

Duo tackling more than 3000 push-ups in 25 days

Two local friends, Tashana Rendell and Georgia Higgins, are putting their mind over matter in The Push-Up Challenge, a fundraising event for mental health that will see the pair complete more than 6500 push-ups combined this month.

Wanting to participate after being part of a large team a few years ago, Tashana linked with Georgia to create their team MIND OVER MATTER 2 for the 2021 challenge which raises money for support networks the Push for Better Foundation, Headspace and Lifeline.

The pair is now more than half-way done with 11 days remaining to fundraise and get more than 3000 push-ups on the board to reach their target.

Tashana said it's been an eye-opening experience, following an app to stay on track and learn a bit more about why they're fundraising.

"The challenge is 3318 push-ups over 25 days to represent the number of Australians who died by suicide in 2019. All funds which are raised through the push-up challenge go directly to Headspace and Lifeline," she said.

"These organisations provide support for people who are struggling with their mental health; they provide information and free help so it is really important.

"Sometimes we might spread out the total over the day. The biggest day we've done so far is 209 push-ups in one day and at first we were thinking 'how are we going to do that?' But we got through it.

"In our minds doing the total ourselves instead of splitting it between the two of us, which you can do, is important. We knew it was going to be really hard physically, but that's what motivates you.

"You might feel the psychical pain, but it's nowhere near what people who lose their lives to suicide go through mentally. It does help motivate you and keep your focus on those Australians who should be here.

"The first two days were the hardest, but at about day five we realised that we'd dramatically improved. That's a great side effect of this challenge for people who participate. I'm feeling a lot stronger myself and I've already learned a lot that I didn't know about mental health in Australia.

"We've had lots of support and have raised a couple of hundred dollars already. Georgia and I have been getting to know each other through it and the challenge app is really great. It tells you what number you have to do every day to stay on track, and there is a story behind each number.

"For example today's count is 170 push-ups which is representative of the 170,000 aged 12-25 who sought help from Headspace in 2020."

Tashana said the number of people who die by suicide is far too high, with the 3318 lives lost in 2019 at the forefront of her mind throughout the challenge.

"Suicide is a lot more common than you realise. There was unfortunately someone who passed away in high school from suicide and that's a common story for a lot of people," she said.

"That number was higher than what we had thought and the number of people who lose their lives is far too high; it really should be no-one. That's what it would be in an ideal world.



"I can imagine after the last year with COVID the rates of people who are battling with mental health issues would have increased and likely the rates of those who have died by suicide. I'd hate to know the exact number.

"On the Headspace national website it says something like over 75 per cent of mental health issues develop in people under 25, that's us and our friends which is really sad to think about. You don't even get to what should be a quarter of your life before the majority of people are dealing with mental health issues.

"We wanted to do this challenge because we're learning a lot. It's raising awareness and money for the services which are there for people and also I think it could open the door for people in our lives to come to us if they need. You see social media posts or someone might ask how your day is going, but that might not be taken seriously. I hope if anyone needs someone, even if we're not mates, they might reach out to us or someone in their life."

As of their rest day on Sunday, the duo have completed a combined 3056 push-ups and will be pushing through their mammoth total until 25th June, the last day of the challenge.

To donate to the cause, head to :

www.thepushupchallenge.com.au and search for MIND OVER MATTER 2, which has raised \$215 so far.

If you or someone you know is struggling, Lifeline is a free and confidential 24-hour service available online or by phoning 131 114.

Story by Ashlyne McInnes,
Courtesy *The Maryborough Advertiser*

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Contributions are accepted up to **3pm on Tuesdays**. Exceptions are made only by prior arrangement, or for important community notices for the *Classified* pages. If in doubt, please ring us before 3pm on Tuesday to avoid disappointment.

All letters, articles and classifieds must contain the author's full name, home address and daytime telephone number, not necessarily for publication if so requested. However, during election campaigns, all communications pertaining to candidates must have authors name and suburb published in accordance with electoral regulations. All un-acknowledged photo/pictures are from stock.

The Welcome Record aims to present the diversity of viewpoints which reflect the concerns and interests of our community. It will not print contributions which are defamatory or being used as an alternative to a personal approach in dealing with a personal issue. The opinions expressed by contributors are not necessarily those of *The Welcome Record*.

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ROSIE'S RAMBLE

Still all present and correct after the weather we have had? Very lucky compared to other parts of the state, with floods and gales and general chaos.

I heard on the radio this morning that groups of cyclists have been riding on the mountain roads making pests of themselves. There have also been hikers complete with tents! Are these people so selfish that they do what they want to do, regardless of the possible consequences? Imagine if one of those huge trees fell on them!

There are reports that wedge-tailed eagles are dying as a result of poison used in the baiting of mice. Scientists have been studying the livers of dead birds; now, according to the reporter, they are going to study live ones. Good luck with that one — first catch your eagle.

Saw on *Facebook* a suggestion that women over 55 should be called queen-agers. Any more silly ideas?

I have an old model mobile phone so I can't upload or download or whatever the QR thingy is. Signing in at every shop one visits is a pain in the posterior. It will mean a possible end to the joys of browsing in the shops.

Why can't cat worm tablets be flavoured with fish or liver or something that might blend with their food?

THE FRIDGE FAIRY—

It is not known exactly when these fairies perform their mysterious work, but the fridge fairy is responsible for carefully placing strange objects and substances at the back of fridge shelves. These things are sometimes wrapped in foil or placed in old unlabelled bottles or containers.



Where they come from and why, nobody knows, but without exception, these unusual contributions to the fridge are unspeakably hideous to behold.

Tobhy Riddle

IMPORTANT INFORMATION

Increase in prices

Dear readers, unfortunately we must increase our prices for *The Welcome Record* subscription and purchase and all advertising.

