

# Winchelsea Star

Price \$1

Your Weekly Community Newspaper

Since 1977

Vol 47 Ed 23

Tuesday 18 June 2024

winchelseastar.org.au



Eric Lewis, Jenny Sydenam, Barry Sydenam, Margie Shepherd, David Schroeter, John Read, Jean Shinnars (Secretary/Treasurer), Ross Erwin, Beryl Read, Sam Inglis (President, Lions)

## Senior Citizens Club of Winchelsea

Thanks to funding received from Winchelsea Community Bank and the Winchelsea Lions Club, the Senior Citizens Club of Winchelsea can now provide a greater variety of entertainment to its members and the wider community.

GET YOUR  
**FREE weekly digital subscription to the Star!**  
winchelseastar.org.au

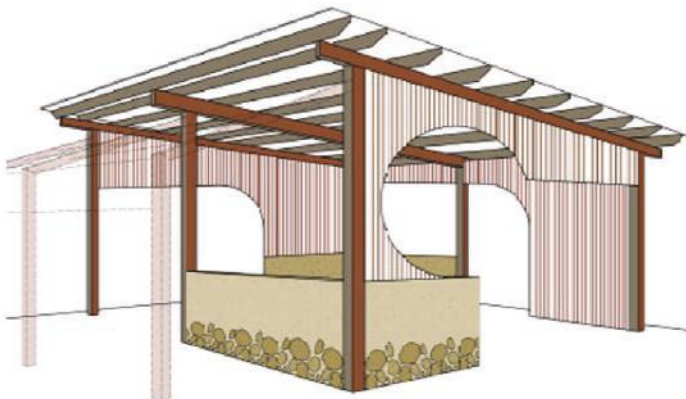
## Gathering Space shelter

**Community members will be able to make hands-on contributions building an earthen cob wall to complete the new Barwon River gathering space shelter.**

Council is working with community members planning construction of the low wall, which will further bring to life community-led designs for replacement of the former Mud Hut.

Community building activities will get underway after winter, with completion expected by December.

The new shelter, with picnic furniture and barbecue, has proven popular since opening for use earlier this year.



*Artist impression of the low wall*



## Adventure Play Space

**Construction of the exciting new Adventure Play Space beside the Barwon River is scheduled to start by August.**

Community members will be informed about construction dates and possible closure of the existing adjoining playground if required for safety reasons.

The new Adventure Play Space promises fun times, with elements to stimulate and delight including:

- A flying fox with wheelchair access and accessible seat
- Embankment slide
- Elevated cubby pods,
- And more

Community feedback guided the design and showed clear preference for use of natural timbers and colours in construction of the park.

## Swimming pool

**Further along Barwon Terrace construction of the new pool and facilities is continuing.**

Pouring of concrete for the leisure pool, zero-depth splash park, plant room and pavilion is underway.

The redevelopment project is scheduled for completion during summer.



[surfcoast.vic.gov.au/winchprojects](http://surfcoast.vic.gov.au/winchprojects)



# parkrun 15

15 June 2024

Trebeck Reserve, Winchelsea



This week 39 people completed the course through Trebeck Reserve. Congratulations to Lauren who completed their personal best time for Trebeck Reserve. Well done everyone who walked, ran or volunteered.

We had visitors from Balyang Sanctuary, Hamilton, Warrnambool, Torquay, Bannockburn Bush.

This event was made possible by the following volunteers. Ian WAKEMAN \* Kate McINNES \* Brian VAGG \* Mick O'MARA \* Don SMITH \* Murray AISBETT \* Neil McINNES \* Jill WAKEMAN

A summary of this week's results can be found at [trebeckreserveparkrun.com.au/results](http://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 safely conduct an event. Please email [trebeckreserve@parkrun.com](mailto: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](http://parkrun.com.au/register). This only needs to be done once and can be used worldwide.

Well behaved dogs on a short hand held leash are welcome (no waist harnesses please)

parkrun was conducted at 490 locations across Australia this week.



# My Home, Our Winchelsea Exhibition

Jill Evans

*My Home, Our Winchelsea*, an exhibition of photographs and accompanying stories, is on at the Shire Hall. The exhibition opened this week with warm story telling and good food.

The exhibition explores why community members have chosen to settle in Winchelsea.

Over a three day period, photographer Paul Dunn, collaborated with fourteen participants and determined which locations best expressed each person's connection to place.

Stories were captured to accompany the photographs.

Each person has a strong connection to Winchelsea whether it was forged generations ago or through more recent arrival.

The connection with the Shire Hall is important as it continues to build a sense of community living in Winchelsea. Through *My Home, My Community*, the Shire Hall embraces its history and adds to this through personal and collective story telling.

The Community House thanks all those involved in this project and who graciously shared their stories with the community of Winchelsea.

You are welcome to come and view the exhibition at your leisure. Contact Wendy Greaves on 5267 2028.



## KINDER YOU CAN COUNT ON

The Victorian Government is making it easier for families to find a three and four-year old kinder learning program they can count on.

- 1 LED BY A QUALIFIED TEACHER**  
The Kinder Tick recognises kinder programs that are led by a qualified teacher.
- 2 PLAY-BASED LEARNING PROGRAM**  
It highlights kindergartens and long day care centres that offer play-based programs to help children learn and grow, before they start school.
- 3 FUNDED AND APPROVED BY THE VICTORIAN GOVERNMENT**  
It also identifies services that are approved for Victorian Government funding.

**LOOK FOR THE KINDER TICK**

# KINDERGARTEN

Victorian Government Approved

Find out more at [vic.gov.au/kindertick](https://vic.gov.au/kindertick)



# Winchelsea Community Market

Judy Cameron



## Catering champs!



### The Kitchen Fairies: Lauren, Jill and Sue

Sue is a friend of Lesley Christie, one of the Sunday Market organisers.

Sue and husband Laurie come down every weekend from Emerald, as Laurie follows the Birregurra Football Club.

This all started over 40 years ago when they stayed with the Dennis' in Birregurra, and Laurie came to love country football.

Birregurra played at Simpson on the weekend – a 6 hour round trip for them.

Dedication!

The Neighbourhood House team made around \$180\* (and ran out of supplies early) with their food and drink offerings in the old Shire Hall at the Winchelsea Market last week.

They were thrilled to have a real barista in Lauren Green (famous for organising the mural on the wall at the Train Station) make the coffees AND supply the coffee beans, milk etc. What a champion!

*\*Other groups in town may wish to do this for fundraising at future Sunday Markets. Contact Jill via the Neighbour House to arrange.*

## The Organisers!



Kim Johnson and Lesley Christie, the Winchelsea Market organisers, are looking for volunteers to help set up and pack away tables, etc for the market – about an hour of your time on the first Sunday of each month.

## Market volunteers wanted!

Please email [winchelseamarket@gmail.com](mailto:winchelseamarket@gmail.com) if you can help.



# Keep rubbish and recycling out of your green bin.

Only food scraps and garden clippings belong in your food and garden organics bin. By using your green bin correctly, you help make high-quality mulch and compost for use on parks, gardens and farms.

