torch, your familiar front yard becomes a treacherous place. Friendly trees nurtured lovingly for nearly forty years become dangerously spiky with roots snatching greedily at your feet.

Mulch put down ready for spring planting suddenly become bogs trapping the unwary.

Above - night birds fly noisily away when you stumble over the roots.

The fog changes light in unexpected ways too. My porch light fades in the distance while next door's outside light takes on a beautiful soft glow with a lovely yellow halo.

Street lights waver as the fog moves slowly across the ground and casts mysterious shadows over nearby houses.

A lone frog hops gently away from the torch beam, obviously in search of love. I move the beam away quickly in case a curious puppy thought it might be dessert.

The moisture in the air made me happy as I had thought to bring my coat. Looking back at the distorted porch light I longed to get back to my cheerful fire.



But the pup was sniffing vigorously hot on the heels of something incredible. She wound the lead around a shrub forcing me to crouch extremely low under it, but still not comfortable stop. Growling, I made her come back inside, both of us struggling in the unfamiliar light.

When we came out an hour later, the fog had cleared, the garden was normal, the pup went quickly about her business and we were back by the fire in a few minutes.



MARYBOROUGH VETERINARY PRACTICE

Caring for all animals large and small



49 Alma Street
Maryborough 3465

We conduct a mobile veterinary
service throughout the
Maryborough area



**DUNOLLY AREA
EVERY SECOND
TUESDAY**



We are available for -

- House calls for small animal consultations, vaccinations etc.
- 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

DUNOLLY AND MARYBOROUGH DISTRICTS FUNERAL SERVICE

Specialising in prepaid and
prearranged funerals with special
pensioner discounts



5461 1979

If no answer call:

John: 0418 995 424

Jono: 0437 099 624

World Mental Health Day

Supporting Parents Critical



“Parents and carers are critical in safeguarding children’s mental health, as they are often the first to notice shifts in mood or behaviour. However, many are unsure how to respond or where to seek help. This is where evidence-based parenting support is essential for equipping parents with the skills and confidence to spot early signs of distress in their children and have open conversations about mental health,” she said.

Fear-Less Triple P Online, a free support program for parents and carers of children experiencing anxiety, is one

such tool that’s making a difference.

“The milestone of more than 80,000 families in Australia accessing Triple P’s evidence-based program for parents and carers of children experiencing anxiety, is a sign that the online program is needed,” said Carol.

“It builds parental mental health literacy, empowers parents and carers to identify issues early, seek help without stigma, and provides strategies to support children’s emotional resilience.”

“By prioritising wellbeing and opening up to ask for support, whether it’s with a trusted friend, GP, health professional, talking to Lifeline, or getting parenting support, parents and carers can mitigate any negative or long-term impacts.”

“Our children’s mental health is a societal concern and a shared responsibility. Investing in their mental health and wellbeing in the early years is part of building a healthier, more resilient community,” Ms Markie-Dadds concluded.

Delivery of the Triple P – Positive Parenting Program to parents and carers of children in Australia is supported by funding from the Australian Government Department of Health and Aged Care under the Parenting Education and Support Program.

Parents and carers can access free, online parenting support 24/7 at triplep-parenting.net.au



O World Mental Health Day - 10 October 2024, advocates from the Triple P – Positive Parenting Program are emphasising the need for parents and carers to support their children’s wellbeing along with their own, to help combat Australia’s growing mental health crisis.

Carol Markie-Dadds, Triple P International Country Director, said that the **mental health of kids and young people is worsening, with around 1 in 10 children aged between 4 and 11 experiencing a mental health disorder. Half of adult mental health issues emerge before the age of 14.**

“A range of ongoing societal factors are resulting in a tidal wave of mental health concerns for a significant number of our children and are also impacting parental wellbeing, relationships, and general enjoyment of life.

“Parents and carers are facing unprecedented stress off the back of rising interest rates, cost-of-living, and housing instability.

“While they may try to protect their children from these pressures, the ongoing stress inevitably affects kids.

“The impact of social media and concerns around online safety is adding another layer of worry for families. The 2024 Triple P Parenting Survey of more than 8,000 families found that nearly 8 out of 10 parents (79%) are concerned about social media’s impact on their children’s mental health and wellbeing.” she said.

Ms Markie-Dadds also highlighted the ripple effect of poor parental wellbeing on a child’s mental health and the importance of parents and carers looking after themselves and seeking help for themselves or their child if needed.