Regrettably we are forced to this decision due to the need to upgrade our printer. Our current printer is breaking down on a regular basis and we must purchase a new one so we can continue to provide our community with the weekly paper. Below are the new costs:

Effective immediately — subscriptions now due

Subscriptions: \$30 & \$150

Advertising costs effective 1st July 2021

	Regular	Community
1/6 page	\$10	\$6
1/4 page vertical	\$15	\$10
1/4 page horizontal	\$15	\$10
1/2 page	\$30	\$20
1/3 page horizontal	\$20	\$15
Full page	\$60	\$30

Purchase/Donation: \$1

We apologise if this causes inconvenience; however, it is the first price increase in more than 30 years and considerably cheaper than other newspapers. We would not do this unless it was absolutely necessary.

Thank you for your understanding.

TWR Team

Stories from Cynthia



SBS recently had a series on the Savoy, that famous hotel in London which was built in 1886, yet still is the epitome of glamour and luxury. Strangely, the Savoy isn't easily visible as it is in a little cul-de-sac off the Strand. My memorable visit there was for supper after a show, just so we could say we had been to the Savoy. It just so happened that it was the same night of a revival of *Sunset Boulevard* with a special guest, Gloria Swanson, the original star. The after party was being held in the grand ballroom at the Savoy and by an amazing chance Liz and I were arriving there for supper at the same time. Caught up in the crowd, we were swept towards the entrance to this room and the doorman was about to ask our names when we explained. In turning back to follow directions upstairs to the supper room, Liz collided with a man wearing a panama hat, which he raised, apologising profusely. All the way up the stairs Liz was clutching me excitedly. "Do you realise that was Elton John!" she was telling me. Sadly, I hadn't.

On the subject of hotels, should you wander around Melbourne these days you will find smart hotels everywhere, but when I was growing up there were very few. Most of us were familiar with the names of the Windsor, Menzies and the Australia and only the Windsor still remains but there are a myriad of similar hotels in the CBD now. When I was very young, my father, who had moved to Australia from the UK, wanted to explore his new country so we all packed into the car on weekends and drove off to little towns, staying the night in the town's hotel. Those hotels were very basic, very limited, plain food on the menus and the men in the bar, ladies in the lounge. Motels hadn't appeared in Australia until the 1950s.

On the other end of the spectrum I remember some very charming little hotels when travelling around Europe in the 1980s. In one quaint little place where the bathroom was no bigger than a cupboard, opening from the bedroom, but everything seemed spotlessly clean until the morning we were booking out. I remembered my sunglasses back on the dressing table and when I entered the room, there was the maid ironing the creases out of our sheets for the next guest. "Oh well," I thought, "At least it was cheap." But I couldn't help wondering who had slept in the same sheets before us.

The one luxury hotel Liz and I stayed in on our travels was accidental because my brother had done the booking and must have forgotten we preferred the small, local hotels with the atmosphere of our surroundings. This was the Martinez on the Riviera in Cannes where many film stars stayed. It had a balcony overlooking the beach, which was a private strip owned by the hotel. On this beach was a bar shaded by a gaily striped canvas, banana lounges with a built in table and the barmen walked around taking and delivering orders for exotic drinks. That was certainly the life. But now I am perfectly happy meeting friends for a drink at our Railway Hotel.

Cynthia Lindsay



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Authorised by Louise Staley MP, 177 High Street, Maryborough. Funded from Parliamentary budget

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Payment of subscriptions for the coming year are due by 30th June 2021

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(costs donated)

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Your subscription can be paid:

In person at *The Welcome Record* office on Tuesday or Wednesday, or drop into our letterbox at anytime.

By post to *The Welcome Record*, Town Hall at 83 Broadway, Dunolly 3472, with this form accompanying your payment.

By direct debit to BSB 633-000 Account Number: 116310574. If paying by direct debit, please fill out the form below and post to let us know your payment has been deposited, or email a confirmation to:

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How lucky are we to be living in this safe amazing Shire? It has remained like that because of the diligence and good work of the community. Yes, we still have restrictions, but fortunately they are minimal compared to other shires. Well done all and maintain your efforts. Remain focused and hopefully COVID may become a lesser concern.

Recently there have been many contracts advertised by our Shire for tender, and with the past grants provided for different areas (e.g. Carisbrook levee and the Hospital) our budget may have substantial changes in some areas. Hopefully, with good management and grants actually being delivered, our capital works could possibly be considerably higher than the draft budget previously submitted. This could be a record capital works year. Good luck council.

On our Facebook page <https://www.facebook.com/cgoldratepayers> we have been increasing the amount of local issue content. Our number of followers is fantastic, and we will continue to provide as accurate items as we can, which will benefit our community. To obtain the best local information we use the council's website as reference: <https://www.centralgoldfields.vic.gov.au/Home> The past week we have been informed by Chris Meddows-Taylor (councillor) that our information is incorrect and misleading. We find this disturbing as we obtain the information from council's own website or from hard copies. Rather than contacting us privately and having the issues rectified, Chris Meddows-Taylor chose to announce his concerns on our Facebook page (link above) to the public. The CGR&RAI is concerned, and so should the public be by this, because if the council's website is not updated and the information in there is passed on, it should not be the fault of the messenger but an error in the information provided by council.

CGR&RAI asks the council please keep online information up to date to keep the community informed. We do understand the Shire is a huge business to run, and to keep every issue addressed is almost impossible. However, the public notices which have been placed should have been accurate and the concerns dealt with in a more professional manner. As the CGR&RAI, we admit we don't always get it right and we apologise for that. This is not made easier when one's major reference (councils website) data is often incorrect.

Coming up shortly is the Council's Community Vision. <https://engage.cgoldshire.vic.gov.au/communityvision>.

We believe this is an opportunity for the community to be part of assisting the council and community in identifying key issues which need addressing in moving forward. The link above will inform you of the complete picture. We encourage the community to be part of this and share your experience in obtaining a positive forward plan for our future.

