

Winchelsea Star

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Your Weekly Community Newspaper

Since 1977

Vol 48 Ed 11

Tuesday 25 March 2025

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Winchelsea Star
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WINCHELSEA SES NEEDS YOU!



Our small team at Winchelsea SES work tirelessly to aid our local and surrounding communities in their time of need, and we LOVE what we do.

However, with our community growing rapidly, more volunteers are required to support the increase in demand for VICSES services. In the past five years, requests for assistance have more than doubled.

If you have ever considered giving back to your community - now is the time!

Winchelsea Star

25 March 2025

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Supporting mental health & breaking the stigma

Conquer the Corrugations VICTORIA 2025



Walking for Change,
Talking for Support-
You're not Alone

In support of those affected,
In honour of loved ones lost,
We walk as one

29th to 30th March, 2025

Saturday Inverleigh to Winchelsea

Sunday Winchelsea return to Inverleigh

All fitness levels welcome, walk or hop on the bus!

Scan QR
code to
register &
for event
details



Thank you to our Sponsors

No dogs



Conquer the Corrugations VICTORIA 2025 Itinerary



Dear Participants,

PLEASE NOTE STARTING AT INVERLEIGH this year not Winchelsea

We are honoured that you are joining the Conquer the Corrugations Victoria Walk taking place on March 29th and 30th 2025. This event is more than just a walk-it's a powerful movement to raise awareness for mental health, support those affected and honour loved ones lost.

Why This Event Matters

Mental health challenges impact so many in our communities, and this event is a way to walk together in solidarity, reduce stigma, and foster conversations that can lead to change. Whether you've personally been affected or want to support others, your participation helps build a stronger, more connected community.

EVENT DETAILS

Saturday March 29th

INVERLEIGH TO WINCHELSEA
-10am Start Time (Please arrive at least 20 minutes prior to departure)
-Meeting @ Yerram Yaluk Bun Park, 1 East St Inverleigh. (Opposite Inverleigh Hotel)
-Lunch and Rest Stops provided
-Finish at the Barwon Hotel

Saturday Evening March 29th

-Barwon Hotel Winchelsea
-Meals available from 5pm (Call 03 52 974 704 for reservations)
-Live Music
-Free Camping available behind Hotel or River Bank

Sunday March 30th

WINCHELSEA TO INVERLEIGH

-9am Breakfast with the Winchelsea Lions Club, Riverbank Camping Ground, Barwon Tce Winchelsea.
-10am Walk commences (Please arrive at least 20 minutes prior to departure) if not joining us for breakfast.

ADDITIONAL SUPPORT:

A bus will be available for those who prefer not to walk the entire distance, ensuring everyone can participate in a way that suits them. You can re-join the walk at any stage.
Join us at the Barwon Hotel Saturday afternoon/evening for a casual gathering. Dinner is at your own expense, and bookings are essential. Call 03 52 974 704 for reservations.

Together we walk as one—to remember, to support, and to make a difference.

In support of those affected,
In honour of loved ones lost,
We walk as one

Follow us for updates
Conquer the Corrugations-Victoria

Conquerthecorrugationsvic

No dogs



Winchelsea SES need YOUR help!

Judy Cameron



Who are the Victoria State Emergency Service (VICSES)?

VICSES are the control agency for flood, storm, earthquake, landslide and tsunami in Victoria.

VICSES is the largest Road Crash Rescue provider in Victoria, with 104 units specially trained & equipped to provide road crash rescue.

Volunteers also provide specialist support to other emergency services including Victoria Police, Ambulance Victoria, Country Fire Authority and Fire Rescue Victoria, and provide a critical workforce during fire and other emergency incidents, including road crash rescue.

Volunteers are the backbone of VICSES, and have served the Victorian community 24 hours a day, seven days a week, 365 days a year for more than 50 years.

WHY join your local Winchelsea SES unit?

All volunteers receive accredited, recognised training as part of their role, ranging from first aid, general rescue and chainsaw operations, to storm damage skills, search and rescue, traffic management, community education and much more.

Winchelsea SES members are also highly skilled and equipped to manage road crash rescues, allowing paramedics to access, treat and transport patients to hospital as quickly as possible.

Why NOW? Simply WE NEED YOU!

Our small team at Winchelsea SES work tirelessly to aid our local and surrounding communities in their time of need, and we LOVE what we do.

However, with our community population growing rapidly, more volunteers are required to support the increase in demand for VICSES services in the community.

In the past five years, requests for assistance relating to road crash rescue, storm damage, search and rescue and assisting police and ambulance crews have more than doubled.

Additional volunteers will ensure VICSES Winchelsea Unit crews are available to provide time-critical assistance when you need us most, and decrease reliance on units from further abroad to provide support.

If you have ever considered giving back to your community, now is the time!

If you would like to know more:

Visit us: The Winchelsea SES Open night
Unit Address: 325 Mousley Drive, Winchelsea
Date: Wednesday 2nd of April
Time: 7.30pm to 9.00pm

Winchelsea Women's Brunch Celebrates Connection and Community

Bec Lane

Over 60 local women gathered at the Winchelsea & District Women's Brunch last Tuesday for a morning of connection, conversation and community.

The event, held at The Hub, brought together women of all ages and backgrounds, creating a welcoming space to share experiences, meet new people and celebrate the success and contributions of women in our community. Attendees enjoyed a delicious brunch by local business La Caseta, while guest speakers Olivia Tipler (CORA), Aleisha Littler (Emeraude Hair Studio) and Leah Alstin (@being_leah) shared their stories.

The speakers covered everything from business and creativity to resilience, health and advocacy. Their stories sparked laughter, reflection and plenty of conversation, reinforcing the value of women coming together to support and uplift one another.

As part of the event, Growing Winchelsea, in partnership with Winchelsea Community House, launched a Training Needs Survey to better understand the personal and professional development goals of local women. The results will help shape a targeted training program, to be delivered as part of a soon-to-be-launched Women's Business Network for Winchelsea & District, in collaboration with Surf Coast Shire.

"We encourage all women to complete the online survey by 13 April 2025 so we can ensure the training reflects what the community really needs," said Elaine Atkinson,



Secretary of Growing Winchelsea. The survey is available at growingwinchelsea.com under 'Latest News', or by scanning the QR code below.

The free Women's Brunch was made possible thanks to the generous support of Community Bank Winchelsea & District, Surf Coast Shire Council and Growing Winchelsea, and directly contributed approximately \$4,000 to local women-led businesses.

Kelly Turner, from Community Bank Winchelsea & District, described the morning as "a fantastic event that brought our local community together and showcased the power of working as one."

Following the brunch, many attendees expressed appreciation for the sense of connection the event fostered. With such positive feedback, organisers are hopeful it will become a regular fixture in the local calendar.



GRANTS

NOW OPEN

Open on 1 March
closes on 31 March

- Community Initiative Grants up to **\$5,000**
- Natural Environment Grants up to **\$8,000**

Scan the **QR code** to find out more or call grants team on **5261 0600** to discuss your idea and ask any questions.



surfcoast.vic.gov.au/Grants



FREE Catch A Carp Festival at Colac

Sunday 13 April

Fishers and families looking for a fun day out these school holidays can get along to the Catch a Carp Festival at Lake Colac on Sunday 13 April.

Victorian Fisheries Authority (VFA) CEO Travis Dowling said the free event will have something for everyone with educational activities and fishing clinics for youngsters, a carp fishing competition and cooking demonstrations.

Based at the Lake Colac foreshore, the event will run from 10am until 3pm, with food and coffee onsite and a live broadcast by local radio stations MIXX FM and 3CS.

"We want festival goers to have a good time with family and friends in the great outdoors while they learn a few facts about carp and their detrimental impacts on waterway health," Mr Dowling said.

"Carp are a noxious aquatic pest in Victoria but are sought-after by some cultures and we support anglers catching them to help reduce their numbers.

"There'll also be commercial carp fishing throughout the day demonstrating first-hand how large numbers of carp can be caught and removed without harming native species.

"It's a great chance to support the local community, with the Lions Club Colac offering train rides for families and a sausage sizzle, and the whole event hosted alongside a range of market stalls."

Carp will be featured in fish biology sessions by VFA Scientist Dr Corey Green and in a collection of delicious recipes cooked on stage for fishers to try using their next carp catch.

Junior fishers can participate in a family 'Catch a Carp' competition with great prizes and giveaways, Women in Recreational Fishing and Boating Network leaders will be on hand alongside VFA staff and Fishcare volunteers offering tips on fishing locally and throughout the state.

Fishers and their families can use the opportunity to experience Victoria's largest natural freshwater lake, known as a popular spot for fishing and water activities.

For more information about the event or to register for the free kids fishing clinics visit www.vfa.vic.gov.au/colaccarpfestival

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A powerful evening for men's mental health

The Vitality Movement by One Body Chiropractic



On Tuesday, 18 March, The Vitality Movement founded by One Body Chiropractic had the privilege of hosting a powerful and much-needed conversation with Mary O'Brien, the power house behind "Are You Bugged Mate?" at the Shire Hall in Winchelsea.

