Vol 46 Ed 47 Tuesday 5 December 2023 winchelseastar.org.au



Winchelsea Occasional Care Bunnings BBQ Fundraiser

Volunteers, dedicated Staff and husbands, Committee of Management and Childcare parents cooked and served 1008 sausages at Bunnings last weekend





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Winch House AGM Auspice Reports

Hesse Rural Health's Food Security Project

We have received \$10,000 funding from the Give Where You Live Foundation, the majority of which ensures a dedicated Food Project Coordinator (FPC) is working on the project, minimum 8 hours a fortnight for one year, (July 1st 2023 – June 30th 2024). The Food Project Coordinator is supported by their role as the Health Promotion Officer at Hesse Rural Health.

July – September 2023 has seen the FPC connect with other food relief agencies to better understand their models, successes and challenges;

- · Geelong Food Relief Centre
- · FoodBank's Farms to Families Market
- · Bellarine Living and Learning Centre
- Drysdale Family Support
- FeedMe Surf Coast

The learnings from these agencies have been compiled into a literature review which alongside research from across Australia will be presented to the Food Relief Working Group at the October meeting.



September 2023 has also seen adverts and flyers calling for interested community members to be a part of the Food Relief Working Group. The flyer has been shared via social media pages (Hesse Rural Health, What's on in Winchelsea, Winchelsea Community Information Australia), the Winch Star, directly shared with various community groups and organisations as well as placed on the community noticeboards in Winchelsea.

The Food Relief Working will meet on the 11th October with the aim of bringing connected and interested community members together to decide what the most appropriate food relief model is for our community.

Following on from the initial October meeting, a survey will also be released to the community gauging their thoughts on what a food relief model should look like. The survey, literature review and the Working Group's thoughts will all serve to co-design an appropriate pilot program that will be running by February 2024

If anyone is keen to know more or be a part of the Working Group, please contact Hannah via email healthpromotion@ hesse.vic.gov.au or call 0417 848 292.

Conquer the Corrugations

Charlie Earl

Conquer the Corrugations strives to raise awareness of the corrugations in life, support and remember those affected, and to remove the stigma that surrounds mental health.

The weekend of 27th – 28th May 2023 Conquer the Corrugations held it's first Victorian event. With over 100 people in attendance, the walk began at Barwon River in Winchelsea. With a stop for morning tea and another for lunch, the walk ended in Inverleigh. Around 17km was covered with a bus made available for walkers to take a break. Two portable toilets followed along with the walkers allowing for toilet stops. Winchelsea and Inverleigh Lions Club members set up chairs and attended to supplying the walkers with cold/hot drinks, fresh fruit and cake. Hot soup and sandwiches for lunch. Once at Inverleigh the pub was utilized for well-deserved cold drinks and a meal.

Staying the night at Inverleigh was optional with the bus taking people back to Winchelsea then collecting them again in the morning. Some people choose to walk the two days, others the one day. The next day we returned and walked back to Winchelsea, once again stopping for morning tea and a lunch.



To allow the walk to be completed safely the Winchelsea fire brigade and SES had vehicles at the front and back of the walkers with flashing lights to alert other road users. The bus travelled back and forth to allow people to hope on or off at any time.

Without the support of Winchelsea Community House, Lions club members, SES crew, Fire Brigade members, Winchelsea IGA, Bendigo bank Winchelsea, Winchelsea community bus and the Conquer the Corrugations crew the event would not have been such a huge success.

The feedback was extremely positive as all who attended enjoyed the experience, walking and talking allowed for many heartfelt conversations. By encouraging the community to become involved in Conquer the Corrugations we are working to remove the stigma that surrounds mental health and opening up communication that is vital to the well-being of many.







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For more information please contact Hesse on (03) 5267 1200 or via email reception@hesse.vic.gov.au

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.



World Toilet Day: know what to flush and what to bin!

Barwon Water

It was great to chat with people at the Waurn Ponds Shopping Centre on World Toilet Day, 19 November.

You can prevent costly blockages in your pipes, and sewage spills, by knowing what to flush and what to bin. Don't flush it!

Things like paper towel, tissues, napkins, nappies, cotton buds, sanitary items and wipes belong in the bin. While these products can be flushed down the toilet, their inability to break down like toilet paper can cause major blockages and smelly overflows. Yuck!

You can help to keep the sewerage system and our environment clean by putting a rubbish bin next to your toilet and talking to your families about what can and cannot be flushed.

A new flushability standard

In May 2022, a new standard (AS/NZS 5328, Flushable Products) was introduced for testing and labelling 'flushable' products. The standard includes requirements for clear labelling so customers know whether a product is safe for flushing.

If a product is marked with the flushable label, it has passed the criteria to be flushed down the toilet. If a product (other than toilet paper) carries the do-not-flush label — or isn't labelled at all — please don't flush it; put it in the bin instead.

Cooking fats and oils

- Avoid putting cooking oils, fats and milk down the sink.
 Fats solidify on cooling and are a common cause of sewer blockages.
- Wipe your pots and pans down with a paper towel and put the paper in the bin.
- Instead of pouring oils, fats and milk down the sink, drain them into a container and put them in the bin.
- Always make sure you let the oils and fats cool to a safe temperature before handling.

Food scraps and labels

- Individually, small scraps of food and other waste might not seem a problem, but they clump together in the sewerage system.
- Vegetable peelings and food scraps belong in the compost or the bin. Some councils provide food organics, garden organics (FOGO) bins for this.
- Use a sink strainer and empty the strainer into the bin or compost heap.
- Before rinsing fruit, remove the label. These small, sticky labels are non-biodegradable.

Paints, pesticides and hazardous chemicals

Hazardous chemicals used for home and garden maintenance, such as paints and pesticides, can corrode pipes and damage the environment. They also pose a health threat to our maintenance staff working on sewers.

Contact you local council for safe disposal options. You can drop off household chemicals at Sustainability Victoria's Detox Your Home events.

If you use oil-based paints, rollers and brushes should be cleaned in turpentine and the paint/turps mixture allowed to evaporate down to a sludge for disposal in the bin. For water-based paints, paint out brushes or rollers on scrap material and rinse them over the garden.

Hygiene products

Never flush nappies, sanitary napkins, tampons, incontinence pads, bandages, cotton buds or condoms down the toilet. These products commonly cause sewer blockages. All these items should be put in the rubbish bin.

Medicines

More than 400 tonnes of medicines are thrown out each year in Australia and one of the most common means of disposal is down the sink or toilet.

Return expired or unused medicines to any community pharmacy that participates in the Return Unwanted Medicines project.

Results roll in for Council's Safer Cycling Strategy

At Surf Coast Shire Council's November meeting an update on Council's Safer Cycling Strategy showed excellent first year results as part of a five-year plan.