The CGCS waste concerns:

<https://www.centralgoldfields.vic.gov.au/Council/News-Media/Four-stream-waste-and-recycling>

Above is a link on the Shire's website which highlights potential issues or plans. This is one of the sites which council has confirmed is not up to date and apparently has been deferred, or part of it has been deferred.

CGR&RAI feel this complete issue needs a large amount of public consultation as soon as possible, especially for our residents outside the urban areas. Please contact the shire for information.

Thank you, keep safe and keep an eye on friends, neighbours and the vulnerable.

Wayne McKail President



Retiring!

I am retiring after 28 years as coordinator of the Neighbourhood Centre and Kath Ryan is your new coordinator.

We have been working together for a couple of weeks now and I'm trying to get everything out of my head and put it into hers (poor Kath). So please bear with us!



We are open!

But we cannot do certain programs as restrictions apply to "indoor sports".

So, Table Tennis, Tai Chi, Old Time Dancing and our Move Groove programs are all suspended for the time being until further notice. We will let you know when, where, and how.



But what we can do is:

Cooking for one!

You're on your own ... you can't be bothered cooking just for yourself! Why not register for our "Cooking For One project", starting on 15th June?

Over the course of six weeks you will get to enjoy simple, nutritious and delicious meals over lunch, with an extra serving and the recipe to take home!

Linda from the Gold & Grain Café will be your tutor and chef. Costs are \$10 per week or \$30 paid up front for the whole course. Places are limited so be quick to register. This project is funded by the Maldon & District Community Bank.

Want more information? Just ring 5468 1511 or email: admin@dunnhc.com.au

Sharon Hiley, Coordinator

Editor's Note: We will miss Sharon at the Neighbourhood Centre. She has been there a long time organising all the activities and was very much a part of the community. We wish Sharon well in her retirement. We welcome Kath Ryan, a very capable person who will be well-suited to this position. Good luck Kath.

Susan Anderson

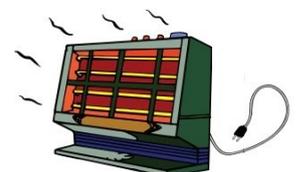


Heaters

Winter is the peak time for heater fires. Wherever you are, remember these few tips to stay safe when using a heater:-

- Always turn your heater off before going to bed or leaving the house.
- Drying your laundry — keep it at least one metre away from the heater.

For more information visit <https://www.cfa.vic.gov.au/plan-prepare/fires-in-the-home>





Domestic Wastewater Management Plan goes to Tender

Central Goldfields Shire is calling for tenders for the development of Council's Domestic Wastewater Management Plan (DWMP) 2021-2024.

Under the Environmental Protection Act 2017, councils are required to have a plan to support growth and development in unsewered areas — whilst ensuring environmental and natural assets are protected.

Once developed the Plan will provide clarity and technical advice to developers, landowners, land capability assessors, plumbers and builders.

Except for the main business centre of Maryborough, as well as parts of Dunolly and Carisbrook, the majority of the Central Goldfields Shire is unsewered.

There are approximately 200 domestic wastewater management systems in operation, with Council receiving around 20 new applications for permits to install new systems every year.

Central Goldfields Shire Mayor Cr Chris Meddows-Taylor said the Plan will provide confidence and support in the development and growth of the Shire, as well as strategic and evidence-based information that will help in our advocacy efforts for reticulated sewerage to townships across the Shire.

"If we want to capture the significant growth and prosperity benefits of developing the Ballarat Maryborough growth corridor we need to get Talbot sewered as a priority," he said.

Once a consultant has been appointed to prepare the plan, community feedback will be invited as part of the process. Council will also partner with local water authorities as part of the development of the plan.

Council's Compliance and Environmental Health team is available on 5461 0624 or 0429 016 365 to discuss the Plan.

CGSC News



Loddon Shire CEO to retire next month

As you may have already heard (or read in local media), Council's Chief Executive Officer Phil Pinyon will be retiring on 3rd July 2021.

At a Special Council Meeting last week, Council appointed Jude Holt as interim Chief Executive Officer (CEO). Ms Holt will commence with Council on 5th July 2021, and will be with Loddon Shire Council until a new CEO is appointed. Jude has been a local government professional for 25 years, holding senior management and executive positions for 20 years at the Loddon Shire Council. Since leaving Loddon Shire, she has worked in the water sector and a catchment management authority before returning to local government. Her particular areas of expertise are in finance, risk management, asset management, compliance and governance. Although Phil is with us a little while longer yet, on behalf of Councillors, I would like to take this opportunity to thank Phil for his service to Council for the past five years. During his tenure, Phil has overseen the development and completion of numerous projects, strategic documents, advocacy efforts, and has formed successful partnerships.

COVID-19 vaccines

Eligibility for vaccinations now applies to anyone aged over 40, as well as for specific groups of people aged under 40. If you are over 50 years old, you're eligible to receive the COVID-19 vaccine — the recommended vaccine for anyone aged 50 and over is AstraZeneca.

Within Loddon Shire a number of the GP clinics are offering AstraZeneca to patients, so you can contact your GP to see if they are offering it and make an appointment. If your GP clinic isn't offering the vaccine you can attend the Bendigo Community Clinic at 113 to 133 Mollison Street Bendigo. You can walk up or make an appointment via:

<https://bendigohealth.org.au/registerforvaccine/>

As at 14th June, the Clinic website advises there are limited walk-in appointments for AstraZeneca and Pfizer for those in eligible groups, and waiting times may be experienced. If you're aged 40 to 49 years, the recommended COVID-19 vaccine is the Pfizer vaccine. You can receive this vaccine through the Bendigo Community Clinic via an appointment. To make an appointment, you need to visit the Bendigo Health website to register. You will then be sent a link to make an appointment for a day and time that suits you. Visit <https://bendigohealth.org.au/registerforvaccine/>

Getting prepared for tax time

With the end of June fast approaching — and the end of the financial year, we start to look towards tax time.

