

Winchelsea Star

Price \$1

Your Weekly Community Newspaper

Since 1977

Vol 47 Ed 19

Tuesday 21 May 2024

winchelseastar.org.au

National 20-26 MAY 2024

Volunteer

Something for Everyone Week

CELEBRATION AND THANK YOU

This year's theme is 'Something for everyone' and we welcome everyone to celebrate volunteering.

WINCHELSEA COMMUNITY HOUSE

Friday 24 May, 1pm.

Join us for afternoon tea to say thank you to the dedicated volunteers of Surf Coast Shire.

Please RSVP to bdixon@surfcoast.vic.gov.au





Winchelsea Star COMMUNITY NOTICEBOARD

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

PICKLEBALL: A GAME FOR ALL AGES

Pickleball, a hybrid of tennis, badminton, and ping pong, is billed as one of the fastest-growing sports globally.

Though it is growing in popularity across all age groups in Australia and many other world regions, the growth is particularly fast in the older adult demographic, because it offers an accessible, low-impact path for promoting physical, mental and social wellbeing.

Pickleball offers substantial health benefits, including improved cardiovascular fitness, agility and coordination, with a relatively low risk of injuries.

The sport requires minimal equipment and is easy to learn, making it a welcoming entry point to physical activity for individuals previously disengaged from physical exercise.



You can play at the Winchelsea Leisure Time Centre (next to the Primary School) on Wednesday evenings 7-830pm or Thursday mornings 10-11.30am. All equipment supplied, just wear suitable footwear.

For more information: Lesley Mathison
0438 672 197

WINCHELSEA TENNIS CLUB

JUNIOR COACHING

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

SOCIAL TWILIGHT TENNIS

Monday evenings from 6.00pm.

All Welcome!

WINCHELSEA LIONS CLUB

Planning Christmas in July?

Winchelsea Lions have
Large cakes \$20 Small cakes \$16
Puddings \$16

Contact Raymond
0406 371 239

COUNCIL BUDGET PAPERS

There is a hard copy of the
Surf Coast Council budget papers
for the 2024/2025 year
at Winch House.

This copy is available for
anyone to come in and read.

Jill Evans

Winchelsea Star Since 1977

send your stories
news@winchelseastar.org.au

LOCALNEWS and ARTICLES WELCOME

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

DEADLINE 5pm Fridays

4pm Sundays - hard copy articles left at IGA
6pm Sundays - sports results and weekend events

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production

Editors: Cerrie Fogan, Yvonne Stevens, Judy Cameron
Advertising: Sasha Gauntlett, Neil McInnes
Design: Tony Phelps, Susan Corby
Printing: Winchelsea Community House
Website: Winch Websites

committee

President: president@winchelseastar.org.au
Mick O'Mara
Treasurer: treasurer@winchelseastar.org.au
Cathy Cheadle
Secretary: secretary@winchelseastar.org.au
Tony Phelps
Members: Linda Carter, Sasha Gauntlett,
Neil McInnes, Judy Cameron,
Yvonne Stevens, Cerrie Forgan,

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Reg. No. A0053999F ABN 75 941 529 279
winchelseastar.org.au PO Box 5 Winchelsea 3241
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THE WINCHELSEA COMMUNITY IS INVITED TO A DISCUSSION ON THE FUTURE OF THE WINCHELSEA SCHOOL



Recently the Education Department knocked back a funding proposal for a major upgrade of the Winchelsea School.

Questions to be answered:

- ✓ Will Winchelsea need a P12 school in the near future?
- ✓ Does the community support a new education plan for Winchelsea?
- ✓ Is the current location the best site for a growing school?



Thursday 23 May at 6pm at the LTC
Gosney Street, Winchelsea.
Present – School Committee, Richard Riordan MP, Surf Coast Shire Representative and Growing Winchelsea

parkrun 11

Trebeck Reserve,
Winchelsea

Saturday
18 May 2024



This week 44 people completed the course through Trebeck Reserve.

Congratulations to Helen and Lachlan who completed their personal best times. Well done everyone who walked, ran or volunteered. We had visitors from Sydney, Timboon, Bendigo, Geelong, Pakenham, Lalor, Bannockburn, Albert Park and Torquay

This event was made possible by the following volunteers.
Ann MORSBY * Murray AISBETT * Simone FITZGERALD * Kate McINNES * Mick O'MARA * Joyleen STEWART * Don SMITH * Neil STEWART * Neil McINNES

Special thanks to Joyleen and Neil Stewart who were visiting and volunteered as Tailwalkers.

A summary of this week's results can be found at trebeckreserveparkrun.com.au/results Check out our Facebook page for today's photos and further information.

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

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

parkrun was conducted at 487 locations across Australia this week.





Swimming pool construction progressing

Excavations are complete, concrete being poured and construction of Winchelsea's new pools is underway.

The shapes of the 25-metre and leisure pools are visible on the Barwon Terrace site and contractors have driven pile foundations and poured concrete to form the new pools during the past couple of weeks.

Construction of a new pavilion and plant room will start at the end of May and the entire project is

scheduled for completion during next summer.

The project, being delivered by Bowden Corp, includes replacement of 25-metre and leisure pools and addition of a zero-depth splash park which is great for small kids.

The new pavilion and entry point will be built at the south-east end of

the site, providing better connection with adjoining recreation and playground facilities.

Contractors salvaged almost 96 per cent of materials from demolition of the previous pools, surroundings and buildings – totalling more than 817 tonnes – for recycled use off-site.

The total included 15 tonnes of steel, 750 tonnes of concrete and brick and 10 tonnes of timber.

The former pool was decommissioned in March having reached the end of its serviceable life after 60 years.

Responses from almost 300 people during community consultations helped shape redevelopment designs.

Gathering Space Shelter furniture

Timber-topped picnic furniture now complements the new Barwon River Gathering Space Shelter.

Tables and seats were installed earlier this month to accompany the free barbecue, enhancing a welcoming riverside space for community members and visitors.



Image: Torquay Building Services





New Homes, Renovations, Extensions, Bathrooms, Decks & Pergolas

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REGISTERED Building Practitioner

Surf Coast Shire Council Election 2024

The Surf Coast Shire Council election will be held on 26 October 2024.

The Victorian Electoral Commission will mail out postal voting packs during September.

Nine councillors will be elected to represent three new wards (with three councillors to be elected in each ward).

The proposed names of these wards are:

- Otway Range Ward
- Torquay Ward
- Winchelsea Ward

INTERESTED IN STANDING FOR COUNCIL?

A series of free candidate information sessions are coming up for people who are interested in standing for Council.

Torquay Ward session:

6pm - 8pm Thursday 23 May at St Therese Primary School Hall, Torquay

Winchelsea Ward session:

6pm - 8pm Wednesday 12 June at Eastern Reserve, Winchelsea

Otway Range Ward session: 6pm - 8pm Monday 24 June at Aireys Inlet Hall



These sessions are organised by Surf Coast Shire Council and will be delivered by independent facilitator Ruth McGowan OAM.

Ruth is a former Councillor and Mayor of Baw Baw Shire who believes that with the right attitude, skills, and experiences, nearly anyone can be a councillor.

Find out more and register for these and other candidate information sessions at surfcoast.vic.gov.au/Election2024.



Wake up call for tired drivers

Victorian Government

A new road safety campaign targeting drowsy drivers is backed by research showing drivers are four times more likely to crash if they've had less than five hours' sleep.

The campaign 'Driving tired? Wake up to yourself' reminds drivers that being tired behind the wheel not only makes them a danger to themselves, but a danger to everyone on the roads.

Central to the campaign is a confronting new television ad showing a fatal accident caused by a tired driver crashing into another car with a mother and her young daughter.

Tired drivers contribute around 20 per cent of fatal crashes on Victorian roads each year, while accounting for approximately 25 per cent of road trauma injuries at The Alfred and Royal Melbourne hospitals.

The campaign comes as this year's Victorian road toll surpasses 100 – a total of 106 people have lost their lives on Victorian roads since January.

For more information on the campaign, visit tac.vic.gov.au/fatigue.

Hemp Bill gives farmers opportunity to grow

Victorian Farmers Federation

The VFF is backing a private members Bill to remove regulations stopping farmers from growing industrial hemp.

VFF President Emma Germano said the Hemp Industry Bill 2024 introduced into the Victorian Parliament by the Legalise Cannabis Party provided an exciting opportunity for Victorian farmers and industry to unlock the benefits of hemp.

"Hemp holds vast potential for sustainable agriculture and construction materials. Removing government barriers will unlock hemp's benefits, including the potential for secondary processing and manufacturing."

"Industrial hemp has been allowed to grow in Victoria since 1998, but the stigma and onerous regulations that require licences and expensive testing has made it too difficult for farmers and industry to invest."

Hemp can be used in the production of a wide range of products, including textiles, paper, building materials, abrasive chemicals, oils, food, inks, cosmetics and more.



Winchelsea Girl Guides Help Needed Please



The Winchelsea Girl Guides are seeking female adult volunteers. Are you interested in joining an enthusiastic, self-motivated team working with girls, 5-15years?

We are losing our lovely Unit Helper Teresa, who is moving to Geelong, and to comply with adult child ratios we need to recruit more helpers.

Come and help us provide a stimulating program giving leadership development opportunities for girls, as well as providing fun and friendship.



You will need -

- Police Check clearance (provided by Guide Centre)
- Working with Children Check (free when working as a volunteer)

Phone Yvonne
0448 672630

Early Years Awards

Nominations now open

Victorian Government

Nominations for the Victorian Early Years Awards are now open, and it's time for Victorians to nominate their most innovative, inspiring and dedicated early years teachers, educators, organisations and programs.

The Awards are in their 19th year and celebrate the outstanding work of early childhood professionals and services, recognising their roles in improving health, wellbeing, learning and development of children from birth to 8 years.

