Your Weekly Community Newspaper

winchelseastar.org.au

Since 1977



Forever seeking the 'alt road' themselves, just over two years ago, Travis (an ex-electrician) and Katie (an osteopath) moved to the winery on Winchelsea-Deans Marsh Road. Amongst learning to make wine, manage a vineyard and having their first child, the pair have just completed renovating the cellar door and are ready to welcome you through.

Over summer you can enjoy their twilight Grassy Gatherings every Saturday night during Summer from 5:30pm. As the sun sets on a hot summer's day they have live music and rotating food trucks. Fill your tummies, grab a glass of wine and maybe even have a little boogie.

> 'Alt Road' 880 Winchelsea-DeansMarsh Rd, Winchelsea South Open Fridays 12-5pm, Saturdays 12-9pm and Sundays 12-5pm

Members returning from tour of landcare works

Stewart Mathison

Winchelsea Land and Rivercare

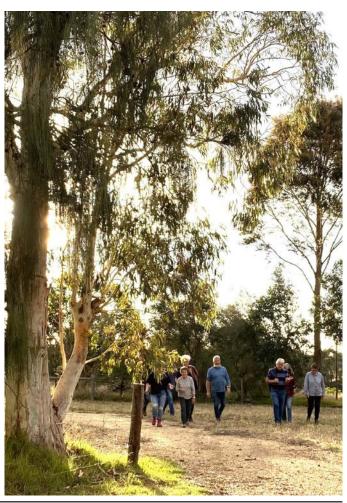
The end of year activity for Winchelsea Land and Rivercare group was a visit to the farm of Jenny and Stewart Mathison on 1 December, where members had a walking tour of the landcare works on the property while others prepared the barbecue.

The property has been in the family since 1905 and had been largely cleared of existing trees by 1940 except for plantings of cypress and pine around the 2 houses that had been built.

Overgrazing with sheep plus rabbits along with the shortages of the depression and the war led to bare paddocks and soil erosion in the gullies. Record wet years in 1951 & 52 increased the rate of soil erosion. With the help of the Soil Conservation Authority (a predecessor of Landcare) a grassed chute and a concrete chute were built to stop the advance of the eroded gullies which were now 4 metres deep.

Fencing and tree planting on the gullies were the start of extensive planting on the property when Stewart became manager in 1969. This was assisted when a Landcare group formed in Winchelsea and part funding was available for tree establishment. There has now been some 15,000 trees planted.

Returning to the shearing shed, the wind had dropped so the chairs were moved outside and a great congenial evening proceeded which was a lovely way to conclude the years activities of Landcare.





Murray Aisbett would do anything to help anyone

We have lost one of the cornerstones of the Winchelsea community

Linda Carter

Winchelsea has lost one of its cornerstones of the community. Murray Aisbett was one of those amazing people who was always there when needed, he would do anything and help anyone.

He spent most of his childhood at Glastonbury Children's Home in Geelong after the death of his mother. Even going back there to supervise the gardens after leaving school. Contrary to some horror stories you hear about these places Murray enjoyed his time there.

He married, started a family and moved to Winchelsea. One of his many jobs was out at Murdeduke and it was only fitting that his memorial service would be held in the gardens he so lovingly tended.





A true measure of how many lives Murray touched was the amazing amount of people attending the service amazingly conducted by his friend, celebrant Jeanette Welsh. Their connection came through his work with Hesse Rural Health. An extremely difficult task knowing the person so closely. Well done Jeanette.





Murray joined Winchelsea Lions Club in 1992. My first experience with Murray was soon after John and I joined, on a walk to Wurdale, where he was dressed as a green fairy, the following year I believe it was netball gear!!

He was the skinniest Santa. I had the privilege of "tailor making" him a new suit when the old one fell apart. We even had to get him a fake belly. We all know his aversion to anything technical, refusing to use a computer or the eftpos machine which will forever be known as the "electric thing".

We have had some hilarious days at Bunnings where he has asked everyone what they have planned for the day, checking out what they have bought and sometimes getting surprising answers back, it will never be the same without you Muz.





Murray held many positions in the Lions Club. President, Treasurer, Secretary, Membership Chairman and most recently Tail Twister. Each one more than once.

He also was presented with many awards including the highest accolade of all the Melvin Jones Fellowship. In his capacity as Tail Twister his policy was never let the truth get in the way of a good story. He used to love going to conventions with the Leaks and the Mawsons.





A true sign of how well respected in the Lions Club he was, attending his funeral were our current District Governor, 1st vice District Governor, two past District Governors, current zone 5 Chairperson, Current zone 6 Chairperson, and their respective partners. Members from Colac, Inverleigh, Torquay and Leopold Lions Clubs and our local Shire Councillor Tony Phelps.



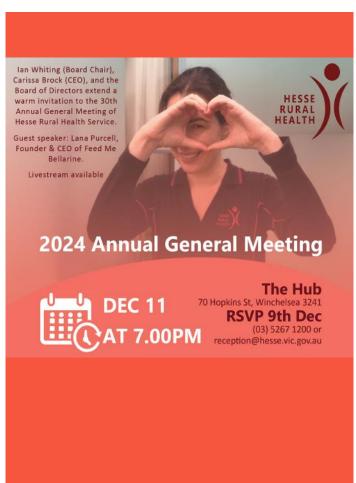


Our thoughts are with Murray's entire family at this time, he will be sadly missed by the whole of Winchelsea and beyond.

VALE MURRAY









La Caseta Community Dinner

Rhani Bayon, Venue & Publicity Administrator Winchelsea Shire Hall

Earler this year Rhani, the Shire Hall coordinator and Cinthya owner and operator of Local Honduran food business La Caseta met up to discuss their mutual passion for our community and how to bring Winchelsea together. After much discussion and planning with Wendy the WinchHouse Manger the idea of the The La Caseta community dinner was born.

The Honduran themed dinner was held at the Shire Hall on Friday 29 November. A night filled with delicious food, drinks and dancing! Guests tested their knowledge about Honduras and Winchelsea history with trivia and the kids enjoyed drawing, hitting the Pinata and a round of limbo! We are excited for more nights like this one, where Winchelsea comes together in such a fun and vibrant way.

Long time Winchelsea Locals welcomed and mingled with those new to our community, parents connected with other parents and kids made new friends. Community connection was what the night was designed for.

Community involvement is essential and we are so grateful for everyone who supported the dinner by attending. In the spirit of community there was an anonymous donation of tickets to allow for additional community members to join in, a beautiful and generous gesture.

It is important to note that events like this don't just happen. They take a lot of work, time, and effort. A special shout-out to the amazing volunteers who helped make the evening a success, Casey for providing the Latin tunes and fun songs for the kids, Trent for manning the bar, Colin for capturing the memories and Chris, María, and Eva for their hard work in the kitchen.

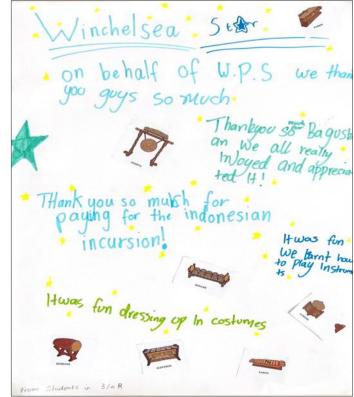














Let's Get Together...

Growing Winchelsea

Summer is fast approaching and soon drums will be heard by the river with the community getting down and dirty while having fun making mud bricks.

In March 2025 the Mud Hut will be the centre of fun and entertainment when Mud Fun comes to town to help the community install a cob wall around Mud Hut. Local entertainer Krazy Koala will engage participants in all sorts of activities while his puppets will entertain visitors.

Thanks to a \$5000 Community Initiatives grant from the Surf Coast Shire Growing Winchelsea's Let's Get Together project will encourage business, community and government to come together and celebrate the final phase of the recently redeveloped Mud Hut with the addition of a mud brick wall around three sides.

"Together we are building a healthy connected community. The cob wall built by the Winchelsea community unifies our picnic shelter to be our new mud hut once more. This establishes our ownership of our community space and is an opportunity for special memories that we built together," said Alison Dean, Convenor of Planning Committee.

Individual community involvement will be acknowledged in some way through creative design & signage with the final rendering an artistic collaboration as well.

"This collaboration between community groups and interested individuals will finalise this asset for the community and visitors alike to enjoy for many years," said John Tebbutt, President of Growing Winchelsea.