The Australian Taxation Office has tailored toolkits to help people to prepare and lodge their tax return.

Although these toolkits are aimed at tax professionals, they contain helpful information for the general public. This includes work-related expenses (what can and cannot be claimed), income (what income needs to be declared), and record keeping (keeping the right records to substantiate claims and not miss out on a deduction).

There are also specialised toolkits for people in building and construction, health, education, government, retail, real estate, small business and more.

These general and tailored toolkits are available via www.ato.gov.au/taxtimetoolkit

Loddon Shire Mayoral Column

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Catholic Church

New rosters are available at the church. We still have to wear masks and physical distance at Mass, and QR or written check-in is still required, but attendance numbers can be up to 36. Assembly will be at St. Mary's on Sunday 20th June at 8.30am.

R Mecedry

"Kind words can be short and easy to speak, but their echoes are truly endless."

Mother Teresa

Uniting Church

KYB was held on Wednesday 16th June at 11am at the Church. Rev Chris Venning will lead worship on Sunday 20th June at 9.30am. Op Shop will be open Tuesday, Thursday and Friday from 10am to 4pm.

Linda Pickering

St John's Anglican Church

Rev Canon Heather Blackman
Parish Office, 6 Nightingale Street,
Maryborough. Phone 5460 5964

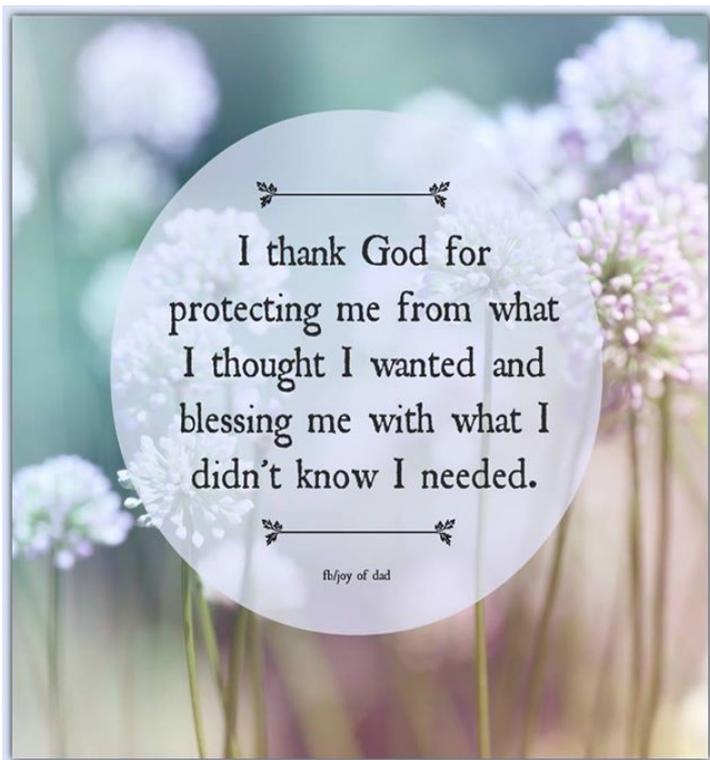
Services at Dunolly are held every fourth Thursday at 10am.

The next Service will be on Thursday, 24th June, COVID-19 restrictions permitting.

Esmé Flett

"In Christ, God was reconciling the world to himself, not counting their trespasses against them, and entrusting the message of reconciliation to us."

2 Corinthians 5.19



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Payment redirection scams were the most financially damaging scams for Australian businesses in 2020 according to the ACCC's latest Targeting Scams report. Combined losses reported to Scamwatch, other government agencies, banks and payment platforms totalled \$128 million in 2020.

Reports to Scamwatch show that Australian businesses lost \$18 million to scams in 2020, a 260 per cent increase on losses reported in 2019.

"Small and micro businesses made most of the reports to Scamwatch and experienced an increase in losses in 2020, although larger businesses reported the highest losses," ACCC Deputy Chair Mick Keogh said.

Based on Scamwatch data alone, false billing scams were the most commonly reported scam by businesses and accounted for three quarters of total losses to businesses. Small and micro businesses accounted for almost 60 per cent of these false billing reports.

There are a range of false billing scams, but the most common type was payment redirection scams, also known as business email compromise (BEC) scams, with 1,300 reports and \$14 million in losses. This is a substantial increase from the 900 reports and \$5 million in losses reported in 2019.

In a payment redirection scam, scammers impersonate a business or its employees via email and request an upcoming payment be redirected to a fraudulent account. Scamwatch also observed a new type of scam in 2020 which targeted farmers looking for a good deal on tractors and farm machinery. Scammers advertised equipment at prices well below market value, and told farmers they couldn't view the tractors prior to purchase due to government restrictions from the pandemic. Farmers made payments to secure these special deals, when in reality the equipment never existed. Farmers were conned out of \$1.1 million in these scams.

"One thing we know about scammers is that they will take advantage of a crisis," Mr Keogh said.

Businesses were also targeted by health and medical scams in 2020. About half of the \$3.9 million in total losses reported to health and medical scams were from businesses, as they attempted to procure personal protective equipment for their staff to comply with government guidelines during the pandemic.

Other scam types which impacted businesses throughout the year included phishing, identity theft and hacking scams.

"It is so important for businesses to stay informed about scams so they can protect themselves," Mr Keogh said.

"The ACCC provides a range of resources for businesses on how to avoid scams on the Scamwatch website and in our media releases throughout the year."

Businesses which have been scammed should contact their bank as soon as possible. If the scam occurred on a platform such as *Facebook*, contact them directly to report it.