Never put bags of rubbish, glass, nappies or cardboard in your FOGO bin.

Small acts make a big impact.

Find out more: [surfcoast.vic.gov.au/FOGO](https://surfcoast.vic.gov.au/FOGO)



# Winchelsea Pickleball Club

Lesley Mathison

## THANK YOU WINCHELSEA LIONS CLUB & BENDIGO BANK

Members of the Winchelsea Pickleball Club were celebrating last week, as our new equipment consisting of 4 nets, 12 paddles, a first aid kit and a variety of pickleballs finally arrived!

The purchase of this equipment was only made possible through the generous support of the local Lions Club and Winchelsea and District Bendigo Bank - Corangamite Financial Services!

These two organisations are fantastic supporters of our local community and were very happy to offer some financial assistance to this newly formed club in town!

So, a huge thank you to the Lions Club and Bendigo Bank from all of us at the Winchelsea Pickleball Club!



We would love to see new members come along and try this fast growing sport- Wednesdays from 7.00 p.m. or Thursdays from 10.00 a.m. at the LTC and only \$5, with all equipment supplied!

## Seniors Moments

"I'm not old, I'm just ripe"

Thanks to funding received from Winchelsea Community Bank and the Winchelsea Lions Club the Senior Citizens Club of Winchelsea can now provide a greater variety of entertainment to its members and the wider community.

"We have an active membership and provide a range of activities throughout the week. We are always looking to broaden the range of programs on offer and I would encourage our older members to come and see what's on offer and also tell us what they might like to see happen at the centre," said David Schroeter, President.

The investment in our local organisation by the Community Bank and the Lions Club will facilitate improved activities to not only build and strengthen our community but develop support networks to lessen the impact of isolation and loneliness amongst our older residents.

"Following a successful Beginners Class earlier this year, Social Bridge is now available on Tuesdays from 10.30 am to 1.00 pm

and highlights our interest in providing a diverse program. New players are always welcome," continues David.

The community investment programs are made possible by the profit generated from banking services provided at the Winchelsea branch of the Community Bank.

This Friday saw Ken and John together with Elaine and Jenny win at Euchre while at Carpet Bowls Ross, Margie and Maree were the victors with Beryl Read winning the raffle.

Winchelsea Senior Citizens Centre is open to people 55 years and older so give us a go - it only costs \$5 pa.

TIME: Wednesday 1 00 pm- 3.00 pm  
Friday 1.00 pm - 3.00 pm  
LOCATION: 36 Harding Street, WINCHELSEA  
CONTACT: Jean Shinnars  
03 52672263 0427672263  
jeanshinnars@gmail.com

[eldersrealestate.com.au](http://eldersrealestate.com.au)

Elders

## You're in Safe Hands With Peter Lindeman Delivering Exceptional Results for Over 20 Years

If you're thinking of selling a Rural or Lifestyle acreage property on the Bellarine, the Greater Geelong region or beyond then think Peter Lindeman.

Peter spent 20 years managing farms before jumping the fence to sell them; and over the last 23 years he's helped over 350 vendors achieve extraordinary results, more often than not surpassing their expectations. Why not let Peter show you how he can help you achieve an outstanding result for your property.

**Peter Lindeman - 0418 525 609**  
**RURAL AND LIFESTYLE SALES MANAGER - ELDERS GEELONG**

**E: [peter.lindeman@elders.com.au](mailto:peter.lindeman@elders.com.au)**



# Letter to the Editor

Dear Editor,

I write in response to the publication of an appalling piece of biased political propaganda emanating from Senator Sarah Henderson in the Star on the 3/6/2024, headed 'Coalition Government would cancel visas of anti-semitic student protesters'. Aside from having nothing whatsoever to do with Winchelsea, it is simply beyond ridiculous to talk of cancelling visas given that most of the student protesters are Australian citizens, it is merely propaganda that attempts to appeal to human bigotry.

Inexplicably, along with politicians from both major parties, Henderson makes the mistake of confusing anti-Zionism with antisemitism, two entirely different things as any dictionary would tell them. Putting aside the fact that far more Palestinians

have Semitic blood than do Israelis, there are many Jews who are anti-Zionist and appalled at what the Israeli government is doing, mostly in Gaza of course but also in the West Bank.

And finally, our member for Wannan, Dan Tehan raises the fact that Hamas took Israeli hostages on Oct 7, but says nothing of the 36,600+ civilian deaths in Gaza, nor of Gaza having the highest number of child amputees on earth, most done without anaesthetics, nor of Israel's use of illegal chemical weapons on people, nor of Israel denying the United Nations humanitarian access, leading to famine.

Nor does Tehan mention any of the horrors that lead to Oct 7, such as the fact that the IDF has oppressed and persecuted the Palestinian people ever since Zionists were told that they could create 'Israel' on Palestinian land; nor does he mention the relentless illegal theft of ever more

Palestinian land since then; nor that since 2007, Israel has turned Gaza into what many describe as the world's largest concentration camp, with Israel controlling all resources; nor that Israel has a long history of imprisoning and torturing people including children without trial, and of killing children with impunity; no mention either of the almost 9000 Palestinians arrested/taken hostage since Oct 7 from the West Bank where Hamas is not in power.

Meanwhile, Medecins Sans Frontieres says that providing healthcare is becoming virtually impossible, as no place, not even the little that remains of places of healthcare, are respected and safe from Israel's relentless assault using US-made bombs.

I do hope that next time the Star is sent such blatant propaganda that it is sent to the bin where it belongs.

Mary Cotter

**THURSDAY 4TH JULY  
WINCHELSEA  
FREE  
FOOD  
HANDLERS  
CERTIFICATE**

Winchelsea Shire Hall  
10am-2pm

Free for young people, aged 12-25

Please sign up via the link in our bio.  
Contact [esweeney@surfcoast.vic.gov.au](mailto:esweeney@surfcoast.vic.gov.au) with any questions

**BRIDGE**

Social Bridge is played  
every Tuesday 10.30 am - 1.00 pm

Senior Citizens Centre  
36 Harding Street Winchelsea

**New players always welcome**

Contact  
Elaine Atkinson 0458009616

Healthy spine,  
Healthier life

**Dr Joel Grist**  
B.App.Sci.(Clin.Sci), B.Chiro.Sci

**Ph (03) 5231 5594**

50 Murray St, Colac, 3250  
[www.colacchiro.com](http://www.colacchiro.com)

**Lifeline**

**13 11 14**

**TORQUAY MAINTENANCE**  
Jared 0438804227  
Landscape Construction  
Renovations  
Garden & mowing services  
General Maintenance

[admin@torquaymaintenance.com.au](mailto:admin@torquaymaintenance.com.au)  
Instagram : @torquay\_maintenance

Commercial | Industrial | Domestic

**HAMILTONS**  
Truck & Bobcat Hire  
Give Aaron a Call  
**0438 438 623**





# What is the Green Shed initiative?

## Richard Lockie

WHAT IS : The Green Shed Initiative?