"Planning has been underway for some time and already all 150 students from our local school, together with 24 individuals will be involved with the Community Bank, Winchelsea and District, the Men's Shed committing support," continues John.

"The next step is to contact all community organisations, services providers and business to outline the week's activities and encourage their participation. It can be as simple as providing information or organisations may wish to run an activity aligned to their objectives," continues Alison.

The theme for the week's activities is Reduce, reuse and recycle and will incorporate food swaps, cooking demonstrations, information displays, promotion of health and wellbeing activities. "So come on Winchelsea get behind this great opportunity to connect, build networks, learn new skills and have some fun," concludes John.





parkrun 40



7 December 2024

32 participants completed the course through Trebeck Reserve this week. The rain stopped five minutes before start time and started five minutes after we finished. There was one person who completed their first ever parkrun. We had visitors from London, Melbourne and Ballarat.

Congratulations to Kerrie Wildes who recorded her personal best time for Trebeck Reserve. Well done everyone who walked, ran or volunteered.

This event was made possible by the following volunteers: Don Smith * Kate McInnes * Murray Bennett * Ann Morsby * David Woodall * Helen Woodall * Neil McInnes * Liz Bennett

Further details of this week's results can be found at trebeckreserveparkrun.com.au/results

Please check out our Facebook page for today's photos and further information.

Trebeck Reserve, Winchelsea

It takes a minimum of six people each week to safely conduct an enjoyable event. Please email trebeckreserve@parkrun.com if you are able to volunteer some of your time. Tasks are simple, sociable, fun and very much appreciated.

If you wish to join us any Saturday morning as a walker, runner or volunteer please complete the simple online registration at parkrun. com.au/register. This is free, only needs to be done once and can be used at any of the 5,000 plus parkrun events worldwide.

Well behaved dogs on a short hand held leash are welcome (no waist harnesses please)

You do not need to be a runner, wear fancy Lycra or the latest hightech shoes. Around one third of participants walk the course. parkrun was conducted at around 500 locations across Australia this week













Monthly Community Dinners for Winchelsea – we need you!

Jess Butler

Would you like a monthly Winchelsea community dinner?

A group of locals have been working on this for a while and are very pleased to be able to bring this idea to life for our community. We want to create an inclusive, warm, welcoming community space where we can come together to socialise, connect, share food and stories. All ages including children will be very welcome.

We are very passionate about this being a space for everyone and hopefully can make this happen for as low cost as we can. So far the idea is that everyone brings food to share if you are able and a small donation - \$2 per person or \$5 for a family group to cover venue costs). No one will be excluded, so if you couldn't bring something you'd still be very welcome. We are looking at holding dinners on the 4th Saturday of each month 6pm start. We are grateful to the Winchelsea Senior Citizens Centre for allowing use of their venue at an extremely low cost to make these events possible.

We would love to hear from more locals with any feedback or ideas you might have, so please get in touch. These will be community powered events where different people contribute their time to make the dinners a success. We've had some great offers of help, but can always use more so if you'd like to be part of the organising group or help out at the events please let us know.



Some ideas of help we will need:

- · Someone who is good on Canva and willing to design a flyer
- Help with promotion/letting other community members know
- Musicians and other entertainers
- People to help with set up/pack up
- People willing to do dishes or coordinate a wash your own plate process
- People who have flowers in their gardens that could be used for table decorations
- People who might like to help with children's activities or entertainment
- Someone who is willing to write articles for the Winchelsea Star after the dinners
- Other contributions welcome let us know what you can/would like to do

We look forward to hearing from you, or seeing you at our first dinner in the New Year.

To get in touch with us please call or text Jess 0409536752 Kate, Mel, Sky, Alison, Arabella, Carla, Danielle, Krissy, Jeff, Jaylee and Jess





ALT RP

Alt Road Wines

(From Cover)

Travis and Katie are passionate about the wines they are making and the process by which it is made.

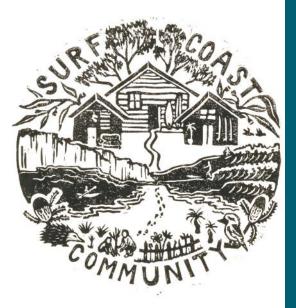
Their range is all estate grown using organic practices and then made and bottled on-site by themselves (with the helping hands of family and friends from time-to-time).

Now, there is a place to come and meet the maker, ask more about the story and most importantly, taste the product.

But for Katie and Trav, it's even more than that; It's a space to bring people together for the experience of slowing down and enjoying the moment.

The perfect spot to catch up with friends or family over a wine and a grazing platter and enjoy the cosy and intimate cellar door or grab one of their picnic rugs and relax on the lawned area surrounded by the Pinot Noir vines and shaded by the beautiful towering gums.

Over summer you can enjoy their twilight Grassy Gatherings with live music and food trucks every Saturday night from 5:30pm



2025 Community Arts Calendar

Collect your FREE copy at:

- Anglesea Post Office
- Anglesea Visitor Information Centre
- Anglesea Art House
- Anglesea Art Space
- Aireys Inlet Post Office
- Deans Marsh Community House
- Lorne Visitor Information Centre
- Moriac General Store
- Torquay Visitor Information Centre
- Winchelsea Community House

surfcoast.vic.gov.au/2025ArtsCalendar



Scan the QR code for full details on locations and opening hours or visit our website.







SANDYZ TRADING HOURS

Thursday, Fridays and Saturdays

Now open earlier for lunch from 11.30am. Close at 8.00pm Sundays open from 3.00pm now that we are open for lunches



WINCHELSEA OP SHOP

Winchelsea Op Shop will be closing accepting donations after Saturday November 30th.

We will be closing for our Xmas break from Monday 16 December and re opening on Friday January 3 when we will start to accept donations again.

WANTED: AGISTMENT

22 Angus cows and Autumn calves Short or long-term (preferred) Can BYO yards if needed Please call Amelia 0408 995 224

LIONS CLUB

Environmentally friendly compressed paper bricks for your fire. Save on the rising cost of wood. Pack 4 bricks \$5 - Roll small rolls \$2 Contact Alan 0476 475 422

Winchelsea Star COMMUNITY NOTICEBOARD

email editor@winchelseastar.org.au or leave at Winchelsea IGA

WINCHELSEA PICKLEBALL

Winchelsea Leisure Time Centre Wed 7-830pm or Thurs10-11.30am. All equipment supplied, wear suitable footwear.

Lesley Mathison 0438 672 197

WINCHELSEA TENNIS CLUB

JUNIOR COACHING

Mondays from 3.30pm with experienced Nicole Mullen, \$10

SOCIAL TWILIGHT TENNIS

Monday evenings from 6.00pm.

All Welcome!

FOR SALE TRACTOR

Agrison, 60 Hp 4wd 4 In 1 bucket + forks, 1000 Hours 0432 552 713.

CUBS AND JOEYS

For more information, or to get involved, contact Marie McPadden – 0409330147 or mcpadden630@bigpond.com

WANT TO JOIN PROBUS?

Enjoy fellowship with other members

Enjoy trips & outings

Listen to guest speakers



Contact Lorraine 0417 467 927



Social Bridge is played

EVERY TUESDAY 10.30 AM-1.00 PM SENIOR CITIZENS CENTRE

36 Harding Street Winchelsea

New players always welcome

Elaine Atkinson 0458 009 616



FIRST SUNDAY OF EACH MONTH

- 5 January 2025
- 2 February 2025
- 2 March 2025
- 6 April 2025
- 4 May 2025
- 1 June 2025

WINCHELSEA GIRL GUIDES

Are you interested in joining an enthusiastic, self-motivated team working with girls, 5-15 years?

Winchelsea Guides are seeking female adult volunteers. Help us provide a stimulating program giving leadership development opportunities for girls, as well as providing fun and friendship.

Phone Yvonne 0448 672630

DIAMOND DOT

Tracey 0427500649



Empty and scrape out your recycling.

Food or liquid left inside containers in your yellow-lidded recycling bin can spill on other items. This reduces the quality of the materials and causes problems during the recycling process.

Scrape out any food and pour out excess liquid before recycling them.

Small acts make a big impact.