Businesses can also report a scam to *ReportCyber*, which is run by the Australian Cyber Security Centre and passes reports to law enforcement agencies for assessment and intelligence purposes.

The Small Business Information Network also provides details about new or updated resources, enforcement action, changes to Australia's competition and consumer laws, events, surveys and scams relevant to the small business sector.

Scamwatch Media release

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Paul: 03 5461 4779

Mobile: 0428 963 015



AUSLAN studies

Students in Grade's Five and Six viewed the film *'The Miracle Worker,'* which was based on the true story of Helen Keller's early years as a deaf and blind child. The set task was to write a piece placing themselves in a world of silence and darkness.

Their responses and perceptions were of a very high standard.
Denise Lang, Auslan Teacher

Helen Keller by Haylee

The warm touch of being back in my cot, the lovely sound of mother coming in filled me with joy. I shut my eyes for a split second to find figures and shapes in a great sea of eternity. Little did I know, that the sea was pulling out with the tide, swallowing me into the foreverness, never again to reach shore. I tried to blink rapidly but felt no movement except a slight vibration of my cot. Swallowing the sea could never be swallowed in one bit, but would have to be done with a series of baby steps. I have no idea why this has happened, why I couldn't hear or see the beautiful voice of mother, or picture the big scruffy beard that hangs below father's chin. It was as though I was in a deep sleep, never to wake. Any other person would have screamed, shook, yelled or all of the above. But I was still an infant and very young, so I laid there motionless, ready for pictures to start flowing back through my eyes, or the slightest sounds to seep into my ears. What I have rarely witnessed is called Scarlet Fever; a bacterial illness which develops in some people aged five to 15 usually. But I was different, I was barely two. Though life as such is way more difficult than one could imagine, any sense of vibration sends me alert with caution. Though all I could've done is wait, wait for a cure and hope doctors could save people from symptoms and try and make people better, so that is exactly what I did. Wait. And hopefully one day, I can talk and get better.

Blind and Deaf by Aisling

I am Aisling Eddy and I was born blind and deaf. I was born on the 18/9/1889 in Montreal, Canada and for the first seven years of my life, I was a clueless rampager until my hero, Joyce Zezzle came to rescue me. And now 21 years later, I have a life beyond the confines of my own mind. This is my story.

When I was young my life was a blank canvas waiting to be painted with the brushstrokes of sight; every night I would dream of flashes and shapes, signifying colours and objects, and when I woke up I would search near and far for the shapes and flashes, but I never found them.

My empty mind was always a deep dark abyss and by the time I was five, all I knew was how to eat, drink, sleep and that I was always safe with one person — my mother. But one day my father went to the train station to meet Joyce; of course I didn't know about it. But when she arrived, she grabbed my shoulder firmly, and handed me a DOLL. After this, she grabbed my hand and started to sign DOLL again and again. With each sign she stuffed the doll into my hand, at first I was confused by what she was doing, but after three days of this method I started to realise that the signs and the doll were the same thing. One day I started to sign DOLL, DOLL again and again. Every time I signed it correctly, Joyce would grab my cheek and nod my head and that was my first lesson.

After this Joyce took me to a cabin in the woods and she would teach me a new word every day. One of these words was WATER and after three weeks of learning, my life was changed forever. After getting home from the cabin, I walked towards the water pump and started to pull the lever, whilst doing this I would sign WATER. Joyce ran

over with such enthusiasm it scared me.

After minutes of signing WATER I finally spoke my first word "Waahta." Mother, Joyce and father all came running over and hugged me like there was no tomorrow, "My baby can talk!" my mother wept tears of happiness as I talked.

After being taught all of this, I rose to the sky with my achievements, and now I am a 28-year-old university graduate and my life is fulfilled.

Around school this week

UPDATED GUIDELINES

We have received the latest operational guidelines today. Nothing has really changed for regional schools.

- ◆ Parents/carers still not permitted onsite. If you have to come on site for a specific reason, please phone the school 5468 1111.
- ◆ No excursions/incursions to occur
- ◆ No year 6/7 transition or kinder to prep transition yet
- ◆ Assembly can go ahead with students and staff only. We will stream it on facebook.

EMOTIONAL LITERACY CHECK IN

At any time, but particularly in times of uncertainty, it is important we check in with ourselves on a regular basis. So have a look at this diagram. We all know and are aware of the battery life on our phones or devices. Where do you think you're operating at the moment? This can also be a great tool to engage in a conversation with our kids. Some simple steps –

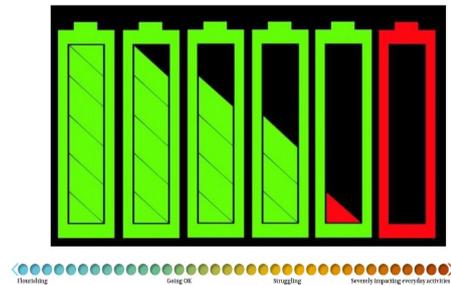
⇒Where do you think you're operating at the moment ?

How do you feel your battery is going ?

⇒What puts your battery level there ?

⇒What is one thing you can do to get yourself back up to the next battery level in the next 24 hours? (eg. talk to a friend — this is the number one way to process how we're feeling; go to bed early, complete meditation, do some exercise, complete a random act of kindness .

Where are you on this continuum right now?



STUDENTS OF THE WEEK

Prep/1 – Tylan Waddington

Year 2/3 – Blaine Baxter

Year 4/5 – Brayden Martin

Year 5/6 – Matt Frizzell

Principal's – Kay-Lee Putkunz, Lily Malcolm &

Tom Delgado

Auslan – Aisling Eddy

the power of humanity



The Australian episode of “*On the Ground: Humanitarians in Action*”, a series of short films showing how local teams are the future of emergency response efforts premieres on Wednesday 16th June 2021 and can be viewed from 0100 onwards on our *YouTube* channel.