We were absolutely blown away by the turnout, with over 770 people coming through to support this important topic. We are so proud of our community for the way they showed up-not just for this event, but for each other and for the greater purpose of making real change. It was incredible to see so many men coming together to listen, support, and take action in breaking the stigma around mental health.

Mary's unique insight into the challenges men face, particularly in rural communities, sparks open and honest discussions. It was an evening of connection, reflection, and most importantly-action.

The Vitality Movement is a movement of local health oriented business' to connect community to people, other businesses ideas, events, and more opportunities for health and vitality in Winchelsea.

Mental Health is such an important part of this and fits in with the latest science, research and our experience at One Body Chiropractic showing that our mental health is better when we connect with others, move our bodies, look after ourselves, and when we don't ignore our physical and mental symptoms.

There are some great people in this town wanting to be health advocates for each and every one of you. We hope this evening has brought some awareness around this for you all.

A special thank you to:

- The Lions Club for cooking a fantastic sausage sizzle and giving their time to do this.
- The Barwon Hotel for their generous donation of drinks.
- The Gentlemen of Geelong for their financial and ongoing support of this event.

Mary shares "You don't want anyone to know that you aren't coping and you don't want to talk to some counsellor that doesn't know you, I get that.

But please, for the sake of your family and your precious rural communities, reach out to somebody, anybody, your partner, your mates, or even me.

We will support you.

You are only bogged, it's ok, we all get bogged but most importantly, you can definitely get out of it.

Don't destroy your vehicle just because you are bogged to the ass. Tell someone you are feeling bogged.

If your son was struggling, would you want him to ask for help?"

You can read more of the original article from above on her website www.areyoubuggedmate.com.au

Mary also hosts a podcast called 'Are you Bugged Mate?' available on Apple Pod casts+ Spotify: scan the QR code to take you to the link!



Community connection is always important - a space you can connect into:

- Wednesday nights from 5pm Social Club at the Barwon Hotel Strength Training+ Boxing classes at Sunny Gym

We look forward to bringing more meaningful conversations to our community in the future - perhaps the prospect of getting Mary back to Winchelsea to reach EVEN more of our Community.

THE
Vitality
MOVEMENT



Country and Waters

SURF COAST SHIRE COUNCIL E-NEWS

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Want to know what's happening across the shire?

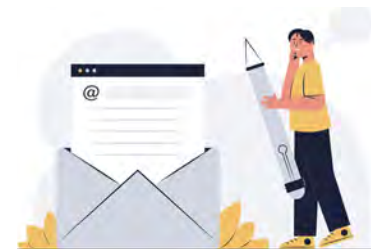
From local legends and events to Council decisions and engagement opportunities, our new monthly electronic newsletter is the best way to stay across Council news.

Subscribe at news.surfcoast.vic.gov.au/cw-subscribe.

Prefer a hard copy? You can collect one from Anglesea, Lorne, Torquay or Winchelsea community houses, or Deans Marsh Community Cottage at the end of each month.

Ratepayers who currently receive their rates notices electronically will be automatically signed up to the eNews.

surfcoast.vic.gov.au



Letter to the Editor

To Editor,

I am writing this letter to inform the Winchelsea community that yet another major infrastructure decision has been made without the community being informed.

EV parking bays are to be placed in front of the old Visitor Centre at Willis Street which will encompass 3 current car parks and parking for up to 2 hours per park.

Adjacent to Cafe La Hoot and the toilets and now the BBQ, new mud hut, playground and swimming pool, car parks will be of a premium in this vicinity.

The Surf Coast Shire has defended their decision to place the parks in this area as other areas were either unsafe, had infrastructure issues, heritage overlays and power supply issues. This is all acceptable, however, without any consultation with the community once again, we had no chance to discuss these matters and make an informed decision.

Perhaps we could have looked for a community grant to upgrade power supply at Winchelsea Shire Hall as that location would be central to all Winchelsea businesses.

It is frustrating that now it seems too late to change this EV project location. The only options are to leave it as planned or stop any further works and not go ahead with EV parking in Winchelsea at present. Note there is EV charging at Ampol.

Thanks for listening.

Contact details supplied

Winchelsea Taxis is now Surfcoast Taxis

Our fleet of vehicles are growing to all late models and we are covering an extended area including Winchelsea, Colac, Bannockburn, Inverleigh, Great Ocean Road and Geelong.

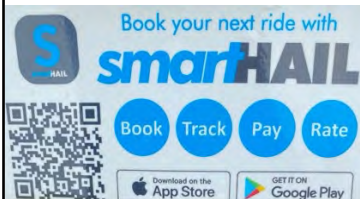
We have a fleet of 10 seater Maxi Vans, all with capacity to carry wheelchairs.

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Nicole's Magical Cakes

Nicole Everett



In 2012 I stumbled across a book in the library called "Seriously Naughty Xakes" by Debbie Brown. It featured a very cheeky Volkswagen Car cake ... which I thought would be the perfect welcome home cake for my brother Ricky (who had been in WA for many years). The cake was a hit, and I was instantly hooked. It unlocked a passion that I never knew existed. I began filling my house with cake supplies, and joined the local cake club in Colac. Cake Decorators Association of Victoria-Colac branch. I practiced daily, and it took over my world. I began making cakes for family and friends, and shortly after strangers were requesting them too. I got my kitchen registered and "Nicole's Magical Cakes" was born.

I love creating cakes for every occasion, and love peoples reactions when they see them for the first time. Often men are the most sentimental, and some actually refuse to cut up their car/truck cakes (and send their family down to the supermarket for another cake instead). I specialize in fondant covered cakes, and love creating carved cakes the most. I hand model all of my figurines, and try to make every cake unique. My favorite cake ever made was a lifesized Kookaburra ... I spent weeks and weeks hand making every feather, and carefully colouring it. (Certainly a cake that I won't repeat).



Every year I chose to enter in cake decorating competitions, and won many awards. I loved competitions because I could really push my skills and try new things. Since Covid struck, I am simply busier than ever, and haven't found the time to compete. But I will certainly do it again.

In 2018 I was asked to teach a workshop for my cake club ... I was so nervous!!! But it was made easier by being surrounded by friends ... the class was a success. And every year I got to teach a class for Colac. Word soon got out, and other Victorian Branches began booking me for classes. In 2023 I was invited to teach in my first interstate

cake Seminar in Adelaide. Hosted by Cake Decorators Association of South Australia. It was so fun!!! The following year I taught 3 days for the Victorian state Cake Seminar in Benalla. I also taught 2 days in the Sunshine Coast for Queensland Cake Decorators Association. This year brings more excitement as I am teaching in Western Australia and Tasmania later in the year. You will also find me popping up around Victoria ... and still have another 5 classes planned in Colac this year.

I work from home in a purpose built commercial kitchen (completely detached from my house). It is my favorite place to be!!! And lots of magical cakes are created each week.



parkrun 55



22 March 2025

Trebeck Reserve, Winchelsea



49 parkrunners completed the course through Trebeck Reserve this week. We had visitors from Toulon Creek, New Zealand, Bendigo and Maribyrnong.

Four people completed their personal best time for Trebeck Reserve parkrun. Congratulations to Bernadette Gibson, Mark Modra, Peter French and Georgie Thompson.

This event was made possible by the following volunteers: Ann Morsby, David Woodall, Helen Woodall, Kate McInnes, Angela Hurren, Murray Bennett, Neil McInnes.

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

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

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

You do not need to be a runner, wear fancy Lycra or the latest high-tech shoes. Around one third of participants walk the course.

parkrun was conducted at around 500 locations across Australia this week. Well behaved dogs on a short hand held leash are welcome (no waist harnesses please).



Payment changes for Vic carers welcome

Carers Vic



Carers Victoria has welcomed the payment changes that come into effect this week from Services Australia for eligible carers.

The important Carer Payment will be more flexible and available to Victorian carers who were previously limited in the amount of volunteer work or study they could undertake while receiving it.

Carer Payment recipients can also now undertake paid work up to 100 hours over a four-week period while receiving their benefit. Travel time, education and volunteering activities will no longer count as part of the working 100 hours.

Carers Victoria CEO Judith Abbott said, "We welcome these changes that provide greater employment flexibility for carers, and we look forward to the Australian Government taking further concrete actions to ease the financial burden unpaid carers face in their vital role."

Carers in Victoria are experiencing high levels of financial stress and are unlikely to have financial reserves to endure unexpected shocks or expenses.

Income support through Carer Payment is less than 30% of the average weekly earnings of carers who receive it.

The changes being introduced aim to reduce barriers to employment for carers receiving the Carer Payment and support them to re-enter the workforce or boost their career prospects with full or part-time study.

The changes will come into effect this week on March 20, as a result of legislation passed by the Australian Government in July last year.

Sue Richards from Richmond, who cares part time for her aged mother Sandra, is embracing the payment changes as they come into effect and looking to return to the workforce in the near future.