The strategy was developed with support of Transport Accident Commission funding focusing on cycling and pedestrian safety, and encourages healthy and connected communities through an integrated cycling network.

At Tuesday's meeting, a first-year report showed 22% of actions in the strategy have been delivered in its first year, including implementation in designing and/or delivering safer infrastructure, speeds, and signs on the highest cyclist risk council roads.

Council resolved to continue attracting external funding to assist in delivering Council's safer cycling objectives. Over \$2.4 million dollars has been invested into active transport improvements.

Cr Mike Bodsworth said the report captures Council's commitment to making sure residents and visitors can enjoy the outdoors safely on two wheels. "As a passionate cyclist this strategy is one close to my heart," Cr Bodsworth said.

"There are so many benefits to implementing a safer cycling strategy, not only from an environmental perspective. Everyone deserves to be able to exercise and enjoy the region on two wheels safely."

Ensuring a voice for more Victorians with disability

The Victorian Government is helping more Victorians with disability to get the support they need, ensuring they have choice and control when speaking up to assert their rights.

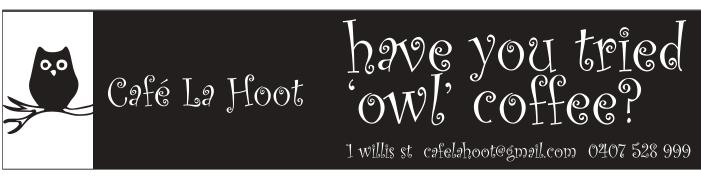
Coinciding with International Day of People with Disability, Minister for Disability Lizzie Blandthorn today confirmed the allocation of more than \$1.8 million in additional funding to help Victorians with disability and their families access timely and targeted advocacy support when they need it.

The investment will ensure disability support agencies under the Victorian Disability Advocacy Program continue to play a key role in creating a safer and fairer Victoria for all.

This funding boost builds on core advocacy funding of \$3.3 million, providing an additional \$1.8 million in funding in 2023/24 for the Victorian Disability Advocacy Program. This will help support agencies respond to high and ongoing demand for their services.

The Victorian Disability Advocacy Program upholds people's rights and addresses discrimination and harm, through individual, self and systemic advocacy.

Twenty-three organisations from across Victoria will receive funding, including Barwon Disability Resource Council, EACH, Gippsland Disability Advocacy, Grampians Disability Advocacy, VALID and the Disability Advocacy Resource Unit at the Victorian Council of Social Service.







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

WINCHELSEA LIONS CLUB

Christmas cakes and puddings

Now available Ray 0406 371 239 Winchelsea Lions annual community fundraiser.

GARDENER WANTED

I need an experienced gardener to help with 2 acres of garden. Minimum of one day a week. Contact David on 0410 029 857.

LIONS CHRISTMAS RAFFLE

Winchelsea Lions Christmas Raffle is under way.
Prizes are \$300, \$200, and \$100 vouchers from IGA (alcohol excluded).
Drawn December 16th.
Tickets on sale Thursdays, Fridays and Saturdays outside IGA.
Or call 0439 817 263.

Proceeds to go towards a public access defibrillator at the Golf Club.

SHREDDED PAPER

Winchelsea Lions Club has shredded paper suitable for bedding for pet mice, guinea pigs, chicken boxes or worm farms. Gold coin donation at Lions paper shed

Gold coin donation at Lions paper shed behind Senior Citizens, Harding St. 0476 475 422.

'WHAT A GREAT IDEA!'

Coffee cup holders available from participating coffee shops or Winchelsea Lions, 0476 475 422 100% funds raised go back into the community and saves on landfill. \$2 for 2 cup, \$4 for 4 cup



Winchelsea Churches



Winchelsea Uniting Church

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

St John's Catholic Church

Mass Times - December

Winch 6pm Sat Dec 2/9/16/23/30 Inverleigh 4pm Sun Dec 17 Christmas Day: Winchelsea 9am *Mass Times - January*

Winch 6pm Sat Jan 6/13/20/27 Inverleigh 4pm Sun Jan 21 Harding St, Winchelsea 3241

Father Joseph Panackal 0404598558

St Thomas' Anglican Church

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

Thought for the Week

"You hurt, you weep, no"
Sometimes God heals you
through the use of medicine,
or through surgery,
or through special treatment.
sometimes God heals you directly
in answer to special prayer.
However, it may happen that you get well.
It is God who is the Great Physician."

John Bader, Former U/C Accredited Lay Preacher



Winchelsea Pram Walks

Explore pram-friendly walking routes in your local area with a member of the Surf Coast Shire Child and Family Health team.

Come along, have a chat, and meet other parents with little ones!

No bookings required, simply show up!

Third Tuesday of the month Cafe La Hoot, 1 Willis Street, Winchelsea, 3241

FREE

Tuesday, 19 September 2023 | 10:00 AM - 11:00 AM Tuesday, 17 October 2023 | 10:00 AM - 11:00 AM Tuesday, 21 November 2023 | 10:00 AM - 11:00 AM

Child and Family Health 5261 0549 childandfamily@surfcoast.vic.gov.au



Winchelsea Star

contact us

NEWS and ARTICLES ARE MOST WELCOME

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

DEADLINES 5pm Fridays

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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 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.

Ask permission to use photos

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



Look after our precious water

Barwon Water

While we've experienced some decent rainfall in the last few days, you may have heard the Bureau of Meteorology recently declared El Niño and you have probably noticed we've had less rainfall over the last few months and that conditions are drying.

In fact, over the last three months we've received about half the normal rainfall we get in our catchments. These conditions remind us that water is a precious resource, shared by us and the environment.

Simple, common sense permanent water saving rules help all of us to use water wisely and include simple actions like using a trigger nozzle on hoses, using sprinklers and water systems between 6pm and 10am (when the sun won't evaporate the water before it soaks in) and using a broom instead of a hose to clean hard surfaces.

Question for employers: would you work for you?

The Victorian Government is asking employers to see themselves through the eyes of young workers and ask: "Would you work for you?"

WorkSafe's new young worker campaign starts today to increase awareness of the challenges young workers face and highlight employers' responsibilities to ensure their safety.

Young workers are particularly vulnerable due to their inexperience and reluctance to speak up if something is wrong or they don't understand a task or instruction. The campaign reminds employers that they must make sure young workers have the training and guidance to stay safe at work.

Since 2018, 19 workers aged 15 to 24 have died as a result of workplace incidents, while 2,240 young workers have been injured seriously enough to lodge a WorkCover claim since the start of this year.

Construction, manufacturing, accommodation and food services, and health care and social assistance had the highest amount of claims. The most common causes of injuries were being hit by moving objects, body stressing, and falls, trips and slips.

Employers who put the safety of young workers at risk because they fail to provide a safe workplace, including safe systems and appropriate information, instruction, and supervision, can face criminal charges.