The Australian short film is a part of a global series showing first-hand stories of humanity in action — lived, filmed and told by the inspiring Australian humanitarians who stepped up to help our communities through drought, floods, bushfires and COVID-19.

They used GoPro cameras to capture Red Cross volunteers and local teams helping vulnerable communities around the world, using Land Rover vehicles to reach people on three continents — the latest example of a long-running humanitarian partnership.

Each film captures life-changing moments of humanity and crisis, from the streets of Italy, where homeless people are more vulnerable than ever, to the communities still rebuilding their lives after the devastating Australian bushfires in 2020. Local teams also teach life-saving skills to people in remote Mexican communities and support those hit hardest by coronavirus in the UK.

Australian Red Cross played a significant part of the movement’s global response to disasters, with coronavirus lockdowns, travel bans and other major disruption creating a massive need for rapid, effective help.

Local medical personnel, health workers and community volunteers all provided care, treatment and support. Recent findings from the IFRC include:

- Before the pandemic National Societies reached one in 79 people globally. This is now one in 12.
- Almost 14 million local volunteers now support their national Red Cross or Red Crescent society, with hundreds of thousands joining since the start of the pandemic .
- 79.5 million people received food and benefited from water and sanitation programmes and other support.

- 9.7 million people were tested for COVID-19 and four million people in isolation received support from Red Cross globally.
- Red Cross and Red Crescent Society volunteers and staff vaccinated nearly 100,000 people in remote and hard-to-reach places.
- Land Rover has enabled the Red Cross to reach isolated and vulnerable communities, with 267 vehicles loaned to national societies.
- These vehicles have covered more than 500,000 miles (804,672km) to reach people in crisis to help them respond and recover.

Susan Cullinan
Australian Red Cross Media Adviser



Land Rover has enabled the Red Cross to reach isolated and vulnerable communities, with 267 vehicles loaned to national societies



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Tuesday 9.15am - 2.30pm
Wednesday Closed
Thursday 9.15am - 2.30pm
Friday 9.15am - 2.30pm
Saturday and Sunday Closed
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Drivers warned to stay alert at intersections after crashes

Police are urging road users not to become complacent on local roads following two crashes caused by drivers failing to give way this week.

Both incidents occurred on Maryborough roads with the first taking place at the intersection of Majorca Road and Railway Street at around 5.45pm on Monday.

Maryborough Police Senior Constable Branden Cornwall said the accident occurred when the driver of a Mitsubishi Triton approaching Majorca Road failed to give way.

"The driver failed to give way at the intersection and collided with the passenger side of a Toyota Hilux travelling along Majorca Road," he said.

"There was nothing exceptional about it, there were no contributing factors, the driver just failed to give way."

The driver was the sole occupant of the Hilux and the Mitsubishi contained both the driver and a passenger and Senior Constable Cornwall said police are not aware of any injuries.

The second accident took place on the intersection of Dundas Road and Barkly Street at around 7pm on Tuesday when a vehicle driving along Barkly Street failed to give way to a Toyota Corolla travelling along Dundas Road.

The vehicle hit the driver's side of the Toyota causing significant damage, however both drivers — who were the sole occupants of the cars — escaped without serious injury.

Senior Constable Cornwall said it was strange to have two near identical accidents in one week and warned drivers to stay alert when approaching intersections.

"It was a very similar situation, which is a bit strange," he said.

"The lighting at a few of the intersections around here isn't fantastic, but it is strange to have two accidents with the same circumstances in the one week.

"Road users can become complacent when they're familiar with the roads. Drivers need to stay focused and be aware of give way intersections and stop signs.

"Particularly at night, drivers can become a bit too reliant on seeing if car lights are coming the other way as opposed to making the appropriate adjustments when approaching an intersection like slowing down and looking both ways."

Story by Christie Harrison,
Courtesy *The Maryborough Advertiser*

Bereavement

MARKIEWICZ
Stanislaw (Stan)

5.5.1928 - 11.6.2021

Passed away at Eureka Hostel, Ballarat East. Loved husband of Eileen Markiewicz (nee Gorman) and Maria J.P. Sabo Markiewicz, cherished friend of Irene, loved brother of Zygmunt, Wanda Trucinski and Marion Tcaszek (all dec).

Due to COVID restricted numbers a Private Funeral will be held. Stan's service will be livestreamed on THURSDAY 17 June 2021 commencing at 10:00am via the Peter Tobin Funerals website.

Stan's burial will follow at the Moliagui Cemetery.

Peter Tobin
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QUICK CROSSWORD 69

Across

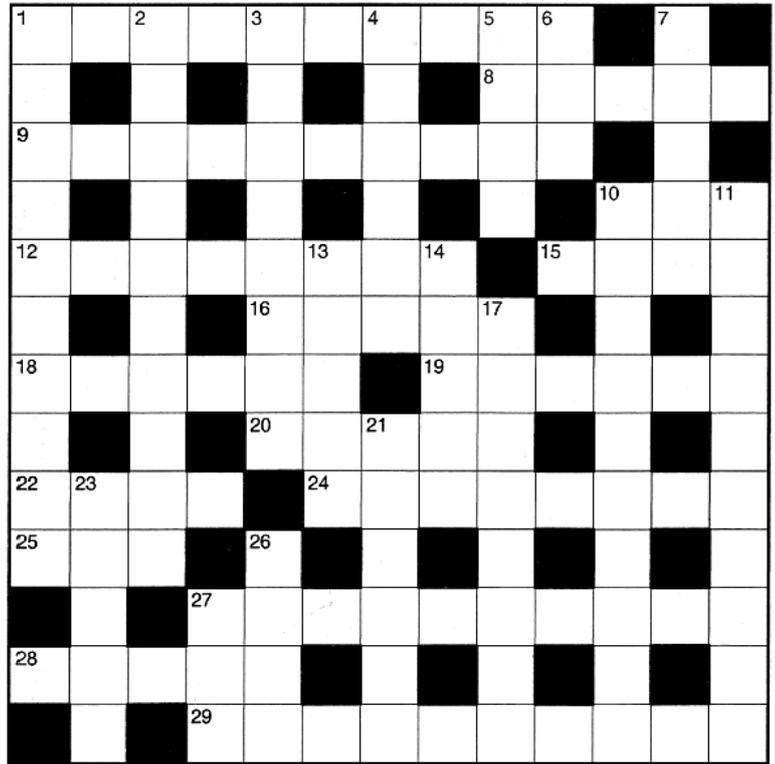
- 1. Former military alliance of communist European nations (6,4)
- 8. Roof's overhang
- 9. Strong competition or disagreement between members of the same organisation
- 10. Supplied with food
- 12. Convey from one place to another
- 15. Story for children, fairy ____
- 16. One who surfaces floor
- 18. Skilful in crafty way
- 19. Warm-mannered