"I'm studying a Bachelor of Nursing at Swinburne University, and it's been helpful both in lifting the quality of care I can offer mum, and in providing a path next year for me to return to work," she said.

"These changes to the Carer Support payment feel like a bit of a weight lifted. It's not just about the money; it's about knowing I can access more resources and focus on what truly matters: giving mum the best possible quality of life."

For more information on the Carer Payment changes, visit [Services Australia](http://ServicesAustralia.gov.au).

About Carers Victoria

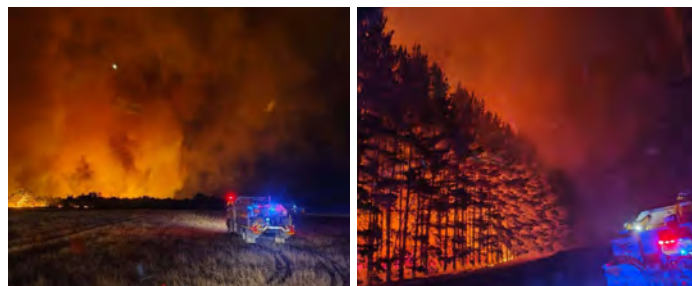
Established in 1992, Carers Victoria is the peak body representing all unpaid carers in Victoria. Through its work, it aims to advance understanding of unpaid carers and improve their access to assistance. www.carersvictoria.org.au

Winchelsea firefighter Corey Green goes on strike team to SA fires

Winchelsea CFA

Winchelsea firefighter Corey Green went on District 7 Strike Team to the fires burning in SA, I asked Corey to write up a bit on what they did so our viewers can get a bit of a understanding on what goes on when your on a Strike Team.

Each Strike Team is different and you never know just how busy you get. Thanks for putting your hand up Corey.



On Saturday, I arrived at Inverleigh Station at 6am for breakfast, enjoying bacon and egg rolls. At 7am, I left Inverleigh on the Inverleigh tanker and reached Mount Gambier around 12pm. After grabbing some lunch at the staging area, I checked into my hotel. Later that day, around 5pm, I was moved from my location in Mount Gambier to the Narracoorte staging area. I received word that we would be having dinner at a local pub and then heading back to Mount Gambier at 7pm.



While on our way to the pub, we were called to respond to a fire Code 1 situation. The fire was located about 45 minutes up the road. Upon arrival, I spent 2 hours on deck dealing with grass breakouts and spot fires. Eventually, we were called back to the staging area due to fatigue. After leaving the tankers at the station, we returned to Mount Gambier around 1am.

The following morning, breakfast was served at the hotel at 8:30am. After that, I headed back out to the fox fire via bus. I went back out on the tanker and spent some time working on the ground to black out remaining hot spots. Following this, we returned to the staging area to refill our tanks, enjoy lunch, and air up our tires.



It is important to note that the fire had ignited due to lightning strikes on Monday the 10th, which amounted to a total of 7,000 lightning strikes to the ground.

Winchelsea Star

Your Weekly Community Newspaper

Since 1977



This Week's Winchelsea Star

Editor - Yvonne Stevens
Designer - Susan Corby

THE WINCHELSEA STAR

ANNUAL GENERAL MEETING

ALL WELCOME

DATE
15 APRIL 2025

TIME
AT 7 PM

PLACE
WINCH HOUSE
(HELEN VERITY ROOM)

RSVP
secretary@winchelseastar.org.au

Winchelsea Star

Winchelsea Star Production Meeting @ Coffee Saturday 29 March 2025 9-10am

Winch locals are invited to come along to a coffee meeting on the last Saturday of each month @ Sweet Thyme, Winchelsea. Your comments or suggestions, feedback, ideas for stories or coming events are welcome - or simply to say Hi!

send your stories
news@winchelseastar.org.au

LOCAL NEWS and ARTICLES WELCOME

Include name and address of the sender
Email news@winchelseastar.org.au
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4pm Sundays - hard copy articles left at IGA
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Moving for better health - the importance of exercise in health settings

Hesse Rural Health



Exercise plays a pivotal role in enhancing both physical and mental well-being, and Hesse Rural Health (Hesse) is committed to integrating structured exercise programs into community and residential aged care settings. By incorporating physical activity into holistic consumer care, Hesse is improving the quality of life for many individuals across its catchment areas.

One of the standout programs offered is the Bones and Balance classes, designed to reduce the risk of fractures, improve mobility, and support overall physical health. These classes are available in Beac, Winchelsea, Inverleigh, and have recently expanded to Bannockburn and Rokewood. Participants are assessed at the beginning of the program, with progress tracked over time. Increased strength from these sessions helps with everyday tasks such as lifting pots of water, hanging laundry, and mowing the lawn.

Partnerships help Hesse expand exercise opportunities in our communities. The introduction of the new Your Care Path program funded by the Primary Health Network has seen an increase in the number and variety of exercise groups in the community, including exercises such as walking groups, home exercise programs and gym sessions. Through a partnership with the Surf Coast Shire, Hesse now offers both individual and group gym sessions at the Winchelsea Hub. Using a gym setting helps to normalise the environment for consumers and increases the likelihood of them taking out their own private gym membership and continuing with exercise beyond the program. Access to equipment at the gym has also increased the opportunity to introduce more rigorous cardio exercises for consumers with more advanced needs.

Hesse's commitment to physical health extends to younger generations as well, with a partnership with Beac Primary School



offering a floor-based gym circuit for senior students. This initiative has been met with enthusiasm, with students eager to improve their performance each week.

Our Residential Aged Care exercise groups occur three times a week and complement other aspects of care. Our team of allied health professionals ensures that physical activity supports residents' goals. We offer a range of exercise options - from aerobic activities to strength training and flexibility

exercises - catering to diverse preferences and needs. In addition, one-on-one exercise programs are conducted, and regular wheelchair walks are enjoyed by all.

Social support programs have also begun incorporating exercise into their calendar of events. Although walking is a regular aspect of social support outings, in-house sessions have enjoyed the introduction of gentle chair exercises. Hesse also partnered with Winchelsea Neighbourhood House to offer gentle chair exercises to the broader community.

The integration of exercise programs across our health settings represents a significant advancement in comprehensive consumer care. By embracing the benefits of physical activity and addressing the challenges involved, we enhance consumer outcomes, support recovery, and promote long-term well-being. As the evidence supporting the positive effects of exercise continues to grow, so will the integration of structured exercise routines across health settings.



TRIVIA NIGHT FOR OUR PLAYGROUND

EASTERN RESERVE, THE HUB

FRIDAY NIGHT, 28TH MARCH FROM 6:30PM

\$30 per person - all funds raised go towards the playground

RSVP by contacting the school - 5267 2134

Some nibbles provided - can bring more food if you like

Drinks at bar prices

Stilent Auction & Door Prizes

Tables of 6 to 10 people - all community members welcome

Supporting mental health & breaking the stigma

Conquer the Corrugations VICTORIA 2025



In support of those affected,
In honour of loved ones lost,
We walk as one

Walking for Change,
Talking for Support-
You're not Alone

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Sunday Winchelsea return to Inverleigh

All fitness levels welcome, walk or hop on the bus!

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No dogs



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

Father Joseph Panackal 0404598558

Harding St, Winchelsea 3241

WEEKLY MASS

6pm Sat. Mar 29,

April 5, 12, 26 and 9am on 20th

EASTER CEREMONIES

Reconciliation: Winch Sat April 12 5pm

Palm Sunday: Winch Sat April 12 6pm

Holy Thursday: Meredith April 17 7pm

Good Friday: Bannockburn April 18

Ecumenical Walk of Witness 10.30

The Lord's Passion 3pm

Easter Vigil: Meredith Sat April 19 8pm

Easter Sunday: Winch Sun April 20 9am

St Thomas' Anglican Church

Rev'd Phil Jacobson 0477 672 042

stthomaswac@gmail.com

Barwon Tce, Winchelsea

Service 10a

Thought for the Week

It's important to make friendships that are deeper than gossiping and drinking and smoking and going out. Make friends who can dinner with, make friends you can cry with, make friends who supports your life goals and believe in you.

Have a Blessed week.

**John Bader,
Former U/C Accredited
Lay Preacher**

We can learn a lot from a cat named Kat

Phil Jacobson

Some time ago, in another parish, a cat joined our household. It was christened with the name Kat! It's not a very adventurous name but it certainly was an adventurous cat.

For example, we held a church function that attracted a lot of people. The hall was full and, as we were serving those attending with a meal, who should decide to drop in for a visit? The cat! Understandably it wasn't well received by some, but it was certainly enjoying the company and didn't want to leave.

Eventually Kat and I had a discussion, which led to it being gently evicted.

On another occasion at a committee meeting, the cat sat outside the door and squawked loudly seeking admission to the room where the meeting was being held.

One kind soul took pity on what they thought was a cute little kitten and allowed it in. Big mistake! The agenda papers went flying everywhere when the cat jumped on the table to make itself known to all those attending the meeting. It got worse when the Secretary became more than a little agitated as the cat started to play with the pen he was trying to write with.