Since 2022 WorkSafe has completed 13 successful prosecutions for safety incidents involving apprentices. The prosecutions also include cases where young apprentices were injured after being left to work unsupervised.

In August, an electrical company was ordered to pay \$25,000 after a young apprentice suffered third degree burns to his hand when was left alone to fit off a junction box underneath a house.

The "Would you work for you?" campaign will run across print, radio, online and socials, including translations in 10 languages. For more information about safety for young workers search "WorkSafe Young Workers".

Fire toolkit

agriculture.vic

Preparation

Create a farm map

A farm map can be a useful tool in the development of a fire plan. It can clearly identify critical assets, water sources, assembly/evacuation and exit points and stock refuge areas.

Consider making multiple copies of the map to share with family and employees and place copies in visible and easily accessed areas. The farm map can be hand drawn, an existing aerial photo or developed using custom made mapping software.

Create a checklist

Review your fire preparedness plan annually, ideally before the start of the fire season. The review should involve all family members and employees. The discussion should identify individual responsibilities, their roles, equipment and what to do during periods of high fire danger. This review may also be a good time to undertake a refresher on the use of pumps and other firefighting equipment.

Action plan

After working through the fire preparedness checklist, note any urgent repairs or actions that need to occur prior to the upcoming fire season.

Contact List

An emergency contact list is an essential part of a fire plan. It should list the phone numbers of emergency services, state and local government contacts, veterinary clinic, local hospital, family members, employees and your neighbour

Fire danger ratings and Total Fire Ban days

Fire Danger Ratings tell you how dangerous a fire could be if one started. Check the Fire Danger Rating every day. Fire Danger Ratings can be used as a trigger for various fire plan actions including when different personnel will leave or whether you activate a 'leave early' or 'stay and defend' plan.

Emergency and evacuation kits

When a bushfire is likely to impact your property, staying to defend it or preparing to shelter in place can be extremely dangerous. You must be mentally and physically fit, have all the necessary personal protective equipment, have an ample supply of food and water and an emergency and evacuation kit packed and ready to go. Landholders should prepare an emergency and evacuation kit even if your plan is to leave early.

Farm asset inventory

A list of all significant assets, (plant, machinery, tools, infrastructure, fences, gates, fodder/grain, chemicals and stock) is a vital part of being prepared for a natural disaster such as a fire, storm or flood. Having an up-to-date asset list will expediate the payment of insurance or other assistance.

A simple way to prepare a list is to take photographs, noting down model/serial numbers, purchase date, cost and current valuation of all assets. It is recommended that photos and associated information be kept in both hard copy and digital format at an off farm location.

Secure 'cloud' storage is an excellent idea. In addition to specific items, general photos of workshop bench and storage areas, machinery and shearing sheds can help identify missing items.

New road safety campaign to tackle drink driving myths

The Allan Labor Government is reminding Victorians to be extra cautious on the roads and not drinking and driving this holiday season after a devastating year on the roads, with 271 lives lost on roads across the state.

A new road safety campaign will highlight the dangers of low-level drinking and driving and bust the myths people believe on how to stay under .05 when drinking alcohol and ultimately says don't drink and drive.

The latest TAC Road Safety Monitor report reveals a concerning 48 per cent of Victorians would still consider driving after two or more alcoholic drinks.

The Transport Accident Commission (TAC) and Victoria Police ad campaign Stop Kidding Yourself. If you drink, don't drive says it's time to remove the guesswork and don't risk drinking and driving.

The impactful new campaign combats key myths on the speed at which people drink, how many standard drinks are appropriate per hour, if people have had enough water, how much people have eaten and even body size.

The ad campaign also emphasises one of the mandatory penalties for all drink drivers caught in Victoria – having an interlock device installed.

Of all the substances that are tested roadside, alcohol remains the most represented drug in fatally injured drivers – with close to one-in-five drivers and riders killed being over the legal limit.

Victorians will see and hear the new campaign across TV, online, radio, music streaming platforms, cinemas, regional press, social media, outdoor advertising, and billboards – from 4 December 2023 through to 31 January 2024.

For more information on the campaign, visit https://www.tac.vic.gov.au/road-safety/staying-safe/drink-driving

RSPCA Victoria launches Guide to a Pet-Safe Summer

Summer brings its own set of challenges for pets, from scorching footpaths, sudden thunderstorms, to creepy crawlies and impacts on food availability.

RSPCA Victoria's Chief Veterinarian, Dr Bronwyn Oke, said there is a lot to look out for during the summer months. "One of the deadliest things for our pets over summer is being left in hot cars. It can take just minutes for your pet to die in a hot car, even with the windows cracked.

"It's not just hot cars that can be deadly; heat stroke is another real concern for pets and can happen quickly if they don't have access to a well-ventilated, shady area with plenty of fresh water at all times.

"Other things like taking dogs for walks on hot footpaths can potentially burn and injure their paw pads – a good test is checking the temperature of the footpath with the back of your hand, chances are if it's too hot for you, it's too hot for them."

"Some pets may also be more susceptible to skin cancers too, so they should stay out of the sun during peak hours to reduce their risk."

Dr Oke explained it's not just heat-related issues pet owners should watch out for. "We all know thunderstorms can make our pets feel anxious, and we can get some impressive storms over the summer months. Making sure you have quiet, safe spaces ready for your pets during a storm can make a big difference.

"It's also things like tick bites and snake bites people should watch for when taking their pets out and about, and for those with livestock, getting prepared in case drought conditions affect your feed supplies."

RSPCA Victoria's guide to a Pet-Safe Summer is available online now with helpful tips and pointers to ensure our furry friends stay safe.



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Community Bank Surf Coast teams up with Elf Squad for families in need this Xmas

Kelly Turner

We at the Community Bank Surf Coast, encompassing our branches in Winchelsea, Anglesea, and Lorne, are thrilled to announce our support for the Elf Squad this festive season! Elf Squad Inc. is an amazing, fully-registered charity based in Geelong, now in its seventh glorious year of bringing smiles and joy. Their dedication to supporting families in need across the Greater Geelong and G21 region has touched countless lives.

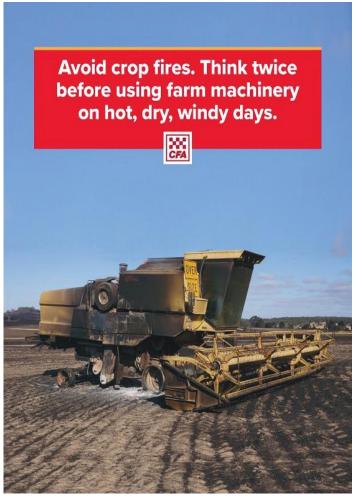
This Christmas, we invite you to join us in making a difference! Our three branches are proud to serve as collection points for both new toy donations and cash contributions to the Elf Squad.