- 20. Securing strip of leather
- 22. Cut (grass, eg.) very short
- 24. Boisterous amusement
- 25. The 5th century's Attila the ____
- 27. Return (someone) to their own country
- 28. Fragrant oil from flowers
- 29. Astonishment

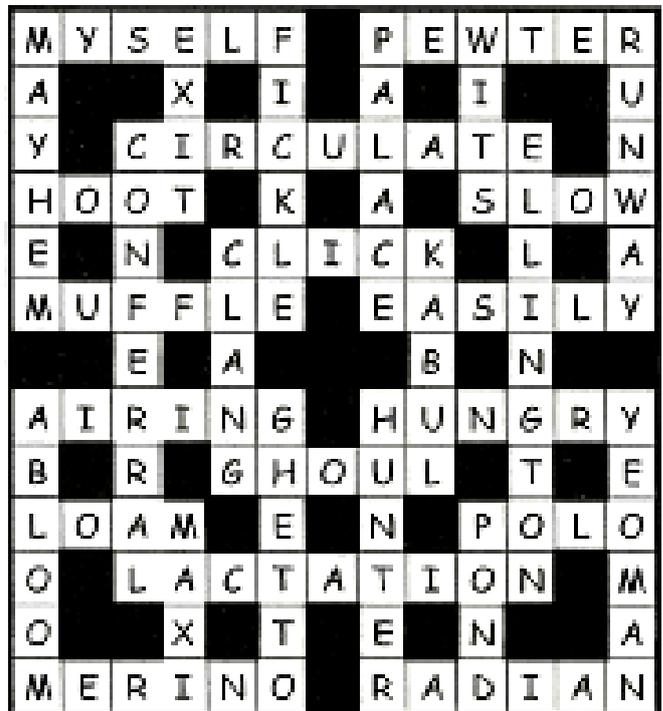
Down

- 1. Portable timepiece
- 2. Bending of light wave
- 3. Roman emperor after whom a month of the year is named
- 4. Hook-billed seabird
- 5. One-hundredth of a dollar
- 6. An attached label
- 7. To slope
- 10. To make (something) possible or less difficult

- 11. The moving of troops into battle formation
- 13. Revolving dirt
- 14. Befitting monarchs
- 17. One who fixes
- 21. Indecent in humorous way
- 23. Covered with oxide coating (of metal)
- 26. Story's main character
- 27. Uncooked



Solution for No. 68






Loddon Community Travelling Dance

Led by dance instructor
extraordinaire Dede Williams (Dance Sport Australia qualified)

Newbridge Public Hall
(cnr Burke Street & Wimmera Highway, Newbridge)

Friday 2 July 2021
7:00pm to 11pm

*Rock & Roll, Ballroom, New Vogue,
Line dancing and Latin.*
*Not sure, don't worry Dede will call
all dances*

Entry: FREE (made possible by the support of
the Loddon Shire Council and the Wedderburn
Community House)

Bookings not required

A supper plate to share would be
appreciated

Enquiries contact:
Dede on 0407 871 327 or
Greg on 0418 108 644
Facebook: Loddon Community Travelling Dance

Have fun!



Socialise



Be active!





Bowling Club History Part 4

1960 — Night games were being played, which were very successful due to perfect weather patterns.

1961—The Bowling Club was more than just a sporting club, it was also a social club. The Ladies Club held afternoon card games which were very successful. Proceeds raised were used to purchase various items, canvas blinds, linoleum for the kitchen floor and paint to revitalise the walls. Donations were given to the local Popular Girls contestants.

1962 — The pennant team of 1962 won its third flag playing against Maryborough. 78-64.

1963 — The fees were increased to £2. A new mower was purchased, the clubhouse was painted. Some members attended a meeting at Bridgewater to see a demonstration of a watering system. There had been some disharmony in the club, whereby calls were made for more members to pitch in with a variety of tasks. Tournaments were often hampered by unsuitable weather. Despite this, the men's pennant team claimed its fifth consecutive win.

The Ladies team was Mmes H. Taylor, Richards, Kidston, Angus, Hurford, E. Flett and H.A. Flett. There is a photo of our lady bowlers; unfortunately it was not clear enough to be printed. Should I find a clear photo of our ladies I will definitely post it.

1964 — Two electric heaters were installed in the clubrooms, a new Scott Bonner mower was purchased at £2037. The ladies insisted a request be considered — building toilets onto the clubrooms. The men's pennant team was not able to obtain their sixth pennant flag, losing by a small margin.

1965 — Subscription fees were approved to be increased by two shillings, the subscription fee now £2/2.

1966 — Was the year our currency was changed from pounds, shilling and pence to dollars and cents. The subscription was now \$5. The Dunolly Primary School approached the club for a donation towards a fund raiser for a proposed art and craft room. The club held a fundraiser and \$10 was donated.

1967 —The men's pennant team won a sixth pennant in 1966-1967. The greens were top dressed at the end of the season, a new fence and gates were erected, two shelters were built. The ladies were still waiting for the building of the toilets, plus an extension to the tool shed. The social club raised \$121, donating \$81.60 to various charities.

1968 — Street stalls were becoming a regular fund-raising event for the bowling club.

1969 — The Bowling Club was in a very good financial position. They were able to donate to various causes: Berry Street Babies Homes, Prince Henry Hospital, Florence Nightingale fund, Paraplegic Association and the Dunolly Hospital. A new roller was purchased and extension to shelters on the east side. Improvements to the greens were undertaken. Unfortunately black algae was detected. This was successfully treated and now the greens were considered the best in the district.

Note: In last week's edition of the Dunolly Bowling Club History part 3, an error was made.

The photo of Mr Rodgers and Mr Freemantle playing in the Champion of Champions, it should have read Frank Heenan, not Herman.

Under the date 1958 Ladies Committee, I was informed the ladies were members of the Dunolly Football Club. Silly me I did notice the goal posts in the background, I presumed they were flag poles and wind sock poles. Thank you to the bowler who informed me of the error.

Hannah Delconte



*Scott Bonner Mower
L.H.S. Bob Davison, J.J. Beaumont, Jim Harrop, Home Cook
Bob Heenan, George John, Harry Howard
L.H.S. Archie Water, Bob Heenan, Bob Beaumont, Jack Cook
Mrs Butler*
1962-63



*Scott Bonner Mower
L.H.S. Bob Davison, J.J. Beaumont, Jim Harrop, Home Cook
Bob Heenan, George John, Harry Howard
L.H.S. Archie Water, Bob Heenan, Bob Beaumont, Jack Cook
Mrs Butler*
1967-68



DUNOLLY GOLF CLUB

We were unfortunately not able to stage the Fred Roberson Trophy due to COVID restrictions. However, we did play a Stableford round with an excellent turnout of 22 players.

It was great to see Lawrence Thomas and Jacki Cox back after long absences, whilst Josh Lacey and Nick Earl continued their support of DGC despite their commitments elsewhere. We are slowly building the numbers each Saturday, and we would love to see a few more returnees or new members in the weeks ahead.

Thank you to those members who worked hard to clean up the damage caused by last Wednesday's storm. The course looked very untidy before Darren, Josh, Kenny and others pitched in to get things ready for Saturday.

Six juniors contested in a separate competition on Saturday, with the rapidly improving Joe Lovel coming out on top with 42 points. Lachie Condie showed great promise, whilst Thang Nguyen played with his usual stylish swing. Ladies winner was Shenae Hunt with 41 points from Sheila Hodgson. Ian Arnold came out on top in the Men's section with 37 points from Josh Hunt and Rod Stuart on 33.

It looks like we will be playing Stableford again this week, so we look forward to seeing you there. There can be no guarantee that cakes will appear again this week, but we can only hope!

Faye Arnold

MATS ready for next step with building permit approval



Central Goldfields Shire councillor Anna De Villiers, MATS steering committee members Anne Canterbury and Anthony Ohlsen, MATS project manager Daryl Maffescioni, Cr Grace La Vella, Zarif Design Group's Ryan Boyes, paramedic Isla Douglas and MATS steering committee chair Dianne Mullins welcomed the approval of the project's building permit.

The long-awaited Maryborough Aeromedical Transfer Station (MATS) has taken another step towards completion with the building permit officially issued.

The station has been in the works for more than three years and through a huge community effort has raised \$120,000 and pledges from local builders to get it off the ground.

The transfer station is set to be built at the Maryborough aerodrome and will provide an indoor space protected from the elements for paramedics to treat patients while waiting to transfer them to air ambulances.

MATS steering committee chair Dianne Mullins said she's looking forward to seeing construction get under way.

"This is a very exciting stage of our project," she said.

"There's been unexpected changes and delays throughout this story, but we always had faith and trust it would happen and we thank the community for their support.

"We're now looking forward to the first steps of construction. We know this will be a valuable asset for Maryborough and district."

Local builder and project manager Daryl Maffescioni said while the permit is a step forward, with an Australia-wide shortage on building supplies currently affecting the industry, it may be some time before the build can get under way.

"Unfortunately I doubt much will get done before Christmas," he said.

"The main holdup will be the materials for the steel fabricator. The delays in building materials at the moment is unbelievable, and costs have blown out of proportion."

"It's nice to be involved with something like this. Maryborough's been good to my family for 120 years, so if you can't give something back that's pretty poor."

Story by Christie Harrison,
Courtesy *The Maryborough Advertiser*

Food for thought

"When I was 15, I spent a month working on an archaeological dig. I was talking to one of the archaeologists one day during our lunch break and he asked those kinds of "getting to know you" questions you ask young people: Do you play sports? What's your favourite subject? And I told him, no I don't play any sports. I do theatre, I'm in choir, I play the violin and piano, I used to take art classes.

And he went WOW. That's amazing! And I said, "Oh no, but I'm not any good at ANY of them."

And he said something then that I will never forget and which absolutely blew my mind because no one had ever said anything like it to me before: "I don't think being

good at things is the point of doing them. I think you've got all these wonderful experiences with different skills, and that all teaches you things and makes you an interesting person, no matter how well you do them."

And that honestly changed my life. Because I went from a failure, someone who hadn't been talented enough at anything to excel, to someone who did things because I enjoyed them. I had been raised in such an achievement-oriented environment, so inundated with the myth of "Talent", that I thought it was only worth doing things if you could "win" at them."

By Kurt Vonnegut

Taken from a *Facebook* post
shared by Michael Busch