Navigating Via Dung Beetle

A Beetle that pushes dung with the help of 100 billion stars unlocks the key to better navigation systems in drones and satellites.

An insect species that evolved 130 million years ago is the inspiration for a new research study to improve navigation systems in drones, robots, and orbiting satellites.

The dung beetle is the first known species to use the Milky Way at night to navigate, focusing on the constellation of stars as a reference point to roll balls of dung in a straight line away from their competitors.

Swedish researchers made this discovery in 2013 and a decade later, Australian engineers are modelling the same technique used by the dung beetle to develop an AI sensor that can accurately measure the orientation of the Milky Way in low light.

University of South Australia remote sensing engineer Professor Javan Chahl and his team of PhD students have used computer vision to demonstrate that the large stripe of light that forms the Milky Way is not affected by motion blur, unlike individual stars.

“Nocturnal dung beetles move their head and body extensively when rolling balls of manure across a field, needing a fixed orientation point in the night sky to help them steer in a straight line. Their tiny compound eyes make it difficult to distinguish individual stars, particularly while in motion, whereas the Milky Way is highly visible.” said Prof Chahl.

In a series of experiments using a camera mounted to the roof of a vehicle, the UniSA researchers captured images of the Milky Way while the vehicle was both stationary and moving. Using information from those images they have developed a computer vision system that reliably measures the orientation of the Milky Way, which is the first step towards building a navigation system.

Their findings have been published in the journal



Biomimetics.

Lead author UniSA PhD candidate Yiting Tao says the orientation sensor could be a backup method to stabilise satellites and help drones and robots to navigate in low light, even when there is a lot of blur caused by movement and vibration.

“For the next step I want to put the algorithm on a drone and allow it to control the aircraft in flight during the night,”

Tao says.

The sun helps many insects to navigate during the day, including wasps, dragonflies, honeybees, and desert ants. **At night, the moon also provides a reference point for nocturnal insects, but it is not always visible, hence why dung beetles and some moths use the Milky Way for orientation.** Prof Chahl says insect vision has long inspired engineers where navigation systems are concerned.

“Insects have been solving navigational problems for millions of years, including those that even the most advanced machines struggle with. And they’ve done it in a tiny little package. Their brains consist of tens of thousands of neurons

compared to billions of neurons in humans, yet they still manage to find solutions from the natural world.”

A video explaining the research is available here: [Dung beetles guided by the Milky Way \(youtube.com\)](https://www.youtube.com/watch?v=...)

40% SPIKE IN PET ALLERGYS

New data from Greencross Vets has found a significant seasonal trend in pet allergy medications with a 40% increase in the number of pets receiving allergy treatments from July through December each year.

The data also revealed that in the past 12 months, the average number of pet allergy consultations per month has increased by over 13%, compared to the previous year.

“Springtime and the warmer months bring an influx of environmental allergens that can significantly affect pets. Just like us, dogs can have pollen and grass allergies too,” says Dr Michael Yazbeck, Veterinary Director, Greencross Vets.

With the demand for pet allergy medication rising sharply each year from July and continuing to peak to December, the seasonal increase is due to several factors, including:

Pollen Season: High pollen levels due to the blooming of flowers, grasses, weeds and trees. This increased pollen can trigger allergies in pets.

Increased Outdoor Activity: With the weather warming up, pets and their owners are spending more time outdoors, increasing exposure to environmental allergens such as pollen, dust and mould. These can exacerbate allergic reactions in pets.

Seasonal Changes: The change in season also brings changes in temperature and humidity, which can contribute to the growth of mould and other allergens. These can affect pets who are sensitive to these seasonal changes.

Dust Mites: Despite being a year-round concern, the impact of dust mites can be more noticeable as the weather changes. In the warmer months, dust mites can grow in indoor environments, leading to increased allergic reactions.



The rise in medication highlights the importance of proactive allergy management for pets.

Dr Yazbeck suggested, *“If you notice your pet is rubbing on the carpet, scooting their bottoms or licking and chewing their paws, it generally means they’re itchy. Their skin may be red and inflamed or have a dry, flaky or patchy appearance. Itchy or smelly ears can be painful and recurrent ear infections are often a result of an underlying allergy.”*

“In the early stages, a gentle medicated shampoo may soothe sensitive or irritated skin. However, if your pet continues to scratch, lick or chew excessively they may damage their delicate skin. It is not uncommon for allergy patients to get a secondary bacterial or yeast infections which may make your pet even more uncomfortable.”