This year, the awards will celebrate leadership, outstanding achievements, dedication and innovation across nine categories.

This includes creating collaborative community partnerships, improving access and participation, and promoting children's health and wellbeing.

Outstanding individual contributions to early childhood outcomes will be recognised through the prestigious Early Childhood Teacher and Early Childhood Educator of the Year awards, while outstanding educational leadership will be celebrated through the Emeritus Professor Collette Tayler Excellence in Educational Leadership Award.

Early childhood services that incorporate Aboriginal perspectives and support Aboriginal children and families will also be recognised through the Aunty Rose Bamblett Koorie Early Years Legacy Award.

All winners will receive \$15,000 to further develop their initiatives and share the learnings of their approaches, or to support their professional development.

Finalists from the 9 categories will also be considered for the prestigious Minister's Award, selected by Minister for Children Lizzie Blandthorn.

Nominations for the Victorian Early Years Awards close on Thursday 13 June, with finalists announced in August.

For more information or to submit a nomination, visit vic.gov.au/victorian-early-years-awards

Yaneekan-werveeyt Wadawurrung Dja

JOURNEY ON Wadawurrung Country

Wadawurrung Traditional Owners | Ferne Millen | Vicki Hallett



IMMERSIVE EXHIBITION
May 28 – June 16
GRANT PAVILION. TORQUAY



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YOU LIVE
FOUNDATION





You're invited: May Council meeting in Moriac



Surf Coast Shire Council will hold its May Council meeting at the Moriac Community Centre on Tuesday 28 May at 6pm.

Community members are invited to attend the meeting at Newling Reserve, 830 Hendy Main Road, Moriac.

The venue will be open from 5.30pm for an opportunity to chat with Councillors. Tea, coffee and light refreshments will be provided.

An agenda will be published online at surfcoast.vic.gov.au/CouncilMeetings on the Thursday prior to the meeting.

 You can view the meeting via live streaming, which has captions, at <https://webcast.surfcoast.vic.gov.au>.

Live stream issues may arise at this venue. People will be able to access a recording of the meeting on our website the following day.

The recording has captions and a transcript available.



MS Trivia Night Fundraiser

Robyn Black

Thank you Winchelsea for supporting the MS fundraiser on Saturday night which raised \$3180 for research.

An amazing 180 people squeezed into the Barwon Hotel Bistro for a night of trivia, raffles and laughs with Robert 'Snick' Cameron as our Quiz Master who entertained brilliantly.

So many people to thank for raffle prize donations.

- Hewitt and Whitty
- IGA Winchelsea
- Knuckeys
- Sweet Thyme
- The Vault
- Bohemian Glow
- Kiana Cattery
- All About Mowers
- Tracey Drayton
- Colin from the Barwon Hotel

Our local businesses are so generous for so many, and I can't thank you enough.

- Winchelsea Community House
- Winchelsea Lions
- Winchelsea Senior Citizens

Thank you for your behind the scene support.

Lastly a special mention to Monique who once again saved the day! Wouldn't have made it without you.

DEFIBRILLATORS are available for public access in Winchelsea

For a reasonably small town Winchelsea is very fortunate to have a number of public access defibrillators.

Three more have recently been installed, so they are now located at the following locations.

- Winchelsea Primary School, 60 Main St
- Eastern Reserve, 70 Hopkins st
- Winchelsea Bowling Club, 45 Hesse St
- Winchelsea Mens Shed, 51 Hesse St
- Uniting Church, 33 Hesse St
- Bendigo Bank, 11 Main St
- Ambulance Victoria, 33 Willis St
- Senior Citizens, 36 Harding St
- Hesse Rural Health, 8 Gosney St
- Winchelsea Golf Club, 13 Anderson St
- Wurdale Memorial Hall, 220 Wurdale Rd



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The Launch of the Community Bank Cup

Winchelsea vs. Inverleigh - More Than Just a Game

Kelly Turner

As the leaves begin to fall and June approaches, the air in Winchelsea and Inverleigh is charged not just with the chill of winter, but with the fiery anticipation of a new chapter in an historic rivalry. Come June 1st, at the Eastern Reserve! the inaugural Community Bank Cup, Winchelsea vs Inverleigh will not only celebrate a storied local rivalry, but also symbolise a gathering of community spirit under the umbrella of the Geelong and District Football Netball League.

The Community Bank Cup is crafted to engage, with its comprehensive points system that encompasses all the action from senior and reserves football and all grades of senior netball. Each match carries a weighted importance, contributing to the overall tally and ultimately deciding the rightful holder of the Cup. Such a structure not only guarantees a spectacle for all the crowd, but gives every player in every game its due significance to the result.

The narrative of this Cup extends beyond the field and court, intertwining with the development of both clubs. Both clubs will benefit from the financial backing provided through the event, with a \$500 boost to each club and \$100 rewards for the standout player in both the senior football and A Grade netball.

As we edge closer to the kick-off of the Community Bank Cup, let's rally behind our teams, cherish our local heroes, and relish in the unity and excitement that only such hometown rivalries can offer. This isn't just a game; it's a grand celebration of community, athleticism, and local pride. Join us on this historic day to support, cheer, and witness the beginning of what promises to be an enthralling addition to our local sports legacy.

Kealy Peake Inverleigh and Ebony Berg Winchelsea



GET STRONGER WITH HESSE

Get strong at any age with this group exercise program!

**Thursday 1pm
Winchelsea Community House**

All ages and abilities welcome



Prevent the development of chronic health conditions associated with inactivity.

Gentle exercises with the potential to increase intensity based on a participant's ability.

All participants are required to undergo a free pre-assessment. Ongoing classes are \$5 a visit.



To register your interest please contact us:
Email: healthpromotion@hesse.vic.gov.au
Phone: 5267 1200

MUMS & POSTNATAL EXERCISE PROGRAM

Exercise Physiologist led - 10 week program

Program focuses on restarting exercise and the prevention of long-term health complications post pregnancy.

Starting 7th of June

FRIDAY 9AM
 Winchelsea Senior Citizen building.

Pram friendly environment - meet other mums & bubs during sessions.

Bring your own mat or towel and drink bottle.

30min exercise class

\$5 a session




Register your interest today!
 Email: healthpromotion@hesse.vic.gov.au
 Phone: 5267 1200

Yes! YOU can write for the Star

We want the Star to inform, engage, inspire, and interest the residents of Winchelsea and surrounds. And we need your writings to get there.

The Star has no actual reporters or designated writers - we publish what you send us. If you have some news, an opinion, an interest or perspective, or a story - we'd love you to send it in for publication.

The Star loves to hear anything of direct interest to the Winchelsea community. The more local content we can put in, the better!

How much can I write?

You can write just one article. You can start a new column about something you're interested in. You can send us a series of articles on a theme. What would **you** write about?

Your article can spread over 1 or 2 pages (approx 850 words) or you can write longer pieces and split them across multiple editions.

Add a photo or two, an article title and author's name (preferably).

Can you publish my photos?

A picture is worth a thousand words - but context is very

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interesting too! If you have a photo you'd like in the Star, add a few words describing where, when, who, why and/or what.

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When you send us a photo, you give us implied permission for reproduction.

You have liability when publishing an image, so be sure you own the image or have written approval to use it. It is easy for copyright owners to find stolen images online, where the Star can be found.

Legalities

Our Editors will not approve anything libellous (ie. when a false statement is published in written form and does harm to a victim). The Star is a community newspaper - 'for' and 'against' opinions on contentious topics are welcome, but attacking individuals or groups is not.

We look forward to hearing from you.
 Simply email editor@winchelseastar.org.au

Letter to the Editor

National Volunteer Week 20 – 26 May 2024

Dear Editor,

National Volunteer Week is an important annual program, as it ensures that everyone reflects on the importance of volunteers in our communities.

This year we have all seen the remarkable and brave work of our CFA and SES volunteers in our communities that were affected by the devastating fires.

Our CFA and SES volunteers are absolutely vital to our communities, and I know I speak on behalf of everyone when I say we are forever grateful for their work and commitment in protecting our lives, our homes and our environment.

Volunteers are often the unsung heroes of what makes our lives richer and more comfortable.

Whether it is the important work of food banks in difficult times, or community arts festivals which are so often organised by volunteers, the contributions they make are immeasurable.

Historically we have identified volunteering with mature aged members of our communities, now more so than ever before we are seeing young people who inspired to volunteer to make a difference.

Earlier this year at the Victorian Volunteering Awards eight impressive young people were finalists for their work in a broad range of areas. From working in the environment to raising money for the homeless, mentoring young people, advocating for people with disability and volunteering for the SES.

I am so proud that we are seeing a new generation of committed and enthusiastic people who are seizing leadership opportunities and giving to their communities.

I encourage everyone to consider nominating outstanding volunteers in their communities for the 2024 Victorian Volunteer Awards. Nominations are open now please visit www.volunteeringvictoria.org.au

Gayle Tierney MP
Member for Western Victoria

TAFE training key to filling state skills gaps

Victorian Government

Victorian students, apprentices and trainees studying at TAFE are on the pathway to jobs in 80 of the top 100 largest growing occupations in Victoria.

Minister for Skills and TAFE Gayle Tierney has launched The TAFE Value and Perception Challenge, a report that investigates how Victorians perceive TAFE. The report surveyed 1,000 Victorians from Generation Z, their parents, and HR leaders.

The report finds TAFE qualifications offer higher median earning potential than university degrees. 80% future jobs are attainable through a TAFE education – and 67% Victoria's 364 occupations experiencing a shortage can be filled with TAFE-educated workers.

As well as providing 95% future carpenters and electricians to address Victoria's housing shortage, Victoria's TAFE Network is educating people in the growing areas of aged and disability care, digital technology, human resources and accounting.

The Free TAFE course list includes more than 80 qualifications and short courses in priority areas, and all Victorians can access government-funded training such as Free TAFE regardless of their existing qualification level. Visit vta.vic.edu.au/tafe-vpcr.