A plan ... a direction ... a way!

A multi faceted community orientated social club with wholistic core values ...Honesty, respect, responsibility, Humility ... to name a few

An unincorporated community service organisation that functions to meet the needs of its members.

The Green Shed Initiative is a small group of people that has been meeting and planning for the last couple of years. We are ready to welcome others to be involved. Monthly meetings are open to all. First Wednesday of the month 4pm at The Art House between the Globe and The Green Shed.

A goal is to connect local people with local healthy goods and services that promote resilience and regeneration.

We wish to facilitating access to and the production of healthy food. Supporting local growers with education and a marketplace to share their produce.

At this stage there is planning underway for the below projects:

Shop	Artists studios
Wholefood food box	Second Chance Bazaar
Events, venue	Consultation rooms
Kitchen / takeaway	Nursery
Gallery	Office

The Community Action Network (CAN) is the administrative hub where people can register their skills, services and their needs.

CAN is working two fold as an agency that coordinates exchanges between members. Also CAN promotes and utilizes the tools that the Barwon River Community Exchange, BRCE a member group has to offer.

Local first: We aim to support local groups and members to meet their goals.  
Focusing on synergistic, win-win relationship building for longevity and healthy collaboration within community.

Social enterprise opportunities will become available as we move forward with the Initiative.

Current:

**Monday night** food trailers, market with tables opportunity to sell, recieve tokens, trade or swap .

**Wednesdays:** mid week matters. 6.30-9pm. Every week different topics presented by speakers of short documentaries and discussions. Shared meal after or during. The four topics/ demographics across a month could be men's, women's, mental health and community. This is a work in progress. To move forward we need four hosts across a month to make it work.

**Friday night:** Jam session. Freestyle music collaboration. Same as above we need four hosts across a month or one for every week.

If you wish to be involved further or have questions please send a text to : 0444513017 or join the facebook group : The green shed-initiative. Grown for community, by community!

Learn more at [www.timrunstheworld.com](http://www.timrunstheworld.com)

## Winchelsea Community Foodbank



### Hesse Health

The Winchelsea Community Foodbank aims to provide local and accessible food relief to the Winchelsea Community. There are no eligibility requirements to accessing this service, anyone is welcome.

The Foodbank is open weekly, each Friday from 12-2pm and is located at 30-32 Hesse Street. It is out the front of the HMK Kinder.

The foodbank aims to provide a mix of fresh and shelf stable food and household items.

The Winchelsea Community Foodbank is reliant upon donations, if you wish to donate please contact Hannah on 0417 848 292.

The Winchelsea Community Foodbank is an initiative of the Healthy Communities Team at Hesse Rural Health and Winchelsea Community House. This program is supported by the Give Where You Live Foundation.

## Winchelsea Community Foodbank

### Fridays, 12 - 2PM

### 30-32 Hesse Street Winchelsea



For more info, contact Hannah  
[healthpromotion@hesse.vic.gov.au](mailto:healthpromotion@hesse.vic.gov.au)  
0417 848 292





# Winchelsea Star COMMUNITY NOTICEBOARD

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

## SAMMY STAMPS

The long running Sammy Stamp program is still collecting your used stamps to support several charities due to the continued support of church, community groups, individuals and businesses in Vic, Tas and Australia.

Last year the amazing \$42,000 was realized from sales of the used stamps. In 2023 grants to the value of \$38,500 were approved to several charities. Since the program started in 1977, the amazing amount of \$1,158,393.

A group of helpers gather weekly to trim and sort the stamps.

If you would like to be involved in saving postage stamps, please contact Jeanette Mcconachy 0409418766 to arrange collection.

Stamps can be trimmed leaving 1/2" surround.

## Winchelsea Football & Netball Club Inc. POSITION AVAILABLE

The Club is looking for someone young, responsible and tech savvy to look after our electronic scoreboard on home game days (usually 9 per season) for the rest of this season going forward into season 2025. The position includes acknowledging goals, the scores and circulating sponsor's advertisements during the game. This is a paid position.

Enquiries contact President Daniel Greskie 0421 377 492 or Secretary Janet Fletcher 0400 783 408.

## 4 SHEEP FOR SALE.

Ewe 5 years old. \$70. Ph 0410 165 346.

## WINCHELSEA LIONS CLUB

Planning Christmas in July? Winchelsea Lions have Large cakes \$20 Small cakes \$16 Puddings \$16  
Raymond 0406 371 239

## ITEMS FOR SALE

### White Magna with rego

6 cylinder auto, great first car \$500 ONO.

**Large generator** \$300, paid \$600, hardly been used.

**Small generator** \$50,

**whipper snipper** \$20

Must sell ASAP contact 52 672 954

## WINCHELSEA PICKLEBALL

Winchelsea Leisure Time Centre  
(next to the Primary School)

Wed 7-830pm or Thurs 10-11.30am.

All equipment supplied,  
wear suitable footwear.

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 Star

send your stories  
news@winchelseastar.org.au

## LOCAL NEWS 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

## ADVERTISING

advertising@winchelseastar.org.au 0408 102 802

## free digital subscription

winchelseastar.org.au

## FOLLOW US ONLINE

winchelseastar.org.au

## FACEBOOK

facebook.com/TheWinchelseaStar

## 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  
Neil McInnes

**Treasurer:** treasurer@winchelseastar.org.au  
Cathy Cheadle

**Secretary:** secretary@winchelseastar.org.au  
Tony Phelps

**Members:** Linda Carter, Sasha Gauntlett,  
Judy Cameron, Yvonne Stevens,  
Cerrie Fogan



© Winchelsea Star Org. Inc. All rights reserved  
Winchelsea Star Organisation Inc.  
Reg. No. A0053999F ABN 75 941 529 279  
winchelseastar.org.au PO Box 5 Winchelsea 3241  
Views expressed are not necessarily those  
of the Winchelsea Star or its Committee.  
The Winchelsea Star reserves the right  
to edit or not publish any article.

# Beware: AI Scams on the Rise

Tony Phelps

In today's digital age, the rapid advancements in technology have brought about incredible opportunities for innovation and convenience. However, alongside these benefits lurk new dangers, as malicious actors leverage cutting-edge tools to deceive unsuspecting individuals. One of the most alarming trends is the use of artificial intelligence (AI) for scams, spanning voice-overs, video, and image manipulation.

Voice manipulation technology, once confined to the realms of science fiction, is now a reality. With AI capable of mimicking human speech patterns and intonations with remarkable accuracy, scammers can fabricate phone calls or voicemails that sound indistinguishable from genuine interactions. These spoofed voices might impersonate trusted individuals, such as family members or authority figures, to solicit sensitive information or coerce victims into fraudulent schemes.

Video manipulation poses an equally concerning threat. Deepfake technology, powered by sophisticated AI, can seamlessly superimpose one person's face onto another's body in a video, effectively creating convincing but entirely fabricated footage. From political figures delivering false statements to celebrities engaging in scandalous behavior they never participated in, the potential for misinformation and manipulation is vast. Such videos can easily deceive viewers and stir up controversies or incite conflicts.