“We often need to prescribe medication to bring the infection under control and provide relief for their discomfort. If in doubt always speak to your local vet for the best treatment options suitable for your pet.”

The warmer weather is also the perfect breeding ground for parasites such as fleas and ticks.

“Flea, tick and worm prevention should be done 12 months of the year for cats and dogs. Even if your pet is an indoor pet, they can still get fleas. Fleas can live in carpets, upholstery and other areas within the home. Flea eggs and their larvae can persist in these environments, leading to infestations even if the pet only stays indoors. “Paralysis ticks which are found on the East Coast of Australia can be bought inside in the washing, on shoes or on your clothes. Prevention is easier than treatment,” says Dr Yazbeck.

For more information on pets and allergies visit www.greencrossvets.com.au/itchy-pets



Lovel's Septic Tank Cleaning Service

For all your septic cleaning needs trust the family with over 30 years experience.

Servicing Dunolly and surrounding areas.

For prompt service at extremely reasonable rates call:

Mark 0428 179 870 or leave a message on 5468 1212

Breast Cancer Awareness Month (BCAM)



Breast Cancer Awareness takes place every October.

The aim of the BCAM is to shine a light on the devastating impact breast cancer has on thousands of Australians each day.

Every year over 21,000 people in Australia (including around 200 men) will be diagnosed with breast cancer.

Every day 58 people in Australia will be diagnosed with breast cancer.

Every year over 3,300 people in Australia (including 33 men) will die from breast cancer. That's someone's mother, sister, friend or family member whose life has been tragically cut short because of the disease.

Although the five-year survival rate has increased from 76% to

92% (and rising) since 1994 thanks to research, there is still progress to be made to stop deaths from breast cancer. By targeting the remaining 8% who don't live past this survival rate, NBCF's goal is to reach Zero Deaths from breast cancer.

We rely entirely on generous donations from the Australian community to fund leading breast cancer researchers. Through these funds, we are able to invest in world-class research in prevention, detection, new and improved treatment and quality of life to ultimately stop deaths from breast cancer.

"My Pink Ribbon Breakfast is not the norm. I hold an annual backyard barbie with a band playing and lots of singing and dancing. The kids sell the raffle tickets and local businesses generously donate great prizes. The event has

been amazing for raising awareness, prompting many friends to get tested for breast cancer themselves. I'm proud to say my backyard barbie has made over \$100,000 for life-saving breast cancer research"

Julie, Pink Ribbon Breakfast Host 2015-2024

1. REGISTER TODAY

Register now to host a breakfast, morning/afternoon tea or brunch. And get a FREE host kit to get started.

2. GET YOUR TEAM TOGETHER

You can share the responsibility of finding prizes, decorating and hosting.



Always more fun in numbers.

3. MAKE A PLAN

Pick a day in October. Then invite everyone you know. Charge an entry fee and add raffles/games to your event.

4. RAISE FUNDS, HAVE FUN



Remember, the more we raise, the more research we can fund. Your support saves lives.



Dunolly Rural Transaction Centre



109 Broadway Dunolly

Ph: 5468 1205

Email: rtcdunolly@gmail.com

Hours: 10am to 3.30pm Monday to Friday

Closed public holidays

Look out for our tourist information in the RTC trolley situated on the footpath on weekends.

Services Australia Agent:(formerly Centrelink)

Dedicated computer directly to Centrelink site with access to myGov and Medicare

Services offered:

Computer Use; Printing (from mobiles & flash drives); Photocopying; Emailing; Laminating; Community Bus to Maryborough; Bus Hire to Organisations; E-Waste Drop Off; V/Line Bookings; Secretarial Services; Tourist Information; Dry Cleaning Agent; Meeting Room Hire.

Church Notices

Catholic Church, Dunolly

There will be Mass at St . Mary's Church on Sunday October 13th at 8.30am.

Good to hear that Fr. John is home after his hip operation .

*"May the Lord bless us the whole of our lives .
Psalm 127."*

R Mecredy

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

Pastor Tanya Dunbar will lead worship and Holy Communion on Sunday, October 13th at 9.30am.

The next visit from Uniting emergency relief will be on Thursday, October 17th at 1.00pm.

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

'Greater love has no one than this: to lay down one's life for one's friends.'

John 15:13

Linda Pickering

New Horizon Church, Bealiba

Bealiba Public Hall. Every Sunday 3pm
For more information about services and bible studies.

Contact Veronica Medlyn: 0427 345 577



Community Bank · Maldon & District

Small town. Big Bank.

Everything you need, right here

We deliver the products and technology you'd expect from a big bank, plus the personal service you wouldn't.

Feel good about who you bank with. Try Bendigo.

Find out more. Call 5475 1747 or search Bendigo Bank Maldon & Dunolly .

 **Bendigo Bank**

Bendigo and Adelaide Bank Limited ABN 11 068 049 178, AFSL/Australian Credit Licence 237879 A1455027 OUT_31937342, 26/09/2023



DUNOLLY FRIENDLY GROCER

**LICENSED SUPERMARKET
93 BROADWAY, DUNOLLY**

TRADING HOURS:

Mon-Sat: 8am to 6pm

Sunday: 8am to 5pm

Great weekly specials

fresh fruit and vegetables – liquor
fresh meat – deli – dairy - daily papers
plus excellent service

Tel: 5468 1241



Rosie's Ramble

I have noticed a butterfly lately that I have not seen before. There are some here at home, and I saw some at the church. It has white wings with black markings on them, and a couple of yellow spots at the inside base of the wings. It is dainty looking and very pretty.

I had an experience in Maryborough last week that if I was road rage sort of person, would certainly have brought on an episode. I spotted the only empty parking spot in a row of cars, put the blinker on and started to turn. However a man was loading stuff into his car and had the door open. He saw that I was going to wait until he was ready to go. So I was sitting there, blinker on, waiting when a car driven by a woman coming the other way did a u- turn and pinched my spot. The man was as surprised as I was, and we exchanged eye rolls. I don't know how she did not scrape my car on her way in. I was sorely tempted to park right behind and stay there till she came back, but decided that I had better things to do.

I think I have discovered another useful thing that is disappearing from the shops -- the humble dish mop. Can't find them anywhere. I suppose one could

blame the rise of the dishwasher for making them redundant.

Rosie

Just for a laugh

Wayne and Arthur were having a very slow golf game because the women ahead were holding them up. Finally Arthur decides to tell them to let the two of them through. He only gets half way when he comes running back panting. "One of those women is my wife and the other is my mistress." Wayne decides to go but soon comes running back exclaiming "It's a small world, isn't it".

The passenger on a cruise-ship was feeling really seasick, when the waiter asked if he would like some lunch.

"No thanks," he replied, "just throw it overboard, and save me the trouble."

Signs

Please don't hurt the animals while teasing them . (China)

Funerals --50 % off . (Dying for a bargain .)

Pedestrian casualty reduction signal timings experiment .

(makes a change from lab rats)



BUILT BUILDERS

- New homes
- Extensions
- Renovations

SERVICING
PYRENEES SHIRE & GOLDFIELDS SHIRE

Robbie Allen
0418 579 946
builttbuilders.com.au

THE NATIONALS for Regional Victoria

Gaelle BROAD MP
Member for Northern Victoria

Your local voice in Parliament



 1300 423 553
 PO Box 771 Bendigo VIC 3552
 gaelle.broad@parliament.vic.gov.au
 gaellebroad.com.au
 GaelleBroadMP

BE WARY OF REMOTE ACCESS

This is a quick and easy way for technicians to access your computer without having to be there physically.

Granting access from your laptop to our workstations can allow us to resolve email issues, programs malfunctioning and more.

While this is a useful and secure way to assist you it's also an easy way for scammers to gain access.

Once you give someone access to your computer they are able to get into everything.

If you have passwords saved, they can access those records and get into your accounts.

DO NOT use remote access software unless you are absolutely certain of who you are allowing into your computer.

FUN FACTS TO AVOID LOSING YOUR LIFE SAVINGS!

1. Banks will not send you log in requests or ask for your information outside of the Official App or web page.
2. Microsoft will not send unsolicited email messages or make unsolicited phone calls to request personal or financial information, or to provide technical support.

If you don't make a request they will not call. This also applies to Banks and Telstra (They won't call you)

3. If a pop-up or error message appears with a phone number, don't call the number.

Error and warning messages from Microsoft never include a phone number.

WAYS TO VERIFY A SCAM:

CALL THEM – If you receive a call from someone who you believe may be trying to scam you, then contact the people they claim to be directly (Bank, Microsoft, post office, etc.) You can find contact information for these online.

