

Winchelsea Star

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Your Weekly Community Newspaper

Since 1977

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Tuesday 5 August 2025

winchelseastar.org.au

Hannah Humphries Wins U15s Read The Play Netball Award

Congratulations to Hannah Humphries, who was awarded the U15s Read The Play Award this week.

Although she plays in the Under 13s, Hannah has regularly helped out in the U15s, showing great sportsmanship, teamwork and resilience.

The award, voted by the umpires after the game, is presented to one player who best reflects the values of the Read The Play program — promoting mental wellbeing, support for others, and leadership both on and off the court. Hannah's efforts didn't go unnoticed, and she follows in the footsteps of her sister Elizabeth, who received the same honour last year.

Well done, Hannah — a true role model for our club!



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Winchelsea Community Bus

Winchelsea
Community Bus



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Historic
presbytery
auctioned



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Winchelsea
Forum

Next Monday
night



18

What's On
in Winchelsea
August/Sept

Centrespread

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Winchelsea Community Bus



Save our Community Bus!!

What's your opinion?

Should Winchelsea have its own 8-12 seater bus to drive our oldies around, go to the football, school trips, concerts at Mt Duneed, The Hub on Thursday nights, Bowling Club trips, Probus, shopping in Wauron Ponds, ?

Write a Letter to the Editor NOW

Email editor@winchelseastar.org.au or give a handwritten note to the IGA

Thanks our dedicated paramedics today and every day

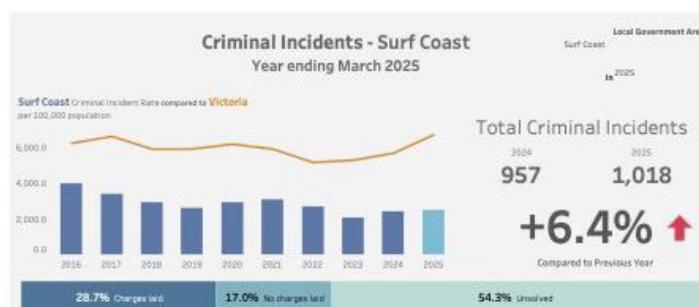
State Government

Victoria has some of the best and highest skilled paramedics in the world and celebrates them.

The Government has invested more than \$2billion to increase the workforce by more than 50%, deliver 41 new or upgraded ambulance stations and establish a new Centre for Paramedicine, in partnership with Victoria University.

Paramedics are also getting training and skills to deliver increasingly specialised levels of care, helping train Australia's first Paramedic Practitioners and more MICA paramedics.

Victorian paramedics are among the best in the world and are some of the highest paid in Australia, with an almost 17% pay rise delivered as part of a new deal with the Government.



Historic presbytery sells in thrilling auction

Janet Bond

One of Winchelsea's historic properties was sold at a thrilling auction on Saturday for well-above the reserve price.

The presbytery attached to the St John The Baptist Catholic Church in Mercer St went to auction with an estimated price range of \$400,000 - \$440,000, but sold to a young Geelong couple for \$515,000.

In need of extensive renovation, the stately three-bedroom, two bathroom home built in 1906 is set on a 1273sqm block elevated above the Barwon River and within a short walk of the township.

It was advertised by selling agency HayesWinckle as an opportunity for "a passionate renovator, heritage enthusiast, or someone seeking a home with genuine soul and story."

Around 50 people attended the auction which started out slowly, but heated up into a battle between five bidders, including three young couples from Geelong.

Auctioneer Michelle Winckle, of selling agency HayesWinckle, told onlookers the opportunity to purchase the property was unique.

"This is so rare," she said. "There's no other word for it. I have not sold anything like this in 18 years of showing real estate in this market."

"This is your chance to buy something astounding. You can really turn this into one of the most outstanding homes in Winchelsea," she said.

While in need of a complete restoration, the sprawling home maintains all its period features from ornate timber fireplaces, high ceilings and wide hallways to a grand leadlight entrance and verandahs overlooking established trees and a beautiful aspect of the river.



More than 50 people gathered to see the historic Mercer St presbytery auctioned on Saturday.

In the end it came down to a bidding dual between two young couples who raised the stakes by \$1000 at a time until the hammer came down at \$515k awarding Geelong couple Emma and Terry (who preferred their surname not to be disclosed) the keys to the property.

Speaking to The Star after signing the contracts, the couple, who had been looking for their perfect property for two years, said they were drawn to the historical significance of the former presbytery and intended to restore it.

The sale culminated a five-year process by the Catholic diocese to subdivide the expansive Mercer St lot and bring the presbytery property and four other blocks to market.



"This is your chance to buy something outstanding" ... HayesWinckle agent Michelle Winckle kicks off the auction.

HayesWinckle is selling the remaining blocks. All picturesque, the largest at 1220sqm has a \$379,000 - \$409,000 price tag and the smallest at 675sqm is selling with an estimated price range of \$300,000 - \$330,000.

Ms Winckle, who lives in the region and has sold real estate locally for 18 years, said the Winchelsea property market was booming driven by young buyers priced out of the Surf Coast. Prior to Saturday's auction, her last four sales were to buyers from Torquay and Anglesea.

"Winchelsea is a high growth area and so well positioned," she said. "It's smack bang in the middle of everything - we're half an hour to coastal towns, half an hour from Colac and half an hour to Geelong."

She added the market here was undervalued and offered great value to buyers.

According to PropTrack, the median sale price of houses in Winchelsea over the past 12 months is sitting at \$600,000.



Winning bidders Geelong couple Emma and Terry ended their two-year property hunt with the purchase of the historic presbytery.





Dr. Kale Mazurek

Winchelsea's new local osteopath

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Winchelsea Forum at the Hub next Monday night to ignite community spirit and tourism revival

Elaine Atkinson

The Future Events 4 Winchelsea forum is set to bring fresh energy and inspiration to the Winchelsea community, with a powerful line-up of guest speakers and a vision to reignite local tourism, support small business, and strengthen community engagement.

Do you love where you live? Want to see Winchelsea buzzing with exciting events, thriving tourism, and more visitors discovering our charming town and rural hinterland area. Here's your chance to make it happen.

The call is out for passionate residents, businesses, and community groups to attend the forum – a local initiative to collect event ideas and support to transform our town's calendar and boost its profile across the region.

From markets and music nights to food festivals and historic tours, the possibilities are endless – but we need local voices, ideas, and energy to bring them to life. Winchelsea has a unique story to tell, and incredible local talent to showcase. This event is about bringing people together to create a thriving events calendar that reflects the heart and soul of our community.



Keynote speakers

Nicole Crosby and Lyn Crosby will share their expertise and lived experience from their long-standing involvement with the highly successful South East Field Days in Lucindale, South Australia—an event that attracts over 22,000 visitors annually to their small town in the heart of the Limestone Coast.

Nicole Crosby, current Secretary of the SE Field Days, works closely with the Lucindale Lions Club to coordinate the two-day event that has become a flagship attraction in South Australia's regional calendar.

Lyn Crosby, a dedicated long-time volunteer, has also been instrumental in the success of the Field Days. Through years of tireless effort alongside other community members, Lyn has helped elevate the event to become a must-attend occasion on South Australia's annual calendar. Her passion and commitment reflect the true spirit of volunteerism and community pride.

Both Nicole and Lyn will share their invaluable insights at the forum. Their combined experience will offer inspiration and practical guidance to the Winchelsea community as it explores the potential revival of its own annual event. The forum's goal is to energize local residents to invest in tourism-driven initiatives

FUTURE EVENTS 4 WINCHELSEA!

MONDAY AUGUST 11TH
7PM
@ EASTERN RESERVE HUB

Be **INSPIRED** by the story of how a small volunteer run community event in Lucindale that started 48 years ago is still going strong with 22,000 visitors each year!

YOUR VOICE MATTERS!
Come along and share your ideas for a **Major Annual Event** to put our town on the map in 2026!

Kids enjoying a day out at the community event in Lucindale.

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Township of Limestone Coast

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SCAN TO RSVP OR LEARN MORE.

that support local businesses, raise critical community funds, and expand the volunteer base—key ingredients for a thriving regional hub.

EVENT DETAILS:

- **Date: Monday 11 August 2025**
- **Time: 7:00 PM**
- **Venue: The Hub, Eastern Reserve, Winchelsea**

This is a free community event and all residents, business owners, and local groups are encouraged to attend.

Whether you're a small business owner, part of a local community group, an artist, an event planner – or simply someone with ideas and enthusiasm – your involvement can make a real impact.

Come have your say, meet like-minded locals, and help shape a vibrant future for our town.

For more details or to register by 6 August 2025 contact Elaine Atkinson Mobile 0458009616, email secretary@growingwinchelsea.com



ARTS Trail

Thank you Surf Coast Shire for auspicising the weekend Art Trail and providing the well set out program brochure. And huge appreciation to the contributing artists for the displays, workshops and demonstrations. There were 57 different locations and studios to visit.!

Number 57 was the Deans Marsh Hall and Footy Shed where a dozen contributors showed their etchings, weaving, leatherwork, paper making, photographs, woodwork, pottery, screen printed fabrics, clothing, sculptures and more. (Note Alison Deans handsome magpie on the table in the photo)



L-R: Veronica Phillips, Stu Fry, Miranda Jarvis and Di Schulz

Letter to the Editor

Dear Editor

Footpath Repairs

On Friday 1st August an elderly man had a fall in the Main Street due to his walking stick getting stuck in one of the many cracks and holes in the footpath.