Eventually Kat and I had another discussion, which led to it being, again, gently evicted.

This cat was an unspectacular grey tabby, but it had the most spectacular temperament. It was kind to everyone, and everything, and didn't have a malicious bone in its body. It was adventurous but not foolhardy.

It remains a wonderful example for the people at St Thomas's at Winchelsea. Like the cat, we should really want to be where the people are!

Like the cat, the church should really want to be where other people are, simply because we enjoy their company and we also recognise that where the people are is where the action is!

Like the cat, the church should let it be known that we're hoping to get in to wherever the people are, and we should make a little squawk now and then just to remind them that we're waiting

When we get in, like the cat, we should enjoy their company, make ourselves known and more importantly be ourselves around them, perhaps not chew someone's pen, but be ourselves, nevertheless.

Like the cat, the church doesn't need to be a special breed, we can even be common tabby cats, because it's not what's on the outside that counts, it's our temperament and character. And our temperament and character are forged by what we believe in. It's forged by our faith position

And like the cat, the church should be adventurous, not foolhardy but adventurous and be prepared to go places that are exciting and new.

We can learn a lot from the cat named Kat. Anyone can follow her example, there's really no excuse not to. I still wonder whether the cat wasn't introduced to our lives as a bit of a reminder about what God would like us to do!

As William Cowper wrote in his famous Hymn, "God works in mysterious ways, His wonders to perform".

Winchelsea/Harvest's

GARDENERS MEET & PRODUCE SWAP

SECOND SUNDAY EACH MONTH

9-10AM

WHAT TO SWAP

HOME-GROWN PRODUCE,
COMPOST SUPPLIES, BAKED GOODS,
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Winchelsea Community Dinner

Celebrating the essence of community

Tara Quin

Mark your calendars for 29 March, as Winchelsea gears up for an evening of connection and celebration at the Community Dinner. This event is more than just a meal; it's a chance to weave the fabric of our community tighter, one story at a time.

The venue is St John the Baptist Catholic Church Hall, accessible via Harding Street. To keep the spirit of community alive, we're asking for a gold coin donation at the door to help cover costs and to give thanks to our gracious hosts.

Here's the twist – the dinner is a potluck! We invite you to bring your favourite dish, whether it's a family recipe or a local favourite or even something bought from your favourite store. Imagine the variety of flavours, each dish telling its own story, crafted with love by your neighbours. It's a culinary adventure that promises to delight your taste buds and spark conversations.

Long tables will be set up, creating a cozy, communal atmosphere. This setup encourages everyone to mingle, share stories, and make new friends. It's a perfect opportunity to break the ice and build connections that last beyond the evening.

To join this celebration of community spirit, simply RSVP on the event's Facebook page, by using the QR code below. Feel free to call or text if you don't use Facebook. Keep an eye out for more details in the shop windows of local businesses.



Don't miss out on this chance to be part of something special. The Winchelsea Community Dinner is set to become a beloved tradition, celebrating the essence of our town – its people.

If you have any questions, reach out via the Facebook page (scan the QR code for quick access) or contact Jess 0409 536 752. We're also looking for sponsors and volunteers to make this and future events a success.

We can't wait to see you there, sharing in the laughter, the stories, and the delicious food that make Winchelsea such a wonderful place to call home.

6.30pm 29 March 2025

St John the Baptist Catholic Church Hall, 5 Mercer Street, accessible via Harding Street.

Bring a plate/gold coin/nothing. Kids welcome. Alcohol free

Enquiries Jess on 0409 536 752

RSVP on the event's Facebook page
<https://www.facebook.com/events/1268149947601233>, by using this QR code.



The under-recognised chronic childhood disease reducing quality of life

Juvenile Arthritis Week (16-23 March)

An early diagnosis of juvenile arthritis could save children from lifelong disability due to joint deformities and loss of vision, according to experts who are campaigning for better recognition of this common disease.

In Australia, an estimated 30,000 children and young adults under the age of 24, are living with juvenile arthritis (JA), a painful disease that restricts simple daily activities and overall quality of life, often leading to social isolation and educational disadvantage.^{1,2}

Despite being one of the most common chronic childhood diseases, awareness of JA remains so low, even among healthcare professionals, that some children already have permanent joint and eye damage by the time they are diagnosed.²

Alice Hill, mother of seven-year-old Charlie Walter, diagnosed with JA at four, highlights the issues around delayed diagnosis, saying "The road to diagnosis for Charlie was painfully slow. Our experience highlights the desperate need for more funding to train healthcare professionals in recognising the signs and to provide more rheumatology teams to deliver specialised care.

JA is a painful and incurable inflammatory autoimmune condition that primarily affects the joints, but can also impact the skin, eyes, muscles and internal organs. Approximately 80% of children with JA experience daily pain, often leading to a significant burden of disability and long-term health challenges.²



The condition significantly impacts not only physical health but also mental and emotional well-being:

- 53% of children with JA experience a mental health condition such as anxiety or depression.²
- school children with JA miss an average of 12% of school time due to their arthritis which significantly impacts learning opportunities and school-related social interactions.²

The burden of JA extends beyond the affected individuals to their families. Parents often face emotional stress, financial strain and lifestyle adjustments as they navigate their child's chronic pain and healthcare needs.²

For more information on juvenile arthritis, visit www.jafa.org.au.

References

- Australian Government, Australian Institute of Health and Welfare, Chronic musculoskeletal conditions: Juvenile arthritis. December 2023. Available at: <https://www.aihw.gov.au/reports/chronic-musculoskeletal-conditions/juvenile-arthritis>
- The Impact Study, Investigating the Mental, Physical, Social and Financial Costs of Juvenile Idiopathic Arthritis and Related Childhood Rheumatic Diseases. Juvenile Arthritis Foundation Australia. Available at: <https://www.jafa.org.au/wp-content/uploads/2023/11/Impact-Study-Full-Summary-Report-27-11-2023-web.pdf>



Winchelsea Community House Inc. A6247K
 28 Hesse Street, PO BOX 75, WINCHELSEA, Vic. 3241
Phone: (03) 5267 2028 **Email:** manager@winchhouse.org.au
ABN: 48 932 340 254

Vinyasa Yoga

Tuesday evenings at 7pm
\$20 Class Deal!

Join Kate for pose alignment, pranayama, meditation, yoga philosophy & mindful movement.

Mother Goose Song & Rhyme

Every Wednesday at 2pm

During school terms

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

Tai Chi

Friday Mornings, 9.00am – 10.00am

In the Helen Verity Room,
 Winchelsea community house

\$10 per session

Winchelsea Knitting Group

Thursday Mornings 10.30 – 12pm

All welcome, Learn to knit or bring a project to work on whilst enjoying a cuppa and a chat at Winchelsea Community House.

Chatty Café

Fridays 10.30pm – 12.30pm

"Sip, Chat, Share, Care"

In the Winchelsea Shire Hall. Everyone Welcome,
 Collection tin for donations.

Flow Yoga

Saturday mornings at 8am \$20 Class Deal!

An inclusive, all abilities class. Build strength, clarity and bliss as you move through a dynamic whole body experience. A playful, powerful class that leaves you feeling refreshed and uplifted.

Crochet Group

1.30pm in the Winchelsea Community Centre

Every Second Saturday, Next class April 5th

\$5 per class

Book your spot at reception@winchhouse.org.au

ATTENTION

ALL MEN OF WINCHELSEA AND DISTRICT!

Join us for the next

MEN'S HEALTH MONDAY

With Men's mindset coach Jeff Rieniets.

Lets continue to better understand our behaviors and the subconscious ways they are created in our lives. The men's mindset talk continues as we deep dive into subconscious filters that influence our thoughts, words, and focus. Come along and learn to create awareness and gain strategies that will transform your life for the better.

\$5
AT THE DOOR

6pm Monday 7th of April

in the Winchelsea Shire Hall.



For more information or to sponsor ongoing mens health events please email admin@richearth.love or call Richard on 0444513017

2 x Toys for 2 weeks - \$2

No Subscription required.



Mon - Fri 9-2 at Winch House

COMMUNITY CO-WORKING & STUDY SPACE

9am - 2pm Mondays and Thursdays

\$10 Flat rate no subscription required.



NBN Wi-fi

Access to Photocopying and printing

Whiteboard for brainstorming

Microwave and fridge and On-Site Espresso Coffee!

Private meetings and Wide screen TV also available upon request

The Wadawurrung and Gulidjan of the Winchelsea area

Michael P O'Dhonnahbian

The Barwon River at Winchelsea traditionally forms the border between Wadawurrung (AKA Wathaurong, Wito-Wurong, Wathawurrung, etc) country to the east side of the river (i.e the swimming pool, play ground and top pub) and the Gulidjan (AKA Colac, Colidjan, Kolakgnat, etc.) on the west side of the river (i.e the supermarket, railway station, bottom pub).