Electric Homes Program 2023 delivers remarkable results



2023 Electric Homes Program Launch

The results from Geelong Sustainability's 2023 Electric Homes Program are in, with the program exceeding expectations underscoring the collective commitment to renewable energy adoption and energy efficiency in the Barwon region.

The program, aimed at promoting and assisting the community in installing renewable energy and efficient electric appliances, garnered immense interest from the community, with participation levels higher than projected.

The Electric Homes Program witnessed an overwhelming response during its information sessions, both in-person and online, with over 1,500 enthusiastic attendees actively engaging in the initiative.

The face-to-face sessions attracted 1,000 attendees, while the online webinars saw 500 participants, reflecting the strong community interest and support for sustainable living practices.

A total of 318 households proceeded to install products within their homes through the program. The hot water heat pump emerged as the most popular product, with over 158 installations directly attributed to the program. Additionally, solar and battery systems saw 79 installations, contributing to the region's transition towards renewable energy sources.

The Electric Homes Program saw a remarkable investment of over \$2 million in renewable energy and efficient electric appliances, resulting in substantial cost savings for residents. The program participants are estimated to save \$214,366 annually on energy bills, translating to over \$5.3 million worth of savings over 25 years. In addition, the environmental impact of the program is significant, with 770 tons of CO2 emissions reduced per year which is equivalent to 183 cars off the road. This is a total reduction of 18,328 tons of CO2 emissions over the lifetime of the products.

Building upon the achievements of the 2023 program, Geelong Sustainability is pleased to announce preparations for the 2024 Efficient Electric Homes Program are already underway.

Residents interested in participating can register their interest for the 2024 program at electrichomes.com.au.

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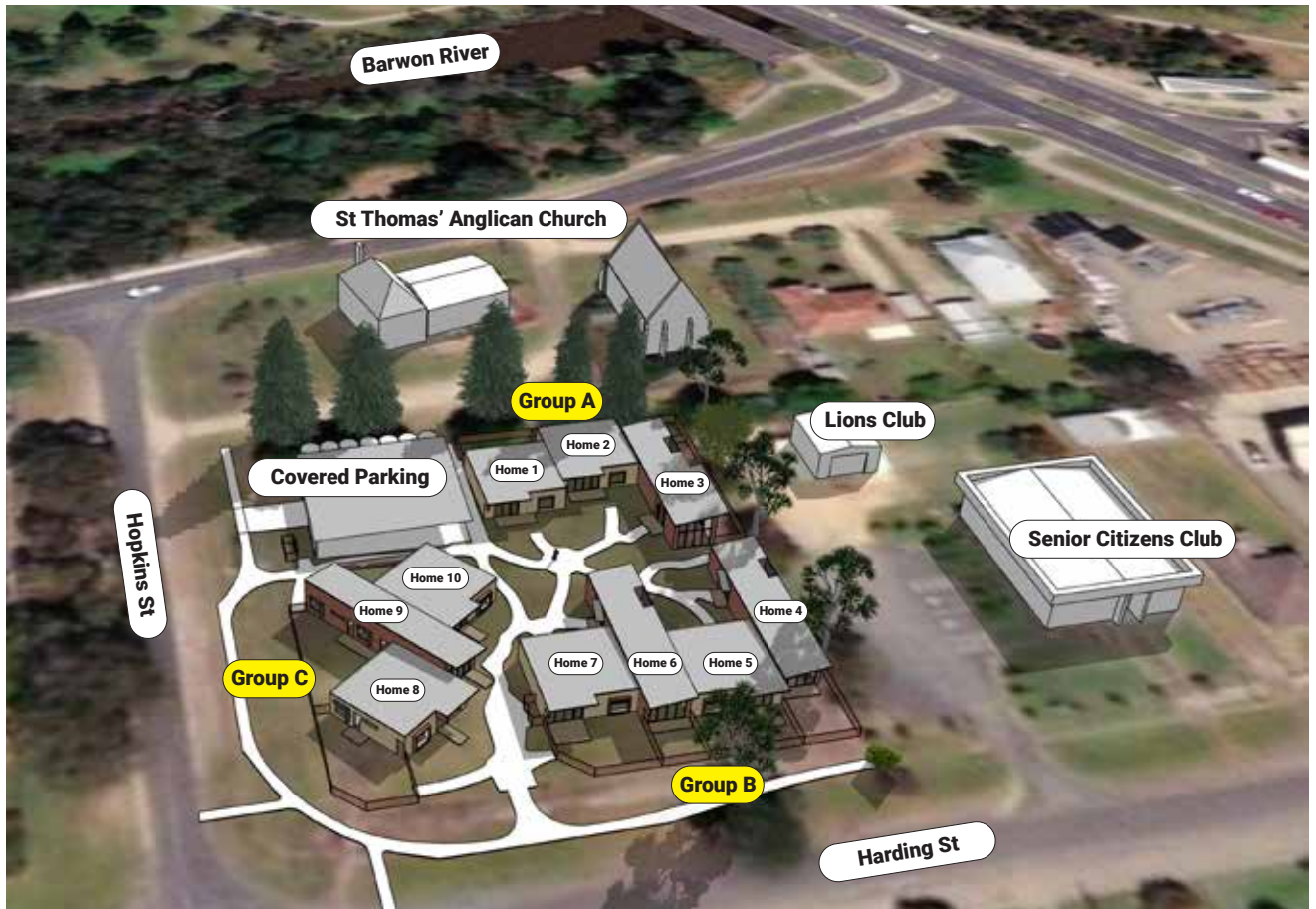
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The long awaited Winanglo Community Village project aims to help with the development of community infrastructure which ideally meets the needs of seniors located in or connected to Winchelsea and its surrounding communities.

Many senior members of our community are downsizing, selling their homes and wanting to enjoy a more relaxed lifestyle within our fabulous community. However, in doing so they are faced with the reality that Winchelsea does not have sufficient quality, affordable village lifestyle accommodation.

Long-term residents are having to move away, leaving behind family, friends, their social lives and connections. The Winchelsea Community Village aims to fill this void.

"We consider the outcomes of this community led project to be as significant as the first bridge crossing of the Barwon at Winchelsea. To bring this endeavor to fruition there have been many volunteer hours invested in association with our local Bendigo Community Bank and the Surf Coast Shire." said the Winanglo chairman John Knuckey.

This state-of-the-art project has commenced, and is now seeking expressions of interest from locals keen to take advantage of this exciting new development.

1. **Location:** On the corner of Harding Street and Hopkins Street, next to the Senior Citizens Club and the Anglican Church.
2. **Eligibility:** Prospective owner/occupiers should be over the age of 55, no longer in full time employment and have a connection to Winchelsea in some form.
3. **Two simple designs across ten homes:** Configured as two bedroom homes, with each home offering its own character within The Village setting. All have equivalent floor area of approximately 100m², along with additional secluded private open space.
4. **Get more information:** You can pick up an information booklet from the Winchelsea branch of the Bendigo Community Bank, located at 11 Main St, Winchelsea VIC 3241. Open M-F, 9.30am - 5pm)
5. **Register your interest** with no obligation to buy: Please email Michelle Stocks at secretary@corangamitefs.com.au

Winchelsea Churches



St John's Catholic Church

Father Joseph Panackal
0404598558
Harding St, Winchelsea 3241
MASS TIMES
5pm Sat. May 11, 18, 25

St Thomas' Anglican Church

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

Winchelsea Uniting Church

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

Thought for the Week

"Learn to get in touch with the silence within yourself and know that everything in this life has a purpose.

There is no mistake, no coincidence.

All events are blessings given to us to learn from."

John Bader,
Former U/C Accredited
Lay Preacher

Beliefs and character

How do your beliefs shape who you are?

In the crazy journey of life, our characters serve as the compass guiding our actions, decisions, and interactions. But what exactly moulds this basic aspect of our being? While there's no one-size-fits-all answer, it's undeniable that our beliefs play a significant role in shaping our character, regardless of the depth of our faith.

In any community, large or small, you'll find a mixture of beliefs woven into the fabric of society. Whether it's faith in a higher power, trust in oneself, or conviction in the power of kindness, our beliefs function as the foundation on which our character is built.

For many people, faith serves as a foundation in shaping their character. It provides a sense of purpose, moral guidance, and a framework for navigating life's complexities. Even for those with a minimal faith position, values instilled by their beliefs can still have a significant impact on their character. Whether it's treating others as you would like to be treated or the importance of honesty and integrity, these principles shape our relationships and define who we are.

Belief isn't confined to the realm of religion. It stretches beyond the walls of the church, incorporating a spectrum of ideologies, philosophies, and personal convictions. From the steadfast belief in the power of perseverance to the unwavering commitment to empathy and compassion, our beliefs mould the contours of our character, shaping how we navigate the world and interact with those around us.

In a world that often feels chaotic and uncertain, our beliefs serve as a guiding light, revealing the path forward and providing a sense of stability. They anchor us in times of difficulty, reminding us of

what truly matters and enabling us to persevere in the face of challenges.

Also, our beliefs influence the way we perceive the world around us. They colour our experiences, shaping our interpretation of events and guide our response to them. For instance, someone who believes in the inherent goodness of humanity may approach others with an open heart and a willingness to trust, while another with a more cynical view may approach others with caution and scepticism.

Even in moments of doubt or disbelief, our character continues to evolve, shaped by the ebb and flow of life's experiences. It's a journey marked by growth, resilience, and self-discovery, guided by the values and beliefs that are held most deeply within us.

Ultimately, what we believe shapes not only our character but also the legacy we leave behind. Whether it's a commitment to leaving the world a better place than we found it or a dedication to promoting meaningful connections with those around us, our beliefs provide the blueprint for the life we aspire to live.