He suffered cuts and bruises and a very sore face, and an ambulance had to be called. its about time Surf Coast Shire did something. That's four people in the last month who have had a fall due to damaged footpaths at the shops.

Tracey Drayton



**Bag it
and Bin it.**



Contribute to Council's next Domestic Animal Management Plan.

Share your feedback about cats and dogs across the shire and how we can all play our role so the Surf Coast is a place where people and pets can live together safely.

As we develop the plan, we're calling on locals and visitors to take the lead and be responsible pet owners by:

- Registering their pet.
- Picking up dog poo when out and about.
- Keeping a close watch on their furry friend.
- Sticking to our 24-7 cat curfew to protect native wildlife.

SCAN ME



HAVE YOUR SAY
surfcoast.vic.gov.au/Damp2025



Winchelsea's Monthly Community Dinner - everyone welcome!

Tara Quin



Tales from the Table

There's a certain kind of magic that happens on community dinner nights. It's not just the food — though the food was spectacular. It's the way the room hums when thirty-odd people gather in one place, swapping stories, passing casseroles, and lining up to fill their plates with the very best of country cooking.

Did someone say potatoes? This month (July), three separate cooks must have shared the same culinary brainwave because three trays arrived, each with its own twist on traditional scalloped potatoes.

Other standouts on the table: a silky chicken risotto, slow-cooked beef stew, sweet cornbread, caramel tarts, and a chocolate-beetroot cake with chocolate avocado icing that could have been a TED Talk in innovation. The avocado blended so seamlessly into the icing you wouldn't know you were indulging and getting a vegetable vitamin hit at the same time — very impressive!

Conversations flowed almost as freely as the casseroles - tales of activities that keep us busy, plans for spring, and a lively discussion about appropriate words to use in courtship. There was something for everyone: gluten-free, sugar-free, additive-free, and guilt-free.

In the end, the tables were cleared of empty platters. We all had full bellies and that particular kind of satisfaction from the simple joy of sitting shoulder to shoulder and sharing what we have. That's the beauty of these nights: it's not a competition, it's a celebration - and there's always room at the table. Come along, enjoy the food, meet a few new faces. Who knows, the next time you're at Kenty's for a cheeky pie or ducking into IGA for that last-minute ingredient, you might just recognise your neighbours and swap a smile in passing.

I'll be back next month — still learning the secrets of country cooking menu planning, still aiming for a dish that disappears before the night is over.

Local Chefs talk waste, costs & what works Monday, 25 August 2025 | 05:30-07:00pm

Business Support Team, Surf Coast Shire

If you're feeling the pressure of rising costs and growing waste, you're not alone — but there are solutions.

Join us for a practical and inspiring conversation with three Surf Coast hospitality leaders who are making change in their kitchens, saving money and putting sustainability into action.

They will share what's working (and what's not) when it comes to:

- Cutting food waste
- Navigating rising costs
- Building a stronger, more sustainable business

You'll also hear about Crunch Hospo and the Too Good To Go app — new tools helping hospitality operators turn waste into wins.



Matt Germanchis, Executive Chef at Merivale's Lorne Hotel, is committed to showcasing the Surf Coast's local produce through a sustainable, community-focused approach. Known for his work at Captain Moonlite and now Totti's Lorne, he sources ingredients from regional suppliers like Kinsfolk Farm and Adventura Fresh Fish, celebrating low-impact, seasonal seafood and vegetables in his menus.

Graham Jefferies is the founder and head chef of Samesyn in Torquay, a purpose-driven restaurant known for its bold, community-focused approach to dining. Inspired by a stint at



London's zero-waste restaurant Silo, Graham opened Samesyn in 2019, quickly earning acclaim including a Good Food Guide hat in 2022. Inspired by his work with Feed Me Surf Coast, Graham reimagined the restaurant as Samesyn 2.0 a near-zero-waste venue committed to sustainability, food rescue, and social impact.



Jason Gugliotti is the founder of Pollo rotisserie; a chain of premium takeaway restaurants started in Geelong and the Surf Coast and soon to become a national franchise, along with some new establishments in Torquay - Ela (formerly Bob Sugar) and Greenbay - Torquay's healthiest cafe. Macro economic factors have never been more challenging in business but knowing a few key fundamentals that will be expanded upon at this event, owning or operating a business can still be profitable and rewarding.

Access:

Samesyn is wheelchair accessible.

Questions?

If you need any further information please contact the Business Support Team at business@surfcoast.vic.gov.au

FREE, but registrations required. Light refreshments provided.

Location Samesyn Restaurant, 3/24 Bell St, Torquay, 3228

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Mansions that made Winchelsea

Thomas Austin and the Royal Visit to Winchelsea

Mícheál P O'Dhonnabháin

Winchelsea has been Visited by British Royalty on more than one occasion. Notably two royal visits were in Honour of Thomas Austin at Winchelsea's famous Barwon Park Mansion. Thomas Austin was born at Baltonsborough, Somerset, England, the youngest son of John Austin and Nancy, née Lucas. In 1831 he arrived with other members of his family in Hobart Town, Van Diemen's Land (now Tasmania).



Thomas Austin

*Image Credit Thomas Austin, Portrait in Victoria and its Metropolis, past and present. [Vol. 1 by A. Sutherland. Illustrated].
Courtesy of the British Library, Mechanical Curator collection.*

Along with his uncle and cousin, Austin established the first ferry crossing the Derwent River in the township which is now Austin's Ferry. After farming near Ouse, Thomas and his brother James crossed Bass Strait in 1837 and settled as pioneer pastoralists in the Western District of the Port Phillip District (now called Victoria). Thomas Austin was president for some time of the Winchelsea Shire Council and could have been president all his life if he had wished to be so, but he preferred the useful, although quiet, life of an open-hearted unassuming country gentleman. Thomas' brother James Austin was the first mayor of Geelong. It is his portrait that adorns the walls of the town hall, and it was he who presented the town of Geelong with its well-known clock and tower.

Thomas Austin was noted for his character as a very proper English gentleman and one whose sporting pursuits and princely hospitality were also very English. Thomas and his wife received a visit from Queen Victoria's son, His Royal Highness, Prince Alfred Duke of Edinburgh to their first homestead in 1867. The prince enjoyed his first visit to Barwon Park so much that on his second visit to the colony he paid a special visit to Mr. Austin, who in the interval had begun to build the current Barwon Park

mansion, which was not ready for occupation, however the prince enjoyed another pleasant day hunting with Austin.



Prince Alfred, Duke of Edinburgh and Saxe-Coburg and Gotha
Image Credit National Portrait Gallery, London, UK

As a member of the Acclimatisation Society of Victoria, Thomas Austin helped to introduce many species from England. In 1861, he wrote that he had introduced hares, blackbirds and thrushes, and that he was breeding English wild rabbits and partridges. Austin took great interest in the breeding of Lincoln sheep. With this breed he carried away the prizes both at the Skipton and at the Geelong shows. He was the founder of the Winchelsea Turf Club, whose racecourse attracted large crowds to the town of Winchelsea. Austin's introduction of rabbits to the colony will be the focus of next week's article, and his Turf Club and Racecourse will be the subject of a future article.

Mr. Austin loved a joke, was possessed of a considerable amount of shrewdness, detested all kinds of snobs and humbug, and had a kind and cheery word for every man—rich and poor. Austin died in 1871, just six months after the mansion was completed, but his widow and children continued to live there for about forty years. As well as being the creators of Barwon Park, this Austin family are also the namesake of Austin Street Winchelsea.



Mícheál P O'Dhonnabháin has lived in the Winchelsea area since 2010.

Michael completed a Bachelor in History and Anthropology and a Master of Cultural Heritage at Deakin University, then went on to complete a PhD at Federation University, focusing on colonial and European collections of Indigenous Australian Cultural Heritage. Michael lectured at Federation and Monash Universities, lecturing in World History, Folklore Studies, Indigenous Studies and literary studies. Michael has worked in museums and cultural collections across Victoria, and can usually be seen in and about Winchelsea with his wolfhound.

Confident Business Marketing Workshop

Tuesday, 19 August 2025 | 10:00am - 12:00pm

Surf Coast Shire



If you're passionate about your business but find it hard to talk about what you do without feeling awkward or pushy, this practical workshop is for you. Confident Business Marketing helps business owners shift from "selling" to sharing—so you can communicate your value with clarity, confidence and authenticity.

Learn to reframe your elevator pitch as a service-driven conversation that connects with the people who need your help most. Instead of striving for the "perfect pitch," you'll develop simple, genuine ways to speak about your business - whether in conversation, in your marketing, or on social media.

In this 2 hour interactive workshop, using guided reflection, group discussion and practical exercises, you'll:

- Define what makes your business truly unique
- Clarify the purpose and values behind your work

- Understand your impact on customers and community
- Identify who you're best positioned to support
- Build the confidence to speak naturally in any setting
- Walk away with a clear and compelling elevator pitch
- Feel more prepared to present your business confidently and authentically

By learning how to communicate from a place of purpose—not pressure—you'll feel more equipped (and excited!) to talk about your business in a way that feels good and drives results.