In 1881 James Dawson, of Camperdown, described the annual great meetings of the associated tribes in the Colac area, where sometimes twenty tribes assembled.

Dawson describes that usually four languages were spoken, so distinct from one another that people speaking one of them could not understand the other three. These included the local Wadawurrung, and Gulidjan as well as Djabwurung, from the Daylesford area, and Kurn Kopan Noot, a group of Dhauwurd Wurrung speakers of the Gunditjmara people from the Warnambool area. The other tongues spoken at the meeting might be termed dialects of these four languages.

Local Winchelsea Councillor and historian, Wilhelm L. Koenig described that Gulidjan people also lived historically in a large settlement on the shores of Lake Murdeduke, west of Winchelsea.

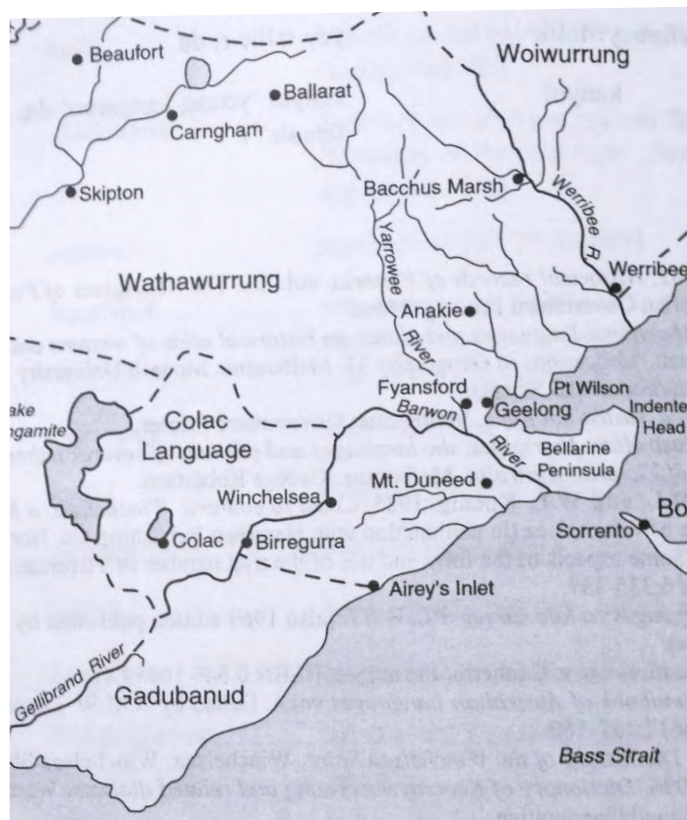
On the Wadawurrung side, the main settlement was at Lake Wollard, on Atkins road. Koenig records that the 'the hunting grounds of each of these divisions were inherited and held by its warriors by force of arms against conquest and invasion'.

William Buckley, who escaped from a penal colony in 1803 and lived with the Wadawurrung people until 1835 describes that they would live at Lake Modewarre, East of Winchelsea, for several months of each year.

Traditionally, the Barwon river, along with the Moorabool and the Leigh, operated as a highway network for Wadawurrung and Gulidjan peoples who could travel within and between countries from Ballarat, through Meredith, Anakie, and Staughton Vale to Geelong, and from Buninyong through Mount Mercer, Shelford, Inverleigh to the confluence with the Barwon to Geelong, or from the Otways through Forrest, Birregurra, Winchelsea, Inverleigh and Ceres to Geelong, connecting the hinterland to the Ocean at Ocean Grove and Barwon Heads.

Country could be traversed from one end to the other without ever being more than a few hours walk from one of the main rivers.

The river provided plants such as *Triglochin procerum* Water Ribbons, *Typha domingensis* Cumbungi with tuberous roots for roasting, as well as *Einadianutans* Nodding Saltbush, *Enchylaena tomentosa* Ruby Saltbush and *Tetragonia implexicoma* Bower Spinach as edible greens. Eels and fish for meat were provided by the river, as well as attracting other game such as kangaroos and possum which provided meat and furs



MAP 2: WATHAWURRUNG LANGUAGE AREA

for rugs. Reeds such as *Phragmites australis* Common Reed, were used for making nets, string, and baskets and mats.

Bunting Dale Mission was established at Birregurra, on the meeting points of Gulidjan, Wadawurrung and Gadabanud countries, by the Wesleyan Methodist Mission Society and the colonial government, with a view to protecting the traditional owners from the effects of colonisation of their lands.

Settler George Armytage wrote to Governor La Trobe complaining that bits of "his" land was being taken from him for this purpose. Indigenous people learned religion and western agriculture on the mission and were employed to drive oxen teams with wool packets from the Mission in Birregurra, to the port of Geelong for shipping to England. The mission was deemed a failure by the colonial government and closed in 1850 due to population decline of Indigenous peoples in the area.

Written and researched by Dr. Paul Michael F Donovan of Winchelsea, VIC.

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Winchelsea Cricket Club Inc

Cricket News



Our D-Grade side won
the Grand Final this weekend!

D-Grade Winchelsea 10/132 def Wallington 10/80

C Primmer 25
M Tench 23
J Stephenson 21
S Wainwright 18

L Lenehan 3/16
D Hampshire 3/17
R Edwards 2/10
C Primmer 1/18



Co-captains Ray Edwards and James Stephenson



Luke Lenehan, James Stephenson (Captain)
and Ray Edwards (Captain)





Winchelsea Star COMMUNITY NOTICEBOARD

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

WINCHELSEA TENNIS CLUB

JUNIOR COACHING

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

SOCIAL TWILIGHT TENNIS

Monday evenings from 6.00pm.
All Welcome!

RUNNING GROUP

Did you know Winchelsea has a small run group? We all start our watches but we're not worried about personal best. Its more of a social run, jog and chat. We wait for slower runners and walk when one of us needs a rest. The aim is 10k with the option of 8 or 5k it's up to you. To finish off we have a coffee at La Hoot. Join us each Sunday morning 8am Meet at La Hoot.

LIONS CLUB

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

WINCHELSEA PICKLEBALL

Winchelsea Leisure Time Centre
Wed 7-830pm or Thurs 10-11.30am.
All equipment supplied,
wear suitable footwear.
Lesley Mathison 0438 672 197

CUBS AND JOEYS

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

WINCHELSEA GIRL GUIDES WELCOMES GIRLS 6-15 YRS

Mondays, 4.30pm-6pm
at St John's Catholic Church
Winchelsea during school term.

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

If interested, girls can attend
3 FREE sessions to come along and try.
Yvonne Orchard ph 0448 672 630
or Lily Dell Rennie ph 0428 936 441

BASIC TEACHINGS OF TRUE CHRISTIANITY

as presented in the New Testament.
A series of undenominational gospel
meetings will be held in the Harding St.
Senior Citizens Hall WINCHELSEA
Each Sunday 2.30 - 3.30 pm.
Commencing 23rd March and
continuing until May 11 except April 20
Joan 0491 971 957 Mella 0418 605 676

DIAMOND DOT DAY SATURDAY 5 APRIL

11.00-400pm
Senior Citizens, Harding St Winchelsea
\$10 entry incl lunch, afternoon tea
Diamond dot is like doing a painting. but
you use beads instead of paint. We do
have a few kits for sale.
New members welcome - See you there
Tracey 0427500649



BRIDGE

Social Bridge is played
TUESDAYS 10 AM - 12 NOON
Senior Citizens Centre
36 Harding Street Winchelsea
New players always welcome
Elaine Atkinson 0458 009 616

Winchelsea Star CLASSIFIED ADS

email editor@winchelseastar.org.au or
leave at Winchelsea IGA
Notices removed after 2 weeks



HELP NEEDED PLEASE

Someone wanted to assemble
an adult tricycle Please contact Grant
Elsbury 5267672051
Posted 18/3/25

WINCHELSEA & DISTRICT HISTORICAL SOCIETY INC NOTICE OF ANNUAL GENERAL MEETING

Wednesday April 9, 2025 at 1.30pm
in the Historical Society Centre,
Hesse Street, Winchelsea
Margaret Reid, Secretary
Posted 25/3/25

FREE 5.5KG SOLT TOP LOAD WASHING MACHINE

Need gone.
Bought a bigger machine VGC.
Phone John. 0438396492
Posted 18/3/25



COMING EVENTS MARCH/APRIL 2025




TRIVIA NIGHT FOR OUR PLAYGROUND

EASTERN RESERVE, THE HUB
FRIDAY NIGHT, 28TH MARCH FROM 6:30PM
 \$30 per person - all funds raised go towards the playground
 RSVP by contacting the school - 5267 2134
 Some nibbles provided - can bring more food if you like
 Drinks at bar prices
 Silent Auction & Door Prizes
 Tables of 6 to 10 people - all community members welcome

WINCHELSEA COMMUNITY DINNER

6.30pm 29 March 2025

St John the Baptist
 Catholic Church Hall,
 5 Mercer Street,
 accessible via Harding Street.