Furthermore, AI-driven image manipulation tools have become increasingly accessible, allowing scammers to doctor photos with ease. Whether it's altering evidence to support false narratives or creating counterfeit documents to lend credibility to their schemes, the manipulation of images can significantly enhance the perceived authenticity of fraudulent communications.

In light of these emerging threats, it's imperative for you to exercise extra vigilance and skepticism when navigating the digital landscape. Here are some essential tips to protect yourself from falling victim to AI-driven scams:

## 1. Question Everything:

Adopt a healthy level of skepticism when encountering information online, especially if it seems too sensational or convenient to be true. Scrutinise the source of the information and assess its credibility before taking any



action.

## 2. Verify with Trusted Sources:

If you receive an email, message, or call that raises even the slightest doubt, refrain from responding immediately. Instead, reach out to trusted friends, colleagues, or reliable sources to check the authenticity of the communication.

## 3. Stay Informed:

Keep yourself updated on the latest developments in AI technology and the tactics employed by scammers. Awareness is key to recognising and thwarting potential threats before they escalate into full-fledged scams.

## 4. Use Two-Factor Authentication:

Whenever possible, enable two-factor authentication for your online accounts to add an extra layer of security. This can help prevent unauthorized access, even if scammers manage to obtain your credentials through deceptive means. Not sure what that is? Head over to [link.wwwshared.info/2fa](https://link.wwwshared.info/2fa)

## 5. Educate Others:

Share your knowledge and insights about AI-driven scams with friends, family, and community members. By raising awareness and promoting digital literacy, you contribute to creating a safer online environment for everyone. Introduce people you care about to the easy-to-use Be Connected learning website at [beconnected.esafety.gov.au](https://beconnected.esafety.gov.au)

Remember, if something appears too good to be true, it likely is. Don't let the appeal of quick gains or sensational content cloud your judgment. By remaining vigilant, skeptical, and informed, you can effectively safeguard yourself against the growing threat of AI scams in today's interconnected world.

## Completion of 19-kilometre pipeline marks milestone for Birregurra water supply

### Barwon Water

Barwon Water has reached a milestone in the upgrade of Birregurra's water infrastructure with the completion of a 19-kilometre underground pipeline connecting the town to Colac's water supply.

Barwon Water General Manager of Planning, Delivery, and Environment Seamus Butcher thanked the community for their patience. "Connecting the town to Colac's water supply offers significant water savings and enhanced water quality while reducing environmental impacts and costs.

Mr Butcher said the town's treatment plant had reached the end of its operational life and Barwon Water found the best approach to managing the town's supply was to connect Birregurra to Colac's supply.

"As this new water supply is already treated at the Colac Water Treatment Plant, it alleviates the need to treat it at the old Birregurra plant, significantly reducing electricity usage, in turn reducing carbon emissions and electricity costs. The upgrade will also save water by reducing losses from evaporation from the Birregurra storage basins, particularly during summer.

As part of the upgrade, Birregurra customers will receive fluoridated water. Fluoride is added to Colac's water supply under the direction of the Vic Government's Department of Health.

The Colac water supply system, which is supported by a connection to the Geelong system if needed, has capacity to meet Birregurra's demand, ensuring a seamless transition to the new water source.

Works on the remaining elements of the project are expected to be finished in August.

For more, see <https://www.yoursay.barwonwater.vic.gov.au/birre-upgrade>.



# WINCHELSEA FACEBOOK

## Non-profit community Groups and Pages

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

# The importance of exercise

Judy Cameron

## New neuroscience research reveals the remarkable impact of exercise on brain cells

New research published in the journal *Aging Cell* sheds light on the potential of exercise to prevent or slow down cognitive decline associated with aging.

As people age, they often experience a decline in both physical health and cognitive abilities. This decline can lead to conditions like dementia, for which there are currently few effective treatments.

Previous observational studies have suggested that exercise can help alleviate some age-related deficits in the brain, but the exact mechanisms behind these benefits were not well understood.

"I have experienced myself and seen in others that regular exercise has many beneficial effects, including on brain health, however to this date it is unknown how exercise orchestrates these changes. It would be amazing to find out the key components of exercise that mediate the beneficial effects on the brain and its function," said study author Jana Vukovic, an associate professor at the University of Queensland.

Another significant finding of the study was the effect of exercise on T cells in the brain. T cells are a type of immune cell that, when present in large numbers in the brain, can contribute to inflammation and cognitive decline. The researchers found that aging naturally leads to an accumulation of T cells in the brain. However, exercise significantly reduced the number of T cells in aged mice. This reduction was not only observed in the brain but also in peripheral organs such as the liver, suggesting that exercise has a systemic anti-inflammatory effect that extends beyond the brain.

"Amongst all the different cell types in the brain, it was surprising that it was the immune cells that responded to exercise the most," Vukovic told PsyPost.

"Our study provides further evidence and demonstrates that exercise changes the brain at the cellular level," Vukovic said. "Exercise changes the immune landscape in the ageing brain to the more youthful state and these changes are associated with improvement in learning and memory."

"One of the goals is it to encourage elderly to exercise as we have demonstrated that it is possible to reverse some of the negative aspect of ageing on the brain and thereby improve cognitive performance," Vukovic said. "The other long-term goals is to find ways and treatments to help elicit the beneficial aspect of exercise on the brain in those individual that are unable to exercise or bed-bound."

FULL STUDY, "Exercise rejuvenates microglia and reverses T cell accumulation in the aged female mouse brain," AND

OTHER GOOD STUFF ON THE WEBSITE: <https://psypost.org/>

## EXERCISE CLASSES IN WINCHELSEA

### Tai Chi

When: Friday mornings 9.00am-10.00am

(During school terms)

\$10 per session

Next Session Friday 21st June, 2024

### Gentle Movement

#### Thursdays 1pm

Next Session Thursday 20th June, 2024 at 1pm

Cost \$5 per session

Winchelsea Community House Space

## Council to reduce stormwater flows from north Torquay to Karaaf Wetlands

### Surf Coast Shire

Surf Coast Shire Council will commence a stormwater diversion project to reduce stormwater flows from north Torquay to the Karaaf Wetlands to pre-development levels.

Council has endorsed the establishment of a pump system from the Esplanade Wetland to the existing drainage network at the mouth of Deep Creek, with adjustments to the Esplanade Wetland layout and removal of remaining weeds. This option will be funded by the \$1.9 million allocation from the Australian Government's Urban Rivers and Catchments Program.

This is the first stage of work towards reducing stormwater flows from north Torquay to the Karaaf Wetlands to pre-development levels, ultimately maximising the diversion of stormwater from north Torquay for productive re-use.

The pump system will divert around 300 megalitres of current flows away from the Karaaf while ensuring that water levels in the Sands lakes system are maintained. Further diversion is possible through the staged implementation of Barwon Water's potential alternative water grid project.