Your Presenter:

Ebony Sugars is a brand strategist and graphic artist with over 15 years' experience helping businesses build meaningful, values-led brands. Through her design business, Brand New Day Studio, Ebony partners with purpose-driven organisations to help them to feel confident in marketing what they do with integrity.

Attendees are welcome to stay on after the session for a 30 minute informal networking and conversation. It's a relaxed opportunity to connect, ask questions, and meet others in the room.

FREE, but registrations required.

Light refreshments provided.

Access:

The venue is wheelchair accessible. Please message the business team: business@surfcoast.vic.gov.au if you require additional support to attend this workshop.

Questions?

If you need any further information please contact the Business Support Team at the Surf Coast Shire

This Week's
Winchelsea Star

Editor - Judy Cameron
Designer - Susan Corby

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WINCHELSEA TENNIS CLUB JUNIOR COACHING

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RUNNING GROUP

Winchelsea has a small run group.
Its more of a social run, jog and chat.
We wait for slower runners and walk
when one of us needs a rest.
The aim is 10k with the option of
8 or 5k it's up to you.

To finish, a coffee at La Hoot.

Sunday mornings 8am at La Hoot.

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WINCHELSEA PICKLEBALL

Pickleball is back! The Tennis Club is
running this every Wednesday 7:00pm
at the Winchelsea Leisure Time Centre!
Only \$5 a person All equipment supplied

Wear suitable footwear

Lesley Mathison 0438 672 197

DEFIBRILLATOR MISSING

The Defibrillator outside the Netball
change rooms has been missing for some
weeks. If it could be replaced asap that
would be great, no questions asked.

These Defibrillators save lives



Help is available
Speak with someone today
Available 24 hours

13 11 14

WINCHELSEA GIRL GUIDES

Welcomes girls 6-15 yrs

Mondays, 4.30pm-6pm (school terms)
St John's Catholic Church Winchelsea

Fun, friendship, and adventure.
Developing teamwork, and leadership
skills, whilst girls achieve goals, improve
communities and grow in confidence.

3 FREE sessions to come along and try.

Yvonne Orchard 0448 672 630

or Lily Dell Rennie 0428 936 441

WINCHELSEA OP SHOP

Thanks to the community for your
ongoing support to the shop once again

SAVE THE DATE

Friday and Saturday 12 & 13 Sept

WINCHELSEA RSL

will be celebrating their
100 year anniversary.

Help them celebrate.

More details later.

Why bundled payments fail maternity patients

Australian Private Hospitals Association

Schemes imposed by insurers threaten to undermine the safety and quality of patient care. Bundling is a bid to deny patients the individual care they need, the individualised care is why they have private health insurance in the first place.

Obstetricians rightly warn that bundling does not accommodate emergencies like C-sections or sudden complications, which often require urgent, high-level intervention. The risks are real: misclassification of pregnancies as 'low-risk' is common, yet such labels are inherently unreliable.

They make the case that defining 'low-risk' pregnancy in Australia is complex due to the dynamic nature of maternal and

foetal health. Bundling is overly simplistic, failing to deal with the unpredictable and complex nature of individual patient needs.

Research from the Australian Institute of Health and Welfare shows that even pregnancies initially classified as low-risk can rapidly develop complications, with approximately 17% of low-risk pregnancies experiencing issues, such as gestational diabetes or hypertensive disorders.

It is crucial that healthcare providers and insurers work together, rather than insurers unilaterally imposing schemes that do more harm than good to save a buck.

Winchelsea Churches



Winchelsea Uniting Church

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

St John the Baptist Catholic Church

0404598558
Father Joseph Panackal
Harding St, Winchelsea 3241
Winchelsea 5pm Sat. Aug 9, 16, 23, 30
Anakie NO MASS
Meredith 9am Sun. Aug. 10, 24
Bannockburn 11am Sun. Aug. 3, 10, 17, 24
Inverleigh 4pm Sun. Aug. 17

St Thomas' Anglican Church

0477 672 042
Rev Barbara Colliver
stthomaswac@gmail.com
Barwon Tce, Winchelsea
Service 10am Sundays

Thought for the Week

"Kindness is a virtue given by the Lord.
It pays dividends in happiness,
and joy is its reward.
For if you practice kindness
in all you say and do,
The Lord will wrap His kindness
around your heart and you."
Have a Blessed week.

John Bader
Christian Pastoral carer

Homelessness

Council to Homeless Persons

Council to Homeless Persons is committed to continuing to work with the Victorian Government to secure long-term solutions to the worsening homelessness crisis.

Fast Facts:

- 102,000 people sought assistance from homelessness services in Victoria in 2023/24 (up 4% from previous year)
- 60,000 of them (58%) were women
- 13,000 were working Victorians (up 23% in five years)
- Family violence was the the number 1 reason given for seeking assistance from homelessness services in Victoria in 2023/24
- 30% people seeking homelessness assistance in Australia are in Victoria, but we have the lowest proportion of social housing in the country (2.9%). The national average is 3.9%.

THE ANGLICAN PARISH OF COLAC
WARMLY INVITES YOU TO

FESTAL EVENSONG

TO CELEBRATE AND
GIVE THANKS FOR

THE RESTORATION OF CHRIST CHURCH

AND TO HEAR FOR THE FIRST TIME
FANFARE FOR BIRREGURRA
COMPOSED BY EDWARD FAIRLIE

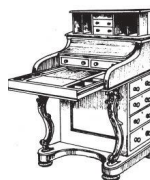
Sunday August 24th at 3pm
SLADEN STREET, BIRREGURRA
RSM anglicanacolac@outlook.com August 14th

ANGLICAN PARISH OF COLAC
Rector: 01 5231 3646 www.anglicanacolac.org
Fr Jeremy Morgan anglicanacolac@outlook.com www.facebook.com/ColacAnglican

Antique Repairs

By **Doug Burns** est. 1976

- All Furniture
- French polishing
- Carving
- Veneering
- Wood Turning
- Porcelain



Unusual Requests Welcome

180 Barwon Terrace, Winchelsea

0428 672 704



**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



**Winchelsea
Supermarket**

Trading Hours
Monday to Saturday
8.30am to 7.30pm
Sunday
10am to 7pm

Ph: 5267 2676

29 Main St, Winchelsea



Cromwell's Quirks Change

Cromwell Forgasen

Firstly, I feel humbly honoured by each of you who asked me for a copy of last week's (unpublished) article, thank you muchly for your vote of confidence.

Back to the fray. The rallying-cry of all martyrs to other people, "You can't change human-nature", all its variants, and our replies, are becoming rituals of the kind of "Learned Helplessness" that Martin Seligman waxed almost too eloquently upon, the kind of despondency that can manifest in our psyches, (and ultimately in our inactions), as the kind of fatalism or pre-destination that, while few "modern thinking" people would feel comfortable defending these days, even still, so many of us still allow ourselves to be corralled into playing our part in this little ritual of despair.

We don't have to tax our memories and imaginations so very sorely to recall that, while some of us exhibit no interest whatsoever in transmuting our baser elements into something more golden, that the reality is, consciously or unconsciously, most of us do. The farmer of decades-long husbanding readily admits he is the one changed more by the land and its seasons, than vice versa, and usually for the better. The over-sensitive soul who feels overpowered by the purposelessness, rush and nervous haste of modern life will find in their monastic studies, skills they never realised they had within them, and feel their guided efforts gradually yielding greater powers of sensitivity to all of the goodness and beauty in life, eventually being able to filter out with ease the rhythmic vicissitudes that before would beat them.

Some will take it to even further extremes, turning their minds and bodies into near machines to achieve their goal. Many students will swear by the practicing over and over again of that violin cadenza, or that miniscule widdershins movement that forms the foundation of their triple somersault dive, or those thousands of movement-variations on the Weiqi/Baduk/Igo board that represent their weak spots, or that observational-skill that regulates all their other skills in the martial and fine arts. This is the "insanity" of doing the same thing over and over again, and expecting things to change. (Test this for yourself, it can be quite interesting how many people who

say, "You can't change human nature", turn out to be the same ones who quip "attempting the same thing over and over again expecting different results exemplifies insanity". I'm not quite sure what that overlap represents, but I feel sure its non-trivial).

The further anyone treads these paths, the more they can learn to appreciate how much more they exist as, than merely mind and body, and as they begin to sense their higher selves, and ultimately begin to marshal their thoughts and actions with degrees of mastery that seemed "magic" or "illusion" before beginning their quest, they eventually come to the realisation of how these skills can be applied to all of Life.

I doubt not we all feel this, at least unconsciously, which could be why the unruliest of children find their Selves seeking out the military and police academies, those with respiratory challenges go on to become olympic athletes, some coming from intergenerational poverty will learn and do what it takes to control their destiny and the well-being of their loved ones.

Personally, I don't feel that many of us truly believe in the fatalism that underlies the "You can't change human nature" philosophy, too many of us strive for something better in our Selves, and attempt to foster and encourage it in those around us. What I do think though, is that we sell our Selves short when we unthinkingly accept the role offered to us, and so finding our Selves donning the inflection and body-language of the "tell me about it!" straight-guy in this little one-act play of despair. May be instead, we can each of us find our own answer, along the lines of a gently diplomatic, "I haven't had that experience myself", and in our own ways help disassociate the unnecessary, (and false), negativity associated with we creatures, (of infinite possibilities, including the good).

Food for thought,
Every well wish and regard,
Cromwell

Protecting older victorians in aged care State Government

New legislation will see only highly qualified health practitioners – like registered and enrolled nurses – or other health professionals such as pharmacists and GPs – able to administer specific medicines and drugs of dependence to aged care residents from 1 July 2026.

This includes local anaesthetics, antibiotics, strong, medicines with strict legislative controls including opioid analgesics like pethidine, morphine, oxycodone, benzodiazepines and clinical trial medications.

These changes will make aged care safer by addressing problems highlighted by the Royal Commission into Aged Care Quality and Safety which found too many residents were given

medication unsafely — including without proper oversight, without clinical judgement or sometimes they weren't given their medication at all.

Government media release: <https://www.premier.vic.gov.au/protecting-older-victorians-aged-care>

New laws introduced: The Drugs, Poisons and Controlled Substances Amendment (Medication Administration in Residential Aged Care) Bill 2024 will ensure only qualified health professionals administer high-risk medications in aged care.

Why it matters: Older people are entering aged care later and with more complex health needs. This Bill will reduce medication errors, adverse reactions, falls, hospitalisations and improve wellbeing by requiring nurses (or other qualified practitioners) to administer Schedule 4, 8, and 9 medications and drugs of dependence.



The Climate Report

Judy Cameron

The International Court of Justice, the primary judicial body of the United Nations, ruled on July 23, 2025, that a “clean, healthy and sustainable environment” is a human right and said in a nonbinding decision that governments that do not protect people and the planet from climate change could be legally liable for the resulting harms.

A legal concept called “intergenerational equity” is the idea that present generations must “responsibly use and conserve natural resources for the benefit of future generations.” First codified in international law in the 1972 Stockholm Declaration, the principle has been gaining popularity in recent decades. International organizations and national governments have enshrined this principle in law.

The United Nations chief António Guterres says the world is on brink of climate breakthrough as fossil fuels ‘run out of road’, and ‘the sun is rising on a clean energy age’ as 90% of renewable power projects are cheaper than fossil fuels.

More than 9 in 10 renewable power projects globally are now cheaper than fossil fuel alternatives. Solar power is about 41% cheaper than the lowest-cost fossil fuel alternative, and onshore wind generation is less than half the price of fossil fuels, according to a report from the **International Renewable Energy Agency**.

“This transformation is fundamentally about energy security and people’s security. It’s about smart economics,” Guterres said in a speech in New York. “We have passed the point of no return [to fossil fuels].”

Guterres’s speech marked a change in tone for the UN secretary general, who has raised the alarm in increasingly stark terms over the climate crisis in recent years. He warned in the Guardian in 2022 that the world would be “doomed” if climate talks failed; in 2023 he said “the era of global boiling” had arrived; last year he called fossil fuel companies “the godfathers of climate chaos”. This fresh intervention takes a notably more upbeat tone, focusing on the economic benefits of a shift to clean energy.

In Europe, the fastest-warming continent, climate change is boosting the intensity and frequency of heat waves, threatening the health of millions of people and stressing power systems. Last week, Turkey recorded its highest ever temperature of 50.5C (122.9F). Hospitals reported a surge in cases of dehydration, heatstroke and foodborne illnesses, according to Turkish newspaper *Hürriyet*. That heat is also triggered extreme weather events, from wildfires to violent storms.

The hot, dry weather could also force Electricite de France to curb nuclear generation at reactors along the Rhone River as rising water temperatures compromise cooling operations.

“Further heat and little precipitation is expected across France through August, which would put further stress on river systems,” said Amy Hodgson, a meteorologist with Atmospheric G2.

The world’s tallest wind turbine is now under construction in Germany. The center of the wind turbine will be 300 meters above ground, and the tips of the rotor blades will reach a height of 365 meters. This makes the total structure only a few meters shorter than the Berlin TV tower. To ensure that the turbine remains stable, it does not have the typical closed tower base but instead a double scaffolding structure with an inner and outer section. The aim is to harness the significantly higher yields offered by high-altitude winds. Energy from heaven, not from hell!

Meanwhile, Bill McKibben, who has for years composed the online newsletter The Crucial Years in his quest to educate on human-induced climate chaos has written a book ‘Here Comes the Sun’.

“If you think about it, for the first 35 years of the climate fight, our problem was simple: **coal and oil and gas were cheap, and hence utterly woven into the fabric of the global economy. But in the past few years we’ve passed some invisible line where sun, wind, and batteries have become cheaper, and that gives us a chance to unweave that dependence on fossil fuel.** That comes with many bonuses—a world that runs on a resource that you can’t hoard or fight wars over, and that is available everywhere, could help erode the grotesque inequality that marks our world.

We’ve been calling it ‘alternative energy’ as long as I can recall. It’s not alternative—it’s the obvious, common-sense way forward that we should be embracing in every way.

I end my book saddened of course—saddened by all that has happened in the last forty years, and by all that we haven’t done. But I also end it exhilarated. Convinced that we’ve been given one last chance. Not to stop global warming (too late for that) but perhaps to stop it short of the place where it makes civilization impossible. And a chance to restart that civilization on saner ground, once we’ve extinguished the fires that now both power and threaten it.”



Café La Hoot

have you tried ‘owl’ coffee?

1 willis st cafelahoot@gmail.com 0407 528 999

Local Gardening Tips

Judy Cameron



Meet Peter Groves who has offered to share his gardening tips via The Star each week. "I am not a qualified gardener but I am experienced" he said.

Peter was born and raised in Adelaide and employed by Elders as a Stock and Station Agent. They transferred him to Hamilton as a stud manager where he farmed for 20 years raising Hereford and Limousin beef cattle and Hampshire Down sheep.

He then decided to take a move to Birregurra ("Better rainfall") where he did the same for 20 years before retiring to Clifton Springs. Health issues see him now a resident at Hesse Health Age Care in Winchelsea.

On his farms Peter planted trees to attract birds – another of his interests. He believes his love of gardening comes via his Grandfather, a GP who loved his roses and sweet peas.

His project at Hesse is to get more colour in the garden – autumn leaf-colour trees like Japanese Maples, hanging baskets with annuals like pansies, good in the cooler months, and petunias in the summer.

We look forward to, and appreciate, the offer of your garden tips Peter!

Barwon Water Update

Recent rainfall has been good news for Barwon Water storages on the coast and in Colac, with Apollo Bay now at 68%, Colac at 83% and Lorne looking great at 100%.

We are really pleased with the recent rainfall in the Apollo Bay area, which has lifted storage levels enough to allow us to remove water restrictions from 1 August. A huge thank you to the Apollo Bay community who have continued to be wise with their water use and helped keep demand low over the past few months. Together we upgraded toilets, showerheads, garden hoses and washing machines; identified and fixed leaks; and increased the use of recycled water.

Despite the rain, our Geelong storages, currently 36%, are much lower than we would like at this time of year. Soils on the inland side of the Otways have remained dry after lower than average rainfall over consecutive years. Thankfully we've got a range of water sources, smarts and savings in place to help us during this dry patch.

As part of our ongoing work on alternative water sources we started construction this month on a new recycled water pipeline to Deakin University which will supply up to 100 million litres of water a year for the campus, including watering sports and recreation fields.

We're also undertaking our seasonal shift in water sources to make the most of catchments with higher storage levels.

Geelong's drinking water sources include catchments in the Otway Ranges to the west which feed the Barwon system and catchments to the north which feed the Moorabool system.

In Geelong, you may notice a slight change in flavour as we increase supply from the Moorabool system. Team members from

VEGETABLE PLANTING GUIDE

We have had rain to moisten the soil and warm weather is upon us so time to consider what vegetable seeds we can plant

<i>Southern Vic planting</i>	Aug	Sep
Artichoke, Globe suckers	X	X
Artichoke, Jerusalem	X	X
Asparagus crown	X	
Beans, Broad	X	X
Beans, Bush		X
Beetroot	X	X
Broccoli	X	X
Brussels sprouts	X	X
Cabbage	X	X
Capsicums	X	X
Carrots	X	X
Cauliflower	X	X
Celeriac		X
Celery	X	X
Chicory		X
Chives	X	X
Choko		X
Cress	X	X
Cucumber		X
Endive	X	X
Kale		X
Kohlrabi	X	X
Leeks	X	X
Melons	X	X
Onions	X	X
Parsley	X	X
Parsnips	X	X
Peas	X	X
Potatoes	X	X
Pumpkin	X	X
Radishes	X	X
Rhubarb, Crowns	X	X
Salsify	X	X
Silverbeet	X	X
Spinach	X	X
Squash		X
Swedes	X	X

across the business have been conducting taste tests over the last week to identify the optimum blends. A bit like wine tasting.

Permanent Water Saving Rules

Permanent water saving rules are in place every day of the year and are uniform across Victoria

- Use a trigger nozzle when watering your garden
- Use a sprinklers and watering systems before 10 am or after 6 pm so that water sinks into the ground rather than evaporating
- Clean hard surfaces like driveways with a broom, not a hose
- Have recirculation systems for fountains and water features.



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

 **WINCHELSEA TODDLERS**

TUESDAY MORNINGS
9:30AM-10:00AM
WINCHELSEA SHIRE HALL
\$10 PER CHILD - CASH OR CARD AVAILABLE-
PAY AS YOU GO

DM TO ENROL

Contact Jacque - 0448046551 | @jacquesdancestudio

JACQUE'S DANCE STUDIO PRIDES ITSELF ON A PRESSURE FREE, FRIENDLY AND WELCOMING ENVIRONMENT FOR CHILDREN OF ALL ABILITIES TO ENJOY DANCING!

Winter Special **YOGA PASS**
\$15 CLASSES

SELECT 5 CLASSES ACROSS THE MONTH OF AUGUST FOR \$15 PER CLASS. CHOOSE FROM VINYASA - TUESDAY EVENINGS, MAT PILATES THURSDAY EVENINGS, YOGA FLOW SATURDAY MORNINGS OR A COMBINATION OF ALL THREE.

EMAIL: SHIREHALL@WINCHHOUSE.ORG.AU FOR MORE INFORMATION AND TO REGISTER.

Mother Goose Song & Rhyme

Every Wednesday at 2pm

During school terms

For parents and caregivers with children of all ages. **FREE**, No bookings required just come along and join in!

WINCHELSEA KNITTING GROUP

Thursday Mornings 10.30 -12.00
Winchelsea community house.

All Welcome, Learn to knit or bring a project to work on while you enjoy a cuppa and a chat



Chatty Café

Fridays 10.30pm – 12.30pm

"Sip, Chat, Share, Care"

In the Winchelsea Shire Hall. Everyone Welcome,
Gold coin donation.

Get in touch!

We're always keen to hear your ideas
and welcome new volunteers.
reception@winchhouse.org.au

TAI CHI

Friday Mornings

Winchelsea Community house

9am - 10am

\$10 Per Class



Phonics with Robot Reg

Friday Mornings

Walkers – years 2/10.15am

Pre-School 3 – 5years 11.15am

'A fun, High energy class to introduce and teach
Phonics Skills to Kids'

Bookings at robotreg.com.au

Craft & Crochet Group

\$5 per person.

1pm, every second Saturday



Grades One/Two - Week 2

Reading - students are working hard on their Sounds

Writing - students are in the middle of a great writing cycle focusing on recounting their holidays.

Maths - students have been building their understanding of number patterns, specifically repeated addition and subtraction starting from any number.

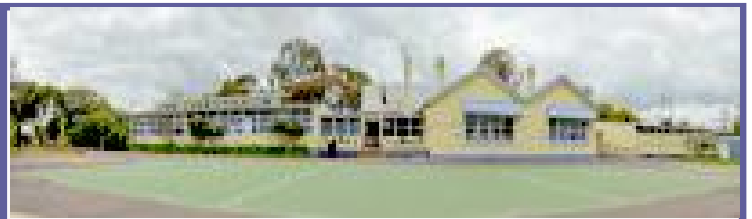
MY - students are looking into what their own personal strengths are and how they can celebrate them.

Theme - students have begun their new term focus of Science. Students are looking at how scientists use their 5 senses to gather information about the world around them.

STUDENTS OF THE WEEK -

12A - Bonnie Zampatti - For incredible writing across the board! Your handwriting and sentence structure is amazing!

1/2T - Laura Reinen - For setting a great example by upholding the values of our school.



Winchelsea Primary School

60 Main Street, Winchelsea 3241

winchelsea.ps@education.vic.gov.au www.winchps.vic.edu.au

5267 2134

Grades Five/Six - Week 2

We have had a great start to the term and there has already been lots happening! The students have enjoyed beginning their new Humanities subjects (Science and Geography) and have been asking plenty of interesting questions. We have split the Grade 5's and the Grade 6's so that each cohort can begin working on activities related to their needs.

The Grade 5's are working on wellness, respectful relationships and mindfulness while the Grade 6's are working on transitions to high school. We have also had a change within our Intergenerational Program, with the Grade 5's now heading out to the early learning centres (the Grade 6's will continue their visits to Hesse. We are also working on visiting more community places and having guest speakers.



Reading:

In Reading this term we are focusing on the novel 'Once', by Morris Gleitzman. We have begun learning about the background knowledge of World War 2. In our novel that we have started, we have been introduced to Felix (our main character) who lives at an orphanage. Felix has just decided to run away from the orphanage to try and save his parents and their beloved book shop.

Writing:

In Writing so far this term, we have picked up right where we left off and are continuing with our persuasive writing. The students have worked their way up to drafting their own essays which we began this week. We are already being very persuaded by their creative topics and ideas.

Maths:

In Maths so far this term, we have begun our work with fractions. The students have shown great skill and confidence in demonstrating and comparing fractions on a number line, working out which fractions are greater than or less than others, as well as converting between improper and mixed numerals.

STUDENTS OF THE WEEK:

5/6O: Eadie Canavan - For leading by example, inspiring others and bringing out the best in those around her. Well done Eadie!

5/6B: Cooper Payne - For his strong and creative ideas in his persuasive writing. Keep up the great work Cooper!



What's on Weekly

MONDAY-FRIDAY

WINCHELSEA COMMUNITY HOUSE

9am-2pm, 28 Hesse St, Winchelsea
(03) 5267 2028

WINCHELSEA TOY LIBRARY

9am-2pm (03) 5267 2028
Winch Community House,
28 Hesse St, Winchelsea

MONDAY-SATURDAY

WINCHELSEA HEALTH CLUB

Accessible - 24 hours
Eastern Reserve, 70 Hopkins St
5267 2336.

MONDAY

CO-WORKING & STUDYING SPACE

Mon and Thurs 9am-2pm \$10
Winchelsea Community House
28 Hesse St, Winchelsea

MAINLY MUSIC

Interactive Music 0-4yrs
10-11am (school terms)
St Thomas' 25 Barwon Tce
0407838256

WINCHELSEA GIRL GUIDES

4.30pm-6pm (School term)
St John's, Mercer /Harding St
Yvonne Orchard 0448 672 630
Lily Dell Rennie 0428 936 441



1ST MODDA/ 1ST WINCHELSEA SCOUTS

Cubs: 6:30-8pm (School term)
Modewarre Hall, Cape Otway Rd
Marie McPadden 0409 330147

VINYASA YOGA

7pm \$25
Winchelsea Shire Hall,
28 Hesse St, Winchelsea

FUTURE EVENTS 4 WINCHELSEA

WINCHELSEA FORUM

Monday, 11 August 2025 at 7.00 pm
The Hub Eastern Reserve, Winchelsea

TUESDAY



Senior Citizens Centre,
36 Harding St, Winchelsea
Elaine Atkinson 0458 009 616



1ST MODDA/ 1ST WINCHELSEA SCOUTS

Joeys: 5-6pm (School term)
Scouts: 6:30-8:30pm (School term)
Modewarre Hall, Cape Otway Rd
Marie McPadden 0409 330147

COUNCIL MEETING IN WINCHELSEA

Tuesday 26 August 5.30 for 6pm
The Hub, Eastern Reserve
70 Hopkins Street, Winchelsea
surfcoast.vic.gov.au/CouncilMeetings

WEDNESDAY

WINCH WALKERS

9:30-10.30am
Mud Hut (Opposite La Hoot Cafe)
Barwon Terrace, Winchelsea
ralexander@hesse.vic.gov.au

Winchelsea Community Market
First Sunday on the Month (except November)

Shire Hall
9am to 1pm

Upcoming Dates:

July 6th	Nov 9th (2nd Sunday)
August 3rd	Dec 7th
Sept 7th	Jan 4th
Oct 5th	Feb 1st

Food, Produce, Coffee, Plants, Crafts
Homewares, Candles, Bags, Skincare
Jewellery, Soap + Baby Goods

Stallholders - Contact via Growing Winchelsea Inc Website
(Scroll Down to Market)

Winchelsea Community Foodbank

Fridays, 12 - 2PM
30-32 Hesse Street Winchelsea

For more info, contact Tess
healthpromotion@hesse.vic.gov.au
0417 848 292

All welcome
No eligibility requirements

WINCH HOUSE
Winch House Inc

HESSE RURAL HEALTH
Hesse Rural Health

Join a Winchelsea Community Kitchen

Learn
Cooking skills, budgeting and recipe's

Cook
With a small group on a regular basis

Share
A delicious meal cooked together

Scan the QR code to sign up

OR Contact Tess:
healthpromotion@hesse.vic.gov.au
0417 848 292

WINCH HOUSE
Winch House Inc

HESSE RURAL HEALTH
Hesse Rural Health



JULY/AUGUST

What's On

This is a recurring calendar. Please confirm details with the organiser/venue if you'd like to attend.

To add an event to the calendar, please email news@winchelseastar.org.au

SENIORS SHOPPING & CUPPA WAURN PONDS

for Winchelsea Seniors Card Holders
13 August, 27 August
Contact Jill 0427 633 277 to book

WINCHELSEA ZUMBA DANCE

Combined Zumba Fitness and Gold class.
6:30-7:30pm @The Globe Theatre.
Simone Dunmore: 0468 375 036
zumbawithsimone09@gmail.com

MAT PILATES

7pm \$25
Winchelsea Shire Hall,
28 Hesse St, Winchelsea

WINCHELSEA MEN'S SHED

9.30am 51 Hesse Street, Winchelsea
Ray Atkinson 0407839139
winchmenshed@gmail.com

SENIOR CITIZENS CENTRE

Wednesdays 1- 3.00 pm
36 Harding St, Winchelsea
Jean Shinnars 52672263, 0427672263
jeanshinnars@gmail.com

MOTHER GOOSE SONG & RHYME

2pm (School term) FREE
Winchelsea Community House,
28 Hesse St, Winchelsea

WINCHELSEA HISTORICAL SOCIETY

Wednesday 1-4:pm, Friday 10am-3pm
Hesse St, Winchelsea
www.facebook.com/

MEL'S

DANCE CENTRAL

Wed afternoons/evenings
Pre-school - teens
Winch Senior Citizens Club
www.melsdancecentral.com.au

CWA WINCHELSEA

7-8.30pm 2nd Wed monthly
Senior Citizens, Harding St
winchelsea.cwa@gmail.com



SES WINCHELSEA

7.30pm 132500
323 Mousley Drive,
Winchelsea



THURSDAY

CHAT WITH YOUR COUNCILLOR TONY PHELPS

10am-12pm First Thursday of month
Winchelsea Shire Hall
28 Hesse St, Winchelsea

COWORKING & STUDYING SPACE

Mon and Thurs 9am-2pm \$10
Winchelsea Community House,
28 Hesse St, Winchelsea

WINCHELSEA PLAYGROUP

10am-12pm (School term) \$5
St Thomas Hall, 27 Barwon Tce
winchelseaplaygroup@gmail.com

WINCHELSEA PICKLEBALL

10-11.30am
Leisure Time Centre, Gosney St
Lesley Mathison 0438 672 197

WINCHELSEA KNITTING GROUP

10.30am-12pm FREE
Winchelsea Community House,
28 Hesse St, Winchelsea

WINCHELSEA MEN'S SHED

For the Community

NEW MEMBERS WELCOME

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Tony Phelps

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What's on Weekly

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COMMUNITY FOODBANK

12-2pm 30 Hesse St, Winchelsea
healthpromotion@hesse.vic.gov.au
0417 848 292

WINCHELSEA MOVIE CLUB

7.30 (3rd Thurs each month)
Globe Theatre, Main St, Winchelsea
growingwinchelsea.com/project/
winchelsea-movie-club/

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zumbawithsimone09@gmail.com

FRIDAY



Friday and Saturday 12 & 13 Sept

WINCHELSEA RSL

will be celebrating their
100 year anniversary.
*Help them celebrate.
More details later.*

TAI CHI

9am-10am \$10
Winchelsea Community House,
28 Hesse St, Winchelsea

PHONICS WITH ROBOT REG

10.30am (1-3 yrs) 11.30am (3-5 yrs)
(School terms)
www.robotreg.com.au/pages/shae

CHATTY CAFÉ

10.30am-12.30pm
Gold Coin Donation
Winchelsea Shire Hall,
28 Hesse St, Winchelsea

WINCHELSEA HISTORICAL SOCIETY

Friday 10am-3pm
Hesse St, Winchelsea
www.facebook.com/

WINCHELSEA

SENIOR CITIZENS

Fridays 1.00 pm - 3.00 pm
36 Harding Street, Winchelsea
Jean Shinnars 52672263, 0427672263
jeanshinnars@gmail.com



WINCHELSEA RSL

7.30 15 August,
1.30 19 Sept, 17 Oct,
7.30 21 Nov, 12.00 19 Dec
Winchelsea Men's Shed,
Hesse St, Winchelsea
David Loone 0488 165 109

GEELONG REGIONAL LIBRARY (MOBILE) 2-5pm

Old Shire Hall, 28 Hesse Street
0408384331 (During scheduled stops)

SATURDAY



PARKRUN

8am Trebeck Reserve
Sussex St, Winchelsea
www.parkrun.com.au/trebeckreserve/

FLOW YOGA

8am, \$25
Winchelsea Shire Hall,
28 Hesse St, Winchelsea

WINCHELSEA LAND AND RIVERCARE MONTHLY WORKING BEE

9am End of Dwyer St.
Rod Stone 0428 549318
Stewart Mathison 0428 672054



WINCHELSEA STAR PRODUCTION/COFFEE MEETING

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La Hoot Cafe, Main Street
www.winchelseastar.org.au
5273 0295

WINCHELSEA CROCHET GROUP

1.30pm 2nd Saturday each month \$5
Winchelsea Community House,
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reception@winchhouse.org.au

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Hall, Harding St Winchelsea
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SUNDAY

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CHEESE MAKING WORKSHOP

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52672028



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growingwinchelsea.com/project/winchelsea-
community-market/

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zumbawithsimone09@gmail.com
(Pre-booking required for by EOB Wed)



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Sat - Sun 9:34, 14.04, 16.58 19.18

TO WARRNAMBOOL:

Mon - Fri 8.58, 11.51, 14.46, 17.28 (coach), 18.43, 20.53
Sat - Sun 8:48, 11.41, 14.46, 20.38



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Enquiries Lorraine 0417 467 927



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Senior Citizens Centre
36 Harding Street Winchelsea
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Contact Elaine Atkinson 0458009616

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Tuesday	2pm-4pm	Saturday	1.30-3.30pm
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Closed on Christmas Day,
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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 Lily Del Rennie Ph. 0428 936 441



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



BUS TO THE HUB

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

SURF COAST MOBILE LIBRARY

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Facebook - Winchelsea Playgroup 2019
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Live demonstrations

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9:30-10: Kid friendly Qi Gong + Kung Fu - Evan

10-10:30: Kids fun activity on CPR and dialling 000 - Ambulance Victoria

10:30-11: Live Acupuncture with Dr Paul

11-11:15 Health Business strategies + specialist insights - NAB

11:15-11:45: Live Chiropractic care - Dr Emily McDonald

11:45-12:15 Core work-out with Daz - Winchelsea Health Club

12:15 -12:45: 'Get moving' - exercise physiologist, Hesse Rural Health

12:45-1: Mindset strategies - Helen Long

1-1:30: Interactive Karate Demonstration - Winchelsea Karate

1:30-2 Sound healing - Vicki

Health + Wellness Expo



New directory to inspire over-55s to make connections and Get Involved

Surf Coast Shire

A new contacts directory will help adults aged 55 and older to Get Involved with more connected, active and inclusive lifestyles. The directory, a printed booklet as well as an online resource, includes links to more than 100 clubs, groups, activities and services, encouraging people to make connections and increase participation in community life.

Surf Coast Shire Council has produced the guide as part of its ongoing commitment to supporting age-friendly communities.

Cr Tony Phelps: "The guide effectively opens doors to the many wonderful groups, activities and services available to help older adults across our shire age well, and in doing that aims to build social connections and promote health and wellbeing. Council produced its first Get Involved booklet in 2021, so we are delighted to be sharing this updated edition.

"We encourage older adults to pick the booklet up from one of our many distribution points, or check the directory out online, find some inspiration and make new connections. The guide includes contacts and locations for more than 80 community-based clubs, groups and activities, and more than 20 services and agencies providing support in areas including food relief, housing and accommodation, financial hardship, and mental health and drug and alcohol services."

The Get Involved booklet to be officially launched in October will be available online, and in hard copies from August through Council and community outlets across the shire including:

- Community houses
- Council's Torquay civic office
- Wurdi Baierr Stadium
- Kurrambee Myaring Community Centre
- Winchelsea Health Club
- Aged care residential facilities
- GP clinics and health centres

Get Involved online via surfcoast.vic.gov.au/GetInvolved



Health & Wellness Expo 2024

New virtual women's health clinic open

State Government

The Victorian Government's virtual women's health clinic is now open to all Victorian women and girls of any age – offering free, expert medical advice, treatment and care for a range of women's health needs.

Led by specialist nurses, the clinic can provide medical advice remotely via telehealth, either online or on the phone – including endometriosis and pelvic pain care, menstrual health, cervical screening, menopause care, breast health care and abortion.

Women in regional and remote Victoria will benefit the most – with services like contraception and abortion traditionally harder to access due to distance from major towns.

Operated in partnership with community health organisation EACH, it will reduce the barriers and delays in accessing care, helping to avoid detrimental impacts on a woman's health, their quality of life and the ability to participate in school and employment.

The team of nurses will deliver an initial health assessment and some treatment, while patients can also be connected with a GP or get referred to a relevant health practitioner as close to home as possible.

In addition to treating immediate health needs, referrals can also be made to various mental health and wellbeing, alcohol and other drugs, and family violence community support services.

All services are delivered by an experienced nurse or nurse practitioner who work to build connections with women, their community and local health services.

The virtual women's clinic is available Monday to Friday from 9:00am-5:00pm, by calling 1300 003 224 or via a simple, secure online form on the EACH website: each.com.au/services/virtual-womens-health-clinic.



WINCHELSEA FACEBOOK



Community, Sports, Churches and Non-profits

What's on in Winchelsea	facebook.com/WhatsoninWinchelsea
Winchelsea FREE	facebook.com/groups/winchelseafree
Winchelsea Community Information	facebook.com/groups/207538644446972
Winchelsea Classifieds 3241	facebook.com/groups/216942861684082
Winchelsea Lost and Found	facebook.com/groups/768187693217518
Winchelsea Op Shop	facebook.com/HospitalAuxiliaryOpShopWinchelsea
Winchelsea Shire Hall	facebook.com/WinchelseaShireHall
Winchelsea Community House	facebook.com/winchelseacommunityhouse
The Green Winchelsea Residents	facebook.com/groups/515322772623126
Growing Winchelsea Inc	facebook.com/growingwinch
Winchelsea Star	facebook.com/TheWinchelseaStar
Winchelsea Movie Club	facebook.com/winchelseamovies
Winchelsea Community Market	facebook.com/100083362387611
Winchelsea Land and River Care Group	facebook.com/envirowinchelsea/
Upper Barwon Landcare Network	facebook.com/UpperBarwonLandcare
Winchelsea & District Historical Society Inc	facebook.com/Winchelseaanddistricthistoricalsociety/
Winchelsea Wildlife Shelter	www.winchelseawildlifeshelter.com/
SCARS - Surf Coast Animal Rescue Service	facebook.com/groups/415211698950674
Winchelsea Gardeners	facebook.com/groups/779878518703025
Winchelsea & District Historical Society	facebook.com/Winchelseaanddistricthistoricalsociety/
Winchelsea Repertory Society Inc	facebook.com/winchrep/
Winchelsea Globe Theatre	facebook.com/Winchelsea-Globe Theatre-164790897641678
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St John the Baptist Catholic Church	facebook.com/pages/Winchelsea-Catholic-Church/101775670163180
Winchelsea Mainly Music	facebook.com/groups/668500343953191/
Winchelsea Health Club	facebook.com/WinchelseaHealthClub
Winchelsea Playgroup (School terms only)	facebook.com/groups/551663435367031
Winchelsea Girl Guides	www.guidesvic.org.au/
Winchelsea/Modewarre Scouts	facebook.com/1stModewarreScouts
Winchelsea Fire Brigade	facebook.com/winchelseafirebrigade/
Winchelsea SES	facebook.com/groups/WinchSES
Country Women's Association - CWA Winchelsea	facebook.com/pg/CWAWinchelsea/
Winchelsea Bowls Club	facebook.com/Winchelsea-Bowls-Club-533783333344345/
Winchelsea Blues Cricket Club	facebook.com/groups/8999049476/
Winchelsea Blues FC	facebook.com/WinchelseaFNC/
WYLD Winchelsea Youth Leisure and Drop in	facebook.com/groups/569737570027065/
Lions Club of Winchelsea	facebook.com/LionsWinchelsea
Winchelsea Probus	facebook.com/893535194971083
Winchelsea Golf Club	facebook.com/winchelseagc/ facebook.com/groups/1324943804676697
Winchelsea Zumba Crew	facebook.com/groups/479475585109144



Winchelsea Tennis Club 21 Armytage St Winchelsea
<https://www.facebook.com/groups/770786371589798>

Winchelsea Tennis Club

Fletcher Allen

Round 7 Recap – The Net Strikes Again!

Our Winch Superstars clashed with the Highton Flyers in a 1st vs 2nd blockbuster... and the net was the real villain. Skipper Fletch counted five cheeky net-topplers gifting the Flyers some sneaky points. Well played.

Fletch & fill-in Jeff scrapped hard in a tiebreak but went down swinging, 5-6. Karthik's still chasing that elusive singles win—so close at 3-6!

But doubles? Different story. Fletch & Karthik came alive for a 6-2 win! Jeff... not so much (2-6). Karthik & Jeff nearly clawed back a set (2-6 again), on centre court however the donut king Fletch returned with a glorious 6-0 smashing

Final score: 2 sets to 4, 24-26. Our first loss of the season and we slide to 2nd—but a nail-biter against a great opponent! Next week we're off to Moriac to take on the Coco Bewares.

Go Blues!



A boost to skills is a boost to productivity Encouraging young people to choose a trade

Housing Industry Association

“Construction skilled tradespeople remain in high demand, with the shortage more acute than pre-pandemic,” stated HIA Chief Economist, Tim Reardon.

The HIA Trades Report provides a quarterly review of the availability of skilled trades and demand pressures on trades in the residential building industry.

“Increasing the supply of homes and improving housing productivity will require skilled tradespeople. Australia’s two largest home building markets, New South Wales and Victoria, will demand skilled labour when activity there starts to pick up as well.

“To help alleviate the shortage of tradespeople as activity picks up, overseas skilled trades are required in the short term. Current migration settings need to be tailored through a dedicated construction visa, due to the contracting nature of work in the housing industry. Limited access to overseas labour isn’t a replacement for a domestic workforce.

“Even while national unemployment remains low, it is likely that Australia will see elevated demand for housing and limited access to labour,” concluded Mr Reardon.

By trade, only electrical remained in equilibrium, while plumbing shifted from relatively easier availability to a shortage. The most acute shortages were bricklaying and ceramic tiling.

New trial to help prevent gambling harm

Victorian Government

The Government is trialing mandatory account-based play at select venues from September. The trial will run across all 43 venues with gaming machines in Monash, Greater Dandenong and Ballarat from September to November.

People gambling at these venues will need to use a YourPlay card to play electronic gaming machines and set loss limits – helping put the power back into the hands of patrons and prevent money laundering. Cards can be obtained on-the-spot in venues.

The trial builds on the existing gambling reforms, including:

- Mandatory closure periods from 4-10am for gaming areas in all Victorian hotels and clubs
- Slowing spin rates of new gaming machines
- Limiting EFTPOS cash withdrawals to \$500 per card in 24 hours
- Capping the number of gaming machines in the state at the current level until 2042
- Prohibiting the advertising or operation of cheque cashing services in or around gaming venues
- Introducing a new code of conduct for venue operators.

These reforms also build on the nation-leading protections introduced at Crown and the establishment of the state’s tough regulator – the Victorian Gambling and Casino Control Commission.

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Blues News

Janet Fletcher

ROUND 15:

Anakie Roos Vs Winchelsea Blues

Welcome to Blue's News where we see such a contrast in the weather last Saturday from the down pour of the previous week. Very chilly but clear sunny skies were the order of the day as the Reserves kicked off at 12 pm, the Anakie Reserve in great condition for the games of football to be played.

RESERVES:

Anakie Roos 2.5.17 were defeated by the Winchelsea Blues 19.6.120

The Reserves got off to a great start in the first quarter kicking 2.5 to the Roos lowly 2 points. One of the great features of the game being the Blues kicked 5 points in the first quarter and then kicked 14 goals 1 point in the remaining 3 quarters of footy, great accuracy from the Blues. Winchelsea played a good open game of football all game, they were great in defence and never let Anakie get their game going.

GOALS:

Jack Symmonds 5, Angus Leigh 3, Sam Creighton 3, Tom Kennedy 2, Matthew Sprigs 2, Dustin Baker 1, Jude Coverdale 1, Bailey Kahle 1, Noah Harvey 1.

BEST:

Luke Foot, Sam Creighton, Patrick Dench, Nicolas Martignano, Jack Symmonds, Bailey Kahle.

SENIORS:

Anakie Roos 13.12.90 defeated the Winchelsea Blues 11.10.76

The weather held to continue a glorious Winter's afternoon when the 2pm siren sounded for the Senior game, and the first quarter was a tough hard fought affair with the Roos going in just ahead of the Blues 3.2 to 2.1

2 goals 6 kicked by the Blues to 4 goals 1 proved costly going into the half time break but to the Blues credit they fought back hard in the third quarter to be only 7 points down at three quarter time. The Anakie Roos held on in the last to get over the line by 14 points never having being headed all day.

GOALS:

Rueben James 3, Cameron Primmer 2, Cassidy Parish 2, Fin Kersopp-Cole 2, Indi Parish 1, Jordan Huff 1.

BEST:

Rueben James, Aaron Cooke, Indi Parish, Cassidy Parish, Jordan Huff, Callum Nankervis.

This week sees the Winchelsea Blues host the Thomson Tigers at Eastern Reserve with games at the usual starting times.

The following week the W.F.N.C.Inc, will again play host at Eastern Reserve and that will be Bannockburn, the Club will also be holding its Community Day on that date. More on that next week and on our Social pages. Congratulations to footballer Callum Nankervis who picked up first prize last week in the Major Draw for the year \$10,000!! Well done,

THE BLUE'S BISTRO:

This week's menu will feature

- Chicken Satay, Lasagne and the ever popular Flathead Tails. Served with either chips & salad or vegetables and gravy.
- Chicken Nuggets & Chips, Fish & Chips for the younger Blues \$5 (\$8 for 2 pieces of fish)

Complimentary tea & coffee, the Bar open at 6pm and the heaters on!

GO BLUES!!

\$100 power bill relief this winter

Victorian Government

Another round of the Power Saving Bonus opens for applications later this month. Minister for Energy and Resources Lily D'Ambrosio has announced that the fifth round will open on Monday 25 August – providing a \$100 payment to eligible concession card households across the state.

Eligible Victorian households can apply for the Power Saving Bonus through the Victorian Energy Compare (VEC) website, whilst checking they're on the best energy offer.

When applying, eligible households need a recent residential electricity bill and must hold a health care, pensioner concession, veterans' affairs pensioner concession or veterans' affairs gold card.

For those without internet access or needing support accessing the bonus, 250 participating Neighbourhood Houses across Victoria are delivering in-person support.

All Victorians are encouraged to visit the free and independent VEC website to shop around for a better deal on their energy – last year, users typically saved \$240 per year on their energy bills by switching providers.

Since the Power Saving Bonus was launched in 2018, more than 4.5 million applications have been paid, totalling over \$1 billion in energy bill relief to Victorian households.

In this year's Budget, we also invested \$600,000 towards the Energy Assistance Program – helping to expand its services in response to increasing demand – offering free one-on-one help for vulnerable and hard-to-reach customers struggling with their energy bills.

For more information or to apply for the Power Saving Bonus, visit compare.energy.vic.gov.au. The Energy Assistance Program is available on 1800 161 215.

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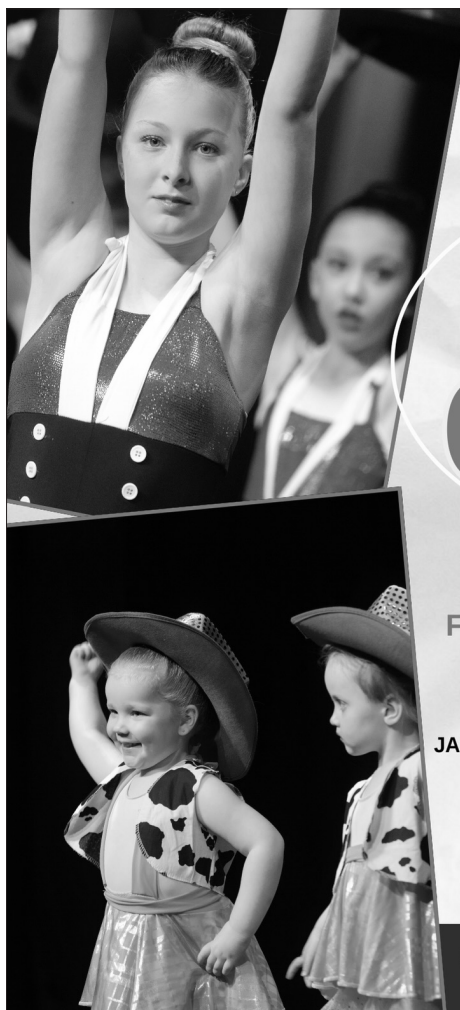
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Council meeting in Winchelsea

A Council meeting will be held at The Hub -
Eastern Reserve, 70 Hopkins St, Winchelsea on
Tuesday 26 August.

The public is welcome to attend this meeting.

Pop in for a chat and cuppa with councillors at 5.30pm, before the meeting starts at 6pm.

The agenda for this meeting will be posted prior to the meeting at
surfcoast.vic.gov.au/CouncilMeetings.

You can live stream the meeting with live captions via the above website.

A recording will be posted after the meeting. The recording will have captions and a transcript available.



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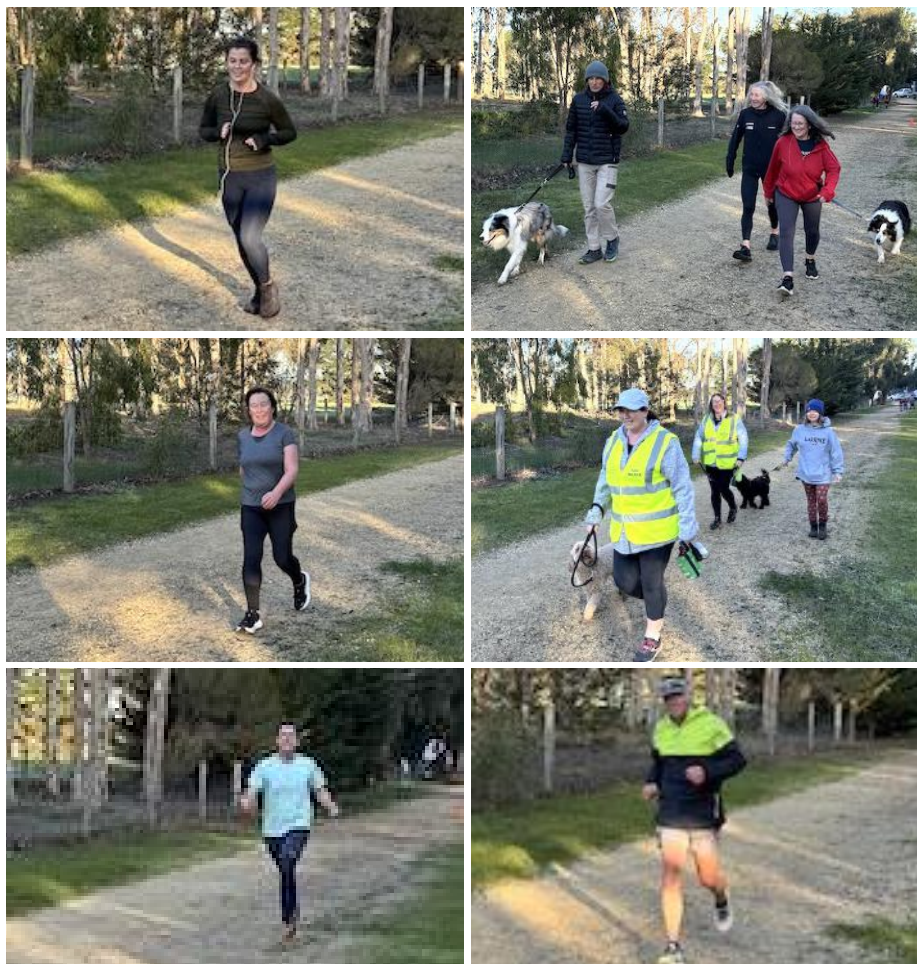
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Winchelsea Place Plan



Share your thoughts

We are working with the Community Working Group to develop a Place Plan for Winchelsea. We are seeking community feedback on the emerging vision and principles which will guide how Winchelsea will grow during the next 30 years.

View the emerging vision and principles and share your thoughts via yoursay.surfcoast.vic.gov.au/WPP before 18 August.



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Winchelsea Under 10s show promising progress in Round Two

Our Winchelsea Under 10s may only be two games into their season, but they're already showing huge improvement and a fantastic team attitude.

While they didn't hit the scoreboard this week, the team managed several attempts at goal, a big step forward from their first outing. One of the most exciting developments was seeing the kids put their training into action—especially their longer passing, which they've been working hard on during the week. That on-court improvement is exactly what junior sport is all about!

A big congratulations to Eden, who took out Player of the Week for her effort and determination. Great things are building with this young group—keep it up, team!



Under 11s stay undefeated with strong win over Bannockburn Black

The Winchelsea Under 11s are on a roll, continuing their undefeated season with a confident 25–11 win over Bannockburn Black. In another well-rounded team performance, the young Blues showcased their growing skills, with four different goal shooters hitting the scoreboard — a great reflection of their depth and teamwork. It's clear the players are bringing everything they've learned at training onto the court each game day, with strong passing, quick movement and great decision-making on display.

This team continues to impress with their development, effort, and enthusiasm each week.

Under 13s dominate in strong win over Anakie

The Winchelsea Under 13s hit the court with confidence and came away with a commanding 28–6 victory over Anakie this week. From the first whistle, the team set the tone with strong defence, clean passing, and excellent teamwork across the court. Their communication and court awareness continue to grow, and it was great to see their training translating into such a polished performance.

With consistent scoring and plenty of support play, the U13s showed they're building real momentum this season — and having fun doing it!



Under 15s show grit in read the play round against Anakie

The Winchelsea Under 15s faced a tough challenge this week, going down 34–8 to a tall and well-polished Anakie side in the annual Read The Play game — a special round that promotes youth mental health awareness and education through sport. Despite the scoreboard, our U15s showed great resilience and teamwork, continuing to push hard and support one another against a strong opposition.

Congratulations to Hannah Humphries, who was awarded the Read The Play Medal for her outstanding defensive efforts. The award is voted by the umpires and recognises a player from the game who displays strong values such as determination, sportsmanship, and leadership — all of which Hannah showed in spades.

A meaningful round and a great reminder that the game is about more than just the score. Well done, team.

Winchelsea Under 17s edge out Anakie in thrilling contest

In one of the most exciting matches of the round, Winchelsea Under 17s claimed a hard-fought 27–23 victory over Anakie in a physical, high-pressure game that kept the crowd on edge from start to finish. The lead changed hands multiple times throughout the match, with both teams refusing to back down. Winchelsea dug deep in the final quarter, showing grit, composure, and teamwork to take control when it mattered most.

It was a fantastic display of determination and unity from the team, continuing to build confidence and momentum as the season progresses.

Winchelsea Under 19s secure solid win over Anakie

The Winchelsea Under 19s continued their strong form with a confident 23–16 victory over Anakie this week. It was a well-rounded performance, with consistent effort across the court and great connections in both attack and defence. The team's ability to stay composed under pressure and work together through key moments proved the difference in a competitive match.

With each game, the U19s are growing stronger, and this win is another step forward in what's shaping up to be a great season.





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