Remember, every donation counts! Whether it's a toy to brighten a child's Christmas morning or a cash donation, your generosity will bring immense joy and relief to families in need. And the best part? All donations are 100% tax-deductible.

Let's spread the magic of Christmas together! Drop by any of our branches to make your contribution. Let's show how our community can come together to support each other in the spirit of the season.

Thank you for joining us in this heartwarming initiative. Together, we can make this Christmas a memorable one for every child and family in our community.





Summer by the Sea returns

Victorians of all ages can explore and learn about the amazing coastal and marine environments where they live or holiday through Coastcare Victoria's Summer by the Sea program.

The annual summer holiday education program is being delivered at various locations along Victoria's coast from 6 - 25 January 2024.

The theme for the 2024 program will be 'You, Me and Summer By The Sea'.

This year marks the 30th anniversary of Coastcare Victoria. The theme is designed to engender community networking, place-based engagement, and personal story sharing. It's a time to celebrate, as well as reflect on years of coastal and marine education and conservation.

Bookings for this summer's program open Friday 1 December 2023. All activities are free, but bookings are required to reserve your space.

The closest to Winchelsea will be snorkelling on the Bellarine Peninsula

The program combines fun and education through a range of activities for people of all ages to learn about our coastal and marine environments, and how to help protect them for future generations.

Bookings for activities can be made at summerbythesea.vic.gov.au

Winchelsea Community House and Shire Hall



Monday-Friday 9am -2pm (03) 52672028 28 Hesse Street, Winchelsea www.winchhouse.org.au reception@winchhouse.org.au

Term 4, 2023

Chatty Cafe

When: Friday mornings 10.30am-12 noon Winchelsea Shire Hall Space No bookings required We will have our Chatty Café Volunteers present to welcome you. Next session Friday 1st December, 2023

Crochet Group

When: Alternate Saturday afternoons 1.30pm, Winchelsea Community House Space \$5 per session Next session Saturday 2 Dec 2023

Drop in – Makers' Create

Where in Winch can you?

Mono print your very own Christmas cards?

Design beautiful, felted Christmas table
place mats and coasters?

Paint? Draw and skill share?

Winchelsea Community House Star Room Cost \$25 per session All materials provided.

Bookings: Hinterlandartschool@gmail.com

PH: 0493 479 447

Singing Group

When: Wednesday afternoons 4.45pm-6.00pm, Winchelsea Shire Hall Space Next session 29th Nov, 2023 Pro-rata term fee payable

Knitting Group

Come along and learn to knit or bring your knitting project and come and chat with others. Winchelsea Community House When: Thursday mornings 10.30am-12 noon Next session: Thursday 30 November, 2023

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.

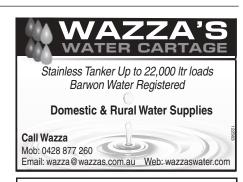
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Stories of famers' recovery and resilience told in new podcast series

Agriculture Victoria

Victorian farmers have faced many challenges in the past 3 years, from dry seasons to COVID-19, bushfires to floods and storms.

Spring 2022 saw record rainfall across Victoria, particularly in the state's north. Farms were affected by flooding, waterlogging, disease, and disruption to supply chains.

Agriculture Victoria's new podcast 'After the flood: stories of farmer recovery and resilience' explores the recovery required after a natural disaster, the support provided and the resilience of Victorian farmers, including how different industries are recovering.

Victoria's Rural Assistance Commissioner, Peter Tuohey, said listeners will hear from farmers who've weathered these storms, their recovery, and what they've learned.

'This podcast series shares real stories of farmers recovering from natural disasters. It's about learning and moving forward together.

'The episodes highlight the stages of recovery, through disaster to rebuilding, directly from individuals sharing their journeys', he said.

In Episode 1, we hear from farm business manager Chrids Steele as he reflects on flooding impacts to his emerging irrigated horticulture crops on the Murray River and how a realistic cash-flow budget helped navigate the crisis.

In future episodes we hear from apiarists, grape growers, farmers recovering with assistance from rural financial counsellors, individuals affected by family tragedy and those on the road to recovery in a changing climate.

The series has been produced by Agriculture Victoria in partnership with the National Centre for Farmer Health (NCFH) #BuildingFarmSpirit program.

Agriculture Victoria works with Victorian farmers to prepare for, respond to and recover from natural disasters.

The NCFH are supporting farmer mental health and wellbeing though a variety of initiatives, with further information on their website.

You can subscribe and listen to 'After the flood: stories of farmer recovery and resilience' wherever you get your podcasts:

You can find out more and listen to other AgVic Talk episodes at agriculture.vic.gov.au/agvictalk

To find out more about Agriculture Victoria's support for those flood-affected, visit agriculture.vic.gov.au/floods



Winchelsea Bowls Club Ph 5267 2241

Facebook.com/Winchelsea-Bowls-Club-533783333344345/



WINCHELSEA GOLF CLUB

Ph 5267 2660

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



Winchelsea Occasional Care

Bunnings BBQ Fundraiser

Wendy Greaves

On what started out to be a very dreary Saturday morning, a team of dedicated Staff and husbands, Volunteers, Committee of Management and Childcare parents rolled up their sleeves and gave their valuable time for a Bunnings BBQ Fundraiser on Saturday 2nd December, 2024 for our Occasional Care.

It was all hands on deck to cook, prepare the bread on serviettes, take orders and keep the queue moving as quickly as possible.

I think we did an awesome job on keeping the supply up and minimal wait times for our excited customers.

As the day progressed the weather fined up and the lovely aroma of sausages and onions sent all the customers our way.

We cooked and served 1008 sausages on the day.

A big thank you to Madeline Pearce (Treasurer of Committee of Management) for organizing the day and sourcing all the supplies for the day.

Special thanks to all the team that helped out on the day and also to the families and others that came by to support the cause.

The final profit is still being calculated.





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Winchelsea Bowls Club



Two of our Juniors Max Heaton-Harris 15 Division 1 and Nayte Heaton-Harris 9 Division 4 with Australian players

Corey Wedlock and Aaron Teyes



Kitty 'n Jack

We have had a couple of interesting weeks with absences, illness and changes to all teams. However we just keep pushing on with the aim of making this a very successful season for the Club.

Saturday Division 1 played Friday night 1/12/23 under the dome at Colac where two Australian representatives were playing for us both, Aaron Teyes as a skip for Winchelsea and Corey Wedlock for Colac as a skip.

This was actually the Round 12 game which was due to be played in January but due to the availability of the two representatives and the enormous opportunity it provides to see some outstanding bowling in competition, it was viewed as being something really worthwhile for all our Corangamite and Western Region players.