This longer-term concept could see up to 600 megalitres being diverted by Barwon Water, returning inflows to the Karaaf to pre-development levels.

Deputy Mayor Cr Mike Bodsworth said he was pleased a stormwater diversion plan was in place to help protect the culturally and environmentally significant Karaaf Wetlands.

"Our priority will be delivering the first stage to provide some relief to the Karaaf, while developing plans for a second stage in preparation for future funding."

"The next phase of planning will encompass environmental impact analysis, regulatory approvals, further stakeholder engagement, detailed design and continued community engagement."

Cr Bodsworth acknowledged the strong community advocacy and input that has brought to this point in the project. "This started with our community demanding Council should do better protecting the Karaaf saltmarsh, and has continued with the great advice of the community reference group in this most recent phase of planning."

"This has led us to this milestone where we have an agreed path forward, and also driven Council to make improvements in how we plan for stormwater assets into the future."

"We will continue to work with all stakeholders, including Barwon Water and the Sands, on further reductions of stormwater inflows to the Karaaf, to further improve the quality of water leaving the north Torquay stormwater network and to maximise the diversion of stormwater from north Torquay for productive re-use."

Find out more at [surfcoast.vic.gov.au/Karaaf](https://surfcoast.vic.gov.au/Karaaf).

# SERVICES & ACTIVITIES - WINCHELSEA

## VLINER 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.



## SOCIAL BRIDGE

Every Tuesday 10.30 am - 1.00 pm  
Senior Citizens Centre  
36 Harding Street Winchelsea  
New players always welcome  
Contact Elaine Atkinson 0458009616

## WINCHELSEA TRANSFER STATION 55 Cressy Road, Winchelsea

Tuesday	2pm-4pm	Saturday	1.30-3.30pm
Thursday	2pm-4pm	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](http://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 Emily LaPorte Phone 0476 719 381



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

Wheelchair accessible  
10 seater bus available.

## 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](mailto:winchelseaplaygroup@gmail.com)  
Facebook - Winchelsea Playgroup 2019  
**New families welcome**

## New complaint form to tackle dodgy rentals

### Victorian Government

Victorians who suspect properties available for rent are being falsely advertised or do not meet minimum standards can now alert Consumer Affairs Victoria directly through a new complaint form online. The process only takes about five minutes to complete and can be submitted anonymously.

The form will make it easier to report inaccurate descriptions or images used to advertise the property, and breaches of minimum standards such as lack of a functional kitchen or lockable external doors.

Significant penalties will apply, with maximum penalties for individuals more than \$11,000 and \$57,000 for businesses. Higher penalties can apply under the Australian Consumer Law for misleading advertisements or other false representations.

Prospective renters, real estate professionals and members of the public can use the report form after inspecting a property in person or online, allowing them to provide evidence including uploading photos to show the difference between the property advertisement and the property at inspection.

Allowing a new renter to move into a rental property that doesn't meet minimum standards is a criminal offence and evidence in the form will support the renting taskforce's work to monitor compliance with the law and target inspections and enforcement action.

To access the advertised rental property report form, visit [consumer.vic.gov.au/rental-listing](http://consumer.vic.gov.au/rental-listing).

## Jan Juc Creek daylighting project underway

### Surf Coast Shire

A project is underway to restore Jan Juc Creek to a more natural state by removing underground drainage and recreating the creek channel, known as daylighting.

Stage two works have commenced, with designs underway. The project includes restoring habitat, biodiversity and amenity values, and delivering stormwater quality improvements. The inclusion of a wetland area will allow for filtration of stormwater and improve the quality of water flowing into the ocean.

Stage one works, completed in 2015, focussed on the creek about 230 metres west of Torquay Boulevard to the fork on Jan Juc Creek Reserve. Stage two works will continue from the fork on Jan Juc Creek to Duffields Road.

"It is fantastic to see this project progressing and allowing more of the Jan Juc Creek to be restored," Surf Coast Shire Cr Kate Gazzard said. "Thanks to the Friends of the Jan Juc Creek Reserve who approached Council with the initial idea in 2012."

Stage two works will include:

- Removing an old low flow drainage pipe
- Reforming the creek banks.
- Replanting indigenous vegetation.
- Constructing a wetland upstream of Duffields Road.

Find out more at [surfcoast.vic.gov.au/JJCreekDaylightingCreekProject](http://surfcoast.vic.gov.au/JJCreekDaylightingCreekProject)



### Steps to Accessing Aged Care

Your questions answered

Estia Health are proud to present free information sessions to help you understand and access the support you need.

- Navigating the aged care system from home care to residential care (for those requiring more support)
- Accessing government funding
- The benefits of respite care for you and your carer
- Become a volunteer and make a difference in the lives of those living in residential care
- Demystifying residential aged care

**WHEN: Tuesday 18<sup>th</sup> June 2024 10:30am**  
**(Morning Tea Provided)**

**WHERE: Winchelsea Community House, 28**  
**Hesse Street, Winchelsea Vic 3241**



**Winchelsea Community Foodbank** 

**SEEKING VOLUNTEERS!**

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](mailto:healthpromotion@hesse.vic.gov.au)  
0417 848 292

 **HESSE RURAL HEALTH** Healthy Communities with Hesse



Café La Hoot

have you tried  
'owl' coffee?

1 willis st [cafelahoot@gmail.com](mailto:cafelahoot@gmail.com) 0407 528 999

## TRENCHES & HOLES PTY LTD.



**PHILLIP ROBERTSON**

☎ **0427 672 945**

**WINCHELSEA**

- General Earth Works
- Driveways
- Trencher
- Kanga Loader
- Grader
- Excavator Work (3.5 & 6.5 Tonne)
- Tip Truck
- Rock Breaker
- Post Holes & Shed Footings

A.B.N 74006896898

**WAZZA'S**  
WATER CARTAGE

Stainless Tanker Up to 22,000 ltr loads  
Barwon Water Registered

Domestic & Rural Water Supplies

Call Wazza  
Mob: 0428 877 260  
Email: [wazza@wazzas.com.au](mailto:wazza@wazzas.com.au) Web: [wazzaswater.com](http://wazzaswater.com)

## M & L DRAYTON PLUMBING SERVICES

REG No 24356 C/A No C02594

- Domestic and Rural Plumbing
- Roofing
- Sewerage & Septic
- LPG & Natural Gas Connections
- Motorised Drain Cleaning
- Backhoe Hire

**Phone Mark 5288 7244**  
PO BOX 98 WINCHELSEA 3241  
**Mobile 0428 520 142**



- DECKS - SAUNAS
  - FLOORING - PERGOLAS
  - WEATHERBOARDS
  - HORSE SHEDS
  - CLADDING - FENCES
- ALL THINGS TIMBER AND MORE...

INSTAGRAM [guim\\_designs](https://www.instagram.com/guim_designs)

CALL PAT ON

**0401 232 674**





# WINCHELSEA HOSPITAL

WINCHELSEA - NOV 1981  
 "Meningoort" Private Hospital.