So, whether you find comfort in the sanctuary of a church, draw strength from the bonds of community, or simply hold fast to the belief in the inherent goodness of humanity, your beliefs play a pivotal role in shaping who you are. Embrace them, nurture them, and let them guide you on the journey of building a character that reflects the absolute best of who you are.

At St Thomas' we gather each Sunday at 10.00 to try to live out, and develop, the relationship between our beliefs and our characters (and believe me, we have a few of those!) You're more than welcome to come along and see how we're going.



JOIN THE FUN!

Winchelsea Auskick Centre

Eastern Reserve

Thursdays

4:30-5:30pm

Wetlands update - Lake Lonsdale closed to hunting, Lake Boort, Clydebank Morass and Dowd Morass to reopen



The Victorian Government has announced that Lake Lonsdale near Stawell in western Victoria will be closed to duck hunting from Saturday, 18 May 2024 (inclusive) due to the presence of a significant number of threatened Freckled Duck.

Lake Boort at Boort, Clydebank Morass State Game Reserve near Clydebank and an area of Dowd Morass State Game Reserve near Longford will reopen to duck hunting at 8am on Monday, 20 May 2024.

The Game Management Authority (GMA) and Department of Energy, Environment and Climate Action (DEECA) have been regularly monitoring the wetlands.

Recent surveys detected a significant number of Freckled Duck at Lake Lonsdale. The species can be difficult to differentiate from game ducks and they often fly in mixed flocks, which can put them of risk of being mistakenly shot.

Signs will be installed at Lake Lonsdale alerting hunters to the closure and Authorised Officers will continue to patrol the wetland.

Recent monitoring has also shown that the threatened Grey-headed Flying-foxes previously present at Lake Boort have relocated and Blue-winged Shoveler at Clydebank Morass have

significantly declined in number. The breeding event at Dowd Morass has ended. As the reason for these closures no longer exists, these wetlands will be reopened to hunting.

Wetlands or parts of wetlands may be closed to duck hunting or be further regulated to protect concentrations of threatened species from disturbance or being mistakenly shot. Colonies of breeding waterbirds can be disturbed and abandon their nests and chicks.

To see all wetlands closed or partially closed to hunting for the 2024 duck season, visit [Wetland Closures – 2024 duck season](#)

Wetlands will continue to be monitored throughout the season. Hunters are reminded to check the GMA website regularly for updates before they go hunting.

People are urged to report illegal hunting and breaches to public safety laws to the GMA, online at [Report illegal hunting or illegal protester activity](#) or by calling 136 186.

A reminder that the hunting start time is 8am for every day of the 2024 duck season. The daily bag limit is six birds per day. Hunting of the Blue-winged Shoveler and Hardhead is prohibited.

For more information on the duck season and wetland closures, visit gma.vic.gov.au

Winchelsea Bowls Club



[facebook.com/](https://facebook.com/Winchelsea-Bowls-Club-533783333344345/)

Winchelsea-Bowls-Club-533783333344345/



WINCHELSEA GOLF CLUB

Ph 5267 2660

WOMEN: WEDNESDAY MAY 15

Stroke 1st Round Silver Spoon Putting comp
Di Bartel (22)73 Robyn Vesey (21) 74 cb Carol Stanesby
Putting - Tara Steward 28 putts

MEN'S MIDWEEK COMPETITION WEDNESDAY MAY 15 STABLEFORD

Doug McLennan (24) 36pts cb C.Parke (7) 36pts
cb Stuart Beard (22) 36
NTP- 2nd/11th Ken Stanesby

MEN'S SATURDAY MAY 18 2 MAN MULTIPLICATION STABLEFORD

Dennis Waterfall & G.Oliver 80 pts
Evan Partridge & Dave Harvey 71 pts
NTP - Bernie Perry Golden Hole - Denis Chappell

Winchelsea Open Golf week commences May 27 with the Womens Open, followed by Mens 4BBB on Wednesday May 29, Riverview 2 Person Ambrose on Friday May 31, Mens Open Saturday June 1 and ending on Sunday June 2 with the Mixed Pinehust.

Entry forms for all these events are available on the Golf Club website - winchelseagolf.com.au

*Great little country 9 hole golf course
run by an enthusiastic team of volunteers*



WINCHELSEA FACEBOOK

Non-profit community Groups and Pages

What's on in Winchelsea	facebook.com/WhatsoninWinchelsea
Winchelsea FREE	facebook.com/groups/winchelseafree
Winchelsea Community Information	facebook.com/groups/207538644446972
Winchelsea Classifieds 3241	facebook.com/groups/216942861684082
Winchelsea Lost and Found	facebook.com/groups/768187693217518
Winchelsea Op Shop	facebook.com/HospitalAuxiliaryOpShopWinchelsea
Winchelsea Shire Hall	facebook.com/WinchelseaShireHall
Winchelsea Community House	facebook.com/winchelseacommunityhouse
Winchelsea Coronavirus Community Support Group	facebook.com/groups/2676957719207927/
The Green Winchelsea Residents	facebook.com/groups/515322772623126
Growing Winchelsea Inc	facebook.com/growingwinch
Winchelsea Star	facebook.com/TheWinchelseaStar
Winchelsea Movie Club	facebook.com/winchelseamovies
Winchelsea Community Market	facebook.com/100083362387611
Winchelsea Land and River Care Group	facebook.com/envirowinchelsea/
Upper Barwon Landcare Network	facebook.com/UpperBarwonLandcare
Winchelsea & District Historical Society Inc	facebook.com/Winchelseaanddistricthistoricalsociety/
Winchelsea Wildlife Shelter	www.winchelseawildlifeshelter.com/
SCARS - Surf Coast Animal Rescue Service	facebook.com/groups/415211698950674
Winchelsea Gardeners	facebook.com/groups/779878518703025
Winchelsea & District Historical Society	facebook.com/Winchelseaanddistricthistoricalsociety/
Winchelsea Repertory Society Inc	facebook.com/winchrep/
Winchelsea Globe Theatre	facebook.com/Winchelsea-Globe Theatre-164790897641678
Winchelsea Uniting Church	facebook.com/winchelseaunitingchurch
St Thomas' Anglican Church	facebook.com/StThomasWinchelsea
St John the Baptist Catholic Church	facebook.com/pages/Winchelsea-Catholic-Church/101775670163180
Winchelsea Mainly Music	facebook.com/groups/668500343953191/
Winchelsea Health Club	facebook.com/WinchelseaHealthClub
Winchelsea Playgroup School terms only. Contact Danni 0432 019 944	facebook.com/groups/551663435367031
Winchelsea Girl Guides	www.guidesvic.org.au/
Winchelsea/Modewarre Scouts	facebook.com/1stModewarreScouts
Winchelsea Fire Brigade	facebook.com/winchelseafirebrigade/
Winchelsea SES	facebook.com/groups/WinchSES
Country Women's Association - CWA Winchelsea	facebook.com/pg/CWAWinchelsea/
Winchelsea Bowls Club	facebook.com/Winchelsea-Bowls-Club-533783333344345/
Winchelsea Blues Cricket Club	facebook.com/groups/8999049476/
Winchelsea Blues FC	facebook.com/WinchelseaFNC/
WYLD Winchelsea Youth Leisure and Drop in	facebook.com/groups/569737570027065/
Lions Club of Winchelsea	facebook.com/LionsWinchelsea
Winchelsea Probus	facebook.com/893535194971083
Winchelsea Golf Club	facebook.com/winchelseagc/ facebook.com/groups/1324943804676697

UFO Sighting in Winchelsea?

Cathy Cheadle

I got up at 5am on Monday 6 May to watch the Eta Aquariid meteor shower predicted to be its best that morning.

Meteors, commonly known as shooting stars, are the result of streams of dust and debris from comets and asteroids that burn up as they enter Earth's atmosphere. The Eta Aquariid meteor shower comes from debris left behind by Halley's comet and is one of the best visible from the southern hemisphere.

I propped myself in a chair, rugged up in a blanket, Ugg boots, and gloves and faced east as advised. It was a clear night with not much wind, and some low clouds conveniently positioned to block out Geelong's light pollution and the rising sliver of a moon. Though chilly, it was quite pleasant sitting alone in the dark, and the world was at peace before most humans are awake. Silence reigned, interspersed with the occasional sound: a dog barking in a distant farmyard, a lone frog croaking, the screech of an owl, the breathy grunt of a kangaroo. Sound seems to travel much further in the dark.

Eventually a quick flash of a meteor, gone in a second. I waited and I waited for the "shower" to arrive. Time wore on. I was just starting to think about giving up and going inside when I caught sight of bright lights out the corner of my eye. I turned ... and to my absolute amazement I saw a row of very bright dots moving in a perfectly straight line across the sky. They were travelling at a steady pace from the west until they faded into the eastern sky after a few minutes. I estimated about 20 bright dots, all

keeping the same distance from each other, all perfectly aligned in a perfectly straight line. I was so gob-smacked I just couldn't believe my eyes. I didn't have a camera or phone to hand, so sadly have no photo to prove that I saw what I saw.

But what could they be? This was like no meteor shower I had ever seen. I had read somewhere that meteors entering the atmosphere at a certain angle can show for an extended period of time. My husband said he had heard meteors can break up into pieces. A friend thought they must be UFOs.

What can one do in a situation like this? Search the internet, of course.

It turns out that those bright dots were satellites launched by Elon Musk's SpaceX Starlink program. A group of small satellites are launched all at the same time and travel together in a "Starlink train" that orbits the earth once every 90 minutes. Clusters of satellites are launched every few days. They are easier to see a day or two after launch and then become harder to spot as they separate and climb to their final orbital height of around 550km. SpaceX started launching Starlink satellites in 2019 and has a goal of deploying up to 34,400 of them. One of the selling points is to provide better internet coverage in remote rural areas around the world. But of course, there are military uses as well. While I didn't have the foresight to take a photo, there are some pictures on the internet that are exactly as I saw them. So, there you have it. Those mysterious lights are not UFOs but IFOs.