DO NOT use the supplied number to call them. A quick call can verify whether or not the call has come from them as they will have records for everything.

GOOGLE THEIR NUMBER – A reverse search on google can tell you if the number calling you has been reported as a scam in the past.

Ask them to verify who they are – They should have an account number, branch number or some kind of information other than your email address or phone

number.

Bitcoin/ Cryptocurrency – No legitimate business will trade in cryptocurrency such as bitcoin. If it is mentioned at all, it's a scam, or iTunes or Gift Cards or Western Union.

If you think you have been scammed please feel free to reach out, we are happy to look at questionable emails and will be able to clean up your computer if a scammer has been given access.

As always, please **DO NOT CLICK** on SMS or Email Links.

Here are some trusted links and Numbers to help:

Reverse Search a Phone number:

Reverse Phone Lookup - Reverse Australia

Maryborough Post office: 13 13 18

Dunolly Post Office: (03) 5468 1010

Aus. Post: Help & support -

Australia Post (auspost.com.au)

Bendigo Bank: (03) 5461 4384

Commonwealth Bank: (03) 5461 1288 or 13 22 21

NAB Branch: 13 22 65

ANZ: (03) 5461 5102

Microblast Computers



evolution
KITCHENS & CABINETS P/L

KITCHENS LAUNDRIES VANITIES

20 Years Experience
Free Measure and Quote
Attention to detail
Personalised Service
EVERY BUDGET CATERED FOR
Peter and Shelley Davies
18 Drive In Court Maryborough 3465
www.evolutionkitchens.com.au
Telephone 5461 1000



**EDDINGTON
ENGINEERING**

**ESTABLISHED AND
LOCATED
IN EDDINGTON
FOR OVER
40 YEARS**

**SPECIALING IN UTE AND TRUCK TRAYS
AND ALL ENGINEERING REQUIREMENTS**

**PHONE: 03 5468 7210
MOBILE: 0427 388 654**

**EMAIL: sales@eddingtongenengineering.com.au
ONLINE: www.eddingtongenengineering.com.au**

Op Shop News

Has your wardrobe shrunk last year's summer wardrobe? Join many other folk in Dunolly and district by refreshing your warmer weather garments at Dunolly Op Shop. We have been so busy during the last couple of weeks. The Footy has finished as the horse racing season starts up. Fashions of the field for our local equine events are on display to be purchased for a tiny fraction of their original price. **Also we have basic garments upon which you can use your skills to recreate. Outdoor entertaining, taking the family on a picnic?** Many sets of unbreakable plates and drinkware containers are on sale. As you come through the front door turn into the first vestibule on the right. There you will see a huge supply of tableware. **Talking about tables! We have several outdoor tables, which with our limited space, we welcome people who will take them off the premises.**

Children's toys were the source of pleasure for the children who came to the Op Shop during the holidays. There are still plenty more toys and activities, jigsaws, drawing equipment, with a lovely selection cuddly toys and lots of toy cars.

Op Shop has started a corner for the other children in our lives. A Pet Corner!
There is also a good supply of used bath towels, which our pet owners purchase eagerly.

Op Shop Team

FUNDRAISER DAY AT THE BOWLS CLUB

Mick Coates and the No Cash Band



(JP on Drums Finn on Double Bass and Jan Stephenson on Guitar)