This was a very well attended close game all night and was streamed for viewers at home throughout the region.

Winchelsea were sadly defeated on the final end of a very close game all night when Will Collihole a Colac skip trailed the Jack to give Colac 3 shots. Winchelsea def by Colac 101 shots to 104 shots.

Unfortunately at this time I can not give you a true indication of the ladder as Winch and Colac have played 10 games and the other clubs 9, but we are still in the running for finals.

MIDWEEK PENNANT RESULTS

<u>Division 1 Midweek 21/11/23</u> Winchelsea were def by Colac Central at home,

1 rink 58 shots to 64 shots.

<u>Division 1 Midweek 28/11/23</u> Winchelsea were def by Colac at home, 56 shots to 66 shots.

Division 3 Midweek 21/11/23

Winchelsea def Camperdown Golf away.

2 rinks 78 shots to 74 shots.

Division 3 Midweek 28/11/23

Winchelsea def Derrinallum at home,

1 rink 75 shots to 62 shots.

MIDWEEK LADDER

Division 1 3rd, Division 3 1st. SATURDAY PENNANT RESULTS

Division 1 25/11/23

Winchelsea def Camperdown Golf away, 2 rinks 1 drawn rink, 89 shots to 72 shots.

Division 1 2/12/23

Winchelsea were def by Simpson at home, 2 rinks 87 shots to 93 shots.

Division 2 25/11/23

Winchelsea were def by Colac at home, 2 rinks 93 shots to 107 shots.

Division 2 2/12/23

Winchelsea were def by Camperdown Golf away, 1 rink 78 shots to 94 shots.

Division 4 25/11/23

Winchelsea were def by Camperdown Golf 3 at home, 45 shots to 74 shots.

Division 4 2/12/23

Winchelsea were def by Camperdown Golf 3 away, 1 rink 58 shots to 63 shots.

CURRENT LADDER

Division 2 2nd, Division 4 3rd.

STATE GAMES AND WESTERN REGION GROUPS

Congratulations to the Corangamite State Men's 4's Champions Jason Laird, David Partridge(who played as a substitute for Jason Armstrong in this game, Ernie Andres and Luke Wright (Camperdown). They will move on to the Region 4's Final.

Also this year four players from Winchelsea have been chosen to represent the West Coast Bowls Region in the playoffs for finals against other regions at Bendigo in early January 2024. They are Erin Baulch, Rhys Jeffs, Jason Armstrong and Stewart Williams. Well done everyone!

Congratulations also to Marcia Bertrand who defeated Wendy Knuckey in the Ladies 21 Up.

Coming up to the Christmas break for the final two games of 2023.

May the bowls be with you!!





Project Fact Sheet

December 2023





Winchelsea Bowls Club **Sports Lighting Project**

The Winchelsea Bowls Club is located at 45 Hesse St, Winchelsea. Although an aspiration of the club for many years, in November 2022, this sports lighting project was proposed to the Surf Coast Shire via the on-line community project proposal portal. In April 2023, detailed investigation of the project began with assistance from Council's community Project Development Program and involving a project working group comprising Bowls Club board members and a Bowls Australia representative. The group worked with sports lighting consultant, Webb Australia and by October 2023 the sports lighting project investigation was complete with designs to a tender ready stage and a detailed cost estimate for the \$151,157 project.

Need

With projected growth in Winchelsea's population and current extensive use of the Bowls Club facilities for pennant, coaching, social bowls and social functions, sports lighting has become the club's priority capital project. Lighting will enable the club to compete in a night competition with other clubs in the district (Colac, Inverleigh and Bannockburn) and also expand and make more accessible, their social bowls program.

Project Scope

The project will deliver a corner lighting system with LED luminaires designed to minimise glare to bowlers and minimise light spill to surrounding areas. The lighting system meets relevant sports lighting standards and Bowls Australia guidelines for night competition, with lighting also able to be dimmed down for training, social bowls and other bowls related events.

Funding Opportunity

Given the project is fully designed, scoped and costed, an application will be submitted to the Victorian Government's Local Sports Infrastructure Fund (Community Sports Lighting), closing on 13 December 2023. The club has committed 25% of the total project cost, meeting the required funding ratio of \$1 (local): \$3 (State). The outcome should be known by May 2024.

For Further information and Feedback

Winchelsea Bowls Club (03) 5267 2241 Surf Coast Shire via info@surfcoast.vic.gov.au

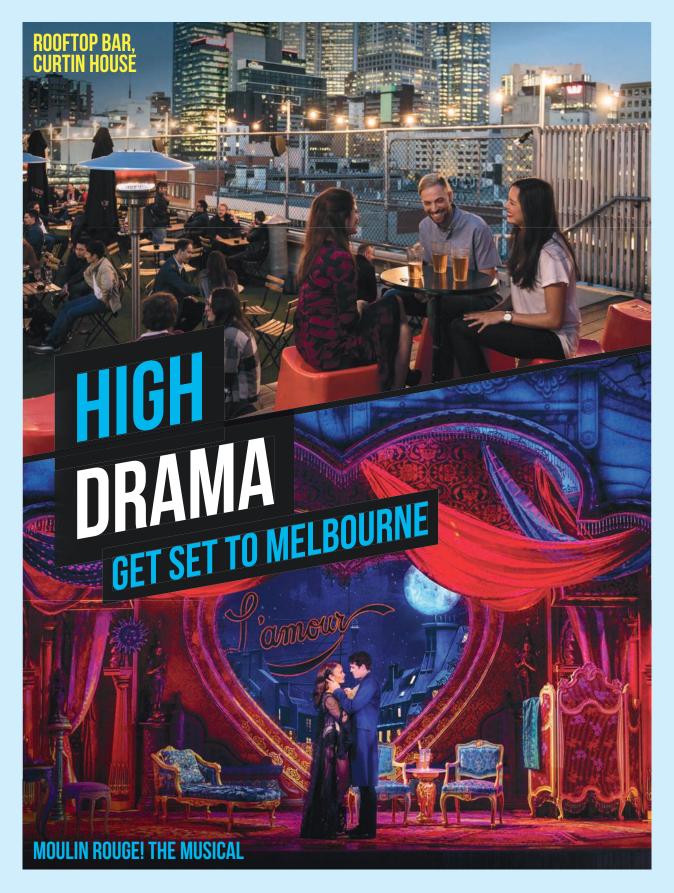
Drop-in Session at the Bowls Club- the club is committed to listening to and addressing any questions or concerns that anyone may have. Drop in anytime between 4pm and 6pm on Friday 15 December 2023. Come and have a bowl while you are here.

www.surfcoast.vic.gov.au



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Projects support 16 Days of Activism

Changing the narrative on gender-based violence

Surf Coast Shire Council is seeking to reshape narrative surrounding gender-based violence through two projects supporting the global 16 Days of Activism Against Gender-based Violence.