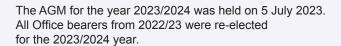
Find out more: surfcoast.vic.gov.au/recycling



WINCH HOUSE AGM

Men's Shed – Auspice by Winchelsea Community House Report 2023/24

Frank Jelliff, Winchelsea Men's Shed Secretary



Ray Atkinson - Co-ordinator
Bill Walters - Workshop Manager
Ray King - Treasurer
Clyde Stephenson - Garden Manager

Frank Jelliff - Secretary

The Winchelsea Men's Shed continues to provide a friendly and inviting meeting place for men in the Winchelsea and surrounding areas. The Shed has a well equipped workshop and welcomes anyone who wants to drop in for a chat and a cuppa. The Shed was repainted earlier in the year by one of the local tradesmen.

The Shed is open every Wednesday and holds monthly meetings on the second Wednesday of the month. We appreciate the support of the community and our sponsors whose contributions help to keep the Shed a thriving environment.

Building on from last years' foundations we continued running "Women's Workshops". With regular attendance from ladies wanting to learn new skills. These are ably led by Stuart Forbes, who has given generously of his time in running these workshops.

Upkeep of the Winchelsea Community garden is overseen by the Men's Shed and made functional and productive by the continued hard work of our members.

A special mention for Clyde Stephenson who spends many hours tending to the garden. Unfortunately, as with previous years, we had to add further security to the garden fencing due to damage and theft. This is unfortunate as the purpose of the garden is to provide a free and open environment for all who visit.

The ongoing sale of timber offcuts, kindly supplied by a Geelong business, continues to earn the Shed a steady income through the colder months. Pick-ups when the Shed is open and deliveries on other days maintains a steady turnover.

We have also, where possible, helped with small jobs around the town as well as attending to people who come to the shed with things to be repaired.



Although we would like to take on more and larger jobs we are restricted by our small membership. Income from activities and projects goes towards maintaining the machinery and replacing it where necessary.

The sale of items handmade by Shed members also contributes to overall income.

The Shed continues to run sausage sizzles at the Winchelsea monthly market and, less regularly, at Torquay Bunnings to raise further funds for the group.

We thank The Surf Coast Shire for co-ordinating quarterly meetings for the Sheds under their jurisdiction. Terri Hannan co-ordinates these meetings which sees the leaders of the four Surf Coast Men's Sheds, Torquay, Anglesea, Lorne and Winchelsea gather for what is called "Heads of Sheds" meetings.

These meetings are held at the different sheds on an alternating basis. They are a great source of information, as well as for sharing ideas and resources across the region. These help to foster a good working relationship for all involved. We appreciate the work Terri puts in co-ordinating and chairing these catch-ups.

Thanks to The Bendigo Bank who continue to support us with grants and assistance. We cannot thank them enough.

Thanks to our co-ordinator Ray Atkinson, who continues to be the first port of call for the Shed. Many thanks to Ray King who controls the purse strings as Treasurer and to Bill Walters who oversees the running and maintenance of the workshop ably assisted by Stuart Forbes and a further thanks to Clyde Stephenson our Garden Manager.

The Winchelsea Men's Shed currently has 17 registered members







Winchelsea Star Production Meeting

Saturday 25 January 2025

Everyone is invited to come along to a monthly meeting - with coffee of course - on the last Saturday of each month.

Your comments or suggestions, feedback, ideas for stories or coming events are welcome - or simply to say Hi!

Next Winchelsea Star Production Meeting Saturday 25 January 2025 9 - 10am @ Sweet Thyme, Winchelsea

This Week's Winchelsea Star

Editor - Yvonne Stevens Designer - Susan Corby



send your stories

news@winchelseastar.org.au

LOCAL NEWS and ARTICLES WELCOME

Include name and address of the sender Email news@winchelseastar.org.au Leave hard copy at IGA Supermarket

DEADLINE 5pm Fridays

4pm Sundays - hard copy articles left at IGA6pm Sundays - sports results and weekend events

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production

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Views expressed are not necessarily those of the Winchelsea Star or Committee. The Winchelsea Star reserves the right to edit or not publish any article.

Wanted: Your input

Councillor Tony Phelps (Winchelsea Ward)

I and the rest of Council would like to hear from you about where we go over the next 4 years or so, and what we do with the next yearly budget.

By way of background, the Shire and its Council are obligated by State Government to produce a 4-year 'Council Plan' which needs to include a 'Health & Wellbeing Plan' – so our new group of Councillors have to give this a high priority over the coming months. Community consultation is baked in with a series of Council pop-ups at various locations and events around the Shire over December and January, and following that a representative panel of 40 stakeholders (ratepayers) put together to review all the data gathered and form a list of recommendations for Council to consider. Your Councillors will then decide what to run with, and the final 4-year Council Plan should be formally approved and adopted by October 2025.

In line with this and in a shorter time-span, the next budget (for July 2025 to June 2026) has to be formulated, put out to the public for review and comment, and adopted by June 2025. Work is already beginning on the budget, so now is the time for you to chip in with what you think needs to change,



what should remain, and maybe what should be added in – bearing in mind that Shire costs have increased just the same as they have for everyone yet income from rates is limited by State Government (this is the 'rate-capping').

It's going to be a difficult budget... What do you think we can cut or reduce in order to continue other items? I'd love to hear from you.

There's currently an "Our Focus Our Future" online survey open to anyone who lives, works, operates or plays in Surf Coast Shire – see surfcoast.vic.gov.au/ourfocusourfuture. I strongly recommend that you take 15 minutes out of your next 4 years to advise your directions, opinions, thoughts, suggestions. The Council Plan is genuinely a guiding document for Council in its decision making, a road-map for what to support and what not to support, because it represents community desires and aspirations. Your feedback is how we find out such things!

So fill in that survey now or call in to one of the pop-up sessions listed on that webpage, or drop me an email to tphelps@surfcoast.vic.gov.au

Councillors appointed to represent Surf Coast Shire on peak bodies

Surf Coast Shire

Surf Coast Shire Council has endorsed appointments of councillors to 17 key committees and regional/peak organisations, tackling high priority topics for the remainder of 2024 and for 2025.

Representation on these 17 committees and organisations will ensure Council can engage with different groups and can advocate, represent and provide for the community.

They cover areas including the local government sector, Council advisory committees, culture and tourism, sustainability and health and wellbeing.

"Having representation on these committees and regional and peak organisations ensures Council can have input on a broad range of key community matters," said Cr Rebecca Bourke.

"We review these appointments annually to ensure our involvement is relevant to our strategic goals, Council Plan objectives and community priorities."

"I congratulate my fellow councillors for securing representative positions as we continue to work hard in advocating for the Surf Coast Shire," she said.

Of the Winchelsea Ward councillors, Adrian Schonfelder is on the Geelong Heritage Centre Collection Advisory Committee, and Tony Phelps (sub - Joel Grist) are on the Positive Ageing Advisory Committee.

Committees established to provide specific advice to Council	No. of Reps	Representative
Audit & Risk Committee	2	Cr Liz Pattison Cr Joel Grist
All Abilities Advisory Committee		Cr Leon Walker
Chief Executive Officer Employment Matters Committee		All Councillors
Positive Ageing Advisory Committee		Cr Tony Phelps (Sub - Cr Joel Grist)
Corporations with local government representation (director positions)		
Geelong Regional Library Corporation	1	Cr Liz Pattison
Great Ocean Road Regional Tourism Inc. Board	1	CEO Robyn Seymour
G21 Geelong Region Alliance Ltd - Board of Directors	1	Mayor - Cr Mike Bodsworth Robyn Seymour
Other organisations/committees		
Municipal Association of Victoria	1	Cr Libby Stapleton (Sub - Cr Tony Phelps)
Australian Local Government Association	1	Mayor - Cr Mike Bodsworth
Geelong Heritage Centre Collection Advisory Committee	1	Cr Adrian Schonfelder
Peri Urban Group of Rural Councils	1	Mayor - Cr Mike Bodsworth
Mayoral Taskforce Supporting People Seeking Asylum	1	Mayor - Cr Mike Bodsworth
Point Grey Development Community Reference Group (Observer)	1	Cr Leon Walker (Sub - Cr Libby Stapleton)
G21 Pillars		
G21 Culture and Economic Development Pillar	1	Cr Leon Walker (Sub - Cr Rebecca Bourke)
G21 Health and Wellbeing Pillar	1	Cr Rebecca Bourke (Sub – Cr Joel Grist)
G21 Sustainability Pillar	1	Cr Liz Pattison (Sub - Cr Adrian Schonfelder)
G21 Transport and Planning Pillar	1	Cr Paul Barker (Sub - Cr Libby Stapleton)

Winchelsea Churches



St John's Catholic Church

Father Joseph Panackal 0404598558 Harding St, Winchelsea 3241 MASS TIMES 6pm Sat. Dec. 7, 14, 21, 28 6pm Sat. Jan. 4, 11, 18, 25

CHRISTMAS TIMES
Reconciliation Sat 7 December, 5pm
Christmas Day 9.00am

St Thomas' Anglican Church

Rev'd Phil Jacobson 0477 672 042 stthomaswac@gmail.com Barwon Tce, Winchelsea Service 10am

CHRISTMAS TIMES

Children's Christmas Eve Service 5pm Christmas Eve Service 7pm Christmas Day Service 9am

Winchelsea Uniting Church

0475 777 301 uca.winchelsea@gmail.com Hesse St, Winchelsea 3241 Services 9.30am Sundays

Thought for the Week

"At the end of your life, you will never regret not having passed one more test, not winning one more verdict or closing one more deal. You will regret time not spent with a friend and your loved ones."