QUICK CROSSWORD

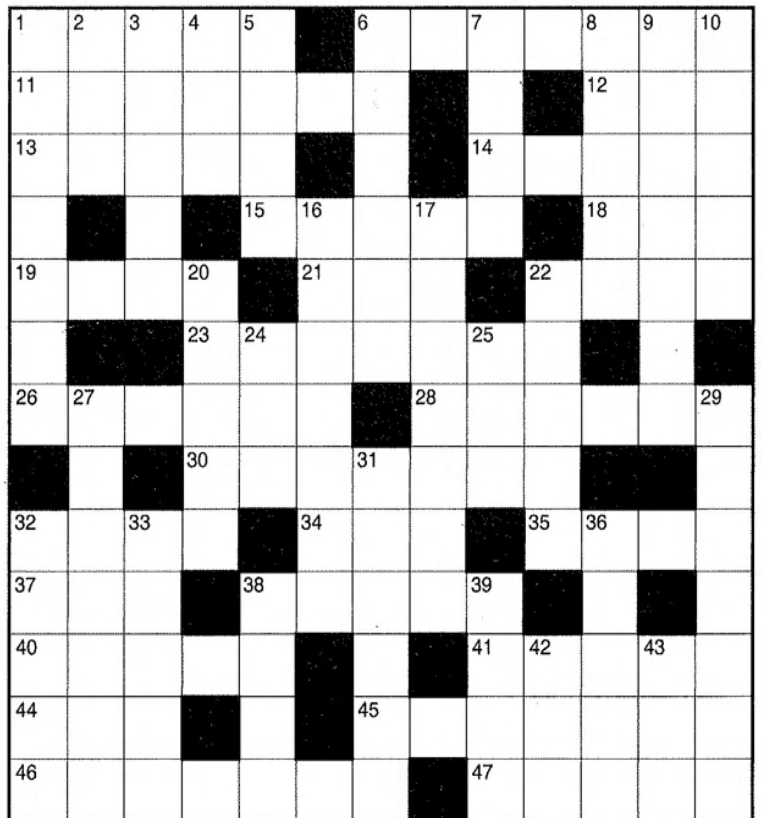
73

- Across**
1. Of the pontiff
 6. The normal amount
 11. Substance which oxidises another
 12. Record of ship's voyage
 13. Requisites
 14. Substance in tusk of animal
 15. German-born Aust. tennis star, Bernard _____
 18. Projection on side of the body
 19. Not an inkling, no _____
 21. Small metal fastener
 22. White food seasoner or preserver
 23. One 'S' of 'SAS'
 26. A number which divides evenly into another
 28. U.S. president when World War II ended, Harry S _____

30. *This style of print*
32. Fly high
34. Main evening meal
35. Do damage to
37. Central part of wheel
38. Kingdom
40. Comment incidental to main subject
41. One 'A' of 'ASEAN'
44. Small soft mass (of tissues, eg.)
45. Asia and Europe as one
46. Aust. tennis star, _____ Hewitt
47. Emit odour

- Down**
1. Head of Roman Catholic Church
 2. Chopping tool
 3. Part of a whole
 4. Compute sum of
 5. Endure
 6. Consisting of minute particles
 7. Long film
 8. 'Hello' in Hawaiian
 9. African ape
 10. Historic African country
 16. Control function of
 17. To mark (document, eg.) with first letters of the words of one's name
 20. Out of bed
 22. Money reserved for questionable purposes, _____ fund
 24. Earthen container

25. Curved line
27. Stimulation
29. In name only (of role, eg.)
31. Yeast, as used by baker, eg.
32. Piece of fabric worn around woman's shoulders
33. Comply with, _____ by
36. Move upward
38. Period of relaxation
39. Planet of solar system
42. Late U.S. golfing great, _____ Snead
43. Make ill



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

Dunolly Bowls Weekend Pennant

Saturday 12th October 2024

Division 1 Round 2

Dunolly Blue V Avoca		at : Dunolly	
Skipper	Peter W	Alan W	Tony G
Third	Terry L	Barry C	Chris W
Second	Elliott H	Corey P	Bernie L
Leader	David W	Charlie S	Keith E
Manager: Peter Waters - 1.15 Start \$5.00 P/H			

Division 2 Round 2

Dunolly Gold V Newstead White		at: Dunolly	
Skipper	Paul C	Barry M	Aaron B
Third	Jim H	Fabion D	Ian McK
Second	Paul Z	Raeleen M	Graham W
Leader	Don M	Karen W	Graham F
Manager: Aaron Britten - 1.15 Start \$5.00 P/H			

Division 2 Round 2

Dunolly Green V Golf		at: Golf	
Skipper	Wayne S	Wayne Mc	Sandra C
Third	Heather W	Peter P	Graham C
Second	Indigo R	Miia R	Richard C
Leader	Keisha A	Hudson R	Christene K
Manager: Sandra Chaplin 1.15 Start \$5.00 P/H			
Emergency	Jim Smith		

Dunolly Bowls Mid-Week Pennant

Teams Tuesday 15th October 2024

Dunolly Blue V MHS Tartan		at: Dunolly	
Skipper	Terry L	Alan W	Tony G
Third	Barry M	Chris W	Marg D
Second	David W	Barry C	Sandra C
Leader	Keith E	Charlie S	Alice R
21 Ends to be played - 9.15 Roll Up - \$5/Game			
Manager: Barry Cann			

If unavailable ring Manager Barry Cann 0427 509 650

Dunolly Gold V Golf		at: Dunolly	
Skipper	Fabion D	Jim H	Wayne S
Third	Karen W	Keith McK	Heather W
Second	Debbie W	Nancy P	Hannah D
Leader	Christine K	Catherine G	Karen S
21 Ends to be played - 9.15 Roll Up - \$5/Game			
Manager : Wayne Stephens			

Emergency	Neville Calow	Jim Smith	
Unavailable	Heather F	Peter F	Dave P

BELIABA INDOOR BOWLS

A bit light on in numbers this week but it was still a fun night.