## WINCHELSEA HISTORICAL SOCIETY

Hesse Street Cnr Princes Highway Winchelsea 3241

OPEN Wednesdays 1 - 4pm Fridays 10 - 3pm

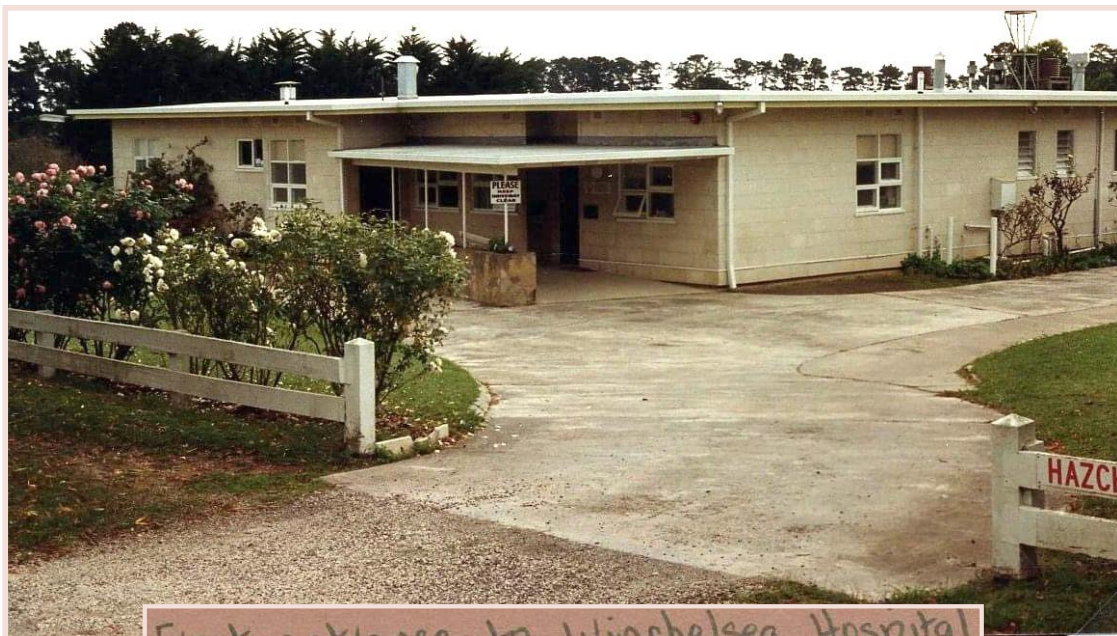
The first hospital in Winchelsea was a private hospital called Meningoort where people were treated and many children born.

There was felt a need for a new hospital after the departure of Dr Nott in 1941 when Winchelsea was without a resident medical practitioner for the first time since Dr Meyler arrived more than half a century before. In 1944 after public subscriptions and Commonwealth loans were made six acres was purchased from

the Church of England on the banks of the Barwon. However a new hospital was built in Gosney Street and opened on 7/11/1956. It cost \$45,000.

The opening of the hospital was the culmination of twelve years of ceaseless work on the part of the committee. Originally the hospital contained four, one bed wards.

In 1964 came the addition of two wards, each with two beds, and later three.



Front entrance to Winchelsea Hospital  
 2-5-1989





PO Box 43  
WINCHELSEA \\  
Email: [secretary@growingwinchelsea.com](mailto:secretary@growingwinchelsea.com)  
Website: [www.growingwinchelsea.com](http://www.growingwinchelsea.com)  
ABN: 94 639 315 541

## Council on Board

### Growing Winchelsea

All aboard was the call on Tuesday 11 June 2024 when Surf Coast Shire Mayor Liz Pattison, CEO Robyn Seymour, Cr Adrian Schonfelder with senior staff Chris Pike, Damian Waight and Darryn Chiller joined John Tebbutt and committee members of Growing Winchelsea together with Tony Phelps Chairman of Community House on the Bendigo Community Bus for a tour of the town.

"Over the hour spent on the bus highlighted current developments across the town, identified future projects and raised ideas about possible ways to improve movement around the town," said John Tebbutt.

The tour proved to be a great way to highlight the lack of open space and playground equipment for the estates to the east and west of town.

Winchelsea Arboretum Trail members Naida Hutton, Kerry Butcher and Rod Taylor outlined plans to link the four quadrants of Winchelsea, highlighted recent tree planting and identified additional reserves that can be improved.

"The addition of a foot and cycle bridge across the Barwon River connecting Richmonds Lane and Batson Street will allow the community to walk or cycle from the Green estate in the west to Eastern Reserve and the Winchelsea Common, and potentially the school," said Naida Hutton.

The importance of public space, being able to get around without a car, showcasing the redevelopment of the reserve at Mercer & Barkley Streets made possible with Australian Government funding together with the Mural at the rail precinct were just a few of the projects visited.

The industrial estate, a topic for discussion at the Community Forum held later in the day, was also visited highlighting its importance for redevelopment. The community has been invited to make comments on the proposed sale of land on the highway adjacent to the industrial estate.

"I thank representatives of the Arboretum Trail and Rail Precinct subcommittees for taking part in the tour. It was exciting to see increased tree planting, reserve upgrades and beautification of the Rail Precinct thanks to their volunteer efforts. The tour was a positive way for the Shire to see and hear how the community is moving forward," concluded John.

John Tebbutt on the Winchelsea Community Bus





Winchelsea river flats

## Our Chatty Corellas

### Growing Winchelsea

On Tuesday 11 June 2024 at the Growing Winchelsea community forum, there was lively chatter about one of our most pressing issues - corellas.

Chris Pike, General Manager Placemaking & Environment with Surf Coast Shire indicated that the shire has submitted a funding application for \$50,000 to the Victorian Government under the Corella Management Grants Program with an expected announcement due before the end of June 2024.

"The project to be undertaken in partnership with Growing Winchelsea seeks to disrupt life for the corellas. Specific plans include modifying the existing habitat and planting choices that discourage Corellas with provision of nesting platforms that are favourable for predator birds such as peregrine falcon," said Chris.

A community member talked about the success she and a neighbour had moving on the birds from the surrounding area of their homes through the use of lights at dusk to disrupt the roosting of corellas. She also talked about the use of fake owls and eagles placed on houses and flying freely from high in trees that other people had success with.

"It is positive that Council is keen to work with the community to initiate action that will limit the impact to the environment to businesses and to the community. Together we will find a solution.

If you want to be part of the solution we would love to hear from you, just email [secretary@growingwinchelsea](mailto:secretary@growingwinchelsea) or telephone our Secretary Elaine Atkinson on 0458009616," concluded John Tebbutt, President of Growing Winchelsea.