See image bottom of this page



World Bee Day 20 May 2024

When Bee Foundation

May 20 marks the seventh annual World Bee Day, and this year's focus is on the vital role bees play in global food production.

When Bee Foundation CEO Fiona Chambers says while many people have some understanding of the importance of bees, most don't know the true extent.

"Here in Australia, at least 53 crops rely to some extent on bees. These include almonds, avocados, apples, berries, stone fruit and carrot, but also oilseeds such as canola, and legumes like clover and lucerne that feed farm livestock.

This year, World Bee Day will see a host of events and activities take place at farmers' markets, community centres, botanic gardens, local businesses, embassies, cinemas, apiaries and



schools. Activities include bee-themed craft workshops, musical performances, honey tastings and a series of webinars with experts in bees and pollination.

"More than just producing honey, bees and beekeepers provide a vital yet often unrecognised service to Australian agriculture," Ms Chambers says.

Businesses, schools and community organisations are all encouraged to hold a Great Bee Morning Tea in May filled with treats made with pure Australian honey, providing an important revenue stream that supports Australian beekeepers to continue providing pollination services to Australian farmers. "Getting involved is easy, simply gather a group of friends or colleagues and encourage everyone to bring something made with Australian honey," Ms Chambers said. "This is a sweet, fun way to support the unsung honey heroes of Australian agriculture," Ms Chambers said.

A full list of World Bee Day events is available at worldbeeday.org.au



An artist's concept of SpaceX's Starlink in the sky, a trail of Starlink satellites, each an individual dot reflecting sunlight. They would move across the sky in a line like a train.

Image via Star Walk

Birds, budgets, and unhappy families

“Recreational” native bird shoot: half-time score

Regional Victorians Opposed To Duck Shooting Inc.

Same Horror, Different Year

Roughly half-way through Victoria’s “recreational” native quail and duck shoot, and here’s the score:

- Threatened species have been left in the line of fire. While it’s estimated only 150-200 White-bellied Sea-eagles remain in the wild and the presence of just two of them is meant to trigger government action (aka closure of the area to shooting), reports of these birds at wetlands around the state, were ignored by the government in the lead-up to the shooting season.
- Illegally shot threatened species were collected by volunteer members of the public in the first five days of the shooting, despite authorities’ monitoring efforts having been boosted with a “surge” force of additional taxpayer-funded staff.
- Some residents have described living in a “warzone”, with reports of gunfire blasting early morning, into the darkness of night (outside legal times) and authorities nowhere to be seen. It seems authorities have been more focused on arresting members of the public trying to rescue injured birds, than on monitoring hunters’ compliance.
- An MP being banned from Victorian wetlands, has highlighted the one-sided nature of Victoria’s laws which favour hunters (who represent less than half of one percent of the population) –while the public are locked out of public areas.
- And the “independent” regulator’s “report illegal hunting” system has not improved.

Another Council has spoken out against native bird hunting - as it should – on behalf of its rate-payers and native wildlife. “We want our native wildlife to not only survive but to flourish...” and “All children should feel safe in their homes”.

Times have changed since the 1950’s. One in four Victorians live rurally. Any member of government concerned with safety, or the social/economic health of the regions, would make it their business to know how many of their constituents live near shooting, when (if ever) risk assessments were done, and demand the results of a cost-benefit analysis (which has never been done). What are the

costs to community, for example of lost tourism, impact on mental health, or lost ability to work from home?

Thankfully, reports from many around the state are that this year’s “recreational” bird shoot has been a flop. It appears the minority activity has become almost socially unacceptable of its own accord, despite the Victorian government’s eye-watering financial support.



After numerous unanswered invitations for the Premier to come to witness the impact of bird hunting on regional families, members of the community funded billboards near the Premier’s office in her electorate of Bendigo East.

Budget Bias - “Helping Families??”

The tally for Labor’s funding for hunting/shooting in Victoria since 2014 is circa \$100 million already.

And yet in tough times while cuts are made to our health system, hunting has been given millions more in taxpayer funding.

A front page story in Herald Sun May 9, highlighted an \$11m cut to medical research funding, including cancer projects. And the Minister’s media release boasts another \$11.6m to promote duck and quail hunting – a minority choice of recreation in which less than half of one percent of the population partake; most Victorians want it banned as it has been banned in other states.

Priorities seem clear.

Further sums are outlined in the new Victorian budget, curiously hidden in the government’s new bundling of “hunting, fishing and boating” which gets an astonishing budget allocation of \$106.4 million next financial year, for the entertainment of a relative few.

Where’s the Public Consultation?

It’s not just the exorbitant taxpayer funding for a minority choice of recreation which is disturbingly opaque.

The current Hunting Regulations which cover how/where/when of hunting (and apparently take precedence over the Prevention of Cruelty to Animals Act, and the Wildlife Act), have been in place since 2012. They are meant to be reviewed each ten years.

The “review” process in 2012 was so short, many community groups weren’t able to comment before the regulations were finalised. That process saw changes put in place by hunters, such as free licences to encourage 12 year olds to fire guns at birds (in contravention of the National Firearms Agreement), and bringing in fines for anyone other than hunters who are within a certain distance of many public areas.

New regulations are due to be in place by this September. But no draft has yet been circulated to the public. RVOTDS is agitating for the immediate release of the draft so at least the wider community can have their say properly this time.

The question is: is the Allan government interested in the wider community?

Bookbinding factory, Winchelsea



WINCHELSEA HISTORICAL SOCIETY

Hesse Street Cnr Princes Highway Winchelsea 3241

OPEN Wednesdays 1 - 4pm Fridays 10 - 3pm

The bookbinding factory opened in 1946 and closed in 1953. It was located in the former Sons of Temperance Hall which been purchased by the Winchelsea Ratepayers Association, and leased to Wilkie and Company Melbourne.

The first Manager being Mr George Bolton, Mr Sid Pope was office clerk and Mr Bert Stephenson leading hand. Bert a local, had just returned to the town after serving in the Army. Bert was later promoted to Mr Pope's position, when Mr Bolton and Pope returned to Melbourne. The new manager was Mr Tom Carter.

Bert Stephenson held a greater responsible job and greatly respected by the staff. He was assisted by Jean Bennett and Betty Osborne, and later Ian Drayton.

When the factory closed Ian and Bert went to Melbourne with Wilkies where they were employed for many years.

The factory opened with a skeleton staff of about five, in a few weeks a larger number were employed.

A few months later the building was extended enabling more machinery to be installed. Mr Frank Weber and Mr Frift came from Melbourne to help train the staff. The many skills of bookbinding were quickly picked up by the locals and a good standard of work was put out.

The machinery was three sewing machines, two guillotines, one round collating table, one press, several saws, two staplers. On an average there were thirty female and twenty male employed.

All types of books were produced including the telephone directories each year. All materials were transported by Wilkies large van once or twice a week.

The premises and staff were inspected each fortnight by higher authorities from Melbourne.

The business ran with efficiency and very few accidents.

The closing down brought about by the company erecting a larger factory, near Melbourne to house all its activities.

Its closing left a gap in the town which has never been filled.



Winchelsea Community House and Shire Hall

Hours: Monday-Friday 9.00am -2.00pm

Address: 28 Hesse Street, Winchelsea

Phone: 52672028

www.winchhouse.org.au

Email: reception@winchhouse.org.au

Term 2, 2024

Singing Group

When: Wednesday afternoons 4.45pm-6pm

Next session: Wednesday 22 May, 2024

Winchelsea Shire Hall Space

Cost \$7.50 per session

Under 16 free

Bookings: reception@winchhouse.org.au

Chatty Cafe

When: Friday mornings 10.30am-12 noon
(during school terms).

Next Session: Friday 24 May, 2024

Winchelsea Shire Hall Space

No bookings required.

We will have our Chatty Café Volunteers present to welcome you.

Tai Chi

When: Friday mornings 9.00am-10.00am
(During school terms)

\$10 per session

Next Session Friday 24 May, 2024

Sound Healing

When Wednesday 5th June, 2024

Winchelsea Shire Hall Space

\$40 per session. Bookings now open

Please call Vicki on 0400 149 749

Learn to Knit Socks

When: Friday afternoons 1pm -3pm

Cost \$60 for 3 weeks

Friday 7, Friday 14 and 21 June, 2024

Expressions of interest to:

Reception@winchhouse.org.au

Crochet Group

When: Alternate Saturday afternoons

1.30pm, Winchelsea Community House Space

\$5 per session

Next Session Saturday 1 June, 2024

Knitting Group

When: Thursday mornings 10.30-12 noon
(during school terms)

Next Session: Thursday 23 May, 2024

Come along and learn to knit or bring your knitting project and come and chat with others.

Winchelsea Community House Space



Neighbourhood
Houses Victoria

Gentle Movement (NEW DAY!)

Cost \$5 per session

Next Session Thursday 23 May, 2024 at 1pm

Winchelsea Community House Space

Community Houses such as ours provide programs and activities to learn new skills, brush up on your existing skills and more than anything to connect with others in your community and reduce social isolation.

New skills may help you with employment and build your confidence to in turn help others.

Activities such as singing and sound healing help your mind and reduce any unwanted stresses.

Have a think about doing something for yourself and join in our activities.



Blues News

Janet Fletcher

Welcome to Blue's News as we look back on Round 7 of the G.D.F.N.L. Football Season. Still the beautiful Autumn season produces great weather for both players and spectators alike, as the Winchelsea Blues hosted Bell Post Hill last Saturday at Eastern Reserve.