John Bader, Former U/C Accredited Lay Preacher

Thoughts on Change

Phil Jacobson, St Thomas Anglican Church

At St Thomas, we've nearly finished going through a monumental change as the church building has been fully renovated. Change is like an unexpected guest who shows up at your door unannounced, often at the most inconvenient time. It can make you want to hide under the couch and pretend you're not home. But once you let it in, you might find that this guest has brought along some great gifts, transforming your life in ways you never imagined.

The difficulty of change is a universal experience. Whether it's moving to a new city, starting a new job, or simply changing your daily routine, the initial stages can be scary. Imagine trying to learn how to ride a bike for the first time. There's the wobbling, the fear of falling, and the frustration of not getting it right immediately. Change, much like learning to ride that bike, requires balance, persistence, and a good sense of humour when you inevitably tumble.

One of the biggest challenges of change is the uncertainty it brings. Humans are creatures of habit. We find comfort in the familiar, in knowing what to expect. Change disrupts this sense of security and throws us into the unknown. It's like opening a box of assorted chocolates without a guide - you never know if you're aboutto bite into your favourite caramel or a divisive piece of coconut. This unpredictability can be scary, but it's also where the magic happens.

When we embrace change, we open ourselves up to growth and new opportunities. Think of it as a makeover for your life. Sure, the process can be messy – there's the metaphorical hair dye stains and the awkward phase when nothing seems to fit quite right. But soon enough, you start to see the encouraging effects. You learn new skills, meet new people, and discover parts of yourself you never knew existed.

Change has a way of pushing us out of our comfort zones and into the realm of possibility. Consider the caterpillar's metamorphosis into a butterfly. It's not an easy process – there's a lot of cocooning and struggling involved. Yet, the end result is a creature that can soar to new heights. Similarly, change allows us to spread our wings and explore new horizons.

There are also practical benefits to change. On a personal level, it can improve your mental agility and resilience. Facing and overcoming challenges strengthens your problem-solving skills and makes you more adaptable. It's like a mental workout, toning your brain muscles and keeping you sharp.

On a broader scale, change drives innovation and progress. Imagine if we never embraced change – we'd still be

living in caves, rubbing sticks together to make fire. Every advancement, from the invention of the wheel to the smartphone in your pocket, has been fuelled by the willingness to step into the unknown and try something different.

Let's not forget the excitement and novelty that change brings. Routine can be comforting, but it can also become monotonous. Change injects a sense of adventure into our lives. It's like shaking up a snow globe – everything gets a little chaotic for a moment, but then you're left with a shimmering scene that you wouldn't have seen otherwise.

Of course, change isn't always easy. There are bumps along the way, moments of doubt, and the occasional face-plant. But with each stumble, we learn and grow stronger. We discover that we're capable of more than we ever thought possible.

In the end, change is a dance between fear and excitement. It's about stepping onto the dance floor, even if you have two left feet, and finding your rhythm. It's about embracing the unexpected and seeing where it takes you. So, the next time change comes knocking, don't hide under the couch. Open the door, invite it in, and see what wonderful gifts it has brought along. You might just find that this unexpected guest becomes a cherished friend, helping you to create an atmosphere that's more vibrant and fuller with possibilities than you ever dreamed.

It's worked like that for us, I hope this will work for you also.

Summer Festival for families at the Boxing Day Test

Victorian State Government

The Boxing Day Test will be bigger and better than ever with a Summer Festival in Yarra Park. The Festival will take place over the first three days of the Test match, celebrating the rich connection between India and Victoria, focusing on food, music, art, cricket and community.

The Summer Festival will feature live music, Bollywood dance performances, celebrity chef demonstrations, food trucks and pitches for pop-up cricket games.

After stumps on day three, fans will have the opportunity to walk across to John Cain Arena to see the first ever professional Kabaddi matches played in Australia.

To book your seat at the Boxing Day Test and the Women's Ashes, visit ticketek.com.au.



Winchelsea Community House Inc. A6247K

28 Hesse Street, PO BOX 75, WINCHELSEA, Vic. 3241

Phone: (03) 5267 2028 Email: manager@winchhouse.org.au

ABN: 48 932 340 254

Always wanted to learn to learn to Knit?

WINCHELSEA KNITTING GROUP

Thursday Mornings

10.30 - 12pm

FREE Community group.

All welcome, come along and learn to knit or bring a project to work on whilst enjoying a cuppa and a chat.

Winchelsea Community House

Crochet Group

Every Second Saturday

1.30pm in the Winchelsea Community

Centre

Next Group 14th Dec

\$5 per Session

Book your spot at reception@winchhouse.org.au

Tai Chi

Friday Mornings 9.00am - 10.00am

In the Helen Verity Room, Winchelsea community house \$10 per session

CHATTY CAFÉ

"Sip, Chat, Share, Care"

Every Friday 10.30am - 12.30pm

Winchelsea Shire Hall

FREE, Everyone Welcome.

Collection tin for donations.

Carers Corner

Come along, connect with other carers, have a

cuppa and a chat, and share useful resources.

29th Nov 11.00am – 12 noon

At the Winchelsea Shire Hall Collection tin for donations.

Let us know if there is a Program, Activity or Event you would like to see at Winchelsea Community Centre or the Shire Hall.

Community Co-Working Space

Work alongside other small business owners, Share ideas, connect and network with other local professionals. Change up your workspace, work remotely but not from home.

NBN WI-fl

Access to Photocoping and printing

Potential for guest speakers and professional development workshops
Whiteboard for brainstorming

Microwave and fridge and On-Site Espresso Coffee!



Winchelsea community house will close at 2pm Friday 20th of December and Re-Open 9am Monday 13th of January.

The Winchelsea Community House aims to provide a space to connect with others in our community through a wide range of programs and activities.

There are many opportunities to learn new skills or further develop existing ones for fun, for your resume or for your confidence and mental health.



Fun, Interactive music sessions for pre-school children (0-4 y.o.) and parents/caregivers

When: Mondays from 10 to 11 am (runs during school terms) Where: St Thomas' Hall 25 Barwon Tce.

To Enquire ring: 0407838256



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BARWON PARK HOMESTEAD

105 Inverleigh Road, Winchelsea



Sandra Jones

BARWON PARK HOMESTEAD

Thomas Austin came to Tasmania from England in 1831 with his parents, two brothers and a sister. He supposedly came to Victoria with his brother James in 1837. He became the owner of Toulon, St.Leonards and Waterloo Plains with more than 29,000 acres.

Elizabeth Phillip Harding came to Victoria with her brother and lived at "Murdeduke" until her marriage to Thomas Austin. They were married in 1845 and had 11 children.

The original Austin dwelling was a log cabin built at St. Leonard's Hill. Later they built a bluestone house, where they entertained the Duke of Edinburgh in 1867, which is now ruins. The third home on the property was a magnificent two storied bluestone structure, now know as "The Mansion". The mansion was completed in 1871.

A grand ball was held there on June 30 1871 to celebrate. Unfortunately Thomas died in the December of the same year but Elizabeth lived there until her death in 1910.

