

Job Sharing bring two new Directors of Nursing to MTHCS Health Centre Sea Lake!

Two Sea Lake nurses, now fully-fledged Director's of Nursing (DONs), laud Mallee Track's flexible workspaces and promotion from within. Working there in their joint role of Director of Nursing (DON) Meagan Allan and Alex Webster confide with Track Talk on the highs -- and never lows -- of sharing a full-time job part-time.

"We both work three days a week, sharing Wednesdays together," explained Ms Webster. With a tenure of over 10 years, she noted the importance of employees moving up within the system. Ms Allan has worked at Sea Lake even longer and infrequently filled-in management roles at the medical centre when her previous DON boss was away. But the possibility of taking on that job full time, what with family obligations, seemed too daunting... for both women.

Mallee Track promotes a flexible workspace, and prior to their current placements, Sea Lake's DON was a full-time job for one. But with families of their own, both raising 3 children each, the possibility of heading the town's Medical Centre seemed too daunting. Both held part time and casual nursing roles at the hospital previously, but after leadership courses with Mallee Track they both were encouraged to strive higher.

Casey Crothers, MTHCS People and Culture director noted how its important it was to make a job work for both of them, and that's where Mallee Track showed flexibility.

"With the departure of the previous DON it was an opportunity to have a good work/life balance by arranging a job share to cover the role," while adding "and to have two female roles in flexible work in leadership roles. These women have always been great leaders, so it made it an obvious choice."

An added benefit of promoting within the organisation is added trust by the community in its local workforce. "We can trust more people locally," noted Ms Webster. Growing up in nearby Hopetoun some 40 minutes away, Webster is the first to confess she is not literally "local" but her roots are strong as her mother was a Sea Lake nurse herself. Completing uni studies while living in Geelong for some 10 years, she and her husband longed to return to the region. Upon moving back, she was cajoled to "just work one shift... and that was 12 years ago!" Noting that she has three children, (aged 12, 10 and 7) "and a husband and a farm, I didn't think it would be achievable" to work as a DON. But nowadays, she expresses with glee how she and Ms Allan "can bounce off each other."

AS for her leadership course with Mallee Track, which she confesses to only partially completing so far, "it completely changed my perspective. It was what I was wanting and needing to go." Adding, "that leadership course helped in all the things I didn't feel confident in." It takes patience and trust to take on a management role, she said, then cited the support of Mallee Track's Director of Nursing and Midwifery Rosemary Cattnach: "to know Rosey trusts us."



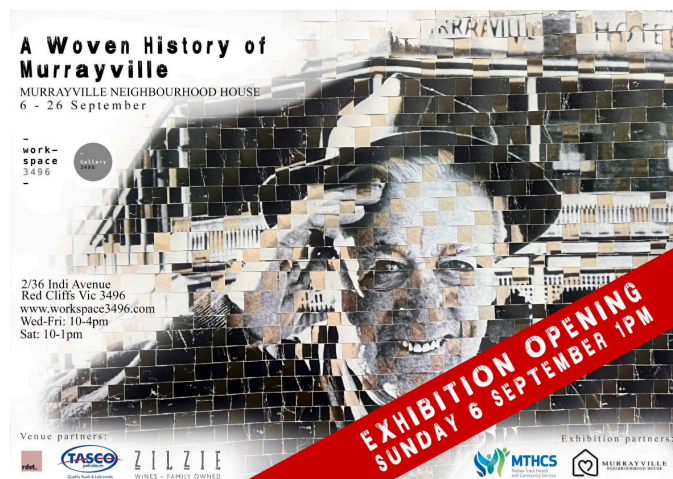
Image Left to Right: Alexandra Webster and Meagan Allan the new DONs at MTHCS Health Centre Sea Lake

Job Sharing bring two new Directors of Nursing to MTHCS Health Centre Sea Lake! continued ...