Bring a plate/gold coin/nothing.
 Kids welcome.

Alcohol free

Enquiries Jess on 0409 536 752

RSVP on the event's Facebook page
<https://www.facebook.com/vents/1268149947601233>,
 by using the QR code.

BACK TO BACK

2025

Get behind 3
 Victorian teams as
 they shear, spin and
 knit a jumper in the
 fastest time.

It's slow clothing sped up!

Watch a woolly jumper materialise in front of your eyes!

SATURDAY 29 MARCH 2025
TARNDEWARNCOURT HOMESTEAD
5459 PRINCES HWY, WARNCOURT, VICTORIA
8:00AM TO LATE

Food. Bar. Market Stalls. Yarn Shop. Raffles. Hands-on activities.

Gold coin entry.

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Phone 0480 080 248

Raising funds for:








27TH ANNUAL DEANS MARSH FESTIVAL

SUNDAY 30 MARCH 2025 | 10AM - 3PM
 DEANS MARSH MEMORIAL RESERVE | 10 PENNYROYAL VALLEY ROAD, DEANS MARSH

MARKET STALLS | VINTAGE TRACTORS & CARS | DOG JUMP COMP. | FOOD & BAR
 FREE WILDLIFE INTERACTIVE DISPLAY | FREE FACE PAINTING | TRADITIONAL CRAFTS
 ART EXHIBITION | DEANS MARSH GIFT | BIRD CALLING COMP & MORE
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SCAN ME

Supporting mental health & breaking the stigma

Conquer the Corrugations VICTORIA 2025



In support of those affected,
 In honour of loved ones lost,
 We walk as one

29th to 30th March, 2025
 Saturday Inverleigh to Winchelsea
 Sunday Winchelsea return to Inverleigh

All fitness levels welcome, walk or hop on the bus!

Scan QR code to register & for event details







Thank you to our Sponsors



No dogs

ATTENTION

ALL MEN OF WINCHELSEA AND DISTRICT!
 Join us for the next
MEN'S HEALTH MONDAY
 With Men's mindset coach Jeff Rieniets.

Lets continue to better understand our behaviors and the subconscious ways they are created in our lives. The men's mindset talk continues as we deep dive into subconscious filters that influence our thoughts, words, and focus. Come along and learn to create awareness and gain strategies that will transform your life for the better.

\$5 AT THE DOOR 6pm Monday 7th of April
 in the Winchelsea Shire Hall.



For more information or to sponsor ongoing mens health events please email
admin@richearthlove or call Richard on 0444513017

Hop Hop Hooray!

EASTER Playgroup

Join us on
Thursday April 10th
10:30AM - 12PM
Hesse Rural Health
8 Gosney Street
Winchelsea

for some egg-citing fun!



CATCH A CARP FESTIVAL

Lake Colac Foreshore
10am-3pm Sunday 13 April 2026
FREE FAMILY EVENT

For fishers and families looking for a fun day out these school holidays

Something for everyone -
 educational activities,
 fishing clinics for youngsters,
 a carp fishing competition,
 cooking demonstrations.

Food and coffee onsite
 Live broadcast by local radio stations
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Presented by
Victorian Fisheries Authority





Invitation to our 3rd webinar in the series
A Nature Positive Future for the Barwon River System

UNDERGROUND WATERWAYS: WHY SHOULD WE CARE ABOUT GROUNDWATER? WEBINAR



Save the date:
'Why Should We Care About Groundwater' Webinar
Thursday 3rd April - 1:00 - 2:00pm

CASUAL POSITION ADMIN ASSISTANT

Small local family business that provides support for individuals and families living with significant disability is looking for an enthusiastic clear thinking person to join its team. Can work from home. Must be a skilled user of M365 products. Hours negotiable - initially 8-16 hrs a week.

If interested please call Mark on 0457 671 440 or write to HR@justforluke.com.au



Winchelsea Community Foodbank

Fridays, 12 - 2PM

30-32 Hesse Street Winchelsea



Food relief for our community.

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



Winchelsea Men's Shed



For the Community

NEW MEMBERS WELCOME

Every Wednesday from 9.30am
51 Hesse Street, Winchelsea

KINDLING/OFFCUTS \$7.00 bag

Pickup Wednesdays 9.30-2.30
For delivery, call Bill 0438 083 373

NESTING BOXES Birds/animals

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OUR TOWN & DISTRICT
0408 520 606



We'd love to see you!

WINCHELSEA PLAYGROUP

Each Thursday during school terms.
Come along between 10AM - 12PM.
Check out our Facebook Page for more information about the happenings of each session.

Playgroup Leader - Danni Menzies
Email: winchelseaplaygroup@gmail.com
St. Thomas's Hall,
27-29 Barwon Terrace,
Winchelsea VIC 3241

\$5 PER FAMILY
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Scan to be part of our Facebook Group

WANT TO JOIN PROBUS?

Enjoy fellowship with other members

Enjoy trips & outings

Listen to guest speakers



Contact Lorraine
0417 467 927





The Climate Report

Judy Cameron

Climate emergency: 2025 declared international year of glaciers

As glaciers disappear at an alarming rate due to climate change, the UN General Assembly has declared 2025 the International Year of Glaciers' Preservation (IYGP).

Dr. Lydia Brito, UNESCO's Assistant Director-General for Natural Sciences, explained during the launch event in Geneva that the "50 UNESCO heritage sites with glaciers represent almost 10% of Earth's glacier area." However, a recent study warned that glaciers in one-third of these sites are projected to disappear by 2050.

A key focus is raising global awareness about the essential role glaciers, snow and ice play in regulating the climate and supporting ecosystems and communities.

"Glaciers don't care if we believe in science - they just melt in the heat," said Dr. Carolina Adler of the Mountain Research Initiative. Co-facilitated by the UN Educational, Scientific and Cultural Organization (UNESCO) and the World Meteorological Organization (WMO), this global initiative seeks to unite efforts worldwide to protect these vital water sources, which provide freshwater to more than 2 billion people.

Glaciers and ice sheets hold around 70 per cent of the world's freshwater and their rapid loss presents an urgent environmental and humanitarian crisis.

WMO Secretary-General Celeste Saulo emphasised this urgency, saying "Melting ice and glaciers threaten long-term water security



for many millions of people. This international year must be a wake-up call to the world."

The first World Glacier Day was celebrated on 21 March 2025, coinciding with World Water Day, coming a day later.

And on that day Prof. Dr. Michael Zemp the World Glacier Monitoring Service (WGMS) service's director said "Glaciers are now 9,000 billion tonnes lighter than when records began in 1975, this is equivalent to a huge ice block the size of Germany with a thickness of 25 metres."

Preservation of glaciers is not just an environmental, economic and societal necessity, it's a matter of survival.

With 2024 confirmed as the hottest year on record, the need for immediate and decisive action has never been more critical.

The initiative also aims to enhance scientific understanding through programmes like the Global Cryosphere Watch, ensuring that data guides effective climate action.

Strengthening policy frameworks is another priority, with the integration of glacier preservation into global and national climate strategies, such as the Paris Agreement.

Colac and Apollo Bay water storages fall amid dry conditions

Barwon Water

Water storages in Colac and Apollo Bay are as dry as they've been at this time of year since 2016.

Amid ongoing dry conditions – which has driven consumption up more than 10 per cent above average - Barwon Water is encouraging customers to use water wisely. "It has been an extremely dry period, with low inflows to our storages and high demand," Managing Director Shaun Cumming said. "There are simple measures people can take that each save a little, but if we all do them together can save us a significant amount."

Colac storages end summer at 58.6% – about 27% below the mark at the same time in 2024. Colac's water is sourced from the Olangolah and West Gellibrand reservoirs. To supplement these, Colac customers are receiving water from the greater Geelong system, via the Wurdee Boluc channel.

It is a similar story in Geelong, with its combined water storages entering March at 46.3%, a six-year low. Residential demand accounts for 73% of water use across the Barwon Water region, meaning household changes can have a significant impact.

The Permanent Water Saving Rules – which are uniform across Victoria – help to make sure we use drinking-quality water wisely. www.barwonwater.vic.gov.au/water-and-waste/permanent-water-saving-rules



Home water-saving tips:

- Thirty per cent of home water use occurs in the shower. We recommend timing your shower with a four-minute tune!
- Changing from a single-flush to dual-flush, 4-star toilet can save up to 35,000 litres per year. If you have an older toilet, you can reduce flush volume by placing a filled water bottle in the cistern.
- Front-loading washing machines save more water and energy than a top-loading machine. Barwon Water has a WaterSmart Washing Machine Rebate Program, which is now open: www.barwonwater.vic.gov.au/water-and-waste/saving-water/water-smart-washing-machine-rebates
- Choose efficient products - look at the Water Efficiency Labelling and Standards rating to find water efficient taps, toilets, showerheads, dishwashers and washing machines.

To contend with a warmer and drier climate, Barwon Water is investing in a variety of sources, including recycled water.