A Let's Change the Story project involves distributing packs of 22 books to all 12 primary schools in the shire. The packs include 22 books themed around gender equality, aiming to engage and educate children about the importance of gender equality through storytelling and pictures.

And a Clothesline Project encourages community members to paint messages and images on T-shirts in support of women and children who have experienced domestic violence. The shirts are part of an installation at Torquay's Wurdi Baierr Stadium during the 16 days.

The international 16 Days of Activism Against Gender-Based Violence started in Victoria on 25 November, preceding the International Day for the Elimination of Violence Against Women and ends on 10 December, Human Rights Day.

Council is supporting Respect Victoria and Safe and Equal in recognising the 16 Days.

Cr Libby Stapleton encouraged community members to help create conversations and awareness about gender-based violence. "We need to shine a light on this topic at every opportunity, inspire change and help create a future where people are safe, equal and respected," Cr Stapleton said.

"Our Change The Story initiative will use the storytelling and reading to help engage and educate children about the importance of gender equality, and we have had great responses from schools.

"The Clothesline Project will allow people to be creative in expressing and sharing messages of support and awareness



about gender-based violence. The display will be on show for each of the 16 days at Wurdi Baierr Stadium and I encourage people to participate, and help amplify these messages in our community."

Contributions from Surf Coast Youth, Torquay Community House and Lorne Community House will be featured in the Clothesline Project installation. Anglesea Community House will also support the project, exhibiting their T-shirts and messages at the Anglesea Twilight Farmers' Market on 1 December.

Learn more about the 16 Days of Activism Against Gender-based Violence via respectvictoria.vic.gov.au.

COVID Report

Unfortunately, the Victorian Department of Health appears to have ceased showing current figures on numbers of cases, hospitalisations and deaths from COVID.

What we do know is Community transmission of COVID-19 is increasing across Victoria.

Symptoms and transmission

COVID-19 symptoms vary from mild to severe and may appear between 2-14 days after exposure to the virus. They include:

- · runny nose
- sore throat
- · cough
- · shortness of breath
- · fever, chills and/or sweats.
- Some people may also experience headache, muscle soreness, fatigue, nausea, vomiting and diarrhoea, loss of smell and taste, loss of appetite.

If you have any of the symptoms listed, however mild, you should seek advice and take a rapid antigen test immediately.

If you test positive for COVID-19, see Checklist for COVID-19 cases for a step-by-step guide to support you through to recovery.

You should speak to your GP if you have any concerns. Dial Triple Zero (000) if you are having trouble breathing or have chest pain.

Recommendations

Protect yourself and at-risk Victorians by:

- wearing a face mask if you have symptoms or in high-risk settings
- staying up to date with your COVID-19 vaccination
- taking a test if you have symptoms
- · staying at home if sick
- · meeting outdoors or letting fresh air in when indoors
- talking to your GP about COVID-19 medicines, especially if you are at-risk.

Winchelsea Historical Society

Winchelsea Street Names

COOPER STREET

Mr. Daniel Mathew Cooper became Secretary of State- of the Sons of Temperance - in 1873, a position he held for 38 years. In 1902 he was nominated a trustee by the Lands Department. He was a member of the first brass band formed on 20th August 1863.

The Cooper family were boot makers.

From the History of the Winchelsea Shire.







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Councillors appointed to represent Surf Coast Shire on peak bodies

Surf Coast Shire

Surf Coast Shire Council has resolved to support a Mayoral Taskforce Supporting People Seeking Asylum, along with a range of appointments to peak and regional committees and organisations.

At its November meeting in Aireys Inlet, Council endorsed appointments to 18 key committees and organisations, providing representation on organisations tackling high-priority topics.

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

Council also resolved to support Mayor Liz Pattison to join the Mayoral Taskforce Supporting People Seeking Asylum.

The taskforce has operated since 2018 and has 38 member councils across Australia advocating for the rights of people seeking asylum, for fairer and swifter refugee status determinations and for provision of better asylum seeker access to supports.

"Applications for asylum are stuck in a system that isn't working and in Australia there are close to 100,000 people waiting for their applications for protection to be finalised," Cr Pattison said.

"We must do what we can to advocate for and support these people. Council has previously demonstrated its support for refugees, becoming a Refugee Welcome Zone in 2004 and with awarding of grants to community refugee support initiatives."

Cr Pattison said having representation on committees and regional and peak organisations ensures Council can have input on a broad range of key community matters.

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

Council Representation on Various Regional/Peak Organisations for 2024

Committees/organisation with legislated purpose	Council Representative
Audit & Risk Committee	Cr Bodsworth Cr Wellington
Municipal Association of Victoria	Cr Schonfelder Cr Stapleton (sub)
Committees established to provide specific advice to Council	
All Abilities Advisory Committee	Cr Bodsworth Cr Hodge (sub)
Bells Beach Committee	Cr Bodsworth Cr Gazzard
Chief Executive Officer Employment Matters Committee	All Councillors
Positive Ageing Advisory Committee	Cr Allen
Corporations with local government representation (director positions)	
Geelong Regional Library Corporation	Cr Pattison Cr Schonfelder (sub)
Great Ocean Road Regional Tourism Inc. Board	Robyn Seymour
G21 Geelong Region Alliance Ltd - Board of Directors	Cr Pattison Robyn Seymour
Other organisations/committees	
Lorne Community Impact Advisory Committee	Cr Allen
Torquay Community Impact Advisory Committee	Cr Hodge Cr Barker
Australian Local Government Association	Cr Pattison
Geelong Heritage Centre Collection Advisory Committee	Cr Allen
Peri Urban Group of Rural Councils	Cr Pattison Robyn Seymour
G21 Pillars	
G21 Culture and Economic Development Pillar	Cr Allen
G21 Health and Wellbeing Pillar	Cr Bodsworth
G21 Sustainability Pillar	Cr Gazzard Cr Pattison (sub)
G21 Transport and Planning Pillar	Cr Stapleton

"I congratulate my fellow Councillors for securing representative positions as we continue to work hard in advocating for Surf Coast Shire."

Council representatives to all committees and organisations are listed above

Council also adopted its 2024 Council meeting schedule.

The first meeting in 2024 will be in February. Council decided to hold meetings again around the Shire during 2024 in Deans Marsh, Moriac and

Anglesea. The timing and venues for each meeting are to be determined and will be communicated to the community.

"I'm happy that we're again taking our Council meetings to townships around the shire throughout the year. This helps make our Council meetings more accessible for people," Cr Pattison said.

People can view the Council meeting schedule and councillor appointments to committees and organisations as part of the November Council meeting minutes at surfcoast.vic.gov.au/CouncilMeetings.

Healthy platypus populations call the living Moorabool home

Corangamite Catchment Management Authority

Eleven landholders have committed to restoring their sections of the Moorabool River through a combination of fencing to protect this important waterway and planting native trees and shrubs to help the recovery of the river. This partnership has protected and improved approximately 20 kilometres of the Moorabool River.

This work being conducted is part of The Living Moorabool Flagship Program. It is being delivered through landholders on the Moorabool and both the Moorabool Catchment Landcare Group in the upper catchment above Meredith and the Geelong Landcare Network from Maude to Batesford.

Dominic Cook is a property owner on the Moorabool River near Gheringap. He is protecting three kilometres of the Moorabool River frontage as part of the restoration project at this site.

The total restoration site is over seven hectares and involves weed management and planting of native vegetation along the river. Four thousand trees, shrubs and grasses have now been planted on this site.

Dominic Cook said, "Our whole family is very proud to be involved in this revegetation project".

The Koala Clancy Foundation was engaged to help with the revegetation works, completed in August 2023. The selection of suitable feeding and habitat trees formed an essential part of the revegetation to improve the connections between habitat areas for this species in the Moorabool River Valley.

Staff and volunteers from the Koala Clancy Foundation were fortunate to spot at least two Platypus in the Moorabool River. 'We spotted Platypus on several occasions while we were working here: at least one individual at Gheringhap, and another upstream at Russells Bridge," said Janine Duffy, President of the Koala Clancy Foundation.

Local community volunteers were thrilled to catch sighting of the Platypus while they were planting trees. Koala Clancy Foundation added the records to the Atlas of Living Australia fauna records in the region.



Pre-works Gheringap September 2022 September 2022



Post revegetation works Gheringap November 2023



Devonian granite outcroppings on the Moorabool River, Gheringap *November 2023*

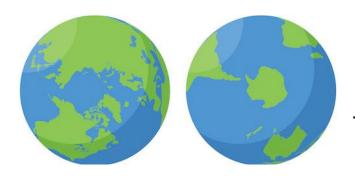
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The Climate Report

Judy Cameron

What is Cop28?

For almost three decades, world governments have met nearly every year to find a global response to the climate emergency. Under the 1992 UN framework convention on climate change (UNFCCC), every country is treaty-bound to "avoid dangerous climate change" and find ways to reduce greenhouse gas emissions globally in an equitable way.

'Cop' stands for 'conference of the parties'. This 28th conference will be hosted by the United Arab Emirates, a major oil and gas-producing country, from November 30 to December 12.

Fossil fuel executives are likely to be out in force at the summit, as they have been at recent Cops.

Simon Stiell, United Nations Climate Chief, said "It's important that we recognise that the fossil fuel industry has to be part of the solution. We know where the problems lie. But in order to progress the conversation from what needs to be done to how it needs to be done, the fossil fuel industry has to be part of the conversation."

The International Energy Agency warned in 2021 that no new fossil fuel development could take place if the world was to stay within 1.5C. If these developments are not swiftly curtailed they could be disastrous for hopes of avoiding the worst ravages of climate breakdown.

Temperatures are now heading for a "hellish" 3C increase, unless urgent and drastic action is taken, but greenhouse gas emissions have continued to rise.

Simon Stiell said it was still possible to cut greenhouse gas emissions enough to stay within the crucial limit, but governments must list and deploy effective solutions, such as renewable energy, electrifying transport and decarbonising the global economy before the climate crisis becomes catastrophic and irreversible.

Are we nearly at 1.5C?

Record temperatures this year have taken us closer to 1.5C above pre-industrial levels than at any time in probably the last 100,000 years at least.

Temperatures in the world's oceans reached levels described by one scientist as "gobsmackingly bananas", and around the world records tumbled. Average temperatures for the year are still likely to be slightly below the 1.5C threshold, but the El Niño weather system is having a major impact.



The New Yorker

More than a quarter of all plant and animal species that have had in-depth conservation assessments are at risk of extinction, according to the International Union for Conservation of Nature red list.

Fingers crossed for sanity to prevail in Dubai and the world leaders get us on track to save the destruction of nature across the planet.

Sources: Various articles in The Guardian



Non-profit community Groups and Pages

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vew members always welcome Enquiries Linda 0439 817 263.

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SURF COAST MOBILE LIBRARY

Hesse St, Fridays, 2pm-5pm

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WINCHELSEA PLAYGROUP

Every second Thursday 10am-12pm St Thomas Anglican Church Hall cnr Barwon Tce and Hopkins St, Winchelsea Contact: Melissa 0456181268 Facebook - Winchelsea Playgroup 2019 New families welcome

Aboriginal Business Awards celebrate excellence

The incredible achievements of First Nations business leaders and entrepreneurs have been recognised in a celebration of hard work and talent at the 2023 Victorian Aboriginal Business Awards.

Minister for Employment Vicki Ward congratulated winners at the event, which brought the sector together to celebrate the success of First Nations businesses and partners across the state.

Established in 2021 and presented by the Kinaway Chamber of Commerce, the 2023 awards recognised 12 exceptional businesses and corporate partners for their innovation, resilience and entrepreneurial spirit of Victoria's Aboriginal business community.

Among the winners was Gardening On Country which won the Up-and-Coming Business Award, NLA Logistics awarded the Sistas in Business Award and TSS Total Surveying Solutions taking home the IoT Excellence Award.

Creativity was celebrated with By Josh Deane winning the Creative Business Award.

The significant contributions of regional businesses were acknowledged with TVN On-Country awarded the Regional Business Award.

First Nations Traffic Management, Dreamtime Flooring and Wamarra received awards highlighting their successes in resilience, collaboration and excellence.

Fulton Hogan, Icon, Liberty Finance and the Sri Lanka and Australia Chamber of Commerce were recognised for their work in engaging and partnering with Aboriginal businesses.

With almost 700 guests in attendance, the awards reflect the crucial role of Aboriginal businesses in strengthening the state's economy and the importance of Aboriginal economic self-determination.

The Allan Labor Government is working closely with Aboriginal Victorians to develop a thriving Aboriginal economy and achieve economic parity within a generation. The Government's Yuma Yirramboi (Invest in Tomorrow) Strategy includes a \$25 million investment into Aboriginal employment and business initiatives over the strategy's first two years.

To learn more about the event visit: kinaway.com.au/victorian-aboriginal-business-awards-2023

To find out more about the Yuma Yirramboi strategy visit: djsir.vic.gov.au/aed







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Sewer Upgrade Program

Barwon Water

During the five year period of the Sewer Upgrade Program, Barwon Water will replace or upgrade hundreds of old and damaged pipes. This important ongoing maintenance program renews the mains, extending their life and minimising risk of blockages, sewer spills and improves sewerage services.

During this time, they will be working across sites in Geelong, Colac Otway Shire, the Surf Coast and Bellarine regions. Operations team prioritise the work locations every six months.