"We are delighted at Mallee Track Health and Community Services (MTHCS) to see Alex and Meagan step into these important leadership roles at Sea Lake Health Centre. As local nurses, they bring not only strong clinical expertise but also a genuine understanding of the community they serve. Their appointments place Sea Lake Health Centre in an excellent position to continue delivering high-quality, community-focused care. Congratulations to Alex and Meagan on this well-deserved career milestone. I have every confidence they will be outstanding leaders for our staff, residents and community.", shared Rosemary Cattanach.

There's a special stability that Alex and Meagan bring to their new DON roles, and that begins with regaining trust from their local community, with Ms Allan noting that 90% of their nursing team is local, thus ensuring continuity.

Ms Allan is originally from Pomona and Wentworth, just on the other side of the NSW border from Mildura, where her parents grow sultanas. She studied nursing at Adelaide's RAH, and after marriage to a local farmer they now raise sheep here, while also cropping wheat, lentils, barley and canola. So, one can imagine the time constraints of a full-time 40-hour job teamed with family and farm commitments... for both women. And while it's relatively rare for a shared DON position, "Rosey Cattanach has been so supportive of us doing this as a job share," while also noting that "we appear to be getting to be getting really good feed-back... We really do have the community's back and feel that we can give back to the community."



A Woven History of Murrayville

It's no exaggeration to say that the outback is coming to Red Cliffs, despite Mildura having a remote reputation itself. Yet the history of the small Mallee town of Murrayville, nestled along Victoria's South Australia border and nearby Pinnaroo, is proving a coals to Newcastle story.

And the proof is an upcoming exhibition at Red Cliffs' Workspace 3496 + Gallery, running from 6-26 September, when A Woven History of Murrayville comes to Sunraysia. The gala opening is on Sunday (6 Sept.) to coincide with both the Red Cliffs market and Fathers' Day; the gala is open to all from 1-5 pm opening day. Complimentary refreshments will be served, and admittance free.

Mallee Track Health and Community Service (MTHCS) supports Neighbourhood House projects in Murrayville, as well as Sea Lake and Ouyen. Director of Community Services Lyndal Munro said of this particular project, "At MTHCS Neighbourhood Houses, we see every day how bringing people together can strengthen our community. This project beautifully demonstrates that. Through many hours of collaborative paper weaving, community members have transformed images of Murrayville's into unique artworks while sharing stories, creating friendships and celebrating local history. The finished pieces are a testament not only the town's heritage, but also to the power of creativity to build connection, belonging and community pride. As with many of the programs offered through the Neighbourhood House, this project has shown that when people come together around a

A Woven History of Murrayville continued ...

... shared purpose, wonderful things can happen."

The project has taken some 10 months to fruition. Under the direction of Neighbourhood House and Mallee Track Health of Community Service (MTHCS), some 20 local volunteers of all ages -- including the local school and students -- met weekly to sort through historical photos of the town, re-print them, cut these into strips with a guillotine, and finally re-weave the images to create, literally and figuratively A Woven History of Murrayville. The total equates to an estimated 100+ hours devoted to creating these images. The complete exhibition will be complimented by 3-D papier mâché buildings of the original townscape.

Art curator Rohan Morris explained his interest in bringing this exhibition to his gallery in Red Cliffs. "We ensure Mallee artists have a platform to showcase their work. And what I love about this particular exhibition is the way the Murrayville community has come together to collectively market and connect and showcase their stories while reconnecting with their own history."

Murrayville Neighbourhood House's coordinator parroted those comments noting how this project reinstills community pride. And that is one of Neighbourhood House's aims. "We had people who rarely leave their homes come to the Community Centre to participate," noted Morrison Polkinghorne, saying that many residents reflected with personal anecdotes while viewing the photos.

"As resident Joy Kalms testified, "What an honour it has been to be given to work, watch and learn this intricate form of art...

Being a Murrayville person most of my life I was amazed and excited as each piece and structure was finished as so many memories were remembered."