Storages are already supplemented by the Melbourne to Geelong Pipeline, with a major upgrade to be completed this year that will increase the capacity and expand the reach of the pipeline. "With rainfall becoming less reliable, we will need to be more water efficient, fix leaks and consider new water sources to ensure our rivers flow, food grows, and our footprint is low," Mr Cumming said.



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Discrimination today and yesterday

Elaine Atkinson, Organising Committee, Secretary Growing Winchelsea



Australia has made good progress towards achieving gender equality in recent times. However, women still experience inequality and discrimination in many important parts of their lives.

"At work, women continue to face a gender 'pay gap' and barriers to leadership roles. Many encounter reduced employment opportunities because of the time they give to family and caring responsibilities," said Elaine Atkinson, Secretary of Growing Winchelsea and a member of the organising committee for the local International Women's Day celebration to be held on Tuesday 18 March 2025.

Starting work for the Commonwealth Government in 1968 Elaine remembers many fellow female workers getting married as the government lifted the marriage bar in 1966 - prior to this, women were required to leave work on marrying.

"It was an interesting time as many of these women were in senior positions and had made the decision to continue in their career, forgo marriage and children. Some had been in defacto relationships, frowned on by the general population. Just imagine what social impact that had on women," says Elaine.

Working alongside men sharing the same role but only earning 75% of the male pay was another discriminatory practice and it was not until 1972 that equal pay was introduced.

Education was another discriminatory factor and it was only in 1984 when the Sex Discrimination Act was passed that career advancement across divisions in the public service opened up not only for women but for men as well.

"At the time I was on maternity leave, followed by extended leave without pay due to the necessity to prepare my disabled daughter

for mainstream education. On my return to work I was able to advance to manager level within six months," continues Elaine.

Being told that certain jobs only a man could do was common, which lessened the job opportunities for women. Against these obstacles women succeeded and while significant barriers to gender equality remain, with the right action and support, positive progress can be made for women everywhere.

We need to continue the fight together and continually address the barriers and biases that women face, both in personal and professional spheres.

"Following the successful International Women's Day celebration held Tuesday 18 March 2025 we are encouraging as many women as possible to complete an online Training Needs Survey by 18 April March 2025," continues Elaine.

This information will be collated and provide the impetus for the development of a targeted training program for implementation by the Winchelsea Women's Business Network Steering Committee, a joint initiative of Growing Winchelsea and Winchelsea House with support from the Surf Coast Shire through their Health and Wellbeing Grants program.

I would love to hear from any woman interested in being part of this exciting network, contact me on my mobile 0458009616, email secretary@growingwinchelsea.com or scan the QR code for access to the Training Needs Survey. The survey is also available on our website www.growingwinchelsea.com under latest news. We must support one another, be inspired and prepare for the predicted population growth - we all want to be part of building economic prosperity for Winchelsea while retaining our unique character and heritage," concludes Elaine.



Environmental monitoring maintaining focus on Karaaf Wetlands health

Surf Coast Shire

Second-year independent environmental monitoring has identified changes to vegetation in the environmentally significant Karaaf Wetlands, located on Wadawurrung Country between Breamlea and Torquay.



The monitoring is part of continuing work to improve the health of the saltmarsh, with findings providing baseline indications of progressive changes in vegetation structure or species and soil salinity at key sites.

Surf Coast Shire Council is working alongside Community Reference Group members and other stakeholders to reduce the volume of, and impact of stormwater flow in the wetlands.

Recent year two monitoring noted changes, including:

- Positive: Regeneration of saltmarsh shrubs at a number of sites, particularly in areas where dieback due to stormwater flow was less extreme. No further dieback was observed.
- Negative: Progressive expansion of areas identified as impacted by stormwater flows, including an increase in the abundance of brackish and freshwater vegetation types at some sites and substantial increase in Typha grass growth at the western end of the wetlands.



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We manage bushfire risk together

Chris Hardman, Chief Fire Officer

As summer fades and autumn begins, we take a moment to reflect on the challenges of extreme heat, bushfires and storms over the past months have tested communities across the state, reinforcing the importance of preparedness, swift response and resilience.

We feel for the communities affected by these events, and I thank our crews, contractors, incident management personnel and partner agencies for the work they do to keep Victoria safer.

While the seasons may be changing, our focus remains the same – making sure resources are where they're needed, learning from recent events and strengthening our strategies for the future.

The seasonal outlook shows a higher chance of warmer maximum temperatures into early autumn which may delay the start of planned burning in some parts of the state. It also raises opportunities for planned burning targeting areas that are not usually available under autumn conditions.

We manage Victoria's bushfire risk in a holistic way, including – but not exclusively – through planned burning.

Large intense bushfires are a significant threatening process to the natural environment. Victoria is home to some of the world's most spectacular natural places. Fire risk management needs to be balanced alongside land management to be effective.

Reducing the risk and impacts of bushfires requires a multi-facetted approach. Victoria's approach includes the right road network for accessibility, strategic fuel breaks, fuel management through planned burning and mechanical fuel treatment, and well-trained people and specialised plant, equipment and aviation.

Victorian firefighters and fire managers are world class. We rely on the latest, wide-ranging global research and work with other jurisdictions, but we apply our experience and knowledge to Victorian conditions.

Planned burning is part of our long-term strategy. It's not about a single burn, or single year, but an ongoing process creating a strategic network of fuel-reduced areas on public land. This network helps slow the spread of fire and helps firefighters to reduce threats to communities, infrastructure and the environment.

Autumn provides opportunities to conduct planned burns, as the weather is more stable, and fire behaviour tends to be manageable and predictable.

As soon as favourable weather and forest conditions arrive, all available resources will be delivering planned burning, focusing on priority areas like Midlands, Yarra Ranges, Murrindindi, Ovens, Otways and Latrobe Valley.

There may be some forest and road closures in place during and after planned burning. Visit the Planned Burns Victoria website before you travel to make sure your trip isn't affected.

If you live in or are visiting an area where planned burning is taking place, there's a good chance you'll see FFMVic firefighters preparing locations or delivering planned burns. They'll be the ones in our distinctive green firefighting uniforms.

Register for the latest updates if you want to know more about where and when we burn at <https://plannedburns.ffm.vic.gov.au/>.

Winchelsea Primary School New Playground Appeal



Community Bank Winchelsea backs Primary School Playground Fundraiser

Kelly Turner

The Community Bank Winchelsea is proud to be supporting Winchelsea Primary School as they work towards building a much-needed new playground for their students and the wider community to enjoy.

To kickstart the fundraising efforts, the bank has committed to matching donations dollar-for-dollar, up to \$12,500. This means every dollar raised will go twice as far in helping the school reach their goal.

The first official fundraising event to get the 'thermometer' rising is the school's upcoming Trivia Night, being held at Eastern Reserve, The Hub, on Friday 28th March from 6.30pm.

With less than 10 days to go, now's the time to rally your friends, family, and neighbours for a fun night out in support of our local school. There will be raffles, silent auctions, and loads of prizes on offer.

The Community Bank Winchelsea is also donating a brand new Ziegler & Brown BBQ as one of the fabulous door prizes on the night—kindly supported by our friends at BBQs Galore Grovedale.

Tables of 6 to 10 people are available, and all community members are welcome. Tickets are \$30 per person, with all funds raised going directly towards the new playground.

RSVP by contacting Winchelsea Primary School on 5267 2134.

Let's come together as a community and help out our school!

And keep an eye out for future community events - together, we can make a real difference.

For more information on how you can support the Winchelsea Primary School Playground Appeal, pop into the Community Bank Winchelsea or visit our Facebook page.

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Facebook - Winchelsea Playgroup 2019
New families welcome



Free online program helps parents of kids with disability

Triple P - Positive Parenting Program

Families of children with disability facing long wait times for diagnosis and support can now access Stepping Stones Triple P Online - a free, evidence-based parenting program funded by the Australian Government that offers immediate, practical strategies to help children thrive and boost parental wellbeing.

Triple P International Country Director, Carol Markie-Dadds, said approximately 1 in 13 children in Australia (an estimated 356,000 children aged 0 to 14) live with disability. The ongoing strain on the disability workforce, difficulties in accessing support, long wait times, and cost-of-living pressures, mean that children are missing out on critical early intervention support. Parents and carers are left feeling overwhelmed and isolated.

"Stepping Stones Triple P has been the subject of a large research trial across NSW, Victoria, and Queensland. It significantly benefits families with disability, improving family relationships, reducing parental stress, increasing parenting confidence, and improving children's wellbeing. Additionally, the program benefits families with neurodiverse children, including those diagnosed with autism and ADHD," she said.

"Childhood is a crucial stage of development particularly for children with disability and unique support needs. Delays to accessing support early directly impact the level of support a person with disability will require into adulthood."

"The mental health and wellbeing of carers is also at-risk - twice as many parents of children with disability report moderate to high stress compared to parents without a child with disability. When

parents and carers feel confident and empowered to support their child with daily routines, building connections, and being independent, the entire family benefits," Ms Markie-Dadds said.

Online Stepping Stones Triple P reduces attending in-person appointments, which can be impractical for parents and carers of children with disability.

Stepping Stone Triple P Online helps parents and carers to:

- use positive, practical strategies to manage life with more ease and confidence, including daily routines, socialising, mealtimes, communication, and family outings/car trips
- encourage their child's independence and self-care skills, like teeth brushing and getting dressed
- confidently respond to their child's needs, behaviours and support their overall development and wellbeing
- learn to look after themselves as a parent and feel less stressed
- communicate better with each other, including when their child has an alternate communication style
- build their child's social skills to grow relationships
- help the whole family adapt and enjoy life more!

Parents and carers can sign up for Stepping Stones Triple P Online now at: triplep-parenting.net.au

Stepping Stones Triple P Online is free for all parents and carers in Australia who have children under 12 years, thanks to funding from the Department of Health and Aged Care.

Rental affordability crisis extends to six-figure salaries

Everybody's Home

Australian renters now need an annual income of \$130,000 to afford an average rental, with even six-figure earners facing housing costs exceeding 30 percent of their income in capital cities and many regional areas.

The 2025 Priced Out report by national housing campaign Everybody's Home shows a single person needs to earn at least \$130,000 per year to comfortably afford the national weekly asking rent for a typical unit. An even higher income is required to afford the average unit rent across capital cities.

Location	% of \$100,000 income spent on rent
Northern WA	55%
Gold Coast (QLD)	54%
Sydney (NSW)	48%
Sunshine Coast (QLD)	46%
Perth (WA)	43%
Beenleigh Corridor (QLD)	42%
Brisbane (QLD); Wollongong (NSW)	40%
Canberra (ACT); Central Coast (NSW)	39%
Melbourne (VIC)	38%
North Coast (NSW)	37%
South Coast (NSW); South West WA	36%
Adelaide (SA); Hunter Region (NSW)	35%
Darwin (NT); Goldfields Region (WA)	34%
Cairns (QLD); Blue Mountains (NSW)	33%
Hobart (TAS); QLD North Coast, Southern NT	32%
Ipswich (QLD), South West Vic, QLD Far North Coast	31%



Middle-to-high income Australians are increasingly struggling to find affordable homes. People earning \$70,000 per year would have to spend more than half of their income on the national median unit rent.

Even renters earning \$100,000 per year - well above the median income of \$72,592 - are struggling in locations across Australia.

Everybody's Home spokesperson Maiy Azize said: "This report exposes the stark reality facing Australian renters everyday. Rental stress is no longer confined to those on lower incomes - it's affecting professionals, essential workers, and middle-income families who simply can't keep up with soaring rents.

"These findings underscore an alarming shift in Australia's housing market. This crisis is stopping people from being able to live and work in their communities, leading people to delay major life choices, and threatening social cohesion. A \$100,000 salary used to be considered a secure income, but people on this wage are struggling because rents are so staggeringly high.

"The situation is even more dire for those on lower incomes, with people earning \$40,000 per year facing extreme rental stress, facing rents up to 119 percent of their income.

"Ahead of the election, the Federal Government must treat housing as its top priority. Without action more Australians will continue to be priced out of living in safe, decent, affordable homes."

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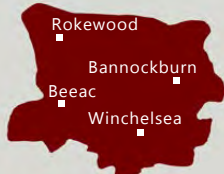
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EcoConnect Surf Coast: Empowering local action

Are you passionate about the environment? Are you keen to connect with other like-minded community members and to create positive change? Do you have an environmental project idea but not sure how to get it started and funded?

Join us for a night of community connection, inspiration and to launch the 2025 Climate Emergency grants and new Library of Things grants.

What to expect:

- Nibbles and networking with passionate locals and community groups.
- Inspiring stories of recent environmental projects across Surf Coast.
- Launch of Council's Climate Emergency and Library of Things grants.

Date: Wednesday 2 April

Where: Common Ground Project, 675 Anglesea Road, Freshwater Creek

Time: 6pm to 7.30pm

Provisions: Light refreshments (food and drinks) provided.

Cost: **FREE** but bookings essential.

Book at surfcoast.vic.gov.au/EcoConnectLaunch





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Winchelsea Football Netball Club Inc

Blues News



Janet Fletcher

Welcome to Blue's News 2025 which means April is almost upon us & the GDFNL season is about to get underway. Local Footy & Netball is back!!!

The practice matches have been done and dusted, some of them in seriously hot conditions as it was when the Blues hosted Yackandanda in 35 degree heat on the 8th March, and yet the turnout for the day was great, - a huge thank you to Donna who prepped and manned the Canteen deep fryer on the day in that heat and did her usual great work for the Blues.

The Footballers travelled far and wide while the Netballers have also played at many and varied courts due to the complete refurbishment of the Winchelsea Netball Courts. The Courts have been finished on time and will be a great asset to the Club for many years. Thanks to the workers who were up and about in February on a couple of very hot Sundays to get the job done, and thanks to those behind the scenes from ERCOM and others who get little recognition for their volunteer efforts.

DAMAGE DONE:

While on the Netball Courts subject – it was very disappointing indeed for all concerned to discover on Saturday morning (22nd March) huge skid marks on these brand new courts even before our Netballers have even had a warm up on them. The refurbishment of the Courts have cost an eye watering amount of money and have the best surface available for Netball. The W.F.N.C. have been wanting for years to be able to have them as a locked facility, however the S. C. S. have not allowed this to be the case.

The Shire deems they be open so that the public can play Netball on them which is fine in theory, but then the damage is done by others not using them as Netball Courts.

RESPECT:

The Club is appealing for some respect from our community at large – please! appealing as it may look, these courts are not for use as a bike, skate board and scooter venue, nor are they designed to train/ shut your dog in a confined space, the dog droppings from both large and small dogs over the years is staggering. The 3 wheeled low seated pedal/ motorised mode of bikes have done a great deal of damage to the old surface over the years.

The Netballers from Net Set Go through to our Grand Finalist A Grade side are excited and very proud of what Winchelsea has to offer the opposing teams to play on – please be respectful of our new courts and keep them to be what they are designed for - Netball.

SEASON LAUNCH:

Saturday 22nd March saw the Winchelsea Blues 2025 Season Launch celebrated at major sponsor's Barwon Hotel from 2pm onward. The event was very well attended by players and Committee with everyone excited to get the new 2025 season underway.

The Season Launch Raffle was again supported so well by our much valued Lyn & Paul Maguire from MAGUIRES BUTCHERS, who for many years have supported the Winchelsea Blues Football & Netball Club.

The Garden of Eden in Colac have also been great supporters over the years, as has the Foxes Den Cafe in Winchelsea, along with the Barwon Hotel. Many thanks to Tania and Pete for their hospitality last Saturday afternoon.

RESULTS OF THE 2025 SEASON LAUNCH RAFFLE:

Maguires Butchers \$150 Meat Voucher	Georgia Bell
Garden of Eden Fruit & Veg Hamper	Lucas Brown
JFC Wine & Chocolate Hamper	Angus & Alice Leigh
Winch Blue's Scarf & Cord Cap	Pete from the Barwon Hotel
T A B Voucher	Jack Sampi
Blue's Bistro – Dinner for 2	Lucas Brown
Barwon Hotel – # bottles of Wine	Meg Royal
Foxes Den 2x\$15 vouchers	Pete from the Barwon Hotel

Congratulations to all winners and many thanks to those who supported the raffle so well.

*** JOB OPPORTUNITY: ***

The Winchelsea Football & Netball Club has a paid opportunity for a Canteen Manager, someone who has a general knowledge of canteen/ cafe /hospitality to manage the operation of the Winchelsea Blue's Canteen for the 9 home games for season2025. Must have current Food Handler's Certificate. Pay negotiable, established player roster in place, volunteer support also.

Our First home game is the 26th April

Please apply to Club Secretary Janet Fletcher 0400 783 408.

THE BLUE'S BISTRO:

The Blue's Bistro will be up and running on Thursday 3rd of April, our Volunteers look forward to seeing our regulars from the general public as well as our "Bus to the Hub" patrons, and of course our Footballers & Netballers - welcoming back familiar faces as well as new ones. Social Memberships will be available on Thursday 3rd – remaining at \$40 and still including a complimentary main meal from the Blue's Bistro.

GO BLUES!!

WINCHELSEA BOWLS:

The Winchelsea Football & Netball Club wish to congratulate the Winchelsea Bowls Club on their success during their last Bowls campaign – back to back is so hard to come by, well done to everyone who made the Final playoffs.

Winchelsea Cricket Club is also to be congratulated on their season.

CONDOLENCES:

The Winchelsea Blues wish to convey sincere condolences to the family and friends of Jenny Warner, who recently passed away.

Jenny was a regular at the Blue's Bistro for many years and we will all miss her beautiful smile.

Rest in Peace Jenny.

Our Best Wishes also are conveyed to the family and friends of Matthew Gillet, who also recently passed away. Our Thoughts are with Sarah.



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