RESERVES:

Winchelsea 14.16.100 defeated Bell Post Hill Panthers 3.6.24

The Reserves were up and about on Saturday before the game after being on the receiving end of a couple of beltings at the hands of Werribee Centrals and Belmont Lions. The mood was loud and jovial before the game, a testament to team spirit amongst the group. The Blues took control right from the opening bounce largely due to the dominance in the ruck by Jaidyn Eagle who battled all day and certainly shouldered his load in the ruck. By the first change the Bell Post Hill Panthers couldn't take a trick and the Blues had surged ahead to have kicked 6 goals 4 points and kept the Panthers scoreless – what a difference a week makes! The luckless opposition kicked 4 points up until half time which found the Blues sitting at 9 goals 5 points. The Blues were clearly enjoying themselves - the Winchelsea supporters enjoying the scoreboard as well - and continued to play with intensity, sharing the goal kicking around last week going on to win by the big margin of 76 points. Matthew Gillespie and Robbie Gleeson putting in solid 4 quarter performances. Zedakai Copland having a good day out kicking 5 and last weeks sole goal kicker Jarrod Winzer kicked 4. A well deserved win Blues – take that form with you next week when the Blues travel to the Richmond Crescent Oval. Injury note – hoping Sam Grant is up and about for the trip to East Geelong next week.

GOALS: Zedakai Copland 5 Jarrod Winzer 4, Matthew Gillespie, Sam Grant, Ricci Sauni, Hayden Wilson, Rory Elliott all 1 goal.
BEST: Matthew Gillespie, Jaidyn Eagle, Robbie Gleeson, Jarrod Winzer, Zedakai Copland, Lucas Brown.

SENIORS:

Winchelsea Blues 22.18.150 defeated Bell Post Hill Panthers 5.11.41.

Bell Post Hill are arguably the best side the G.D.F.N.L has produced over the last 25 years and all teams have been on the receiving end on the scoreboard when playing the Panthers in their power house days. Teams transcend and at the moment "The Hill" are struggling for form. Back in the day they took no prisoners and the Winchelsea Blues took none last Saturday. The first quarter was an even tussle and continued to be until half way through the second quarter when the Blues found their form and surged ahead. After half time they took control and just kept coming. Jordan Huff, back from injury led by example and created many opportunities for his team mates. Jackson Timms working hard throughout, Jack Symmons had his kicking boots on thrilling the spectators with 3 goals in quick succession – 5 for the day. Leigh Ellis also back from injury found those big sticks kicking 4. Shane O'Connell clearly the B.O.G. Great job Blues – haven't heard the team song belted that hard for quite a while!!

GOALS: Jack Symmons 5, Jordan Huff 4, Leigh Ellis 4, Jordan Gould 3, Shane O'Connell 3, Josh Freeman 2, Shaun Morris 1
BEST: Shane O'Connell, Jackson Timms, Josh Freeman, Jack Symmons, Lachie Gemill, Adam Walsh

This week the Winchelsea Blues travel to face off against East Geelong who are travelling well in both Football & Netball so the Blues will have to be at their best to create some wins on the board. BEST OF LUCK TO EVERYONE!!

CLUB VOLUNTEERS:

The Winchelsea Football & Netball Club Inc. have a remarkable legion of Volunteers.

- Norm, Team Manager/catering team - in his 80's and doing a remarkable job, both visible and lots behind the scenes as well, Libby who after so many years still orchestrating the Blue's Bistro that keeps the Club's finances ticking over, the Catering Team, including Brendan and Charlie – some whom have no connection to the Club at all but are there as part of helping in what they see as being part of the Winchelsea Community. Thank you Flo, Elaine, Annie.
- Shirley Leak, Club Historian who has such a wealth of our Club's history so many stories to tell, thank you for all that you have done over the years and continue to do - she is a Club Treasure.
- Club President & Committee who have to make some tough decisions at times in the best interests of the team that we are The Winchelsea Blues.
- Scott and Ash who keep the Bar running smoothly, and all the behind the scenes that go with it
- Jo Pop Buhmann has a record in the G.D.F.N.L. as official Time keeper that will never be broken – 57 years. The Club can never express their full gratitude to you Jo!
- Life Members who put their money where their mouth is - thank you for your contribution.

In 2026 the Winchelsea Football Club will celebrate 150 years of existence. Celebrations will be put out in the Community of what and how we can do justice to this great mile stone.

CANTEEN:

A huge thank you to Donna McCallum and Tania Budge who have rescued the Canteen this Season, there be will be a tender put out for Season 2025 for the Canteen to have a Manager on game days – 9 or 10 home games per season. The roster system works very well and a huge THANK YOU to all those Footballers & Netballers who come on in and do their bit.

THE BENDIGO BANK COMMUNITY CUP:

June the 1st will see the Winchelsea Football & Netball Club host Inverleigh at Eastern Reserve. A points system will bring both Footballers and Netballers together, should all points be tied at the end of the day, the winner of the Cup will be decided by the winner of the Tony Hill Shield. The Tony Hill Shield is played every year in memory of the outstanding contribution made by Tony for both clubs. The Shield is always played by the Senior football team for when Winchelsea and Inverleigh meet to play their first match of any season.

BLUE'S BISTRO:

Satay Chicken, Seafood Baskets and Roast Pork is on the menu for this Thursday night. Thank you for the feedback we have been receiving over the last couple of weeks, and for your on going support.

GO BLUES!!

MRP

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Winchelsea Men's Shed



For The Community

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

If you need a delivery made you can call **Bill** on 0438 083 373. The price for a bag of kindling is now \$7.00 (up from \$5.00).

Nesting Boxes

Bird or animal nesting boxes are available from The Men's Shed.

These can be made to order.

Call in on any Wednesday to have a chat.

Netball News



Claire Mawson

D GRADE are amazing to watch. Definitely one of our strongest D grade sides ever. Millie Partridge at 15 years of age was amazing to watch combining well with Holly Worland. Amanda Hillet (C) controlled her team beautifully while the defensive end gave us multiple opportunities to score.

C GRADE had a strong win, applying scoreboard pressure early and maintaining this throughout. Our defensive end kicked off the game limiting the opposition to 1 goal in the first quarter, before our attacking end finished the game with 22 goals in the final quarter. Ieisha Brown, Tessa Peters and Claire Mawson were standouts on the wings with the girls bringing dynamic movement, discipline and plenty of determination.

B GRADE smashed a small Bell Post Hill who were just unable to compete against the skill and speed of our slick B grade side. Jess Blackmore was amazing through the centre while Katrinia Filice was fun to watch in goals. Connie Royal and Izzy Ryan got so many intercepts turning the scoring opportunities up to high for our attackers.

A GRADE had an easy win over the young BPH. Trying some different positions and constantly rolling through the subs and resettling quickly was the goal for today. Rhi Williams was amazing in GD, her vertical leap is mind blowing and she averaged 10 intercepts a quarter combining with Gemma Stavenuiter and Zoe Tennant makes our winch defence the best in the league. Ebony Berg and Meg Royal played well also, settling the attack end when needed.

3 weeks in a row we've had a clean sweep, winning all senior games, which is exciting for the netballers. All senior aides are sitting in the top 4 of the completion ladder. Keep going girls!

13&U reported by Ella Clayton

Winch 16 lost to Bell Post 18

Our girls put up a very strong fight against a tall BPH side, in a competitive game with many great passages of play. The girls have improved out of sight in just a short 7 games, but we unfortunately didn't come away with the win.

Best: Heidi, Harper and Eadie.

15&U

Winch 22 def Bell Post 15

This week saw a consistent 4 quarter effort from the U15's. Mia White showcased her strength and smarts with a powerful performance in GS. Elizabeth Humphries provided another reliable game in GK, with Lexi Czerniawski providing strong and fast drive through the mid court.

Best: Mia, Elizabeth and Lexi

17& U reported by Angie Mawson

Winch 52 def Bell Post 5

A fabulous showcase of skill and speed by the girls on Saturday. Led by Captain Millie Partridge with a massive 44 goal haul, shooting at 80% accuracy, Mil controlled and guided her team as we try out some different positions as we are still working out what's going to work best for us against the tougher teams. Jess Loney was strong and impressive in defence, and Abi Kichenmeister again displayed her progression and improvement in the game getting multiple turn overs in defence. Everyone played well and contributed to our second biggest win of the season.

Best: Millie!

19&U

Winch lost to Bell Post by 12 goals.

Winch had an amazing contest against the incredibly strong Bell Post Hill. This week was a good challenge for the girls as BPH will be one of the toughest in the comp. Claire Gaffney was amazing through the centre court, in attack and defence and making many opportunities for her team. Kalarni Boddington was outstanding in defence, Chloe Partridge is adapting well to a new position.

Best: Claire, Kalarni and Grace.



Reani Mawson



Lexi Czerniawski

Winchelsea represented in Interleague

Winchelsea juniors Reani Mawson and Lexi Czerniawski have participated in the GDFL Netball 2024 junior development program. Both players were invited to participate after the trial process in January. We have seen massive improvement in the girls with the opportunity to play and train in squads of elite level. Lexi represented GDFL in a competition at Kardinia Park Monday nights and trained Sunday mornings. Lexi plays both centre court and defence. Reani represented GDFL in the Barwon Championships over multiple locations, also on a Monday night playing against Geelong Football League, Bellarine Football League, Colac & District Football League and Geelong Unity Netball League. Reani played mostly GA, but also played GD and centre court. Reani's GDFL interleague team will participate in the Netball Victoria State Championships next Sunday in Melbourne against leagues from all over Victoria. Congratulations Lexi and Rean on your Interleague Representation and Good Luck Reani next weekend.



WFNC 17&U

Back L-R: Sienna Nelson, Keisha Davis, Abi Kichenmeister, Millie Partridge (Captain) Ash Bell, Reani Mawson
Front Jess Loney (Captain), Monet Drew



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The Democratic Labour Party is deregistered after review by Victorian Electoral Commission



The Democratic Labour Party has failed to meet statutory requirement to prove it has at least 500 eligible members on the Victorian register of electors and was removed today from the list of registered political parties in Victoria. This means that a party with the same or a similar

name cannot register as a political party until after the next State election in 2026.