Who is doing the work?

A range of contractors has been appointed to carry out this essential work. They will carry Barwon Water identification cards.

Pipe rehabilitation

Contractors use CCTV to monitor ageing sewer pipes in poor condition. After cleaning with high pressure water, structural liners are installed in the pipes to help reinforce them. In most cases, a polyester coated felt tube liner is inserted or pulled into the existing pipeline via the maintenance holes. It is then pressurised with air and hot water or steam is used to cure them in place for a tight fit. Basically we're creating a pipe-within-a-pipe.

Planning and works

In most instances, work is completed above ground level. If the condition of the sewer pipe is deteriorated or there are blockages in the pipe, we may require excavation to avoid any sewage overflows. If this happens, our contractor will discuss this with you prior to starting work near the property.

If private property access is impacted due to the works, businesses or residents are contacted to discuss temporary access arrangements ahead of the works commencing.

Nature strips, pavement and roads affected by any work are restored within a few weeks. Any restoration work is coordinated with local councils.

Public facilities, such as schools and hospitals, are not compromised by replacement works.

Impact on residents and businesses

Prior to any construction work, affected customers are notified of:

- the scope of work
- hours of work
- estimated completion date
- any property access or reinstatement needs, and
- · our contact details.
- Work is usually completed during the day between 7 am to 6 pm, Monday to Friday. If Saturday work is required, hours are from 8 am to 1 pm.

To help support the movement of traffic, especially if the location is in a high traffic area, sometimes works are completed at night. Night works are carried out between 7 pm to 5 am, Monday to Friday.

The sewer replacement and rehabilitation work takes approximately four weeks to complete per work site, with multiple visits to sites required during this time. Contractors have several work crews working across the region, and crews may not always be on-site every day.

To protect pedestrians, motorists and residents, barricades are errected around the equipment, tools, storage facilities, and any works which might pose a hazard or safety risk. Storage shed locations are coordinated with local councils to ensure minimal impact on local residents.

Works may impact on-street parking and residents are notified if works affect property access. Traffic signs are erected at either end of the works area, and traffic management staff are stationed at intersections or partial road closures.

Sustainable dairies workshop gives dairy farmers a helping hand

Corangamite Catchment Management Authority

The Corangamite Catchment Management Authority, West Vic Dairy and Agriculture Victoria are partnering to host a four-day workshop series in December to help farmers better understand nutrient budgeting and management, including effluent use and storage.

Attendees will receive five free soil tests and two free effluent tests. Results from these tests will be used to create comprehensive nutrient and effluent use plans, including farm maps outlining nutrient status, soil types, management zones and application areas.

Day one and day two will be on 12 and 13 December, with days three and four in February 2024. All days will start 10am and end 2.30pm and be held in Timboon. Further details on the location are to be confirmed and will be announced later.

The series is part of the Corangamite Catchment Management Authority's Sustainable Dairies Program.

The Corangamite CMA's Sustainable Dairies program has assisted in improved management of 75 dairy farms across the Region, benefitting our soils and waterways. This program complements the Graz Fert program, tailored for sheep and beef grazing properties currently being delivered by Ag Vic in the Curdies area.

Senior Project Officer – Sustainable Agriculture Sarah Brien said, "The workshop series is a great opportunity for dairy farmers to improve their knowledge around soil health and



effluent use. Keeping all the nutrients on the farm helps the environment and can save money for the farmer.

"We are thrilled to be partnering with West Vic Dairy and Agriculture Victoria to deliver this important workshop series for farmers in our region", Ms Brien continued. Expressions of interest here: https://www.dairyaustralia.com.au/events-calendar/ccma-sustainable-dairies-2023---fert\$mart-day-1---tbc/a3a6F000001wYpKQAU.









THE GIVING TREE

Spread love & hope this holiday season

EVERY DONATION COUNTS!

How to be part of our Christmas Charity initiative raffle:

- Bring a gift for charity (local families in need)
- Leave us a Google Review
- Refer a friend in for an initial consultation (we will give you a discount voucher)



Prizes:

- 1. 1 FREE (additional) adjustment or an initial consultation voucher to give to someone
- 2. \$60 voucher at Sweet Thyme
- 3. 5 coffees at Wholefoods
- *Free ADDITIONAL Adjustment is only available to existing Practice Members
- *Free ADDITIONAL Adjustment is only in addition to existing care, not a replacement for a pre-scheduled appointment
- *Free ADDITIONAL Adjustments will be allocated between 14th December and 21st December



ONE BODY CHIROPRACTIC

We are spreading love and hope over this holiday season! We are excited to announce our Christmas Charity giving tree, our intention behind this initiative is to give back to local families in need over the festive season.

Christmas is just around the corner, (sorry to remind you) so be sure to enter our Christmas Charity initiative raffle and spread love and hope over this festive throughout the community!

To enter you can do one or all of the following to get more entries!

- Bring in a gift for charity (local families in need)
- · Leave us a Google review.
- Refer a friend in for an initial consultation.
- See flyer for PRIZES.

We are so excited to share this with our wonderful community.

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Don't forget your pet this bushfire season

RSPCA Victoria and CFA are urging Victorians to include their pets as part of their Fire Ready plans as the state gears up for a potentially volatile summer.

As part of RSPCA Victoria's guide to a Pet-Safe Summer, planning for potential emergency evacuation and knowing what you need for your pets is vital.

RSPCA Victoria's Head of Prevention, Rebecca Cook, said planning ahead was the best way to prepare. "Planning for emergencies is such a crucial part of life in Victoria particularly during the summer months," Ms Cook said. "Many people already have a Fire Ready plan in place, and we're urging everyone to make sure their pets are included too.

Key steps to prepare include:

- Updating your contact details on microchips* and ID tags in case you and your pet are separated,
- Store photos or scans on your phone or email of important documents like registration, microchip

- numbers, vaccination certificates, medication directions, and your local vet.
- Create an emergency kit with documents, medication, food, water, bowls, bedding, and toileting supplies.
- Identify possible pet shelters, establish an emergency guardian, and share your evacuation plan with someone you trust who can evacuate your pets if you're not home.

CFA Chief Officer Jason Heffernan said on high-risk bushfire days, keep your bushfire relocation kit for pets within reach so you are ready to leave early. "It can take longer than you think to move your pets, so make sure you can transport them efficiently and have towels and woollen blankets on hand to protect them," CO Heffernan said. "Families should consider ahead of time whether their leave-early destination can accommodate pets, otherwise to have an alternative in mind."

RSPCA Victoria's step-by-step guide for including pets in your emergency planning, Don't forget your PET is available online now. Go to petaddress.com.au to find which database your pet's microchip is registered to.



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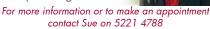
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