**The Country Women's Association of Victoria Inc.**

**care empower contribute**

# Join Us!

## **POLWARTH GROUP CREATIVE ARTS AND HOME CRAFTS EXHIBITION, 2024**

**Open to the Public**

**Thursday 27 June**

3pm to 4:30pm

**Friday 28 June**

10am to 4pm

**Official Opening**

Friday at 11am

Entry \$10 (includes raffle ticket)

**CWA Merchandise and Produce stall**

Venue: Ss Johns Hall

17 Hesse Street, Colac



## **Cup Cake Competition**

**Open to everyone**

**6 Decorated Cup Cakes**

**Cash Prizes**

**Age Groups**

**U12's, U18's & over 18**

Drop Off: Ss Johns Hall

Date: Thursday 27 June

Time: 8:30 – 11:30 am

Cost \$5:00

**Winners announced at**

**Official Opening on 28 June**



## **Devonshire tea available Friday till 2:30pm (unless sold out)**



**Contact:**

**e: [PolwarthGroupCWA@outlook.com](mailto:PolwarthGroupCWA@outlook.com)**

**Facebook - [CWAPolwarthGroup](https://www.facebook.com/CWAPolwarthGroup)**

*We respect First Nations Elders past, present and future and acknowledge the stories, traditions and living cultures of First Nations peoples of the lands on which our members meet, and commit to building a brighter future together.*



## Kidsafe Victoria urges increased winter safety to prevent child burn injuries

### Kidsafe Victoria

Kidsafe Victoria has called on families to take action to reduce the risk of burn and scald injuries for children this winter, as part of their National Burns Awareness Month campaign.

Data from the Burns Registry of Australia and New Zealand (BRANZ) reveals that burns and scalds remain a significant cause of injury for children, 735 children under 16 years of age admitted to burns units across Australia and New Zealand in 2022/23.

The home is the most common location where childhood burn injuries occur, accounting for 76% of all incidents.

Jason Chambers, General Manger of Kidsafe Victoria, highlighted the importance of families taking steps to prevent burns and scalds, especially during winter which is a time of increased risk.

“Burns and scalds commonly occur when children are near someone who is preparing hot foods or drinks. As the cold winter weather sets in and families look for ways to keep warm, it’s important that parents and carers take steps to prevent burns and scalds. Along with active adult supervision, this can include keeping children out of the kitchen – especially when food and drinks are being prepared – and placing hot food and drinks out of reach”, said Mr Chambers.

Kidsafe Victoria is also raising awareness of some of the lesser-known causes of burns and scalds, including backyard fire pits and pizza ovens, which have increased in popularity. “Open flames and heating elements such as gas and electric stove elements, matches, fireplaces, BBQs, fire pits, candles, and incense can cause fires and burns. To help keep kids safe, always supervise open flames and other heat sources, and keep children away from them”, said Mr Chambers.

### First Aid is critical

Data from the BRANZ report shows that in 2022/23, just over one quarter of children did not receive the ‘gold standard’ first aid treatment (20 minutes of cool running water within 3 hours of their burn injury) before they received hospital care, highlighting the need for continued first aid education.

Emergcare Director Hendrik Gutwirth stressed the importance of families knowing correct first aid measures to treat a burn or scald. “If a burn happens, it’s critical that cool running water is applied to the burn area for 20 minutes. Items such as ice, oil or butter should never be used, as these can make the burn worse. This is regarded as the ‘gold standard’ for burns first aid and can make a significant difference in the outcome of the injury”, said Mr Gutwirth.

As part of their National Burns Awareness Campaign, Kidsafe Victoria emphasised the importance of using the Remove, Cool, Cover and Seek method for treating burns and scalds:

- Remove – remove the child from danger. Remove any clothing, jewellery, or nappies from the burn area unless stuck to the skin.
- Cool – place the burn under cool running water for twenty minutes. Never place ice, oil, or butter on the burn as these can make it worse.
- Cover – cover the burn with a clean dressing.
- Seek – seek medical attention if the burn or scald is on the face, hands, lap, or feet, is bigger than a 20-cent piece, or is blistered.



For more information about National Burns Awareness Month and resources on burns prevention and first aid for children, please visit [www.kidsafevic.com.au/home-safety/fire-safety-burns-and-scalds/](http://www.kidsafevic.com.au/home-safety/fire-safety-burns-and-scalds/)

Parents and carers can book into one of Kidsafe and Emergcare’s first aid courses by visiting [www.kidsafevic.com.au/new-parent-hub/first-aid-courses/](http://www.kidsafevic.com.au/new-parent-hub/first-aid-courses/)

---

## Stronger Medicare awards - nominate your Medicare champion today

### Mark Butler MP

Is there a doctor, nurse or health professional who has consistently gone above and beyond for you or your family? If you know someone like this, then I encourage you to show your appreciation and nominate them for a Stronger Medicare Award.

Our doctors, nurses and other health professionals are not ones to trumpet their success. The fact is, as humble as they are, Australia’s world class health system is nothing without the compassionate and experienced people who make it what it is.

The Stronger Medicare Awards are an opportunity to recognise and honour these Medicare Champions. We want you to tell us about the outstanding people and health practices that have helped you, with their exceptional care, their innovation, or the way they work together to improve the health of your community.

Individuals, practices or health centres and teams working in health care services out in the community are all eligible to be nominated. It’s about shining a light on the people who improve the delivery of health care day in and day out.

It’s an opportunity to acknowledge and thank those people who have devoted their careers and lives to delivering quality healthcare, from cradle to grave, in cities and towns, in the regions and in remote communities.

Whether that’s in maternity care, child and adolescent health, preventive health, chronic diseases, mental health or with older Australians.

- It’s time to recognise outstanding health professionals for their dedication and devotion to quality care.
- It’s time to acknowledge the people who have saved lives and restored people to good health.
- It’s time to celebrate the people that have made Medicare what it is today—an enviable universal health care system.

It’s easy to nominate.

Find out how at [health.gov.au/medicare-turns-40](http://health.gov.au/medicare-turns-40).

*direct*  
**TEMPORARY FENCING**

FOR HIRE - SUPPLIED & ERECTED - 7 DAYS  
GEELONG - BELLARINE - COLAC - SURF COAST  
PHONE CAM 0417 310 800

**DownRyte Excavations**

- Excavations
- Drilling and Piling
- Rock Placement
- Tree and Stump Removal

*Sean Hunwick*  
Mobile: 0409 447 288  
Email: downryte@activ8.net.au

**NO MATTER WHAT  
YOUR PROBLEM, DODDS  
ELECTRIX CAN DEFUSE  
THE SITUATION.**

RURAL, INDUSTRIAL, COMMERCIAL DOMESTIC  
PHONE 0438 887 360  
EMAIL: DODDSY@FASTMAIL.FM  
PO BOX 36 BIRREGURRA, VICTORIA 324  
REC: 17520 ABN: 64 581 250 880

**WINCHELSEA CONCRETING**

• Driveways • Sheds • Decorative Concrete • Raft Slabs

**Robert Murphy**  
☎ 0438 235 237  
✉ winchelseaconcreting@outlook.com

**Knuckey's Winchelsea  
Ph: 5267 2011**

Knuckey's have in stock a complete range of batteries to suit tractor, heavy machinery, cars, utes