Edward Batson was brought out by Thomas to work as overseer. After Mrs Austin died Edwards son Stephen bought The Mansion and 320 acres and his brother Herbert bought the property which included the old homestead. One of Stephen's sons Sydney Batson gained possession of the Mansion in 1921.

Sydney Batson bequeathed the property to the National Trust.





WINCHELSEA HISTORICAL SOCIETY

Hesse Street Cnr Princes Highway Winchelsea 3241 OPEN Wednesdays 1 - 4pm, Fridays 10 - 3pm





Growing Winchelsea Inc 2024 Annual Report (Excerpt)

Email: secretary@growingwinchelsea.com Website: www.growingwinchelsea.com

ABN: 94 639 315 541

President's Report

We enjoy life on the banks of the Barwon River, live and work in a productive farming district with great history, rich heritage and access to the coast, the Great Ocean Road and nearby Geelong. With the predicted population growth there is the need for Winchelsea to grow in a way that makes it a better place to live and work – growth that is in line with community aspirations for its future. *John Tebbutt*

Subcommittees

Subcommittees have been highly active throughout the year and Growing Winchelsea thanks each volunteer for their commitment, dedication and contribution to growing our community.

Our current subcommittees are:

- Winchelsea Arboretum Trail (WAT)
- Winchelsea Community Market
- Winchelsea Rail Precinct now known as Stationeers Program
- · Winchelsea Movie Club
- Infrastructure and Planning
- School Facilities



Secretary / Treasurer Report

I have operated to influence change, build economic prosperity, promote leadership potential and build strong partnerships / networks. The following changes have been introduced:

- Bimonthly meetings and three community forums per year to reduce volunteer workload
- Increased exposure through radio, newsprint and social media
- Adoption of sound governance
- Community forum topics of interest
- · Build relationships with subcommittees

- Strengthen partnerships with community members, council and organisations
- Bus tour of Winchelsea with council representatives and committee members to highlight current projects and future initiatives / opportunities *Elaine Atkinson*

Winchelsea Arboretum Trail (WAT



In August our grant application under the Stronger Communities Round 8 was successful. \$16,666 was granted for the development of a small pocket of land on the corner of Mercer and Barkly Streets.

A landscape designer was engaged and a plan was approved. In November path creation, planting of indigenous trees, installation of a picnic table began. Trees that existed prior to our project were retained and pruned. Our group kept the trees alive over the hot summer with watering. We entered discussions with Barwon Water and Surf Coast Shire about installing a drinking fountain. In November we were advised by Stronger Communities that all elements of our project had been delivered, on time and on budget. The Reserve will be handed over to the Surf Coast Shire in November 2024.

Rowan Mackenzie joined our subcommittee in 2023, bringing a wealth of horticultural knowledge and as a previous senior officer at Surf Coast Shire, invaluable knowledge of local government.

There were several street tree plantings in the Street tree project funded by the Surf Coast Shire; Jerilderie Reds, (Brachychiton populneus x acerifolius) were chosen for Sussex and Cooper Streets. They form a way finding line along those streets. Brachychiton populneus were chosen as the seeds, roots, stems and bark have all been used as a traditional source of food for First Nations people and animals. The Jerilderie Reds are semi-deciduous, glossy green foliage and have a beautiful flower.

The same trees were chosen for both sides of Bennett Street where all existing trees had to be removed due to works required to the spoon drains. In 2023/2024 we have:

- engaged in discussions with Winchelsea Primary School about planting north of the Leisure Centre
- been in discussions with Surf Coast Shire about the Winchelsea Integrated Water Management Plan
- been in the Surf Coast Shire discussions Urban Futures Strategy and Planning Scheme Review
- continued our editing of our Concept Plan 2024
- continued to advocate for increasing tree canopy, creating treed trails connecting the town's quadrants

Naida Hutton

Winchelsea Community Market

Our local monthly market is an important event for the Winchelsea community. Not only does our market add vibrancy, character and convenience, but it also gives small businesses the opportunity to showcase their products and services to a wider audience. It is a fertile ground for business start-ups, supporting local entrepreneurs with a simple entry point to the marketplace. By shopping at the community market, you can connect with locals, live more sustainably, support our local economy and help raise funds that go back into our community.

The Winchelsea Community Market recommenced on Father's Day September 2022 at Winch House utilising the Shire Hall and the car parkl.



Held on the first Sunday of each month from 9 am to 1 pm with regular entertainment, a feature to entertain adults and children a like. Approximately 30 stallholders attend regularly and local community organisations have the opportunity of raising funds.

I would like to take the opportunity to thank Kim Johnson, Stallholder Coordinator for her dedication, humour and commitment. Thanks also to Mitchell Parsons and Joel Grist, volunteers who set up, dismantle and man the Growing Winchelsea marguee.

To remain viable, the Market needs the strong support of the community and I encourage everyone to take the time to invite family and friends to come along. Together we can grow the Winchelsea Community Market to build our local economy, support new jobs and business growth.

Lesley Christie







Winchelsea Rail Precinct now known as Stationeers Program

The Station Precinct Project has seen the painting of the Mural on the shared wall between the Journey Childcare Centre and the grounds of the Station in 2023; painted by local artist Lauren Green with children from Winchelsea Primary school. Supporters of the project were Surf Coast Shire, Winchelsea Lions Club, Bendigo Bank. Signage and night lighting have been installed.

Agapanthus have been removed by volunteers, under the banner of Keep Australia Beautiful.

With a Surf Coast Shire Grant of \$5,000 the group have removed rotten garden surrounds, and made and installed new timber surrounds for the roses on the Station platform. The roses were pruned and fed following the advice of 2 local professionals, Horticultural Lecturer, Tony Hughes and Gardener Kate Allen. The roses have responded extremely well.

Larger planter boxes have been made and are now on the station platform, thanks to the work of John Hutton. Incorporation of seating into the design is in discussion. Remainder of the grant allows for plants, soil, soil delivery, geo-mesh, hose and hose fittings, plaque to honour past contributors.

Louise Hall



Winchelsea Movie Club

Due to floor repairs at the Globe Theatre we would like to thank the Winch House Committee for accommodating us at the Shire Hall. Although the setup and equipment was a challenge at times, we were very grateful to be able to continue to show movies during the year. The Movie Club End of Year Christmas Night was very successful with everyone enjoying the Christmas Movie and supper.

In August, we returned to the Globe Theatre. There were technical problems that have temporarily been restored, but technicians consider the equipment out of date and Surf Coast Shire is looking into replace it.

The Movie Club run by volunteers started in 2017 is now going into its eigth year of providing an entertaining and social event for

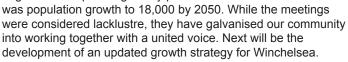
many in Winchelsea. This year we have 68 members.

Sue Hutton

Infrastructure & Planning

Consultation with the community has been high on the agenda with the endorsement of the Winchelsea Community Action Plan in 2023, and the draft Urban Futures Strategy out for comment by Surf Coast Shire in mid June 2024.

A number of meetings outlined a framework to quide future planning. A key prediction



Mitchell Parsons School Facilities

Established in June 2024 the focus of this subcommittee is to lobby and campaign for New School Facilities to be built in Winchelsea within 10 years. The population is growing and the Committee will lobby for an education precinct that provides for a Prep - 12 School, pre-school facilities as well as maternal child health needs.

Summary of the subcommittee's activities this 12 months:

- In October 2023 the School Council of Winchelsea Primary School begin a campaign for construction of a new school. School Council approached Politicians and Surf Coast Shire.
 In December 2023 newspaper articles raised concerns relating to building damage by vermin and lack of funding
- March May 2024 The Committee conducted newspaper and radio interviews and continued correspondence to local Members of Parliament. The Victorian School Building Authority declined our application for a partial rebuild. This did not deter the committee and the Community Engagement Information Evening was held on 24 May 2024. Members of the Winchelsea Community, Richard Riordan, Growing Winchelsea members and Surf Coast Shire Councillors attended to hear of issues faced by our School
- A survey commenced asking whether the School should be P – 12 and where it should be located. Response to date has been overwhelming in support of a new P-12 in a new location. The survey remains active
- Growing Winchelsea extended an invitation to the School Council to become a subcommittee in June 2024

Megan Morris



Financial Reports

Balance carried forward 1/7/23 \$24,184.51 Balance 30/6/24 Total \$24,348.01

Community Action Plan Goals & Achievements

- 1. Connecting Our Community
- 2. Actively Building Resilience
- 3. Linking Community Organisations and Networks
- 4. Celebrating the Barwon River
- 5. 5. Retaining Country Authenticity
- 6. Valuing a Rich Cultural Landscape



Meet Your Local Businesses

We love to showcase the local businesses of the Winchelsea region.

