

NEW BOARD BRINGS FRESH LEADERSHIP TO MALLEE TRACK HEALTH AND COMMUNITY SERVICE

Mallee Track Health and Community Service (MTHCS) is proud to announce its new Board of Directors, with Carol Mioduchowski stepping into the role of Board Chair as of 1 July.

With extensive experience in the health sector as both a clinician and leader, Carol brings a wealth of knowledge and a strong commitment to community-centred care. Currently serving as a Community Health Area Manager at Barwon Health, she has led service expansion initiatives and served on numerous national and state boards in the allied health space. With deep ties to the Mallee, Carol says she is “delighted to have the opportunity to contribute to Mallee Track Health and local communities through the board.”



Pictured: Carol Mioduchowski MTHCS Board Chair at MTHCS Sea Lake Health Centre

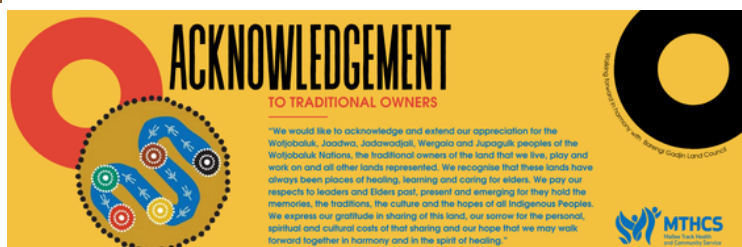
Deputy Chairs Nick McDonald and Nina Smart also bring a powerful mix of health, legal, and business experience to the leadership team. The broader Board includes Frank Piscioneri, Steven Fumberger, Charles Davies, Michelle Twigger, Jennifer Alden, and Peter McCarthy – each bringing diverse perspectives and specialist knowledge from clinical health, governance, emergency services, social justice, and business sectors.

CEO Dr Frances Peart is enthusiastic about the new line-up.

“I warmly welcome the incoming Board members to MTHCS. Each brings strong governance experience, a fresh perspective on rural service delivery, and a deep commitment to improving the health status of the Mallee Track communities. They will align well with the effectiveness of the current Board members and with the new Board Chair’s leadership, we are confident of enriched strategic thinking, strengthened accountability, and decision making that reflects the values and needs of the communities we serve.”

This new Board comes at a pivotal time for MTHCS, as the organisation embarks on the development of its next three-year strategic plan. Community engagement has been central to that process, with the new Board ready to listen, lead, and deliver results.

For more information about MTHCS and its board, visit www.mthcs.vic.gov.au.



TRACK



Talk

AUGUST 2025

FOUNDATION OF MALLEE TRACK AND MTHCS BRING HEALTH CHECKS TO THE MALLEE MACHINERY FIELD DAYS

MTHCS made health a priority at this year's Mallee Machinery Field Days, offering free health checks to visitors through two SiSU Health Stations at their stand.

Funded by the Foundation of Mallee Track, the SiSU Health Stations gave attendees a quick and easy snapshot of key health indicators such as blood pressure, body mass index (BMI), and heart rate — all in just a few minutes.

Foundation Chair Philip Down, seen here having his own health check at the Field Days, said the initiative was about breaking down barriers to preventative health.

“It’s so important to give the community the opportunity to get a free health check done when they are attending these events already. A lot of men, farmers in particular, are time poor and often reluctant to see a doctor. This makes it easy for them to check in ... and it’s a bit of fun too!”

In the lead-up to the Field Days, the SiSU Health Stations were located at Neighbourhood Houses in Ouyen and Sea Lake. A total of 104 community members had health checks performed during this period, with those needing follow-up care referred on to MTHCS Medical Clinics for further investigation.

(Top L to bottom R) Philip Down & Sophie O'Shannessy at the MTHCS stand at the Mallee Machinery Field Days. Sea Lake Neighbourhood House saw Lindsey Blythman have a health check aided by MTHCS EN Tamara Allan and whilst he was there Kelly got him to sign up as an organ donor too.

MTHCS CEO Dr Frances Peart said events like the Field Days are an ideal way to engage with the community outside of a clinic setting.

“The SiSU Health Stations are a quick, accessible way for people to get a snapshot of their wellbeing and for some, it’s the first step towards getting the care they need,” Peart said.

Alongside the health checks, the MTHCS stand offered information on the wide range of health and community services available across the Mallee, reinforcing the organisation’s ongoing commitment to keeping the community healthy and well.



TRACK Talk



DEMENTIA ACTION WEEK

In September, MTHCS is holding a Dementia Action Week event and we need your help!

Would your social group or sporting clubs, schools, childcare, businesses and any other organisation within the Mallee catchment to decorate a pellet tree?

The pellet tree will be kindly made by the Ouyen P12 community group. The tree can be as simple or as detailed as you like. It will hang on the Roxy wall to create a Dementia friendly forest and raise awareness and understanding of dementia within our community from September 15 -21.

If this is something you may be interested in, please contact the Social Support team at Mallee Track by calling 5092 1111 and we will make arrangements for you to collect your tree to decorate.



(R to L) MTHCS Vanessa Morrish and Bertilla Campbell from Dementia Australia at the Dementia Action week event last year at Ouyen Lake.