The Victorian Electoral Commission (VEC) is reviewing the registration of all political parties that received an average of less than 4% of first preference votes over all electorates they contested at the 2022 State election.

Even though the party is not registered, it can still participate in an election, but will not be able to:

- have its name and logo next to its candidates' names or group on the ballot papers
- submit candidate nominations or how-to-vote cards in bulk with the VEC
- access enrolment information for permitted purposes.

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COVID REPORT

The number of people in hospital with COVID-19 has increased this week. The 7-day average is 284, compared to 208 last week.

The latest quantitative wastewater measures indicate there are increasing SARS-CoV-2 viral loads in Victorian wastewater in metropolitan and regional catchments.

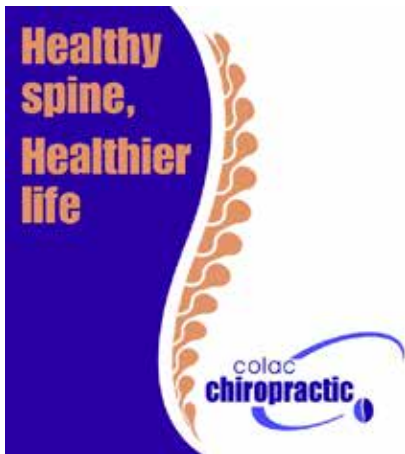
Deaths in the most recent 28 day period (03 Apr 2024 - 30 Apr 2024) have declined compared to the prior 28 day period (06 Mar 2024 - 02 Apr 2024), with a current 28 day total of 56. (Increases and decreases in the reporting of deaths attributable to COVID-19 tend to lag waves of infections and hospitalisations by several weeks.)

What is an effective way to prevent COVID?

Avoid crowds and close contact. Wear a properly fitted mask when physical distancing is not possible and in poorly ventilated settings. Clean your hands frequently with alcohol-based hand rub or soap and water. Cover your mouth and nose with a bent elbow or tissue when you cough or sneeze.

What are COVID symptoms?

- mild upper respiratory tract symptoms such as a congested or runny nose, sneezing, or a scratchy or sore throat.
- cough with no difficulty breathing.
- new aches and pains, or lethargy or weakness without shortness of breath.
- mild headache.
- mild fever that responds to treatment.
- loss of smell or taste.
- loss of appetite.
- "Brain fog" (feeling less wakeful and aware)
- Gastrointestinal symptoms (upset stomach, mild diarrhea, vomiting)



Dr Joel Grist

B.App.Sci.(Clin.Sci), B.Chiro.Sci

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Combatting Australia's Back Pain Epidemic National Spinal Health Week 20-26 May

With more than 6.1 million Australians suffering from musculoskeletal disorders including back pain, National Spinal Health Week, an initiative of the Australian Chiropractors Association (ACA), is dedicated to improving the spinal health of all Australians.

Four in every five Australians experience back pain at some point, usually as a result of MSDs which account for the greatest proportion of persistent pain conditions and the second largest contributor to disability worldwide; with low back pain the leading cause of disability globally.

Dr Joel Grist of Colac Chiropractic Clinic, a member of the ACA said, "For 8 in 10 sufferers experiencing symptoms beyond three months, the pain is often not caused by any particular condition. Known as 'Chronic Primary Low Back Pain' (CPLBP), it's a non-sinister, non-pathological cause with over 90% of back pain due to CPLBP. "For people who experience chronic back pain, their ability to participate in family, social, and work activities is often limited, leading to negative impacts on physical and mental health with significant costs," said Dr Joel.

According to the World Health Organisation (WHO), LBP is a global public health issue.

Dr David Cahill, President of the ACA, welcomed the WHO's first guideline aimed at addressing LBP with results from global research recommending non-surgical interventions be a fully integrated, drug-free, person-centred approach, such as chiropractic healthcare, to improve health and wellbeing outcomes for LBP sufferers.

"The WHO's research aligns with ACA's philosophy - that patient education and self-care strategies, tailored exercise programs and physical therapies including chiropractic spinal manipulative therapy, and massage; provide effective, evidence-based holistic drug-free solutions for back pain sufferers," he said.

"And although WHO research determined that in some cases, non-steroidal anti-inflammatory medications may assist sufferers in the short-term; in line with the University of Sydney's study (Lancet medical journal, 23 June 2023), the WHO recommends against commonly prescribed opioids and paracetamol to treat LBP as these medications come with associated risks and side effects," Dr Cahill said.

Of the millions of Australians already impacted by MSDs, 58% are of working age in their peak income earning years (25-64), with physical workers the highest percentage at risk.

With physical work typically involving strenuous activities that can strain the spine, muscles, ligaments and joints; lifting, repetitive actions such as bending, squatting or standing for extended periods can lead to musculoskeletal injuries which, if left untreated, can lead to a chronic pain condition or disability.

Older Australians are also at risk, particularly those over 65 years as they're more likely to develop chronic LBP which can limit their overall enjoyment of life with loss of physical and mental capacity and restricted mobility which limits participation in society.

Inactive Australians who don't exercise and spend long hours sitting are also at risk of developing poor posture, weight gain and associated musculoskeletal problems that impact their overall health and wellbeing.

With the annual cost of MSDs to the Australian economy exceeding \$55.1 billion, and with the growth in musculoskeletal cases projected at 43% over the next two decades, the health burden will be significant," Dr Cahill said.

ACA has invested over \$2.2 million to advance research in building evidence-based practice for chiropractic healthcare and promotes the importance of maintaining spinal health through its

annual campaign, National Spinal Health Week - Australia's longest running health awareness campaign.

"When it comes to treating most back pain, avoid medications and access person-centred, low risk, non-surgical, drug-free therapies that treat the underlying cause not just the symptoms," Dr Cahill said.

"Every week 400,000 chiropractic healthcare consultations help Australians. ACA chiropractors play an important role in improving spinal health," said Dr Cahill.

To download a free ACA Back Pain Factsheet, visit spinalhealthweek.org.au and to find Dr Joel Grist visit www.colacchiro.com

References

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TGA decision to reduce paracetamol pack sizes www.tga.gov.au/news/media-releases/tga-makes-final-decision-reduce-paracetamol-pack-sizes
World Health Organisation: <https://www.who.int/news-room/fact-sheets/detail/musculoskeletal-conditions>
Musculoskeletal Australia - The rising cost of musculoskeletal conditions: <https://msk.org.au/a-problem-worth-solving/#:~:text=This%20groundbreaking%20report%20details%20the,and%20reduced%20quality%20of%20life>

Winchelsea Star

Annual General Meeting

Thursday 30 May at 7pm

The Winchelsea Star is holding its Annual General Meeting (AGM) on Thursday 30 May at 7pm at Winchelsea Community House. We encourage all readers, stakeholders and community members with an interest in the future of the Star to come along.

At the AGM, we will be reviewing the past year's activities and achievements, outlining plans for the year ahead, and electing a new Committee.

The Winchelsea Star relies on the valuable contributions of its Committee members to ensure the ongoing success of the publication. If you are passionate about our community and have a few hours a month to spare, we strongly encourage you to consider joining the Committee.

The Winchelsea Star is a registered non-profit association run by volunteers, and has no employees or physical assets. Whether you have experience in journalism, design, marketing or simply a passion for local news, your skills and enthusiasm would be warmly welcomed.

It is completely a community-powered publication, so your contribution in whatever form suits you best would be much appreciated.

For more information about the AGM or to express your interest in joining the Committee, please contact the Winchelsea Star Secretary via secretary@winchelseastar.org.au

We look forward to seeing you there!



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Protecting the legacy of Victorian veterans

Victorian Government

The Government is keeping the legacy of Victoria's veterans alive for future generations, by maintaining memorials and upgrading community buildings across the state.

Minister for Veterans Natalie Suleyman this week announced the successful recipients of both the Veterans Capital Works grant program and Restoring Community War Memorials and Avenues of Honour grant program.

The Government is delivering \$890,000 worth of grants to 34 community groups to conserve and maintain war memorials, honour rolls, update sites to reflect veteran service, and improve facilities and buildings in every corner of Victoria.

The Australian Catholic University will receive funding to create Victoria's first-ever dedicated veteran students and family hub to support veterans in their university studies, while Woodend RSL Sub-Branch will receive funding to upgrade their facilities.

The Restoring War Memorials and Avenues of Honour Program is available to community groups to conserve and maintain war memorials, honour rolls and avenues of honour.

Fourteen organisations will receive funding under this program, including Ballan RSL Sub-Branch to restore the historic Barrys Reef WW1 Avenue of Honour, and Boroondara City Council to engage a conservation expert to assess the needs of the St James Memorial.

The Labor Government has made record investments of more than \$60 million over the last four years that support and recognise veterans and their families.

These investments include the groundbreaking Veterans Card Victoria, the Veterans Employment Strategy, and the Recognition of Prior Learning Pilot in partnership with Wodonga TAFE.

For a full list of grant recipients and veteran grant programs, visit veterans.vic.gov.au/grants.

Kidsafe urges families to keep infants in rear facing restraints

As part of National Road Safety Week, Kidsafe Victoria is emphasising the importance of keeping children in rear-facing restraints until they reach the maximum size limits.



Current regulations permit children to transition to forward-facing restraints from as early as six months of age. However, Kidsafe Victoria recommends parents and carers follow the manufacturer instructions and keep their little ones rear facing until their shoulders reach the height marker - approximately 12 to 18 months of age before making the switch - but preferably longer.

The importance of rear-facing restraints is highlighted by the story of Mt Evelyn mother Zoe ten Broek and her son, Jax. Following a harrowing car accident in 2020, Zoe credits then 1-year-old Jax's rear-facing restraint with saving his life. "Doctors said if he wasn't rearward facing, he would most likely not have survived," Zoe said. Despite the trauma of the accident and multiple surgeries, Jax emerged with no permanent issues, thanks in large part to the protective design of his rear-facing restraint.