It was ladies against the men again. Last time the ladies were triumphant with two wins to the men's one. This time however the ladies team of Heather Cooper, Shirley Coburn & Chris Evans defeated the mens team of Malcolm Campbell, Lyle Streeter, Gary McClelland & Tiger Coburn in three straight games.

What an effort by Tiger who although having two fractured ribs, bowled like a champion.

The men weren't quite a match but bowled well & at times were a bit unlucky. Better luck next time.

Wishing those on our sick list a speedy recovery & hope to see you back bowling soon.

Happy bowling.

Chris Evans

DUNOLLY GOLF CLUB

Seven intrepid players took part in the final official day of competition on Saturday. We teed off in the rather heavy rain, which thankfully let up after an hour or so.

Nick Earl won the monthly medal, with 80-11-69 from the consistent Josh Britten. Ian Arnold won the 9 hole Stableford competition from Darren Hunt. Nearest the pin winners were Shenae Hunt on the 6th, Ian Arnold on the 12th, and Nick Earl on number 18. Special mention goes to Jenny Lovel, who made a long awaited comeback after a knee injury, just in time for the end of the season!

A well attended working bee on Sunday saw some burning off completed, and the old LPG stoves removed in preparation for the arrival of our new electric model.

Thanks to all those who attended.

This will be the final golf report for 2024 as the season now ends. The course remains open for practice and play for the next few weeks, and we welcome all players who would like a game whilst the course is still in good condition.

Finally, thanks to all those whose efforts keep our club going. We are a small group, and an enormous amount of work is needed to keep the club operating.

There is some work which will need to be carried out over the break, so any assistance will be gratefully received. See you in season 2025!

Ian Arnold

SPORTS



Dunolly Football & Netball Club

SENIOR COACHES

The Dunolly Football Netball Club are excited to announce our senior coaching panel for season 2025.

Senior coach: Jay McDonald

Having stepped up from assistant coach, the DFNC is excited to have Jay sign on the dotted line for season 2025 as senior coach. In Jay's first year in the MCDFNL he received recognition in the league team of the year with his run and carry from the backline and footy smarts. With previous coaching stints in both the LVFNL and HDFNL, we are excited to see the professional standards and leadership Jay carries be further implemented into our team for season 2025.

Senior Assistant coach: Jack Merrin

Having joined the DFNC at the start of 2024 from Golden Square, Jack led from the front with an elite level of fitness. With the ability to dominate at both ends of the field, Jack soon became a leader amongst the team with his maturity despite his young age. The DFNC are excited to have Jack recommit for season 2025 and step up into the coaching ranks.



DUNOLLY & DISTRICT

Important Information

Fire Brigade, Police, Ambulance, SES	000	
Police Assistance Line	131 444	
Dunolly Neighbourhood Centre	5468 1511	18 Havelock St M-Th 9:30- 3
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
Community Bank Maldon & District	5468 1596	109 Broadway M-F 10 - 2
Dunolly Medical Practice	5468 1104	24 Havelock St
Dunolly Hospital	5468 2900	24 Havelock St
Dunolly Pharmacy	5468 1522	119 Broadway
Dunolly Preschool	5468 1334	94 Maude St
Dunolly Primary School	5468 1111	8 Elgin St
Central Goldfields Wildlife Rescue	0409 654 950	
Dunolly Community Garden		94 Maude St.
Dunolly Library	5461 0679	42 Market St Tu 9-1 / Th 1-5



SPACE ADVENTURE



To top off the school holidays, our Dunolly Library hosted a fun-filled Space Adventure at the Snr. Citizens Hall on Tuesday, 1st October. Performers Caroline Smart and Philip Linsdell ensured that their performance was *very* inclusive as well as a lot of fun for all.



The delighted audience was part of the experience, with key audience participation, both in the form of actions and lines of dialogue for the entire audience, inviting them to join the actors on stage and play roles in the show ensuring every child's experience on stage was a rewarding and positive one.

Photos by Joe Grasso