Know a business that could be next? Head to

winchelseastar.org.au/contribute/promote-a-local and fill in the quick questionnaire.

All About Mowers

Andrew Green 5 Lennox St, Winchelsea VIC 3241 Phone: (03) 5267 2266

When did you start trading?

Business has been going for over 20 years, we have had it since 2018

Why did you decide to start your business?

I Was already employed at All About Mowers when the opportunity arose to purchase and develop the business further

Why did you choose to run your business in Winchelsea?

Local, small town, friendly people

What are some of challenges you encountered?

Reimaging of the shop for Stihl was a huge process while operating the business. Staff and customers had a maze to get around to find things - but it was well worth it.

What do you wish you had known before you started?

Business owners don't get time off or holidays and if they do it is not without interruptions!





What type of education helped you to open/run/manage your business?

Previous business management and working in a spare parts field that dealt with lots of gueries and needed problem solving

How many employees do you have? 6

Describe a typical day in your business?

Day starts with setting up the shop inside and out, emails and phone calls to be answered, attending customers as they pop into the shop, ordering parts,

NOW

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essor

deliveries, invoices, deliveries, diagnosing and fixing, pick up and deliveries for customers and cleaning up after mechanics

All About Mowers & Chainsaws

Welcome

Authorised Servicing Locally Ov

Best thing about Winchelsea?

Local community atmosphere that gets behind and supports our local clubs, families and those that need it.

One thing you would change in Winchelsea?

Parking for locals and visitors in our town in it's current state

Weedbusters field day to promote clean farm biodiversity

HDLN

A Weedbuster field day at Scotts Creek on 4 December will help farmers to keep their shelter belts free of pests.

Heytesbury District Landcare Network (HDLN) is hosting the event at Jamie and Andrew Vogels' farm from 11am-2pm.

Chris Hibburt said modern farmers recognised the need for biodiversity and retaining natural areas that remained closed to grazing. However, those areas run greater risk of attracting weeds and pests.

"On farms today, it is important to understand the need for biodiversity and nature, but in most cases, those areas are more likely to attract weeds and pests." Mr Hibburt said.



"As much as biodiversity and shelter belts are important in providing a quality product for consumers, these areas come with the challenges of controlling weeds. If those weeds are not controlled, especially in the early stages, it reduces the ability to establish the plant species."

Agronomist Jonathan Town will lead the field day, with a focus on understanding and effective control measures for ragwort and blackberries.

The event will feature a weeds-themed morning tea and lunch and is at 570 Cobden-Port Campbell Rd, Scotts Creek.

HDLN held an earlier successful Weedbuster Field Day at Adam Roberts' Tesbury farm on November 14.

HDLN landcare manager Michelle Leech said the events offer landholders of all types and sizes the opportunity to visit interesting properties to discuss best practice weed management, with a particular focus on ragwort and blackberry.

This event is supported by the Victorian Government through the Partnerships Against Pests grant program.

People can register for the Scotts Creek field day at https://bit.ly/ weedbuster2.



Stay safe on ladders this summer

VictorianState Government

Data from the Victorian Injury Surveillance Unit shows hospital admissions for ladder falls at home have increased over the past decade by 49 per cent among Victorians aged 55 years and over. Most are male aged between 50 and 79 years.

Falling from a ladder can result in serious, sometimes fatal injuries, including bone fractures and brain and head injuries that can affect everyday functions, such as walking and talking. They can have a massive impact on independence and limit taking public transport and driving.

During the festive season, the rate of people turning up at emergency departments with injuries from jobs at home increases exponentially - but there are simple ways to stay safe.

Those climbing a ladder should always take precautions including:

- Making sure the ladder is the right height for the job and in good working condition
- Placing the ladder on dry, firm and level ground away from outwardopening doors or windows
- Staying in the centre of the ladder when climbing, and only climbing to the second step from the top
- Working within arm's reach and never leaning too far from the ladder
- Maintaining three points of contact with the ladder, using both feet and one hand when using a tool
- Ensuring someone else is home when climbing and ideally having someone to hold the ladder

 Avoiding climbing in wet, windy, or hot weather.

For more information please visit betterhealth.vic.gov.au/health/healthyliving/ladder-safety.

Volunteer grants now open

Dan Tehan, Member for Wannon

Local community organisations across Wannon are encouraged to apply for 2024-25 Volunteer Grants.

"These grants can assist with the purchase of essential items that make volunteering easier, safer, and more enjoyable," Mr Tehan said.

Grants ranging from \$1,000 to \$5,000 are available to assist community organisations in supporting the valuable work of volunteers.

Expressions of interest close at 5pm on Friday 17 January and interested groups should contact 1300 131 692.

Growth in Food Safety Standards for berries, leafy greens and melons AgVic

New Food Safety Standards for growers of berries, leafy green vegetables and melons come into effect 12 February 2025.

Food Standards Australia and NZ introduced new food safety and compliance standdards in 2022 to the National Food Standards Code.

The Standards apply to businesses of any size that grow or complete primary or 'early-stage' processing such as washing, trimming, sorting, sanitising or storing berries, leafy vegetables or melons.

If you grow leafy greens, melons or berries in Victoria, visit the Agriculture Victoria website to learn more about the implementation of the Standards.

Agriculture Victoria is holding a webinar on Tuesday 10 December for berry, leafy vegetable and melon producers to learn more about the new Primary Production and Processing Standards.

It will cover microbial food safety risks, what is required to comply with the Standards for each industry, how Global Food Safety Initiative schemes will be recognised, indicative costs and where to access useful information and resources.

For more information, visit the Agriculture Victoria website.



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Summer's not a silly season

Chris Hardman, Forest Fire Management Victoria

Last week you might have noticed a pick-up in news articles and broadcasts forecasting a hot, dry summer, and high potential for fire in some areas of the state. This year's outlook predicts higher potential for fire for most of western Victoria.

The potential is because of the dry conditions, the availability of vegetation (e.g. grass, leaves, bark, shrubs and fallen branches) to 'fuel' fires, high temperatures and the lack of rainfall.

We are prepared and ready to respond. This year, FFMVic carried out risk reduction across more than 138,000 hectares. Risk reduction includes planned burns, mowing, mulching, slashing and spraying. This reduces the amount of vegetation (e.g. grass, leaves, bark, shrubs and fallen branches) available to 'fuel' a fire. You can find out about planned burns happening near you at plannedburns.ffm.vic.gov.au.

In November we saw some of the reward for those efforts, with a fire in the Great Otway National Park – the Chapple Vale—Colac Tree Road fire – showing reduced spread in the footprint of one of our planned burns in August. Thankfully, the fire was able to be contained before hotter temperatures set in days later.

FFMVic has close to 1800 personnel, including firefighters, fire lookout observers and fire support officers. They are supported by hundreds of emergency and incident management staff, including surge staff who have a fire and emergency role in addition to their day job. There is also firefighting equipment including tankers, earthmoving equipment, aircraft across the state – and aircraft that can be called upon when needed. You can find out more about our work at ffm.vic.gov.au.



What you can do

Summer is a festive time in Victoria. We often have opportunities to come together with loved ones, to get away, to get in a bit more sleep – and a few more late nights, and to reflect on the year gone by.

Now is also the time to prepare yourself and your loved ones for the fire season. Here are some quick tips to help you get started.

Five ways with fire

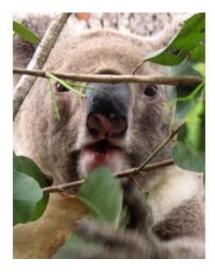
- Visit cfa.vic.gov.au to help you get started on a Bushfire Plan so you know what you will do in case of fire
- Download the VicEmergency app then set up 'watch zones' and turn on notifications to be kept up to date
- Get to know the Australian Fire Danger Ratings System and work out what fire danger rating will trigger your Bushfire Plan
- Plan your travel head to exploreoutdoors.vic.gov.au to help you stay safe when visiting state forests
- Never leave a campfire unattended if they are cool to touch, they are safe to leave.