Mr Polkinghorne is credited as the driving force of this project, following Neighbourhood House's instigating A Virtual Reality of Murrayville last year. Both projects help to reinvigorate Murrayville's tourism, especially as the town's "High Streets" running along both Reed and McKenzie streets, boast century old edifices, including the town's functioning pub; all in original, albeit deteriorating, condition.

Although part of Mildura Rural Council, Murrayville is some two hours drive from Mildura. Despite the relative antiquity of the photos, Murrayville was settled rather late: first in 1910 with farm blocks, and soon after in 1912 with the launch of the railway from Ouyen to and across the state border. Working again through Neighbourhood House and support of Mallee Track, and Murrayville Liaison group, the coordinator next plans to repurpose Murrayville's historic 1915 Courthouse into an art gallery. That building officially closed in 1983, and boasts the same architect and vintage as Ouyen's 1914 Courthouse.

This exhibition explores the subtle beauty and complexity of weaving through a series of carefully re-composed historic photographs of Murrayville. The town proclaims itself as 'the gateway to the outback' on its Mallee Highway roadside, and early- to mid 20th century black and white photos have been enlarged then cut into strips, then woven together to again recreate the original image. The result is an impressive collage, juxtaposed with sepia-hued waft weave.

Each image -- some blown up to as large as a couple metres high -- captures distinctive weaving patterns woven from historical photos, from the rhythmic consistency of plain 1/1 weaves to the dynamic V-shaped chevron twills and intricate double diamond twills.

TRACK Talk



September 2026

A Woven History of Murrayville continued ...

Variations in the weave creating texture, movement, and visual depth. Through these photographs, the work highlights how simple warps, wefts and repeated motifs can generate rich visual narratives, transforming ordinary patterns into intricate, meditative compositions.

A Woven History of Murrayville

Workspace 3496 + Gallery

2/38 Indi Ave, Red Cliffs Victoria 3496

Opening 1pm, Sunday 6 September

Exhibition opened through 26 September

Wed-Friday 10-4pm & Sat 10-1pm

Free admission



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LAUNCH OF
MALLEE
TRACK
2026 TO 2029
STRATEGIC PLAN



RSVP to smaloney@mthcs.vic.gov.au
or call 0411 104 598

4 August	Ouyen	"Meet and Eat" at Ouyen Club 12 - 1pm	Dr Frances Peart Rosemary Cattanach
6 August	Speed	PAG Group - Golf Club 10:30 - 11:30am	Dr Frances Peart Sharon Maloney
11 August	Underbool	"Meet and Eat" at Underbool Clubroom 12 - 1pm	Dr Frances Peart Sharon Maloney
15 August	Wimmera	Family Group - Wimmera Centre (next to General Store) 10:30 - 11:30am	Lyndal Munro Sharon Maloney
18 August	Geelong	Morning tea - Community Hall 10:30 - 11:30am	Pennie Wisneske Sharon Maloney
25 August	Murrayville	Murrayville NHH - PAG rooms 10:30 - 11:30am	Lyndal Munro Pennie Wisneske
10 September	Sea Lake	"Lunch and Laughter" Carinya 12 - 1pm	Rosemary Cattanach Sharon Maloney
18 September	Berriwillock	Morning tea - Community Centre 10am - 11am	Lyndal Munro Sharon Maloney
21 September	Patchewollock	Community Meal - Community Hall 12 - 1pm	Dr Frances Peart Sharon Maloney

A Woven History of Murrayville

MURRAYVILLE NEIGHBOURHOOD HOUSE

6 - 26 September

work-
space
3496

Gallery
3496

2/36 Indi Avenue
Red Cliffs Vic 3496
www.workspace3496.com
Wed-Fri: 10-4pm
Sat: 10-1pm

Venue partners:



**EXHIBITION OPENING
SUNDAY 6 SEPTEMBER 1PM**

Exhibition partners:

