

Winchelsea Star

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Weekly Winchelsea News

Since 1977

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Tuesday 7 April 2026

winchelseastar.org.au

Winchelsea Community Market

5 April 2026

Easter Bonnet Parade
Hidden Bunnies Hunt
Story telling, face painting, colouring
Finbar the Music Man

Happy Easter Winchelsea!

EASTER



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Public transport now free until the end of April

Victorian Government

Victoria's month of free public transport has begun. It means free trains, trams and buses – metro and regional – every day until the end of April, for everyone.

This is a temporary measure to help all Victorians now.

Free public transport for a month benefits everyone, because it takes pressure off the pump. Free PT also helps people save on public transport and it gets more cars off the road for people who have to drive.

How it works

Passengers won't have to touch on with their Myki – all Myki gates will be open.

Myki passes (such as a yearly) will automatically be paused, to resume after April.

You will not need a ticket to travel on V/Line trains – however, on V/Line coaches you will need to book a free ticket to secure your seat.

Trains, trams and buses will get busier, but we have added thousands of extra services to the network.

Free public transport is the key to combat mental health crisis amid global uncertainty

Professor Ian Hickie AO

One of Australia's leading mental health advocates is warning that a return to pandemic-era isolation poses a significant threat to Australians' mental health.

Fuel shortages and rapidly increasing prices are prompting more Australians to work from home. They have created real barriers for people getting to work, school and participating in other essential community activities.

Prominent psychiatrist, Professor Ian Hickie AO, says free public transport is a simple, immediate and effective solution to ensure people maintain their daily routine, while supporting social cohesion.

He said a renewed push to have people work from home, and kids to withdraw from other social activities, would break down routines, as people sleep and wake later and vital social connections would disappear. 'We know what happens when people stop going to work, school or other social activities. We watched it unfold during the pandemic and saw the damage it caused to sleep, mental health and the social fabric that holds communities together,' Professor Hickie said.

Professor Hickie warns that the push to work and study at home can lead to disrupted sleep patterns and less exposure to morning light, with negative effects on the body and mind. 'The cost of fuel should not be barriers to these essential routines. A daily commute on public transport can help in ensuring people are exposed to light at the right times and that they maintain a clear separation between their home life and the demands of work or study.'



Sunday's Easter Market was lively!

Judy Cameron Story and photos

Sunny weather saw a good crowd turn out for the fun and to support the wonderful variety of stalls.



Rose

40 plus children signed up to see how many Easter Bunnies they could find amongst the stalls and the winners were drawn from the completed entries.

Rose from Winchelsea Olives was there with Olive her dog. Olive grew up around pet rabbits and would not hunt down an Easter Bunny!



Jordan



Logan



There were some very creative Easter Bonnets. Here are a few -



And the winner of the Under 16's section was Montana



The face painter Jasmine was very busy!

You can contact 'Artzzy Jazzy' on 0404 873 785.

Here are some of her happy customers:

Mia and Stella (who also enjoyed a Men's Shed sausage!)



Finbar with fans

L-R: Perlita Purcell, Richard Butcher and Jodie Earl

Finbar Clearly from Freshwater Creek was a hit as the musical entertainment.

He is available for hire! Contact 0498722970.



A first-time staller Shannon Sweeny from Magnificat Farm, Lethbridge was there with his pasture raised eggs.



A customer asked "Why are the eggs different colours?"

Shannon explained they are from different breeds. He has Rhode Island Reds, Australorps and Leghorns. Call him on 0438 050 930 to buy direct, including 'point of lay' chickens.

Next Winchelsea Community Market will be Sunday, May 3. Be there!





News from the garden patch and "friends"

Julia Holohan

We have finally started to gather tomatoes. We have been amazed at how late they are ripening and wonder how long we'll have them ripening and if we'll end up with enough to bottle, freeze and make chutney to see us through to next year's crop.

What a crazy season it's been.

After stressing over the loss of my Queensland blue pumpkin seedlings, I raised some more seedlings and they are now growing well. I'm aware it's late, but my fingers are crossed that I will get some.

The chooks have been most disgruntled since I re-fenced the pumpkin patch, and now spend a lot of their free range time patrolling the fence looking for any access to no avail. "Hooray!" I've won that battle.

This new fenced area is shorter, with the bare soil at each unused end. The chooks are revelling with dust baths, creating deep holes that they appear very proud of.

The butternuts are doing well - and a sharp eye is kept on them to watch out for gnawing birds and bush rodents.



Carrots, cucumbers

Sweetcorn was difficult to germinate, but we have a small flavoursome crop that we've nearly gobbled up, sharing a cob or 2 each night. The beans and cucumbers were the same, a small crop but crunchy to munch as we wander around. The carrots have been outstanding, including their green feathery tops that are used in place of parsley. Lettuces did well and are nearly finished. I have a fresh lot of lettuces in, to hopefully see us through some cooler months.

We also allowed a few self sown pumpkins to free range. They have taken full advantage of this, spreading over lavender and the

currant bushes with great gusto. They are producing well, so now, as I do with our tomatoes, I'll keep their new growth trimmed so they will put their energy into bigger pumpkins / tomatoes rather than extending their vines / height.

Our tree chillis are robust with lots of green fruit and I can't wait for them to get red and hot

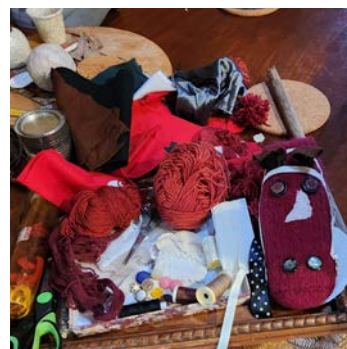
Along with the chillis, are some sweet crisp capsicum, a vegetable we have had difficulty growing in the past.

I have some broccoli seeds sprouting in the hot house which are nearly ready for planting. We usually plant them out late when the weather's cooler and there's less likelihood of the white butterflies attacking them. This year I'll plant them earlier and cover them well with some mosquito netting to see if this keeps the pesky attackers out.

It's time now for me to start strewing some coriander seeds around the garden, so we'll have lots of fresh coriander through the cooler months. We substituted with a healthy crop of basil over these warmer months, when the coriander runs to seed producing little leaf. I'll also sow a patch or two of rocket seeds for some winter leafy salad greens. Then I'll be preparing the soil for those broccoli seedlings.



Black Beauty and Pharlap



Bits & pieces from the sewing box

Reflections on this year's tomatoes

Peter Groves



I recently observed on my ripening tomatoes, a scar on the base of their skin.

Following enquiries as to why, it turned out it was due to a deficiency of water and calcium or possibly an excess of ammonium or a combination of all three.

Regular watering over the summer months addresses this problem and calcium deficiencies can be solved by adding crushed eggshells to the base of the plants or a calcium supplement available through nurseries. I suggest you save your eggshells and grind them up using a mortar and pestle.

Having eaten tomatoes in the Mediterranean where the limestone soil offers so much sun and calcium in the soil, I recall their flavours were exceptional, we can only do our best to emulate those conditions.



Winchelsea Men's Shed

Alice Cloake

Ready to pick at the Men's Shed

Before the Men's Shed Community Garden turns over for the winter, there's still a good amount of produce to pick from.

The vines are chock-a-block with green tomatoes - perfect for a green tomato relish or for frying them Southern style.

There's also plenty of rhubarb, which needs little but a bit of time on the stove with sugar and water and is delightful over ice-cream.

Address: 51 Hesse Street Winchelsea. Remember your donation in the red box and be respectful when picking!



WINCHELSEA MEN'S SHED

For the Community

NEW MEMBERS WELCOME

Every Wednesday 9.30am
51 Hesse Street, Winchelsea

KINDLING/OFFCUTS \$7.00 bag

Pickup Wednesdays 9.30-2.30
Delivery, Bill 0438 083 373

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Governor of Victoria visits the Memorial Grandstand and the clubrooms of the Winchelsea RSL

Graham Kenafacke, President Winchelsea RSL



On Friday morning 27 March 2026, the Governor of Victoria, Professor the Honourable Margaret Gardner AC, visited the recent renovations at the Winchelsea RSL, which is located at the Memorial Grandstand 70 Hopkins Street, Winchelsea as part of her recent tour to the district.

The Governor spoke to RSL Members, viewed the new displays and discussed the unique history and heritage of the Grandstand.



The Easter Bunny hopped into the Crazy Crumb Cafe at Easter

Kelly Turner

There is something pretty special about Easter in Winchelsea.

A huge shout out to Cozy Crumb Cafe who really led the charge this Easter with a beautiful mix of fun, generosity and community spirit.

On Thursday 2nd April, the Easter Bunny hopped into town and settled in at The Cozy Crumb for a hot chocolate or two- and had chocolates too.

From 12.30pm to 1.30pm, it was time to bring the kids down for a photo with the Easter Bunny. Bill Allerdyce had already been in, sorted his chocolate and made sure he got his photo ... clearly didn't want to miss out!

But what makes this even more special is what The Cozy Crumb are doing for the community.



They ran a "count the chocolate eggs in the jar" competition, with a gold coin donation to enter, and every dollar raised to go directly to the Good Friday Appeal. The winner was drawn Thursday afternoon.

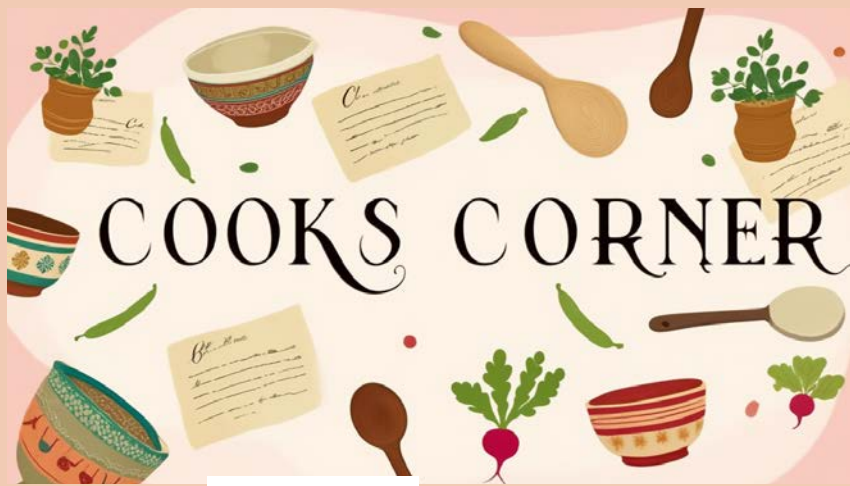
It is local businesses like this that make a real difference. Creating moments for families while giving back to something bigger.

Pop in, support them, grab a hot chocolate and be part of something good.



This is a place for passionate foodies. Here we celebrate local produce, seasonal ingredients, simple yet remarkable recipes we've tried, tested and loved.

Alice Cloake



If you have a recipe you'd like to share, a local product to shout out or a suggestion for an upcoming ingredient of the month - we'd love to hear from you.

Email editor@winchelsea.org.au.

APRIL Ingredient of the Month

Eggplant



A shelf full of big fat purple eggplants is a cook's delight. And here's a recipe to bring out their delicious flavour.

I'm writing this week's Cooks Corner from Medewi, Bali. We pulled up to our accommodation in Medewi just a few hours ago after a hairy 3+ hour drive through Denpasar city streets and sketchy mountainous roads. We're here for a wedding, which we promptly turned into an extended trip and I promptly turned into an opportunity to experience more of Balinese cuisine. I've planned an afternoon cooking class later on in our trip and have my eye on the local Warung (small restaurant) to try a number of new dishes - our driver told us his favourite is Soto Ayam, closely related to a chicken noodle soup.

I mention all of this, because in a bizarre turn of events, not even 12 hours into Bali and our ingredient of the month has already been front and centre. The recipe I share with you this week comes from the Two Good Cookbook and is one I tried for the first time only a few weeks ago. It is a recipe that asks for Japanese Eggplant and which I subbed out for the common Globe Eggplant we more regularly find in the grocery store. But it stirred up an interest to uncover the array of different types of Eggplants available to cook with.

Earlier today on the hunt for coffee we turned off a busy Denpasar street and found ourselves at a cafe surrounded by a kitchen garden, mango trees, a fish-filled creek and composting stations. And there, hanging amongst the leaves was Terong Ungu, a common variety of Eggplant grown in Indonesia.

I asked our driver the dishes he ate Eggplants in and his first response was Lalapan. This I've Googled is an Indonesian Vegetable Platter with Sambal. There's no one way to do Lalapan, but another Google search tells me that Sambal Terong (fried or steamed Eggplant with Sambal) is a common inclusion.

Sambal is a chilli-based condiment, like a relish, and there are a number of different types of Sambal you can make. Sambals are included on the menu of the cooking lesson I plan to take, so hold tight, I'll be right back with some recipes.



Recipe: FRIED RICE WITH EGGPLANT

By Kylie Kwong, from the Two Good Cookbook



Don't be put off by the ingredient list, this recipe is surprisingly easy and perfect for mid-week. I replaced Shaoxing wine with Mirin which you can find at the IGA, I also replaced Japanese eggplants with your run of the mill store bought kind.

Ingredients

4 eggs
80 ml (1/3 cup) sunflower oil
1 small white onion, thinly sliced
1 tablespoon finely chopped ginger
2 rindless bacon rashers, finely chopped
2 teaspoons caster sugar
2 tablespoons Shaoxing wine (or Mirin)
750 g (4 cups) cold steamed jasmine rice (*make day before or day of, see note for method on cooking rice, or DIY - we're not above using a rice cooker*)
4 spring onions, pale parts thinly sliced diagonally
1/2 bunch of coriander, leaves picked and coarsely chopped, plus extra leaves to serve
2 tablespoons light gluten-free soy sauce
1/4 teaspoon sesame oil ground white pepper toasted black and white sesame seeds, to serve

EGGPLANT

2 tablespoons sunflower oil
4 Japanese eggplants, cut diagonally into 1 cm thick slices (*use any eggplants*)
1 garlic clove, finely chopped
1 tablespoon finely chopped ginger
1/2 long red chilli, seeded and finely chopped
1 tablespoon Shaoxing wine (or Mirin)
1 tablespoon brown sugar
3 teaspoons red wine vinegar
1 tablespoon gluten-free soy sauce
1 tablespoon sesame oil

Method

- For the eggplant, heat the sunflower oil in a wok over medium-high heat. When the surface starts to shimmer slightly, add the eggplant and stir-fry for 2-3 minutes or until golden, being careful not to let it burn. Add the garlic, ginger and chilli and stir-fry for 1 minute or until fragrant. Add the Shaoxing wine and sugar and cook for 1 minute. Add the remaining ingredients and stir-fry for another minute or until






Continued ...

- the eggplant is soft and cooked through. Transfer to a bowl and set aside. Wipe the wok clean.
- Break the eggs into a bowl and lightly beat. Heat half the sunflower oil in the wok until the surface starts to shimmer slightly.
- Pour in the egg and cook for 10 seconds before folding the egg mixture over onto itself with a spatula and lightly scrambling for 1 minute or until almost cooked through. Carefully remove the omelette from the wok with a spatula and drain on a paper towel.
- Set aside.
- Heat the remaining sunflower oil in the wok over high heat.
- Add the onion, ginger and bacon and stir-fry for 1 minute. Add the sugar and stir-fry for 30 seconds. Pour in the Shaoxing wine and stir-fry for 1 minute. Add the rice, most of the spring onion, coriander, soy sauce, sesame oil and the reserved omelette.

- Break up the omelette with a spatula. Season with white pepper and toss until well combined and heated through.
- Serve the fried rice topped with the eggplant, remaining spring onion, extra coriander leaves and sesame seeds.

NOTE For the steamed rice, place 265 g (1½ cups) jasmine rice in a sieve and rinse under cold running water until the water runs clear. Place in a heavy-based saucepan with 670 ml (2¾ cups) water and bring to the boil, stirring occasionally. As soon as it comes to the boil, reduce the heat to as low as possible, cover with a tight-fitting lid and cook for 10 minutes. Don't remove the lid during cooking. Remove the pan from the heat and stand, covered, for another 10 minutes, then fluff up with a fork before using. For the best results in fried rice, the rice should be cooked the day before and refrigerated.

Planning and Environment Act 1987
SURF COAST PLANNING SCHEME



Notice of the preparation of an amendment to a planning scheme
Amendment C150surf

Overview

Amendment C150surf proposes to delete the Heritage Overlay (HO150) from 23 residential properties (see property addresses below) and the Council Reserve (16A Smith Street) in Winchelsea, as they do not have any heritage significance and the HO incorrectly applies.

The amendment does this by making a mapping correction and amending the Schedule to Clause 43.01 (Heritage Overlay).

For further details, refer to the explanatory report about the amendment.

Details of the amendment

The Surf Coast Shire Council planning authority has prepared Amendment C150surf to the Surf Coast Planning Scheme.

The land affected by the amendment:

Street Name	Street No.
Main Street	65A
Warner Street	15, 15A, 17, 18, 19, 20, 21, 22, 23, 24 & 25
Lawrence Court	2, 3, 4, 5 & 6
Smith Street	12, 13, 15, 16A, 17, 19 & 21

The amendment proposes to amend Planning Scheme Map No. 8HO to remove HO150 from the identified properties above as they do not have any heritage significance. It also amends the Schedule to Clause 43.01 (Heritage Overlay) to correct the heritage place listing for HO150 to change the street address.

Heritage Overlay (HO150) will continue to apply to 65 Main Street, Winchelsea (Lot 2) which contains the heritage building Balgownie.

The proposed correction will improve the operation of the planning scheme by removing the unnecessary requirement for planning permits for dwellings, and buildings and works.

You may inspect the amendment, any documents that support the amendment and the explanatory report about the amendment, free of charge, at:

- On the Department of Transport and Planning website www.planning.vic.gov.au/planning-schemes/amendments/amendments-on-exhibition or by contacting **1800 789 386** to arrange a time to view the amendment documentation;
- The Surf Coast Shire website at <https://yoursay.surfcoast.vic.gov.au/C150surf>;
- On request, during office hours, at the office of the planning authority, 1 Merrijig Drive, Torquay by contacting **(03) 5261 0600** to arrange a time to view the amendment documentation.

Any person may make a submission to the planning authority about the amendment. Submissions must be made in writing giving the submitter's name and contact address, clearly stating the grounds on which the amendment is supported or opposed

and indicating what changes (if any) the submitter wishes to make.

Name and contact details of submitters are required for the planning authority to consider submissions and to notify such persons of the opportunity to attend planning authority meetings.

This amendment has been deemed to be a low impact amendment by the Minister under Section 16N of the Planning and Environment Act 1987, therefore sections 23 and sections 24 to 27 of the Act do not apply to the amendment. The effect of this means that Council, acting as the planning authority, can adopt the amendment and submit it to the Minister for Planning for approval without the need to refer unresolved submissions to a panel.

The closing date for submissions is **5pm Monday 11 May 2026**. A submission must be sent to Coordinator Strategic Planning, Surf Coast Shire, PO Box 350, Torquay, 3228 or submitted online via <https://yoursay.surfcoast.vic.gov.au/C150surf>.

The planning authority must make a copy of every submission available at its office and/or on its website for any person to inspect free of charge until the end of the two months after the amendment comes into operation or lapses.

Kate Sullivan
Manager Integrated Planning



Zinaida Campion

To share your stories and inspire the community, please contact Zinaida. 0428 403 784 zinaidacampion@gmail.com



Marjorie Lawrence

Memories by the Residents of Hesse Rural Health

Last week I had the honour of making a long-anticipated visit to Hesse Rural Health for a chat with the residents

about their memories of local icon Marjorie Lawrence. As a keen Marjorie fan, I didn't come unprepared, but with a long list of facts rattling around in my brain, from her year of birth to first singing teacher to her most famous role. However, the focus of this article will be on her time spent in Winchelsea, both growing up and on subsequent visits as a fully fledged diva, not on her activities however remarkable, abroad. Therefore the most valuable information is not what I read in biographies and newspapers clippings, but the personal, living memories of the residents. I will give some background details for context, along with the priceless recollections of Winchelsea's senior citizens.

Marjorie Lawrence was born in 1907 in Deans Marsh. She showed such an early flair for music and performance that Alex Pearce the pastor of her church, St Paul's, singled her out to participate in all the local musical events and mentored her in the church choir. Here she was first exposed to the great repertoire, Handel, Stainer, and Mendelssohn, truly remarkable for such a tiny country church. She was not the only talent in her family, as her siblings often performed alongside her in duets and trios. In fact, the district almost became tired of endless solos, duets and trios "by the Lawrence family"! Marjorie's voice was not confined to refined performance venues, as she was equally happy singing to herself around the farm and on horseback, to the occasional chagrin of near neighbours. "Marge was out again last night. The breeze was blowing in our direction". (Wotan's Daughter, Richard Davis 2012).

Marjorie's life took a dramatic turn when the family moved to Winchelsea when she was a teenager. Her father, Bill Lawrence, at that time was not too supportive of her taking her singing career any further. He was "violently opposed" to the idea of her travelling to Melbourne for lessons.



The spirited Marge decided to run away to take lessons, ending up in the capable hands of Ivor Boustead, her first proper teacher. With his help, and the eventual capitulation of Bill Lawrence, she won many local awards for her singing, culminating in the great Sun Aria in 1928. She was only 21.

Live on air, Melbourne 1928

Zinaida Campion is a classical soprano, vocal coach, artist and model raised in Winchelsea. She is an alumna of VOYCE Victorian Opera, a Windfire Vocal Scholar, Co founder of Cecilia's Daughters, Vice President of Geelong Opera, Artistic Director of the Winchelsea Music Season, and founder of Rural Arts Victoria. A keen arts writer, she has a strong background in languages and a love of local history. She is dedicated to working with the local community, and has an all-consuming passion for promoting the arts in rural areas.



From there, Marjorie was catapulted to fame in Europe and America. We pick her up again on her visits back to Australia as a world famous prima donna who never forgot her humble beginnings in rural Victoria. Early in her international career, a friend once reminded her to "think of Winchelsea" in a moment of discouragement, a reminder she continued to draw strength from.



Her first visit was in 1939, sadly long after her father passed away. He had built the Globe Theatre in 1926, hoping that he would be around when she returned to sing in it. She had promised it would be her first stop on her first Australian tour, and even though he was gone, she kept it.

Riding in Deans Marsh, 1939 visit

The older residents at Hesse still remember the massive line-up on the streets for her homecoming. I have included a photo of the program, courtesy of the Winchelsea Historical Society.



Program from 1939

Other visits were in wartime 1944, post war 1951, later career 1966, and finally before her death three years later 1976. All in all from our perspective, too few. But considering her busy career, a commendable effort. Resident and my long time friend from church Eva Schroeter remembers lining up to receive lollies from Marjorie and her team with the rest of her schoolmates on one of the visits. She remains astonished that they remembered the give her a bag of sweets for her sister, who was unable to attend due to illness. This little thoughtful act has remained preserved for posterity, and gives us an idea of the legend's kind side. Marjorie sadly had no children of her own. Eva also remembers going to school with Marjorie's nephews and nieces, one of whom was named Marjorie in her honour.

Resident Phyllis described her wonder on hearing Marjorie's celestial voice singing a solo at St Thomas's during the service on a return visit. Phyllis was 17 at the time, and can't remember the song, but I suspect it might have been the Lord's Prayer by Albert Malotte, one of her most famous sacred pieces. I remain honoured to share St Thomas's as a home church with Marjorie.

These are the most precious memories of Marjorie, not as a diva who conquered continents, but as a human being. Not as an international name, but as a local daughter of Winchelsea. As she continues to inspire me, may her example inspire generations of locals to come. Her story proves that out of little things big things grow. *Ciao!*



JUMBLE SALE

BARRABOOL HILLS
UNITING CHURCH

1135 BARRABOOL ROAD
(cnr Andersons Road)
BARRABOOL

SATURDAY 18th April 2026

1PM

COME AND
CHECK US OUT

FOR MORE INFO

0418 518 260



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 MUSIC SEASON

Longing

Helen Ling *soprano*
Zinaida Campion *soprano*
David Stewart *piano*

Will perform a varied programme of soprano repertoire to commemorate the

100TH ANNIVERSARY OF THE
GLOBE THEATRE

As part of the first annual Winchelsea Music Season

Saturday 2nd May 5pm at the Globe Theatre
17 Willis St, Winchelsea, Victoria

Tickets at the door or via Trybooking
Adult \$50 Concession \$40 - School Students Free

For further information
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Do you have an idea that could build resilience to our changing climate, mobilise our community to act or reduce our local footprint?

\$5,000 and \$10,000 grants are available.

Tell us your idea by submitting an Expression of Interest.

Eligible projects will then be open to a community vote from 11-31 May, to decide the winners.

Grants now open, **submit your EOI by 30 April, 2026**

More information surfcoast.vic.gov.au/grants



PAPER RECYCLING

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

All money raised used
for local community
4224 0226

mainly music

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 Star COMMUNITY NOTICEBOARD

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

PINE CONES FOR FIRE PITS \$5

Winchelsea Lions Club
Contact Ray 0406 371 239

WINCHELSEA PICKLEBALL

Wednesdays 7pm at Winchelsea Leisure
Time Centre! \$5 All equipment supplied
Wear suitable footwear
Lesley Mathison 0438 672 197

WINCHELSEA TENNIS CLUB

JUNIOR COACHING
Mon 3.30pm \$10
with experienced coach
Nicole Mullen

1ST MODEWARRE SCOUT GROUP

We have exciting programs for Joeys,
Cubs and Scouts this year.

We have vacancies
at Joey and Cub levels,
and plenty of room at Scouts.
Group Leader Marie McPadden
0409 330 147

RAM FOR SALE

\$370.00 OBO
Contact Trevor
0410 165 346

YOU ARE INVITED TO
**WINCHELSEA
COMMUNITY DINNERS**

LAST SATURDAY OF EACH MONTH

February 28th	July 25th
March 28th	August 29th
April 25th	September 26th
May 30th	October 24th
June 27th	November 28th

**6.30PM HALL ON CORNER OF
MERCER & HARDING STREETS**

PRODUCE SWAP TABLE
CHILDRENS ACTIVITIES

PLEASE BRING FOOD TO SHARE
IF YOU ARE ABLE
GOLD COIN DONATION AT DOOR
MORE INFO- JESS 0409536752

Look what you can get at the Winchelsea Community Op Shop



THE WINCHELSEA
COMMUNITY OP SHOP
Fri, Sat, Sun, Mon 10am - 3pm
10 Willis Street, Winchelsea

The Op Shop is a lifeblood of the
Winchelsea community, providing
great friendships to the passionate
volunteers and our many customers.

At the moment, the Op Shop CANNOT
accept donations of DVDs, CDs, books,
hiking bags, backpacks, duffle bags,
suitcases, and cases.



A complex, noisy issue: Corellas in Winchelsea

Chris Pike, General Manager Placemaking and Environment, Surf Coast Shire Council

These Corella deterrent options have already been considered by your council

It's impossible not to notice the spectacle of corellas in the centre of Winchelsea each summer, with large flocks filling the skies and trees as they settle in for the season.

While they're part of the natural environment, corellas cause frustration to the community with their noise, the damage they cause to vegetation, and the mess they leave on the ground.

They are also a protected species, which means Council has limited options to move or scare them.

Any measures need to comply with wildlife legislation and environmental regulations.

Last year, in partnership with Growing Winchelsea, its Arboretum sub-committee, Winchelsea Land and Rivercare and the Winchelsea Men's Shed, we installed a peregrine falcon nesting box in a tree beside the river.

The aim was to encourage a natural predator of the corella to make itself at home in the middle of the corellas' roosting area.

Unfortunately, we're yet to see evidence of any falcons taking up this opportunity. The nesting box remains available to an aspiring feathered home owner.

We've also been working on some longer term measures aimed at reducing the attractiveness of the area as a roosting location for corellas.

Under our Corella Management Plan, we're progressively carrying out planting in partnership with community groups, aimed at reducing open space and bare ground (which corellas like), using trees and shrubs that have minimal corella appeal.

Around 2000 native and indigenous plants were planted by GenU in this project last year, and there will be more planting to come.

In a search for other solutions, we've contacted Councils with similar corella issues.

West Wimmera Shire Council uses gas-powered scare guns at dawn and dusk at the Edenhope Caravan Park, which disperse the birds for around 30 minutes.

This tactic would not be an option in Winchelsea because, being within a township, it would breach EPA noise regulations.

Horsham has trialled visual deterrents such as predator kites in public areas, but has not found them to be effective for long because corellas are smart and quickly get used to them.

So what can you do on your property? If you're within the township, your options are limited.

The State Government's Corella Management Strategy recommends deterrents such as big-eye balloons, kites resembling birds of prey, flashing lights, recorded alarm calls, scare guns, and bird frite cartridges (pyrotechnic crackers).

But noise-based deterrents need to fall within EPA and Victoria Police regulations, and so are generally not suitable in towns. Scare guns need to be at least 300 metres from any dwellings.

Anything you do try needs to be varied regularly so the corellas don't get used to it, and may need to be used for several weeks to be effective.

For our part, Council will continue its planting strategy in an effort to make a difference over time, and will stay across any new methods or trials for corella deterrence.

For more information please visit our website: surfcoast.vic.gov.au/corellas





The Ripple Effect

A space for the issues that start small but matter deeply—because in every community, even the quietest ripple can create real change.

By Madame Butterfly (Nom de Plume)

Where have the Corellas gone?

You can't miss them when they arrive. The noise, the movement, the spectacle. Corellas descend on Winchelsea and, for a moment, they're a tourist attraction—cameras out, smiles all round, a fleeting highlight on the way to the Great Ocean Road.

And then the cars and buses leave.

What's left behind isn't quite so picturesque. Trees stripped bare. Once-healthy canopies reduced to skeletons, exposed and vulnerable to pests. In some cases, trees that have stood for generations—100-year-old elms—now reduced to sad reminders of what sustained flocks can do in a short time.

This isn't unique to Winchelsea. Rural towns across the country are dealing with the same cycle. Yet responses remain fragmented—state by state, policy by policy—despite the fact birds don't recognise borders. They follow conditions. When water and feed disappear elsewhere, they come to towns like ours.

So the question is: are we responding to the symptom, or the cause?

We already accept intervention when it suits us. There are bounties on foxes. Kangaroo populations are managed. Rabbits are controlled with chemicals. These decisions are justified in the name of balance—protecting agriculture, ecosystems, and livelihoods.

But when it comes to corellas, the conversation becomes hesitant, even avoidant.

Why?

Is it because they're native? Visible? Appealing to visitors? Or because addressing the issue properly would mean confronting

something bigger—how land use has changed. Large-scale cropping in areas once dominated by grazing has altered feeding patterns and habitat dynamics. In many ways, we've created the conditions that drive these birds into our towns.

And when the community tries to respond, things get murky.

One local took it upon himself to act—using noise to move the birds along. Others joined in. It wasn't perfect, but it had impact. Then came a complaint: a distressed pet, a call to council, and suddenly a broader effort was curtailed. A single voice reshaped the response for everyone.

That raises another question: in a community issue, whose voice carries weight?

We talk a lot about being a community, but too often decisions are reactive, not representative. Why not put these responses to a broader conversation—or even a vote—rather than defaulting to the loudest or most immediate concern?

Because this isn't just about birds. It's about how we value our environment. Trees aren't just aesthetic—they're part of how we respond to climate pressures, how we cool our towns, how we maintain ecological balance.

If we're serious about that, then we need to be just as serious about protecting them.

The corellas have moved on—for now. But they will be back. And when they return, the question won't just be how we react in the moment, but whether we've done the thinking, the planning, and the listening needed to respond better.

Every ripple starts somewhere—add yours to the conversation.





Save the date: Kinder registrations open 20 April

Surf Coast Shire

From Monday 20 April 2026, people can apply for a spot at Council's six kindergartens for next year as part of the Free Kinder initiative, for three-year-old and four-year-old programs.

Council-operated kindergartens are Anglesea Kindergarten, Helen M Kininmonth Kindergarten Winchelsea, Jan Juc Pre-School, Kurrabee Myaring Kindergarten in north Torquay, Lorne Kindergarten and Torquay Kindergarten on Grossmans Road.

Interested families are invited to attend open days on Wednesday 29 April from 4pm to 5pm: Anglesea, Kurrabee Myaring, Torquay, and Winchelsea.



Families are encouraged to submit their registration form before Friday 26 June 2026, when first round applications close.

Applications will remain open for second and third round offers.

To learn more and apply, visit surfcoast.vic.gov.au/kinder.

Extra precious hours at Kindergarten for 4-year-olds

Victorian Government

Four-year-old kinder is changing with more hours of play-based learning available – and for families in 12 more LGAs across Victoria, that change starts now.

Children will still go to the same kinder they know and love, but with more hours – between 16-30 every week.

For some children this means double the amount of early education before they start school.

More than 130 funded kindergarten services now offer the expanded program, with more than 3,000 children set to benefit.

Families will save up to \$2,700 per child – money that stays in family budgets instead of going towards kinder fees.

The 12 new areas joining the rollout in 2026 with up to 20 hours of kinder include Corangamite Shire.

In addition to the expansion into 12 new LGAs, children from priority cohorts across Victoria are now eligible for the extra hours of learning.

This includes Aboriginal children, those from refugee backgrounds and children who have had contact with Child Protection.

Find out more about Free Kinder at vic.gov.au/free-kinder.

Aboriginal Mums and Bubs to get additional culture centered care

Victorian Government

A \$15.8 million boost to expand Koori Maternity Services will support 10 Aboriginal Community Controlled Health Organisations (ACCHOs) across Victoria.

It includes services in Bendigo, Ballarat, Melbourne, Lakes Entrance and Albury Wodonga.

Aboriginal mothers and their babies deserve the same health outcomes as any other mother and child in Victoria.

The goal of the services is to ensure culturally safe and high-quality pregnancy care, with the following outcomes:

- More Aboriginal women access antenatal care earlier in their pregnancy
- Fewer Aboriginal women smoke during pregnancy
- Fewer Aboriginal babies are born early
- Fewer Aboriginal babies die during pregnancy or soon after birth.
- Care delivered by our ACCHOs is grounded in culture, connection and kinship.

It is also delivered by clinicians who understand their community, their needs and their experiences.

For more information, please visit health.vic.gov.au/patient-care/aboriginal-maternity-services.

The funded ACCHOs include Wathaurong Aboriginal Co-operative Limited.



1st Modewarre Scout Group News

Marie McPadden, Group Leader
mcpadden630@bigpond.com

Joey Scouts have embraced recycling

Joey Scouts promise to HOP – Help Other People!

That means their friends, their teachers, their families and their world.

By saving up and recycling plastic bottle tops into new items, the Joeys helped reduce waste.

They made spinner toys at SOEL (Southern Ocean Environmental Link) in Queenscliff, later sitting on a recycled plastic seat out the front of the shop.

The Joeys are quite concerned about the damage to sea life from discarded rubbish such as plastic bags and plastic rings.

Our Joeys are aged 5-8 years and are a delightful group of children.



Spinner and tops



SEEKING NEW VOLUNTEER LEADER/ UNIT HELPER FOR GUIDES



The Winchelsea Girl Guides are sad. Recently they lost their leader, Lily Del Rennie, who was farewelled last Monday. We wish Lily all the best with her studies and career.

The Guides must have two adults present at meetings. Guiding provides training for this vital role, and covers any expenses.

Please help us provide leadership development opportunities for girls, as well as promoting fun and friendship in a safe environment, helping girls grow into confident, self-respecting, responsible community members in a world-wide organisation.

Also a great opportunity for self-development, meeting new friends, and also opportunities for overseas travel.

If you are remotely interested, please contact Yvonne Orchard Ph 0488 672 630.

We would also welcome new girls to join our Unit. Come and try for 3 free meetings. Girls 5-15 yrs welcome!

We will commence next term on the first day of term Mon 20 April, 4.30-6pm at the Catholic Hall Harding St

(Please note there will be no Guides the following week Mon 27, as Leader not available)

Enquires contact Yvonne Ph 0488 672 630

No more phones in non-government schools from 28 January 2027

Victorian Government

New legislation has been introduced to extend the ban on devices to non-government schools. The legislation will also cover wearable devices like smart watches and wireless earbuds. Expanding the ban to wearable and personal audio devices further limits distraction in classrooms and keeps students safe.

Victoria led the nation by banning mobile phones in public school classrooms in 2020. Victoria will be the first state to legislate these restrictions on wearable technology in schools.

An independent evaluation found students were more focused in class and more social during breaks. Schools also reported fewer critical incidents involving phones.

Wearable devices that capture photos, video or audio can pose risks to students and staff.

Under the legislation:

- Mobile phones must be switched off and stored away from first to final bell
- Wearable devices must have notifications, cellular connection and recording functions switched off
- Personal audio devices must not be used during school hours

Rolling out a state-wide policy will provide consistency and certainty for parents, students and school communities.

Exceptions apply for students that require devices to monitor health conditions.

Services & Activities In Winchelsea

VLINE TRAIN SERVICES TO MELBOURNE:
 Mon - Fri 06.41 (coach) 08.07 11.10
 14.04 16.58 19.21
 Sat - Sun 08.27 10.27 14.04 16.58
 19.17
TO WARRNAMBOOL:
 Mon - Fri 08.58 11.51 14.46 17.28
 (coach) 18.42 20.52
 Sat - Sun 09.44 11.41 14.46 18.38
 20.38

SURF COAST MOBILE LIBRARY
Cnr Princes Highway & Hesse St, Fridays, 2pm-5pm
 Parked in Hesse Street (outside Shire Hall)
 Fridays 2:00 and 5:00pm unless it is a Public Holiday.

WINCHELSEA GIRL GUIDES
 All girls 6yrs-15yrs Welcome!
 Mondays 4.30pm-6pm (school terms)
 Catholic Church Hall, Harding St Winchelsea
Fun, friendship, and adventure. Teamwork, leadership skills, achieve goals, improve communities and grow in confidence.
 3 FREE sessions to come along and try.
 Yvonne 0448 672 630 or Lily 0428 936 441


COUNTRY WOMEN'S ASSOCIATION
 7pm second Wednesday of month
 Winchelsea Senior Citizens' Hall
 36 Harding Street Winchelsea

WINCHELSEA PLAYGROUP
 Every second Thursday 10am-12pm
 St Thomas Anglican Church Hall
 cnr Barwon Tce and Hopkins St, Winchelsea
 Contact: Danni Menzies 0432019944
 winchelseaplaygroup@gmail.com
 Facebook - Winchelsea Playgroup 2019
New families welcome


1ST MODAWARRE SCOUT GROUP
 Modewarre Hall, Cape Otway Rd
 Mon-Cub Scouts 8-11yo 6:30-8pm (sch term)
 Tues-Joey's 5-8yo 5-6pm (sch term)
 Wed-Scouts 11-14yo 6:30-8:30pm (sch term)
 Venturers 15-18yo hosted by Torquay or Highton Units
 Marie McPadden 0409330147


 Winchelsea and District
COMBINED PROBUS CLUB
 Senior Citizens Rooms,
 New members always welcome.
 Enquiries Lorraine 0417 467 927

WINCHELSEA TRANSFER STATION
55 Cressy Road, Winchelsea
 Tuesday 2pm-4pm
 Saturday 1.30-3.30pm
 Thursday 2pm-4pm
 Sunday 9.30-12.30pm
 Closed Christmas Day, but open on other public holidays.
 www.surfcoast.vic.gov.au/disposalsites

Join us. A role for everyone
 Nationally accredited training to help our community.
 Pop in to meet your crew **Wednesdays 7:30pm**

Winchelsea Unit 325 Mousley Drive **132 500**

Good Friday Appeal

The Good Friday Appeal is now in its 95th year and has become an annual Easter tradition – raising more than \$491 million. It is a massive day of fundraising for the Royal Children's Hospital (RCH) – supporting young Victorians to get the lifesaving care they need.

The Appeal supports the latest equipment and technology, patient and family-centred care programs, and attracting and retaining the brightest minds. It also supports groundbreaking research at the Murdoch Children's Research Institute and University of Melbourne's Department of Paediatrics.

For the third consecutive year, funds raised by the Appeal will also be shared across Victoria's five regions. \$3 million will be shared across more than 30 regional health services building on the more than \$8.5 million allocated in the last two Appeals.

Some of the regional programs supported by last year's generous donation includes:

- Equipping every region with new, paediatric-specific equipment and technology
- Enhancing neonatal services through training and equipment in Barwon South West
- Upgrading video conferencing tools and paediatric therapy spaces in Gippsland
- Improving paediatric life support and critical care for regional ICU patients in Albury-Wodonga.
- Providing care to the community for over 150 years, the RCH is Victoria's major specialist paediatric hospital.

It extends its care to children from Tasmania, southern New South Wales and other states, as well as overseas.



Have you thought about joining the local Movie Club?
 Winchelsea Movie Club enters its ninth year of bringing affordable, entertaining movies monthly to the Globe theatre.

Membership is essential -
 10 screenings annually - \$70 Conc \$65
 5 screenings Autumn /Spring seasons - \$40 Conc \$35

WHEN –
 Movies will be shown third Thursday of each month (except July) at 7.30
 Come early.

WHERE –
 The Globe Theatre
 17-19 Willis Street Winchelsea
 Opp Winchelsea Tavern (Top Pub)

Movie List for 2026

16.4.2026	One Life
21.5.2026	Roofman
18.6.2026	Gifted Hands
BREAK	
20.8.2026	Rachael's Farm
17.9.2026	The Book Thief
15.10.2026	Mr Burton
19.11.2026	My Favorite Cake
10.12.26	Thelma

Membership can be paid by CASH on the first night February 19th or by direct debit to bank account.
 Enquiries re bank account details to email - movies@growingwinchelsea.com
 Jenny 0409672054 Sue 0413487915
 Further information about the Movie Club – www.growingwinchelsea.com

Stitch It, Don't Ditch It

Annette Rennie, Winch House Craft Group

Remember that old adage that starts "A stitch in time ---- "? It must be this Craft Group's motto.'

The Wednesday Craft Group are sometimes asked to make repairs to well-loved textiles belonging to the Occasional Care group.

A well-used quilt was the most recent item we've been asked to repair. Some of the stitching was coming undone, but there was not enough seam allowance to sew it back together. So a couple of brightly coloured patches were added, making it a good strong repair as well as adding extra interest.



We have also repaired dress ups, art smocks and other bits and pieces. It's always a pleasure to be able to repair if possible instead of throwing away and buying new.

If you have something that needs repairing, but don't know where to begin - bring it along and we'll see if we can help.

Artists helping students get creative in the classroom

Victorian Government

Grants have been announced to help 16 Victorian schools partner with local artists and organizations in terms 2-4 this year.

Children will be able to tap into their creative side and learn new skills, without their parents having to find extra time and money for similar activities outside school.

The 2026 recipients will share in \$360,000 through the Creative Learning Partnerships program.

They include **Melbourne Indigenous Transition School**, which will work with creative and social change organisation Storyscape and First Nations audio app Yalinguth. Students will take part in visual arts and storytelling workshops and create a short film showcasing their work.

Victorian College for the Deaf will partner with the Potter Museum of Art on a multilingual project.

At **Seymour College**, students will use second-hand materials to create costumes for a runway performance and exhibition.

Students across all year levels at **Inglewood Primary School** will work with drama, storytelling and filmmaking company The Storey Players to create a multimedia production about the untold story of Inglewood.

Creative Learning Partnerships is the Government's longest running creative grants program.

Established in 1982, it's supported residencies for more than 1,650 creative practitioners, upskilled close to 4,000 teachers and brought creativity and learning together for more than 76,000 Victorian students.

For more information on Creative Learning Partnerships, or to see the full list of 2026 recipients, visit creative.vic.gov.au

Fire Danger Period NOW

The Fire Danger Period is when CFA restricts the use of fire in the community to help prevent fires from starting.

The Fire Danger Period is NOT the same thing as a Total Fire Ban.

Municipality	Start	End
SURF COAST	24/11/2025	01/05/2026

Find the rules at: <https://www.cfa.vic.gov.au/warnings-restrictions/fire-permits/about-fire-permits>



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e mrpsteelworx@yahoo.com.au

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history of winchelsea

Colonial Bank of Australasia 33 Main Street (now Sweet Thyme Cafe)

Have you ever been to the Sweet Thyme Cafe in Winchelsea's main street?

This charming licensed Café in the heritage Colonial Bank building, this café blends community connection with inviting atmosphere. This venue combines all-day breakfast, house-made burgers, and a full drinks license with a welcoming environment with capacity for 40 indoor and 22 outdoor seats.

This café was originally the Colonial Bank of Australasia. The Colonial Bank of Australasia was eventually taken over by the National Bank of Australasia.

In a time before electronic transfers and online banking, in the late 19th and early 20th centuries, the branch was crucial to the local farming and business community. The branch provided a "face" to banking and the capacity to provide answers to queries.

The local branches were the bankers for local clubs and associations of which bank staff were often members. The visit to the bank was a social occasion of meeting friends and neighbours. Overall the bank played an integral part in community building.

The Colonial Bank of Australasia opened a branch in Winchelsea in 1865, probably based out of the Post Office. It was a significant financial institution in the town's early economic development, later becoming part of the National Bank of Australasia.

A dedicated, permanent Colonial Bank building was constructed in 1883. The building was designed by architect George Jobbins, who designed several Colonial Bank branches in Victoria during that era, including similar buildings in Drysdale and Birregurra.

The branch serviced surrounding areas. In 1879 Edward Stribling was manager of the Winchelsea Branch of the Colonial Bank of Australia, which had an agency in Lorne, so Edward rode a horse to Lorne once a fortnight to pay the forestry workers and the workers building the pier.

On Friday 7 July 1882, John Jackson Maxwell, the Manager of the Winchelsea branch of the Colonial Bank of Australasia, was arrested on warrant by Detective Ward, and placed in the City lock-up, on a charge of embezzling a sum of money from the bank.

Maxwell had been conducting the business of the Inverleigh branch, as well as acting as manager at Winchelsea. He received deposits from farmers, selectors, and others in the district to the extent of between £300 and £400, for which he gave the usual receipt - but he neglected either to enter the transactions in the books or to account for the money.

Maxwell left the district, but was arrested and brought back for trial. Maxwell was remanded for a week, during which time he was reported to have recovered from the effects of heavy drinking.

The National Australia Bank (formerly National Bank of Australasia) branch in Winchelsea closed early 2002. At the time it was one of two banks in Winchelsea.

Today, the Bendigo bank still operates on the corner of Palmer Street, on the site of William Stirling's General Store.



Creator Collins, John T., 1907-2001, Photographer.
Image Credit State Library of Victoria [Sept. 2, 1962]
Identifier H98.252/95



Micheál 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.

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What's on Weekly

MONDAY-FRIDAY

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

SURF COAST SHIRE FIRE DANGER PERIOD

24/11/2025 - 01/05/2026

CO-WORKING AND STUDYING SPACE

Mon and Thurs 9am-2pm \$10
Winchelsea Community House
28 Hesse St, Winchelsea
(03) 5267 2028

MAINLY MUSIC

10-11am (school terms)
Interactive Music 0-4yrs
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 MODAWARRE SCOUT GROUP

Modewarre Hall, Cape Otway Rd
Mon-Cub Scouts 8-11yo 6:30-8pm (sch term)
Venturers 15-18yo hosted by
Torquay or Highton Units
Marie McPadden 0409330147

VINYASA YOGA

7pm \$25 Winchelsea Shire Hall,
28 Hesse St, Winchelsea
(03) 5267 2028

TUESDAY



BRIDGE

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

1ST MODAWARRE SCOUT GROUP

Modewarre Hall, Cape Otway Rd
Tues-Joey's 5-8yo 5-6pm (sch term)
Venturers 15-18yo hosted by
Torquay or Highton Units
Marie McPadden 0409330147

WEDNESDAY

WINCHELSEA ZUMBA DANCE

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

WINCHELSEA MEN'S SHED

9.30am 51 Hesse St, 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 AND 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

STITCH IT, DON'T DITCH IT!

9.30-2pm Wednesdays
Winch Community House, Hesse St
SEWING MACHINE and
OVERLOCKER AVAILABLE
Gold Coin donation

WHAT'S ON IN THE SCHOOL HOLIDAYS

FRIDAY 10TH APRIL

Winchelsea Rainbow Kids

Song.Story.Yoga.Play

Two FREE School Holiday Workshops!
Friday 10th April
11am 4-6yrs olds
(parental engagement required)
12.30pm 7-12yrs olds
(no parental engagement required)

Term 2 course dates -
Thursdays @ 4.30 & 5.30pm
23rd April - 25th June
9 weeks \$135 paid upfront!
or \$18 casual 'drop in' fee

Kids will learn traditional Hatha Yoga postures, breathwork & beginner friendly meditation techniques to calm the CNS and regulate emotions.

All in a fun, friendly and social environment.

Classes held @ the Winchelsea Shire Hall
Run by Tara McAteer -
200hr Hatha Yoga & Instinctive Meditation Teacher.



Please call Tara on 0490843155 to register.

MONDAY 13TH APRIL

SURF COAST YOUTH HOLIDAY PROGRAM WINCHELSEA



Pop-Ups: Open 12pm - 3pm
High school aged young people welcome
Free Food, Board Games, Nintendo Switch, Wooden Games at all sites



SUNDAY 19TH APRIL

WINCHELSEA RE-LOVED MARKET

SUNDAY 19TH OF APRIL

9.30AM - 1.30PM

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shirehall@winchhouse.org.au or scan the QR code.



April/May 2026

This is a recurring calendar.
Please confirm event details with the organiser/venue.
To add an event to the calendar,
please email news@winchelseastar.org.au

KIDS ART and CRAFT SESSIONS

4-4.45pm fortnightly Age 5+
\$15 per session or \$60 term
Winchelsea Community House
28 Hesse St, Winchelsea 5267 2028

MEL'S DANCE CENTRAL

Winchelsea Dance Classes
Pre-Schoolers - Adults
Wednesday afternoon/evenings
The 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 Dr, Winchelsea



1ST MODAWARRE SCOUT GROUP

Modewarre Hall, Cape Otway Rd
Wed-Scouts 11-14yo 6:30-8:30pm (sch term)
Venturers 15-18yo hosted by
Torquay or Highton Units
Marie McPadden 0409330147

THURSDAY

CHAT WITH YOUR COUNCILLOR

Cr Tony Phelps

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

COWORKING AND STUDYING SPACE

9am-2pm \$10 5267 2028
Winch Community House, 28 Hesse St

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
(03) 5267 2028 (03) 5267 2028

MAT PILATES

6.45pm \$25 Winchelsea Shire Hall,
28 Hesse St, Winchelsea
(03) 5267 2028

WINCHELSEA MOVIE CLUB

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

FRIDAY

TAI CHI

9am-10am \$10 5267 2028
Winch Community House, 28 Hesse St

COMMUNITY FOODBANK

12-2pm
30 Hesse St, Winchelsea
0417 848 292

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, Winch Shire Hall,
28 Hesse St, Winchelsea
Gold Coin Donation 5267 2028

WINCHELSEA HISTORICAL SOCIETY

Friday 10am-3pm
Hesse St, Winchelsea

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

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Back of the Eastern Reserve grandstand
Hesse St, Winchelsea
David Loone 0488 165 109

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(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/

DIAMOND DOT

Senior Citizens Centre,
36 Harding Street Winchelsea
10 till 4 \$5 entry, \$10 includes lunch
Tracey 0427500649

WINCHELSEA LIONS CLUB IGA BBQs

9 -12pm first Sat of month outside IGA.
Proceeds to IGA Community Chest.

WINCHELSEA LAND AND RIVERCARE

First Saturday of the month 9am
Meet at Guye Reserve, Barwon Terrace
Rod Atone 0428 549318
Stewart Mathison 0428 672054

SPEED SHEAR

Winchelsea FNC
2pm Saturday 11 April
Eastern Reserve

WINCHELSEA STAR PRODUCTION/COFFEE MEETING

9-11am (Last Sat monthly)
Sweet Thyme Cafe, Main Street
www.winchelseastar.org.au

WINCHELSEA CROCHET GROUP

1.30pm Every 2nd Saturday \$5
Winch Community House, 28 Hesse St,
Vee 0467 219 227

ST JOHN THE BAPTIST CATHOLIC CHURCH

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WINCHELSEA COMMUNITY DINNER

6.30pm last Sat monthly, except Nov/Dec
Hall, Harding St Winchelsea
Bring plate and gold coin donation if you can

SUNDAY

WINCHELSEA COMMUNITY MARKET

9-1pm, 1st Sunday monthly
Shire Hall car park, Main St Winch
growingwinchelsea.com/project/winchelsea-community-market/

WINCHELSEA UNITING CHURCH

Service 9.30am each week
Hesse St, Winchelsea 0475 777 301
uca.winchelsea@gmail.com

Winchelsea Star

This week's Edition
Editor Carrie Forgan, Designer Susan Corby

send your stories

news@winchelseastar.org.au

LOCAL NEWS and ARTICLES
WELCOME

Email news@winchelseastar.org.au
or leave hard copy at IGA supermarket

News Deadline

5pm Fridays

4pm Sundays - hard copy left at IGA

6pm Sundays - sports results and
weekend events

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Next Production Coffee Meeting Sat 25 April
9am @ SWEET THYME All Welcome - come enjoy coffee!

production

Editors: Carrie Forgan, Yvonne Stevens, Judy Cameron

Advertising: Sasha Gauntlett, Neil McInnes

Design: Susan Corby, Tony Phelps

Printed by: Cromwell Forganssen,
Winchelsea Community House

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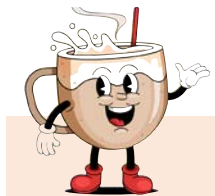
Members: Mick O'Mara, Linda Carter, Susan Corby
Sasha Gauntlett, Judy Cameron,
Yvonne Stevens, Carrie Forgan



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Production Coffee Meeting Summary

Alice Cloake



Production Coffee Meeting

Meeting started 9:05am, ended 11.15am
Attending Carrie Forgan, Michael Donovan,
Alice Cloake, Mick O'Mara, Susan Corby,
Cathy Cheadle
Apologies Judy Cameron, Cromwell
Forganssen
Visitors Lula, Mesiah

Winners of the Star Easter Drawing Competition

The two children were excited to visit the meeting and receive their Easter Egg prizes from Mick O'Mara. Their winning entries published on cover of the Easter edition of the Star.

Student Journalist

Deakin Uni journalism dept has been helping us with the young journalist, hopefully they will start after Easter. Suggested their first article be interviewing Hesse Rural Health using Michael's questionnaire

Suggestions for coming front covers

Easter drawing competition, the Easter Bonnet Parade, Sunday Market, 'Nominate a Hero', new Palmers restaurant.

Coming events to promote in the Star

Movie Night 16 April
The Speed Shear 11 April
Celebration for 150 years of Winchelsea Railway Station

Social media

We need more presence on the socials – and someone to take charge of that. What to put in the socials? Star cover, also a short summary of key articles each week.

Meeting venue

We welcome people calling in on the coffee meeting. To get their attention, we put the rabbit on the table, and we could use the Star banner.

Distribution of Star

Discussion about distributing the Star from more places eg Cafe La Hoot, Kenty's, the service stations and Railway Station. Might be easier for them if we provide an acrylic holder to hang on the wall, with an honesty box. In return, we could print the list of businesses where the Star is available in every edition, free advertising for those businesses.

Also promote the Star on posters on the noticeboards at IGA and Moriac Store.

Layout

Promote the free online subscription on the Star cover each week – young people are more likely to read the online version

More articles needed

Michael will approach the Scouts for regular column, perhaps Guides would like the promotion too.
Ask readers what they'd like to see in the Star
Question each week for the community to think about eg which park do you like best?

Suggestions for Content

Have a weekly crossword puzzle and/or Sudoku
Include a short 'History of the Star' in every issue
Ask community groups who the Star promotes to provide a monthly article and photo eg the Food Bank, Movie Club, Mens Shed, Lions Club



The Climate Report

Compiled by Judy Cameron

I just read an article from The Conversation “Effective storytelling can encourage climate action from policymakers and the public” which maintains by presenting climate change through tangible examples, the abstract becomes concrete, the distant becomes local and the data becomes a loss that people can picture.

This was from a round table at Concordia University in Canada, entitled “Communicating Climate Research to Policy and the Public.” Their shared diagnosis: the problem is not a lack of data. It’s a failure of translating that data into a message that resonates.

“Effective climate communication is not about dumbing down the science. It’s about understanding who you’re talking to and what actually matters to them.

The session also pushed back against the dominance of top-down, global-level climate narratives. Real engagement and climate action, participants agreed, happens at the community level through local voices, grassroots initiatives and youth movements that give people a sense of agency rather than helplessness. Media platforms that amplify these efforts, rather than drowning them out, were seen as part of the solution.

Involving students and young people, sharing successes through local and national media and making initiatives relatable and interactive can help build broader awareness and motivate participation across communities.”

Climate researchers should not treat communication as the final step in research and start seeing it as central to the work itself. They shouldn’t just focus on sharing data, but also take part in real engagement and conversations with the general public.

The science is there. The challenge is to make it resonate. From policymakers and community leaders to students and citizens, climate action depends on telling stories that make an impact, clarify stakes and inspire action.



Only when abstract data becomes tangible — whether through a disappearing skating rink, a parched wetland or a vanishing stream — does the urgency of climate change truly hit home. And it is this kind of storytelling, grounded in both evidence and lived experiences, which may ultimately drive the action this moment demands.”

I remember this image from the 2006 movie ‘An Inconvenient Truth’ and I thought this will change people’s minds on saving our ‘nest’ – there is no Planet B!

The Pale Blue Dot, a Voyager 1 photo showing Earth (circled) as a single pixel from 4 billion miles (6.4 billion kilometres) away, is featured in the film. Al Gore points out that all of human history has happened on that pixel, which is the only planet where life has been discovered.



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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

0404 598 558

Father Joseph Panackal
Harding St, Winchelsea 3241
Mass 6pm Sat. APRIL 11, 18, 25

St Thomas' Anglican Church

0448 687 588

Rev Christopher Duff
Barwon Tce, Winchelsea
Service 10am Sundays

Thought of the Week

"Life can be hard, but with Jesus we are invited to experience more than mere survival. We are invited to live deeply, love fully, and carry His light into the world."

Have a Blessed week.

John Bader (Christian Pastoral Carer)

Psalm 7

O God, I come running to You
like a frightened child.
My pursuers, like hideous monsters,
seek to tear me limb from limb.

O Lord,
if I really am to blame for their hostilities,
if I have willfully hurt anybody,
if I have selfishly blighted another man's soul,
then let the axe fall;
I have no right to live;
I almost wish I could die.

O God, have mercy.
You know the secrets of my heart
and the desires of my flesh.
You know I want so much to do Your will.
You know my greatest enemy is myself,
how ineffectual I am
in dealing with my inner conflicts.
You know, and You have assured me that You care.
You have judged my wickedness;
now rise up to deliver me
from its ugly consequences.

Oh, when will there be an end to evil?
When will this frustrating struggle cease?
I claw like a wounded animal
at the promises of God for comfort,
I appeal to His love for solace and strength.

I know the end of those
who do not repent of their sins.
How selfishness boomerangs; sin kicks back.
They stew in their own juice; they cut their own throats.

Thus I must persist in running to God in my defeats
that I may learn to walk with Him in His victories.
I will continue to sing His praises
and to lay claim to His righteousness.

"Psalms/ Now" by Leslie F. Brandt

Food relief for families hit by increase in food bills

Victorian Government

Families are being hit hard by rising prices and organisations who support them are facing rising costs. No family should ever have to worry about where their next meal is coming from.

That's why Foodbank Victoria will receive \$900,000 to keep food moving to the frontline services that need it most.

Another \$1.1 million will support seven regional foodshares in Geelong, Bendigo, Shepparton, Mildura, Warrnambool, Wodonga, Moira Shire, and the Regional Food Security Alliance.

SecondBite and FareShare will share \$200,000 to rescue and redistribute surplus food.

OzHarvest will also receive \$200,000 to deliver more meals to families in need.

Sikh organisations are already on the ground providing much-needed food relief to local families. Victorian Sikh Gurdwaras Council, Sikh Volunteers Australia, Gurduara Council of Victoria and Australian Sikh Support will share in \$200,000 to continue their services.

Community Information & Support Victoria (CISVic) are often a first port of call for families who need support and they'll receive \$100,000 to keep supporting families.

This is on top of the State Government's record investment in food relief in last year's Budget.

This won't solve every problem facing families. But it's immediate relief to help Victorians right now while we keep working on new solutions to help with cost-of-living.

Rising cost of fuel hits rural communities hardest

Rural Aid

Rural Aid is warning that rural and remote communities are bearing the brunt of rising fuel prices driven by the escalating Iran War, with serious consequences for cost of living, access to essential services and mental health.

For many in the bush, fuel is not discretionary. Larger diesel vehicles, including 4WDs, utes and trucks are essential for daily life, enabling people to work, transport goods and travel vast distances for basic needs.

Rural Aid CEO John Warlters said the current spike in fuel costs is placing unsustainable pressure on rural Australians. "People in the city have options. In rural Australia, there is no public transport and no way to cut back on travel. You still have to get to work, to school, to the doctor."

Freight costs are rising, driving up the price of groceries, mail delivery, medicine and household supplies in rural towns.

Diesel availability has tightened in some regional areas, adding uncertainty for farmers, transport operators and small businesses. "Access to diesel has become less predictable. That adds pressure for people already managing rising costs," he said.

Rural tourism and hospitality sectors are also under threat as travellers reconsider plans due to fuel costs. "If caravanners and visitors stay away because they can't afford the fuel, that loss of income will be felt right across the community," Mr Warlters said.

Rural Aid is raising concerns about growing isolation in rural communities, as families cut back on travel to manage costs. "People are reconsidering trips to see family, attend community and sporting events or pick their children up from boarding school for the holidays," Mr Warlters said. "That isolation has real consequences."

The mental health implications of reduced mobility and increased financial stress cannot be overlooked. "When people can't afford to travel for medical appointments, social and sporting events or even a short break, it increases the risk of poor mental health outcomes."

Rural Aid encourages anyone in need of support to reach out. "Rural Australians are not alone. Rural Aid is here to help, through financial assistance or free counselling services," Mr Warlters said. "If rising costs and isolation are starting to take a toll, we urge people to get in touch. Early support can make a real difference."

For support, contact Rural Aid on 1300 327 624 or visit www.ruralaid.org.au.

Changes to negative gearing will have adverse outcomes for renters

HIA

Tax changes will cripple housing supply and punish renters

Proposed changes to negative gearing and capital gains tax will worsen Australia's rental crisis by reducing the supply of housing and putting upward pressure on weekly rents, Housing Industry Association (HIA) MD Jocelyn Martin said.

"Australia's rental market remains extremely tight. The national residential vacancy rate is just 1.1 per cent, which is well below a balanced level," said Ms. Martin. "Australia has an acute shortage of rental housing. Any policy that discourages investment in rental homes will only make conditions worse for renters."

"New independent economic analysis commissioned by HIA shows that removing negative gearing would result in tens of thousands fewer homes being built, reduced construction employment and higher rents as rental supply tightens further. Removing negative gearing would lead to a 46,000 reduction in homes built, a loss of over 4,300 construction jobs and a fall in GDP of \$2.3 billion."

"Removing the CGT discount would lead to a 33,000 reduction in homes built, a loss of over 3,000 construction jobs and a fall in GDP of \$3 billion."

"Combined, these tax changes would have a compounding effect, fewer rental homes, lower housing construction and higher rents paid by tenants."

"Renter affordability is ultimately about supply. When fewer rental homes are built, renters face higher rents and fewer choices."

"Private investors supply around nine in ten rental homes across Australia, the majority of whom are small-scale, mum and dad investors. Stable and predictable tax settings play a critical role in supporting the ongoing supply of rental housing, particularly new homes entering the market."

"HIA has consistently warned that Australia is not building enough homes to meet demand. Reducing incentives for rental housing investment will only widen this gap. "If governments want to help renters, the focus must be on increasing housing supply. Targeting rental housing investment with new taxes will make the rental crisis worse, not better," concluded Ms. Martin."



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Focus on rows, columns, or boxes that are nearly full, using elimination and logic to fill in missing numbers, usually by scanning for rows/columns that already contain the missing digits.

Puzzle

9		4	6		5			
2			7		4	5		
8	3		2	1	9	7		4
	5	2	1			6	8	
	8	6			2		1	5
3			5	6	8			
				7		2		6
			8			3	4	9
5	4							

Solution

9	7	4	6	8	5	1	3	2
2	6	1	7	3	4	5	9	8
8	3	5	2	1	9	7	6	4
4	5	2	1	9	7	6	8	3
7	8	6	3	4	2	9	1	5
3	1	9	5	6	8	4	2	7
1	9	8	4	7	3	2	5	6
6	2	7	8	5	1	3	4	9
5	4	3	9	2	6	8	7	1

Environmental ethos at the heart of farming at Meredith Dairy

Trust for Nature

For Julie Cameron, farming is a way of caring for nature. “I wouldn’t be a farmer if it meant that I was going to destroy a rare and endangered ecosystem,” she says.

Conservation has always been at the heart of Meredith Dairy, on Wadawurrung Country, which Julie and Sandy Cameron founded in 1991 on land Sandy’s family had farmed for generations.

Over the past three decades, and influenced by Sandy’s family, Julie and Sandy have built a vision for Meredith Dairy: “We strive to produce food sustainably”. This means reducing greenhouse gas emissions, protecting and promoting natural biodiversity, as well as farming to maintain natural assets. Some initiatives include planting trees, using 28 renewable energy, controlling weeds, protecting natural ecosystems including waterways, and managing waste.

In 2023, they protected nearly 30 ha of grassy woodland forever with a conservation covenant. Sandy and Julie’s first land purchase contained the only area of remnant Manna Gums on the entire farm, and it was where Julie spotted a wild Koala for the first time.

“We needed to revegetate a lot of the site. Now, 35 years on, it is so special, because we grew many of these trees ourselves. We collected seed from the remnants that were here to ensure we planted the correct species. These trees have grown from tiny seedlings into mature trees and habitat for birds and animals,” says Julie.



Blue Devils (*Eryngium ovinum*) flower in summer

“We fenced it off to prevent stock from grazing grasslands. We got busy and didn’t visit the site for five years. When we looked again, we found amazing grassland orchids and everlasting daisies. We had experts visit who were amazed by the biodiversity.”

The property protects some of the critically endangered woodland and grassland of the Victorian Volcanic Plains, of which more than 90 per cent has been cleared on the plains west of Melbourne. The property is home to the threatened Golden Sun Moth, Clover Glycine and native orchids. Although part of the farm was impacted by fires in January 2026, the covenant was spared.

“We’re seeing the whole lifecycle of nature,” says Julie. Maintaining that life cycle is core to Meredith Dairy, and Julie encourages other farming businesses to consider how they can work with nature.

“It strengthens the brand and consumers are looking for where their food comes from,” she says. “If you’re using natural assets to make an income, then you need to protect those natural assets. At Meredith Dairy our aim is to produce food sustainably. That means protecting native ecosystems like this covenant.”



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67-year-old cyclist begins Nullarbor crossing in 4,000km charity ride ending in Geelong

Callum and Jake Robinson's lives were tragically cut short in Mexico in 2024. Damien Kelly's ride is to support the Foundation set up in their honour

Perth retiree Damien Kelly's 4,000km solo, unsupported cycling journey across Australia has reached a significant milestone, with the 67-year-old arriving at Border Village and officially crossing into South Australia, marking the beginning of the Nullarbor Plain crossing. He is approximately 18 days into a 4,000km solo, unsupported ride from Perth to Geelong. Damien is carrying all equipment required for the journey and relying entirely on his own planning, resilience and adaptability.

The ride is being undertaken in honour of Callum (32) and Jake (31) Robinson, two Australian brothers who, along with their friend Carter Rhoad (33), were tragically killed while travelling in Mexico in 2024.

Damien is aiming to raise awareness and support for the Callum and Jake Robinson Foundation, a not-for-profit established in their memory to help others "Live Bigger, Shine Brighter and Love Harder" and create positive outcomes from an unimaginable loss.

The Road Ahead

Following the Nullarbor crossing, Damien's route will continue east through South Australia and into Victoria. The journey will take in Ceduna, Kimba, Port Augusta and Adelaide, before heading south-east toward Mount Gambier and then along the Great Ocean Road to Geelong, where the ride will conclude.



Damien crossing into South Australia

Journey Progress

Departed: Perth - 16 March 2026

Current Location: Border Village, South Australia

Days on the Road: ~17 days

Distance Covered: ~1,400-1,600km

Total Distance: ~4,000km

Format: Solo and unsupported

Follow and Support the Ride

Supporters can track Damien's journey in real time and contribute to the cause via the Callum and Jake Robinson Foundation:

Live Tracking: <https://share.garmin.com/Damiensride>

Donations: Supporting the Callum and Jake Robinson

Foundation, via <https://www.cjroundation.com/donate>

Damien on Instagram: <https://www.instagram.com/damienkelly79/>

\$1.2m partnership for robots to fix roads

Charles Darwin University

Could this be the way of the future for road repairs?



Ali Rajabipour is the Director of CDU's Centre for Asphalt and Road Technologies

An AI-powered robotic system will soon detect, and repair cracked roads thanks to a partnership between Charles Darwin University, Civiltech Solutions, and the Additive Manufacturing Cooperative Research Centre.

The industry-research partnership will combine LiDAR road scanning, artificial intelligence, robotics, and additive manufacturing to solve one of the most common costly challenges faced in road maintenance – all with minimal human intervention.

Australia has more than 800,000 kilometres of roads, most managed by local governments. While early crack sealing can significantly extend pavement life, current maintenance practices rely heavily on manual inspection and application, which can miss early-stage defects and lead to inconsistent repairs.

Researchers from CDU's Centre for Asphalt and Road Technologies (CART) will contribute robotics, materials engineering and additive manufacturing to build on Civiltech Solutions' existing LiDAR-based road scanning platform. CART Director Ali Rajabipour said "This project brings together a range of technologies to solve real-world infrastructure problems".

Civiltech Solutions Founder and CEO Leigh Carnall said the project represented a major step toward modernising road maintenance. "Road maintenance is still largely manual," Mr. Carnall said. "By combining AI, robotics and advanced manufacturing, we can detect defects earlier and repair them with far greater precision."

Additive manufacturing will enable the production of lightweight, custom components, allowing for operation in harsh environments and remote locations.

MD of the Additive Manufacturing CRC Simon Marriott said the project demonstrates new approaches to infrastructure maintenance. "Additive manufacturing allows components to be designed and produced rapidly and cost effectively."

"This collaboration highlights how industry and research organisations can work together to develop scalable solutions that improve productivity, sustainability and capability across the infrastructure sector."

Depression may harm young people's physical health long before any obvious signs appear

Brain and Mind Centre, University of Sydney

Irregular sleep patterns may presage young adult depression

A study tracking almost 2,000 young Australians for a decade has challenged a long-held assumption about depression and physical health, finding disrupted sleep was a stronger predictor of later insulin resistance rather than weight gain.

Instead, the research points to irregular sleep-wake cycles and ongoing sleep disruption as a key and often overlooked pathway connecting mental health issues in youth to physical illness years later.

Prof Ian Hickie from the Brain and Mind Centre said the results pointed to a significant missed opportunity for early intervention. "The physical health consequences of depression may start much earlier than we realise, and in ways that aren't visible or noticeable at first. One of the earliest signs is disrupted sleep-wake cycles."

Dr Jacob Crouse, a SRF at the Centre, said that such sleep disturbances can be improved with simple lifestyle changes."

"There are easy behavioural changes we can all make that have powerful effects on how well we sleep and how our biological clocks function, like waking up at the same time each morning, getting exposure to sunlight every day (via walking, exercising, or simply sitting by a window), and turning the lights down when the sun sets. Such strategies might have important flow-on effects for our mental and metabolic health."

Key findings:

- Depression in early adulthood was linked to the development of ongoing sleep-wake disruption over time
- The sleep disruptions, not weight gain, were the stronger predictor of insulin resistance a decade later
- The link was present even in young people who were not overweight and had no obvious physical illness

Because the sample was community-based rather than clinical, the findings suggest a population-level connection between mental and physical health that extends well beyond severe cases.

Current approaches to preventing chronic disease linked to mental ill-health tend to focus on weight management and lifestyle interventions, but the study suggests at that point it is too late.

"Focusing only on weight misses part of the picture," Professor Hickie said.

"Sleep and daily rhythms deserve much more attention in mental health care, and early support in young adulthood could reduce the burden of physical disease decades later."

The study can be found in the Journal of Affective Disorders.

New paramedics hit the road

Victorian Government

New paramedics for our safety and wellbeing

20 new paramedics will soon hit the road. The first cohort of 2026 brings the total number of new paramedics this year to 248.

The graduates commenced their four-week induction to Ambulance Victoria on Monday which will cover things like clinical education, driving, manual handling and occupational violence.

The course builds on the knowledge and experience gained during their three-year university degree.

They will then hit roads across the state at the end of April to commence their on-road training – in a boost for branches across the state as Ambulance Victoria continues to experience record demand.

Six graduates will be placed in metro Melbourne including in Melton, St Albans and Hadfield. The other 14 graduates will be placed across regional Victoria – including in Barwon, Gippsland and the Grampians.

The State Government backs our ambos with more resources, training and development opportunities so they can provide more specialised, lifesaving care.

That includes investing more than \$2 billion in ambulance services and growing the on-road workforce by more than 50%.

\$31 million boost for Emergency Services

Victorian Government

Start getting your Grant Applications ready now

Victoria's emergency services volunteers will receive \$31 million to upgrade trucks, equipment and facilities through the Volunteer Emergency Services Equipment Program (VESEP).

Volunteer brigades, units and rescue organisations are encouraged to begin preparing their applications ahead of the VESEP grant round opening on 16 April.

Grants of up to \$250,000 are available for volunteer organisations including the CFA, VICSES, LSV and MSAR. Funding can be used for vehicles, operational equipment, technology and station or facility upgrades.

Last year's VESEP funding included:

- More than \$160,000 for station upgrades at CFA Boneo, Campbells Creek and Melton
- Over \$100,000 for new vehicles at VICSES Cobden, Emerald and Heidelberg
- \$150,000 for a new rescue vessel at Queenscliff Coast Guard
- Over \$65,000 for equipment at Lorne Surf Life Saving Club.

The VESEP program backs volunteers who back their communities, with the State Government contributing \$2 for every \$1 raised locally.