The King of Koalas: Big Al brings Koala of the Month back in style

Australian Koala Foundation

The Australian Koala Foundation (AKF) is excited to announce the return of Koala of the Month – an initiative that puts a spotlight on a Koala from their Adoption Program.

The novelty award is a light-hearted way to acknowledge the program and celebrate the chosen Koala's unique personality traits and habits.



To re-introduce the fun monthly segment, the Australian Koala Foundation could look no further than Big Al to assign the November honours to. Big Al is a happy, healthy wild Koala who looks after two different females and their babies. His personality is particularly unique because he is both an authoritative leader and a gentle, family-oriented Koala which has historically made him popular with adoption parents.

Chair of the Australian Koala Foundation Deborah Tabart OAM (aka The Koala Woman) recalls the first time she observed Big Al in his natural habitat nestled deep in the Australian bush.

"It was clear the first time I laid eyes on Big Al that he was the 'King Koala' of his home range. We watched him traverse quite a large amount of territory, picking out all of the juiciest eucalyptus leaves at his own leisure, and without challenge from other males nearby. We also observed that he was devoted to not just one but two females in the area, and their bubs. It was fascinating to watch the family dynamic, and one of the more interesting days on the job I've had!"

While Big Al is healthy and currently living safely in his natural habitat, he represents all Koalas living free today, whose homes might fall in an area earmarked for logging or are exposed to other threats such as fire or human interference.

"The devastating reality is that we lose over 4,000 Koalas every year for a whole variety of reasons, and those numbers aren't regenerating," says Tabart OAM. "Big Al serves as a reminder of how precious every Koalas life is, and also what could be achieved for all wild Koalas if a Koala Protection Act was enacted. Imagine being able to read about the dynamics of every free Koala family in the Australian bush? The long-term survival of the Koala is paramount to myself and everyone at the AKF."

For more information about the Adopt a Koala program, please visit https://www.savethekoala.com/adopt-a-koala/



WINCHELSEA FACEBOOK



Non-profit community Groups and Pages

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Have your say on Moriac playground

Surf Coast Shire

Young families can swing into action and share their thoughts on three playgrounds in Moriac, Jan Juc, and Torquay. Surf Coast Shire Council is replacing Moriac All Access Playground at Newling Reserve, Bob Pettitt Reserve playground in Jan Juc, and Ocean Acres Playground in Torquay.



Councillor Liz Pattison said the playgrounds are ageing and due for a replacement in winter 2025. "The replacement playgrounds will offer the same play features and fun, with minor changes based on community input," she said.

"We might swap a rock-climbing wall with a rope net, a standard swing for a basket swing, or a tic tac toe panel with a clock. We'll retain everything the community tells us they love about the playgrounds – whether that's the look and feel or the ages it caters for."

People can provide input via a short online survey or a pop-up session at Moriac General Store on Friday 13 December from 9am to 10am.

Council will ensure Moriac playground remains an accessible playground.

Learn more and complete the survey at yoursay.surfcoast.vic.gov.au/playground-renewals. Feedback closes Monday 13 January 2025 at 5pm.

Discover your vitality: simple daily tips from my routine

Kerryn, One Body Chiropractic.

Staying vibrant, energised, and balanced doesn't have to be complicated. Sometimes, the simplest habits can make the most profound impact.

Here's a peek into some of my favourite daily practices that keep me feeling my best—and I hope they inspire you too!

Start with Water

Water is life, and how we hydrate can set the tone for the rest of our day. When we sleep, our bodies naturally lose water, so it's essential to rehydrate first thing in the morning.

I add a squeeze of lemon or a pinch of sea salt to my water to give it an extra boost of minerals and alkalinity, which can support digestion and balance my body's pH levels.

Why It Matters:

Proper hydration keeps our energy levels steady, supports healthy skin, and aids in detoxification. Even mild dehydration can lead to fatigue and difficulty concentrating.

Vitality Tip:

Create a hydration habit! It's getting warmer now - another reason to set new goals and habits to support our body.

Start your day with a big glass of water

and aim for 1L per every

25kg of body weight. If plain water feels boring, try infusing it with fruits like lemon, cucumber, mint, or berries for a delicious and refreshing drink!

Keep It Simple and Intentional

Incorporating simple habits into your daily routine can make a world of difference in how you feel day-to-day. By prioritising hydration, you're giving your body and brain the essential fuel it needs to thrive.

Remember, vitality isn't about perfection it's about consistency and taking small steps each day that support your overall well-being.

Whether it's a glass of water to start your morning or a mindful moment throughout the day, these small actions add up and help you feel your best. Stay vibrant, stay balanced, and continue to discover your vitality with every mindful choice you make!

At One Body Chiropractic, we're here to help you live fully connected—body, mind, and soul. Ready to feel the difference? Get in touch with us today!

Shop 4/21 Hesse Street Winchelsea, VIC 3241 Phone: 03 5267 2240





Winchelsea Men's Shed



For The Community
Men's Shed Kindling/Offcuts
Bags of Kindling/timber offcuts
are available for pick up from
the Men's Shed on Wednesday's
from 9.30 to 2.30.

If you need a delivery made you can call Bill on 0438 083 373.

The price for a bag of kindling is now \$7.00 (up from \$5.00).

Nesting Boxes

Bird or animal nesting boxes are available from The Men's Shed. These can be made to order. Call in on any Wednesday to have a chat.



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Christmas Spirit shines bright in Winchelsea

Kelly Turner, Community Bank

The festive season is alive and well in Winchelsea, thanks to an incredible community effort led by the Winchelsea Men's Shed, Winchelsea Primary School, and the local Community Bank Winchelsea



Ray King and Ray Atkinson, alongside their dedicated team at the Men's Shed, volunteered countless hours to cut out 200 Christmas-themed wooden shapes. These were then handed over to the talented Visual Arts teacher, Sheree Milverton, who spearheaded an ambitious decorating project involving every student at Winchelsea Primary School.

The beautifully decorated creations are now proudly displayed at the Winchelsea Community Bank, spreading holiday cheer to everyone in town.

Ray King from the Men's Shed expressed his pride in the project, saying, "The Men's Shed was very happy to be part of this combined project with the Bendigo Bank and the Winchelsea Primary School. After seeing the finished job, I thought the children did an amazing job of decorating. Well done to the students and the Bendigo Bank, who are great supporters of our community."

This initiative highlights the power of collaboration in bringing people together and creating something truly special. Make sure to stop by the Winchelsea Community Bank to see the students' wonderful work for yourself!

Calls for urgent action on low speed vehicle runovers: Almost 1 death or injury per week

Kidsafe Victoria

On average, each year in Victoria, 41 children are killed or injured in low speed vehicle runover incidents. While hospitalisation has decreased over the past decade, the number of fatalities has not, including a heartbreaking spike of six deaths in 2023.

During the period 2012-2023:

- Children aged 1-5 years were the most common age group involved.
- 72% of incidents occurred when the vehicle was moving forward - this is very different to previous data which highlighted reversing vehicles as the main culprit.
- Most incidents happened when the driver was returning home, leaving home, or repositioning the vehicle.
- Incidents were evenly split between metro (52%) and regional areas (48%).
- A variety of vehicles, including sedans, utilities, SUVs and vans, were involved.

Kidsafe Victoria, with support from the Transport Accident Commission has developed a Low Speed Vehicle Runover Prevention Strategy to reduce the devastating toll. Feedback is invited to help refine the strategy.

Key focus areas:

- Vehicle design: Promoting safer vehicle design and developing life-saving technologies which can be retrofitted to older vehicles.
- Property design: Enhancing driveway layouts to reduce hazards.
- Human factors: Raising awareness about supervision, blind spots and safe driveway practices.

"Behind every statistic is a family whose lives have been irreparably damaged by the trauma and life long grief for their child. These are more than just numbers - they are tragedies that ripple through families and communities."

For more information or to share your feedback, visit kidsafevic. com.au or email us at info@kidsafevic.com.au.

Winchelsea Men's Shed



For The Community 51 Hesse Street

Every Wednesday from 9:30am

New members always welcome

For more detail contact:
Ray Atkinson (Co-ordinator)
0407 839 139
or
winchmenshed@gmail.com

Need a job done? Woodworking jobs, furniture repairs, small jobs. Drop in and talk to us.

WINCHELSEA LIONS CLUB

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Paper depot rear of Senior Citizens Rooms Harding Street NEWSPAPERS, MAGAZINES, PHONE BOOKS WANTED



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SERVICES & ACTIVITIES IN WINCHELSEA

VLINE TRAIN SERVICES

TO MELBOURNE:

Mon - Fri 6:41 am, 7.57am, 11:14am, 2:08pm, 7:23pm

Sat - Sun 9:26am, 1:30pm, 7:18pm

TO WARRNAMBOOL:

Mon - Fri 8.56am, 11.55am, 2:50pm, 5.27pm,

6:45pm, 8:50pm

Sat - Sun 8:47am, 2:46pm, 8:34pm



COUNTRY WOMEN'S ASSOCIATION

7pm second Wednesday of month Winchelsea Senior Citizens' Hall



Winchelsea and District COMBINED PROBUS CLUB



Senior Citizens Rooms, Harding St, Winchelsea. New members always welcome. Enquiries Lorraine 0417 467 927



SOCIAL BRIDGE

Every Tuesday 10.30 am - 1.00 pm Senior Citizens Centre 36 Harding Street Winchelsea New players always welcome Contact Elaine Atkinson 0458009616

WINCHELSEA TRANSFER STATION

55 Cressy Road, Winchelsea

Tuesday 2pm-4pm Saturday 1.30-3.30pm Thursday 2pm-4pm Sunday 9.30-12.30pm



Closed on Christmas Day, but open on other public holidays that fall during their normal operating hours. www.surfcoast.vic.gov.au/disposalsites



WINCHELSEA GIRL GUIDES

Our Unit meets at the Catholic Church Hall, Harding St Winchelsea each Monday 4.30pm-6pm All girls 5yrs- 15yrs Welcome! Contact Yvonne Orchard 0448 672 630 or Emily LaPorte Phone 0476 719 381

SCOUTS be prepared . . .

1st Modda & 1st Winchelsea SCOUT GROUP

Joeys: Tuesdays of school term 5-6pm
Cubs: Mondays of school term 6:30-8pm
Scouts: Tuesdays of school term 6:30-8:30pm
All at Modewarre Hall, Cape Otway Rd
Venturers: Wed at Walton's Rd Venturer Den
Contact Marie McPadden 0409 330147



For reservations on the weekly bus to the Eastern Reserve Hub, please phone 52671202.

SURF COAST MOBILE LIBRARY

Hesse St, Fridays, 2pm-5pm
Surf Coast Mobile Library
parked in Hesse Street (outside Shire Hall)
Fridays 2:00 and 5:00pm unless it is a Public Holiday.

WINCHELSEA TAXI

0429 672 888 or 5267 2888

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Five minutes with

Alex Dyson

The guy who's put his hand up to help South-West Victoria get a better deal

Alex Dyson grew up in Warrnambool. As a national broadcaster, he interviewed everyone from rockstars to prime ministers. He's a small business owner, football fanatic, and wants to make politics work again for the communities he loves. The 2025 federal election will be Alex's third campaign running as a community independent for Wannon. His 2022 people-powered campaign saw Wannon become a marginal electorate for the first time in 67 years.

Alex, you have two campaigns under your belt, and you're back for a third tilt. What on earth makes you keep doing this? It is such a good question. I am running because I can see that politics puts many people off, and it's about doing what I can to help and being the change I want to see. I think decades of Wannon being a safe Liberal seat have seen us neglected by the major parties - I mean, look at the state of our roads! I want to see the people of Wannon get a better deal and I want to see politicians in Canberra work harder to win your vote.

I'm in a place professionally where I have the time and flexibility to commit to a campaign. I care about where I live and the challenges we face living in the region, and I get annoyed at politicians and how they treat everyday Australians. They come down here and talk about the cost of living and the housing crisis, and I think, "You were in charge for years and helped cause these problems, and now you're asking us to trust you to fix them?" The big bonus is that I like meeting people, listening to them, and learning about people's lives. I love people's stories.

Does it feel different this time around?

We got so close in 2022. This time there is a real sense we can make history and see Wannon elect an independent for the first time. I'm part of a broad grassroots movement that has around 1,000 online supporters, 300 active volunteers and we've just celebrated our 500th individual donor. I feel like I have an entire community behind me, ready to work hard to bring it home this election. Together, we're standing up for Wannon, which is a place that means a lot to all of us.

Do you think you can make a difference as an Independent? You bet I can make a difference! I can represent the true interests of the electorate without being beholden to party lines or big business that



has been pulling strings in politics for many years. I'll be able to say what I think - not stick to a party line regardless of who's in power. Wearing a suit every day is not my idea of a good time, but I'm not worried about protecting my job in Canberra and not being affiliated with a party means that I can make long-term decisions that are in the best interest of the people of Wannon rather than protect my political career. When communities vote for independent candidates, they don't go back. Whether you look at the original community independent Cathy McGowan and now Helen Haines in north-east Victoria, Jacqui Lambie in Tasmania or David Pocock in the Senate in the ACT community independents speak the truth, represent their electorate's best interests and get things done. They're accountable to their voters, no one else.

What do you say to those who have questioned your independence or transparency? I've never been involved with any political party and I am a genuine community independent. It became evident in my first campaign, where my entire budget was \$5,000, that I'd need more funds to compete with the major parties. None of the 500+ donors to this campaign have a final say in my decisions and all are listed on the community campaign website. I've also accepted funds from crowdfunding group Climate 200, which supports independents in taking greater action on climate change, integrity in politics, and equal opportunity for women. I'd encourage politicians of all persuasions to be as transparent with their funding as our independent campaign.

Want to find out more about Alex and the community independent movement?

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Winchelsea Football Netball Club Inc Blues News



Janet Fletcher

Welcome to Blue's News where pre seasons have started and both Football & Netball are in full swing preparing for season 2025.

Christmas is fast approaching and as usual this is a very busy time of the year. Best wishes to all our family and friends at the Club for a Merry Christmas and a very Happy New Year!

The Club wishes to thank everyone who has supported the Winchelsea Blues including our Sponsors, Members, the Winchelsea Lion's Club, and the Club's fabulous hardworking Volunteers, as well as those who have served on the Committee for the past season.

We look forward to your continued support in 2025, excited by the new Football Coaching staff and hoping the Netballers can reproduce even better form and bring home some Silverware from St. Albans back to Eastern Reserve.

CONDOLENCES Murray Aisbett

It was with great sadness the Winchelsea Football & Netball Community learned of the passing of Murray Edward Aisbett recently.

Murray was a pillar of strength in the wider Winchelsea Community. His enormous capacity to do something in his community that mattered has been greatly admired and now will become legendary.

So much is spoken of Community Spirit and "Muzza" was the real deal. Soft as butter for a worthy cause, he could be a harsh critic of what he regarded as wasteful and not having a touch of good old common sense prevailing. Not bad, or perhaps because of, a boy from the orphanage.

Personally, the 14 years I spent as a work colleague at "Murdeduke" with Murray were wonderful years where I got to know Murray very well, and I will miss him very much.

Murray's family were his pride and joy, he loved to relate stories of how they were all doing, and of the latest Great Grand child to arrive in the world.

He has been of great support to many – personally and in his role with his beloved Lions Club, there have been many times lately Murray made the effort to help the elderly in the community, even though he was becoming an old man himself, something he would never admit to

Often when asked "How are you Murray?" his reply more often than not would be "not bad for an elderly man!" The Blues home games won't be quite the same without Murray on the "Gate", his mates Neville and Don will miss him greatly. Sincere condolences to all family and friends of the wonderful man he was.

Thank you for everything Murray.

Vale Murray, a life well lived, rest in peace now our friend.

The service to celebrate the life of Murray at Murdeduke at 1pm Thursday 5th December, followed by the burial at the Winchelsea Cemetery was a beautiful sendoff for Murray in the Murdeduke gardens he attended for 47 years. Well over 300 people attended the service in hot conditions, and many a tear was shed that afternoon as well as many smiles and much laughter. All were invited to share refreshments at Eastern Reserve from 3pm.

Pat Collins OAM

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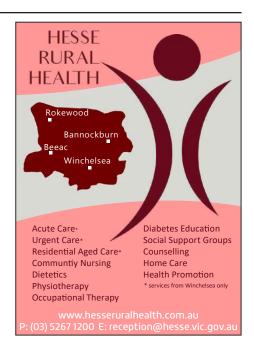
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