Kathy Taylor, Kidsafe Victoria's General Manager for Child Car Restraints, said Zoe's experience highlights the importance of keeping kids rear facing for longer. "Young children have large heads and weak necks, which can put them at risk of serious injury in a crash. Rearward-facing child car restraints provide the head and neck support that a child needs to keep them safe."

"That's why Kidsafe Victoria recommends that parents keep children in their rear-facing child car restraint until they outgrow the maximum size limit." Taylor also stresses the importance of adhering to height markers on restraints. "Children must remain rear facing until their shoulders reach the first height marker on the restraint. There are child car restraints on the market that enable children to remain rear facing to 2-3 years of age which provides even better protection.

Kidsafe Victoria is pleased to see the new Australian standard AS/NZ1754:2023 will include an increased age associated with rear facing child car restraints. "Parents need clear guidance around how to best keep their children safe in the vehicle. Having the current law and legislation aligned with the updated Australian Standard AS/NZ 1754:2023 is a great start," she said.

For more information and resources on child car safety, visit the Kidsafe Victoria website at <https://www.kidsafevic.com.au/road-safety/child-restraints/>.



SEEKING VOLUNTEERS!

Winchelsea Community Foodbank

The Winchelsea Community Foodbank is looking for some friendly faces to volunteer. If you have a few hours available on a Friday and are keen to help, we'd love to hear from you!



For more information contact Hannah
healthpromotion@hesse.vic.gov.au
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Fighting MND: backing a great cause and a great victorian

The Victorian Government is supporting the extraordinary efforts of Neale Daniher to raise awareness of Motor Neurone Disease and raise money for vital research to find a cure for the disease.

Every day at least two people are diagnosed with MND in Australia with sufferers progressively losing the ability to walk, talk, feed themselves, swallow, and ultimately breathe.

Daniher, a former Essendon Football Club captain and coach of the Melbourne Football Club, was diagnosed with MND in 2013 and has since inspired the nation with his efforts to progress treatments and find a cure for the condition he calls "The Beast".

The Victorian Government has a long-standing support of Neale's FightMND – with a total contribution of more than \$6.5 million since 2015.

FightMND has invested more than \$55 million since its creation in 2014 in research including drug development and clinical trials, providing hope that a cure will be found for a disease that an estimated 2,100 Australians live with each day.

These donations have gone towards establishing a High-throughput Drug Screening Platform for MND at the Florey Institute of Neuroscience and Mental Health in Parkville, supporting the establishment of a world-class facility and the generation of one of the largest MND stem cell collections in the world.

To support the quest to find a cure for MND, buy a beanie or go to fightmnd.org.au

Better eating disorder support for Victorians

The Victorian Government is making sure Victorians struggling with an eating disorder can get the care they need to live a full and healthy life. The Budget 2024/25 is delivering a significant \$31 million investment for tailored services and treatment.

This funding follows the global pandemic and the pervasive impact of social media which have both caused a significant rise in new eating disorders – a statistic sadly replicated worldwide.

\$6.4 million will deliver 10 early intervention professionals in communities that need them most through Area Mental Health and Wellbeing Services. Professionals will support consumers improve the speed of recovery, reduce symptoms and the likelihood of long-term recovery.

Group therapy, individual work, education, medical consultation and supervised meals will allow Victorians remain at home while receiving the same care delivered at inpatient units.

The Budget will also deliver \$6.5 million for two In-Home Intensive Early Engagement and Treatment Programs, one delivered by Alfred Health and one by Infant, Child and Youth Area Mental Health and Wellbeing Service – this work will help people living with eating disorders avoid hospitalisation.

International Day against LGBTQIA+ discrimination



L-R Event speaker Ella Sweeney, LGBTQIA+ ally and member of Council's Youth Team, Cr Rose Hodge and Mayor Liz Pattison

Cheers accompanied raising of the rainbow flag outside Surf Coast Shire Council's civic office this week at a community celebration of IDAHOBIT – International Day against LGBTQIA+ discrimination. Community members joined Mayor Liz Pattison, Cr Rose Hodge and Council staff for the annual event, celebrating diversity and inclusion.

The rainbow flag flies outside the civic building for the month of May. The event was followed by a morning tea, and an afternoon youth celebration at the Youth Hub at Kurrabee Myaring Community Centre.

Cr Pattison said Surf Coast Shire should be an inclusive and safe place for everyone. "I am proud to be an LGBTQIA+ ally. Today and every day we pledge to never stay silent about LGBTQIA+ discrimination."

LGBTQIA+ ally, Council Youth Engagement Officer Ella Sweeney spoke at the ceremony. "It is an honour to celebrate IDAHOBIT and support activities for our young people and community," Ella said. "As someone raised in Jan Juc, it has been incredible to see a shift condemning discriminatory language, and progression towards pride awareness. I pay respects to those in the rainbow community who have championed their rights, and as allies it is our responsibility to continue to honour and amplify their efforts. We still have a lot to achieve."

Ella said youth LGBTQIA+ advocacy organisation Minus18 found:

- Two in three LGBTQIA+ youths experience abuse due to their identity
- 66 per cent experience bullying or harassment
- 68 per cent of LGBTQIA+ employees in Australia have not spoken of their identity to everyone at work.

Ella said, "It depends on context but I think youth work is showing empathy – not in tokenism or addressing an issue head-on, but being there to listen with understanding if someone would like to talk. Always open up the floor for someone to talk and you to listen."

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The 2024 Upper Barwon Landcare Dinner & Annual General Meeting

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6.30 PM – Annual General Meeting

7 PM – Dinner (Fusion catering) with Guest Speaker between courses
(\$40 a head / pay on registration)

Guest Speaker: **Silvana Lannello—Speleologist (Cave ecologist)**



Silvana will present her work as a Speleologist and discuss the hidden world of caves within the Corangamite Catchment and what lies beneath. By day, Silvana serves as an Environmental Land Manager in the Corangamite Catchment, but her true passion lies beneath the surface. Since 2009, she has dedicated herself to the study, exploration, and conservation of subterranean ecosystems, with a particular focus on cave crickets and other small cave-dwelling creatures.

Silvana's work has led her to the discovery of a previously unknown cave cricket species in Victoria and the mapping of numerous new caves across Australia. Her work not only expands our scientific knowledge but also demonstrates the importance of preserving these hidden worlds.

Beyond her research, Silvana advocates for cave conservation. Her short film, "Adapted to the Dark," won first prize in Australia's 2021 Year of Caves and Karst Creatives Competition, shedding light on cave crickets and the importance of cave ecosystems to a wider audience. More recently, in 2024, Silvana produced "On the Line: Nullarbor," a film highlighting the significance of the Nullarbor Plain and advocating for its protection against industrialisation giants.

In addition to her caving pursuits, Silvana holds leadership roles in key organisations dedicated to speleology. As Vice President of the Australian Speleological Federation and President of The Australian Cave Animal of the Year project.

This year, 2024, we celebrate the Nullarbor Blind Cave Spider, *Traglodiplura* genus as Australia's Cave Animal of the year.

Bookings are essential

Please RSVP by the **23rd of May** with any dietary requirements.

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Any enquires please contact Andrea Montgomery on 0407552663 or

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SERVICES & ACTIVITIES - WINCHELSEA

VLINE TRAIN SERVICES

TO MELBOURNE:

Mon - Fri 6:41 am, 7:57am, 11:14am, 2:08pm, 7:23pm
Sat - Sun 9:26am, 1:30pm, 7:18pm

TO WARRNAMBOOL:

Mon - Fri 8:56am, 11:55am, 2:50pm, 5:27pm,
6:45pm, 8:50pm
Sat - Sun 8:47am, 2:46pm, 8:34pm



COUNTRY WOMEN'S ASSOCIATION

7pm second Wednesday of month
Winchelsea Senior Citizens' Hall



WINCHELSEA SES

Every Wednesday
Visitors and inquiries welcome
0408 102 802



Winchelsea and District COMBINED PROBUS CLUB

Senior Citizens Rooms,
Harding St, Winchelsea.
New members always welcome.
Enquiries Linda 0439 817 263.

WINCHELSEA TRANSFER STATION

55 Cressy Road, Winchelsea

Monday	Closed	Tuesday	2pm-4pm
Wednesday	Closed	Thursday	2pm-4pm
Friday	Closed	Saturday	1.30-3.30pm
Sunday	9.30-12.30pm		

All waste disposal sites are closed on Christmas Day,
but open on other public holidays that fall
during their normal operating hours.

www.surfcoast.vic.gov.au/disposalsites



WINCHELSEA GIRL GUIDES

Our Unit meets at the Catholic Church Hall,
Harding St Winchelsea each Monday 4.30pm-6pm
All girls 5yrs- 15yrs Welcome!
Contact Yvonne Orchard 0448 672 630
or Bonnie Stokes 0401 386 274



1st Modda & 1st Winchelsea SCOUT GROUP

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



BUS TO THE HUB

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

SURF COAST MOBILE LIBRARY

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

WINCHELSEA TAXI

0429 672 888 or 5267 2888

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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





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Dougal McIntyre	0439 575612
Ross Spitty	0419 539717
	REAL ESTATE
Michael Stewart	0418 520467
Daryl Osborne	0419 388341
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Winchelsea Men's Shed



For The Community

51 Hesse Street

Every Wednesday from 9:30am

New members always welcome

For more detail contact:

Ray Atkinson (Co-ordinator)

0407 839 139

or

winchmensed@gmail.com

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Bendigo Bank
11 Main Street



Ambulance Victoria
33 Willis Street



Uniting Church
33 Hesse Street



Senior Citizens
36 Harding Street



Men's Shed
51 Hesse Street



Winchelsea Golf Club
13 Anderson Street



Hesse Rural Health
8 Gosney Street



Wurdale Memorial Hall
220 Wurdale Road