For more information and application details, visit emv.vic.gov.au/vesep.

Grounded Festival - get your tickets now

Why go to a festival... NOW, in a global CRISIS?????! Because GROUNDED Festival offers solutions and a path to greater self-sufficiency, resilience and health.

Well, it's certainly an interesting time to be putting on a festival that's all about improving resilience, self-sufficiency, capacity and abundance! You could say we're completely bonkers and we can definitely hear you saying, "Can't you see we're dealing with a CRISIS here?!"

It sure feels like it. Fertiliser costs are already as high as \$1,600 per tonne, the highest since the last crazy spike in 2021. Diesel has hit \$3.20 in some areas and transport costs are up 50%. A quarter of vegetable growers report that they've reduced or stopped planting completely in the face of the unknown. Food prices are bound to rise. And these are just the knowns.

Here at GROUNDED we try to avoid the 'C' word. Because the history of the world and the laws of nature show that there's a flip side to everything and if this is a CRISIS, then it's also a brilliant OPPORTUNITY.

An opportunity to start making the changes that will ensure more abundant farms, more resilient landscapes and healthier communities. An opportunity to learn from what's happening now and strengthen ourselves against future shocks.

There's no doubt that we have the skills, experience and technology to break our dependence on expensive inputs and farm smarter, in partnership with nature, for a healthier future. We can start now. That's the opportunity that GROUNDED Festival is all about.

The 2026 GROUNDED Festival programme is an incredible opportunity to spend two days hearing from 70 plus international, national and local experts who are busily building a better food and farming system.

We'll cover everything from paddock to purse to plate. Soil health and carbon, agroforestry and dealing with fire, landscape hydration, grazing systems, landscape-human health connections, nutritional density in food, farmer mental health, finance and natural capital and so much more.

And it's not just listening, it's the practical doing too, with 20 workshops and a line up of experts to answer your questions.

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LOCAL FARM TOURS

- Farm My School Colac, a not-for-profit organisation that collaborates with schools to promote healthy eating, ecological stewardship and connected communities.
- Free self guided tour of the Frogwood Arboretum in Deans Marsh
- Yan Yan Gurt West Farm, including Yan Yan Gurt Creek catchment drive
- Bambra Agroforestry Farm Tour
- Brae Farm Garden Tour



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<p>Jamie McConachy LIVESTOCK 0418 522 879</p>	<p>Michael Stewart REALESTATE 0418 520 467</p>	<p>Melissa French PROPERTY MANAGEMENT 05231 5011</p>	<p>Nathan Gray PROPERTY MANAGEMENT 05231 5011</p>	
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Winchelsea Golf Club

Robyn Vesey



GOLF RESULTS

Wednesday 1/4/2026

Mid Week/Weekly Stableford

16 Players

1st - Ken Stanesby (14) 36 Points C/B
 2nd - Geoff Morgan (21) 36 Points C/B
 BDL - Rod Batson (29) 35 Points
 BDL - Tara Steward (17) 34 Points
 NTP (2nd/11th) - Neil Hickman

1/4/2026

Ladies Stableford Event

Winner - Lesley Mathison 36 Points
 R/Up - Mary Parish 32 Points

Saturday 4/4/2026 PAR

15 Players

1st - Denis Chappell (19) +2
 2nd - Stephen Cole (13) +1
 BDL - Andrew Ellery (26) Square
 BDL - Geoff Morgan -1 C/B (4 way)
 NTP (6th/15th) - Tara Steward
 Golden Hole (11th) - Neil Hickman



Pickleball

Come and try it! Pickleball may be just the sport for you

Lesley Mathison

Want to try a fun sport? Pickleball is the fastest growing sport in Australia and suitable for all ages! It's a cross over of table tennis X tennis X bat tennis, played on a badminton size court, using a light paddle (bat) and a plastic ball with holes in it!



Come and give it a go, every Wednesday evening from 7pm or Thursday mornings at 10am at the Leisure Time Centre 15 Gosney Street, Winchelsea, near the Winchelsea Primary School. It's only \$5 per person. You just need to wear suitable footwear!





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Winchelsea Football Netball Club Inc

Hopkins St, Winchelsea winchelseafnc@hotmail.com



Junior Netball

Shae Callahan

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Born 2010 – 2008

New & existing players welcome!

Junior Netball Coordinator
Shae - 0409 641 550



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Winchelsea Football Netball Club Inc

Hopkins St, Winchelsea winchelseafnc@hotmail.com



Blues News

Janet Fletcher

Welcome to Blue's News
Football and Netball are back!

The Winchelsea Blues are hosting Werribee Centrals this Saturday at Eastern Reserve with the Reserves kicking off at 11am with the Senior start at 1pm due to the Speed Shear that is to commence after the games at 6pm. Local footy and netball are alive and well and everyone at the Club is looking forward to getting their respective games underway.

Good Luck to the Club's Coaching Staff who have all worked long and hard over the "off" season, and to all players who are wearing the Navy Blue colours this season and have worked harder than ever in their pre seasons – go hard, go fair and be the best you can possibly be for yourselves and for your Club.

The Blue's Bistro is also back this Thursday night 9th April, the Menu for this week will be

- Apricot Chicken and Rice
- Mrs. Wilson's Famous Meat Loaf
- Flathead Tails
- Junior Blues – Chicken Nuggets and Chips/ Fish and Chips
- Dessert will be Apple Crumble, custard and ice cream
- Ice cream and Strawberry, Chocolate or Caramel topping will still be available for \$2

SOCIAL MEMBERSHIPS will be available - our price has remained the same at \$40 per person, this will again cover the cost of a complimentary main meal for all ticket holders.

Libby and her team will again be committed to providing a reasonable cost effective meal for our Footballers and Netballers and our loyal community patrons.

WELCOME BACK EVERYONE!

The Winchelsea Blues is a proud not for profit organisation which relies so heavily on our second to none, fabulous Volunteers - the Club cannot thank you enough!!

SPEED SHEAR 6PM!!

COME ON DOWN – HAVE SOME FUN and SEE HOW IT'S DONE!!

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10am-12pm
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co-working/study space



parkrun 109



Saturday 4 April 2026

Trebeck Reserve, Winchelsea
parkrun.com.au/trebeckreserve

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 parkrun events worldwide.



This week 39 participants completed the course through Trebeck Reserve Winchelsea. We had visitors from Jindabyne, Bannockburn and Newport.

5 people completed their personal best time for Trebeck Reserve. Congratulations to Chloe Hrobarik, Sean Cannard, Brian Vagg, Clint Castley and Marlene Gladman.

8 volunteers made this event possible. Thanks to Kate McInnes, Neil McInnes, Murray Bennett, Maureen Gunson, Don Smith, Kristen Czerkiewicz, Dianna Vesey. and Nessa Lewis

Full details of this week's results can be found at trebeckreserveparkrun.com.au/results or check out our Facebook page for more photos.

To volunteer please send an email to trebeckreserve@parkrun.com



DEFIBRILLATORS IN WINCHELSEA

Accessible to the public 24 hours a day

Winchelsea Lions Club has compiled a list of public access defibrillators in Winchelsea.

If you know others, please contact Linda Carter 0439 817 263.

- **Ambulance Victoria** 33 Willis Street
- **Bendigo Bank** 11 Main Street
- **Globe Theatre (Side entrance)** 17 Willis Street
- **Hesse Rural Health** 8 Gosney Street
- **Men's Shed** 51 Hesse Street
- **Netball Courts** Eastern Reserve Hopkins St
- **Senior Citizens Club** 36 Harding Street
- **Uniting Church** 33 Hesse Street
- **Winchelsea Bowls Club** Hesse Street
- **Winchelsea Golf Club** 13 Anderson Street
- **Winchelsea Primary School** Main Street
- **Wurdale Memorial Hall** 220 Wurdale Road





WHAT'S ON IN THE SCHOOL HOLIDAYS

FRIDAY 10TH APRIL

MONDAY 13TH APRIL

SUNDAY 19TH APRIL

Winchelsea Rainbow Kids

Song.Story.Yoga.Play

Two FREE School Holiday Workshops!
 Friday 10th April
 11am 4-6yrs olds
 (parental engagement required)
 12.30pm 7-12yrs olds
 (no parental engagement required)

Term 2 course dates -
 Thursdays @ 4.30 & 5.30pm
 23rd April - 25th June
 9 weeks \$135 paid upfront!
 or \$18 casual 'drop in' fee

Kids will learn traditional Hatha Yoga postures, breathwork & beginner friendly meditation techniques to calm the CNS and regulate emotions.
 All in a fun, friendly and social environment.

Classes held @ the Winchelsea Shire Hall
 Run by Tara McAteer -
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Please call Tara on 0490843155 to register.

SURF COAST YOUTH HOLIDAY PROGRAM WINCHELSEA



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WINCHELSEA RE-LOVED MARKET SUNDAY 19TH OF APRIL

9.30AM - 1.30PM

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Yoga & Mat Pilates in the Shire Hall

Please register before **April 19th**

Mat Pilates 6.30pm Tuesdays

Pilates original style, on the Mat. Guided movement that supports strength and postural alignment, with a strong focus on building core, balance and flexibility. Move with intention, build resilience, and feel stronger in your body.

Wednesdays Yoga Flow 6.30pm

Inclusive, all levels of experience are welcome and encouraged. You will not be limited by age, shape or by being a beginner. Lisa invites you to unlock the ancient wisdom stored in your being. Build strength, clarity and bliss as you move through a dynamic whole body experience. Expect a playful, powerful class that leaves you feeling refreshed.

Thursdays Vinyasa Yoga 6.30pm

Kate offers dynamic vinyasa-style class with a strong focus on core strength and balance building. Each session weaves together pranayama (breathwork), meditation, yoga philosophy, and mindful movement. Students can expect to enhance their practice in every class and deepen their connection to yoga.

Unlimited: \$330 (\$33 per week) Full Term: (1 Class a week) \$180
 5 Class Pass: \$100 Casual Class: \$25

Email: shirehall@winchhouse.org.au or call: 0352672028



CHATTY CAFÉ

Friday's 10.30am - 12.30pm
 in the Shire Hall

"Sip, Chat, Share"
Back on April 24th!
 ...and coin donation.

WINCHELSEA RE-LOVED MARKET

SUNDAY 19TH OF APRIL

9.30AM - 1.30PM

WINCHELSEA SHIRE HALL

Gold Coin Entry

PRE-LOVED CLOTHING, HOMEWARES, CRAFT SUPPLIES, FURNITURE, ANTIQUES & COLLECTABLES, ITEMS OR ARTWORK MADE FROM REPURPOSED/RECYCLED MATERIALS.

Men's Shed Sausage Sizzle

Coffee & Sweet treats from

Miss Zarlow

Smoothies and Acai bowls from

Supernova fruits

Facepainting with

Artzy Jazzy

Book a stall by emailing

shirehall@winchhouse.org.au or scan

the QR code.