The largest range of the best oil for your vehicles—**CASTROL**—  
*'when only the best will do'*

The largest range of V belts.  
A, B, C, D M Sections  
Bolts and nuts for all occasions  
Steel cut to size

**Scott McDonald  
0423 413 829**

**S.J.R AUTOMOTIVE**  
ABN 942 483 646 39  
13 ALSOP DRIVE, WINCHELSEA VIC 3241

**DAVIC AG**

**CONTRACTING AND EARTHMOVING**

For all your harvesting needs  
Mowing, raking, round bailing, paddock prepping, spreading and sowing

Call Dave on **0417 579 973** Bambra

**OZ TREES NURSERY  
& TREE PLANTING SERVICES**

- Affordable seedlings—over 200 species
- Complete plantation service—farm forestry, shelter, aesthetics
- Deep ripping & mound ploughing. Rotary bed forming
- Our experienced staff will help you select species for your site conditions and needs

Also available—tree planting tools, milk cartons, plastic tree guards & bamboo stakes

569 Warrowie Rd. Colac  
P: 5233 6280 F: 5233 6393  
E: info@oztrees.com.au  
W: www.oztrees.com.au  
Open Monday—Friday  
9am—4:30pm

**Phone OzTrees for professional advice,**

**WINCH WEBSITES**  
WEB SOLUTIONS SIMPLIFIED.

**WEBSITES**

**GROW business  
INCREASE reach  
SAVE time**

Find out what a website could do for you  
[winchwebsites.com.au](http://winchwebsites.com.au)  
04 887766 20

**STS ACCOUNTING GROUP**

**Your Taxation  
&  
Superannuation  
Specialists.**

Winchelsea  
**5267 2673**  
[www.surftax.com.au](http://www.surftax.com.au)

## Safeguarding aboriginal heritage across victoria

### Victorian Government

The State Government is supporting Traditional Owners to protect Victoria's rich Aboriginal cultural heritage for future generations, with funding through the Aboriginal Cultural Heritage Fund.

Minister for Treaty and First Peoples Natalie Hutchins this week joined the Victorian Aboriginal Heritage Council and Dja Dja Wurrung Clans Aboriginal Corporation (DJAARA) at Lake Boort to announce more than \$5 million for project funding through the Aboriginal Cultural Heritage Fund.

The funding will support Traditional Owners to undertake initiatives to protect and manage Aboriginal cultural heritage across the state. This might include protection of significant Aboriginal cultural landscapes, or sacred and archaeological places.

The independent Victorian Aboriginal Heritage Council will manage the fund, ensuring Victorian Traditional Owners decide how the money is used in the spirit of self-determination.

Applications from Traditional Owner organisations for the Aboriginal Cultural Heritage Fund will be open in the coming months.

Lake Boort is one of the many culturally important places protected by Victoria's Aboriginal cultural heritage system. Home to a significant collection of scarred trees, as well as occupation mounds, stone artefact scatters, and Aboriginal Ancestral Remains, the area highlights the deep relationship Traditional Owners hold with the landscape.

## There's still time to protect priority patches of land. Will you help?

### Corinne Proske, Trust for Nature

You have until June 30 to help protect priority patches of habitat. Will you join us?

A few weeks ago, I introduced you to Les and Darilyn Goldsmith who bought a 60-acre block in East Gippsland back in the 1980s.

Despite being covered in bracken and overrun with foxes, rabbits and deer, their land was also home to a beautiful rainforest gully filled with ancient awe-inspiring eucalypts and teeming with native species.

The more Les and Darilyn restored their land to its natural beauty, the more they understood its value.

Placing a conservation covenant on their gully was an easy decision for the Goldsmiths, who are keen to permanently protect the delicate balance of our precious habitat.

This is what Les had to say:

"There's the beauty of the colours, the amazing birdlife, massive eucalypts and moss-paved paths, lilly pilly trees that create the rainforest canopy where owls sometimes shelter ... an ecosystem that's completely self-sustaining."

"There's so much diversity in our forest gully. But if you don't see these things, then you don't value them. And that's the biggest danger, people not understanding the value of conservation."

Of all the creatures on the Goldsmiths' property, the Lyrebird is their favourite. With over 40% of their habitat burnt during the Black Summer fires, Les and Darilyn are proud their home offers refuge for these usually shy ground-dwellers.

The Goldsmiths' property is one of the priority areas we've identified across Victoria that contain some of our most rare and threatened ecosystems and species, including 18 'focal landscapes'. These landscapes make up 13.5% of all private land in the state.

<https://mail.google.com/mail/u/0/#inbox/FMfcgzQVwwwNTcTcMsZbQdZLxgNRbtIX>

## If we don't push back, they'll get away with it

### Surfrider Foundation Australia

I'm Darren, a volunteer at 'Surf Coast' Surfrider in Torquay. I'd like to bring your attention to an immediate threat to our oceans that requires urgent action.

#### Getting Started with Surfrider

It all started for me back in 1997, when I returned home from the NT. One of my friends was president of the Melbourne branch of the Surfrider Foundation, and he got me involved. My first task was in a small coastal community that was opposing a boat ramp proposal threatening their surf break. I was soon hooked!

Fast forward 20 years, I have played a role in a number of wins here in Torquay, including preventing Bells Beach from becoming a tourism hub, saving the Spring Creek valley from a large housing development, initiating a ban on smoking on our beaches, establishing the Point Addis Marine National Park, raising awareness about marine debris, beach litter, and microplastics, and addressing overdevelopment in Torquay.

#### A Personal Campaign

The current 'Save our Southern Seas' campaign is incredibly personal to me—it's in my backyard.

By the end of June, we'll know whether NOPSEMA has approved the world's largest seismic blasting project. If given the green light, multinational giants TGS and Schlumberger will initiate the most extensive seismic blasting operation seen in Australia.

This campaign is crucial not just for the local community but for all Australians. If communities don't push back, it will be business as usual.

#### Power of our community

If communities work together, we can win this one too. It's gratifying to see the power of the community in stopping large multinationals. When you raise awareness over a prolonged period, there's a tipping point where the community's voice is heard.

In March, 1,200 people participated in our paddle out at Torquay, clearly showing that coast-loving communities oppose this project.

I encourage all beach lovers to get politically active, write to your local member, find out if they oppose new gas and oil extraction, and pressure them to do better. I invite you to join us in this fight - a fight we can win!

Thanks for reading and giving me your time.

Darren

[community@surfrider.org.au](mailto:community@surfrider.org.au)

<https://mail.google.com/mail/u/0/#inbox/FMfcgzQVwwwNTcSNgRZqqSKXHfHcrKTI>

# Winchelsea Churches



## St John's Catholic Church

Father Joseph Panackal  
0404598558  
Harding St, Winchelsea 3241  
MASS TIMES  
5pm Sat. June 22, 29  
July 6, 13, 20, 27

## 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

Whether living alone is adventure or hardship will depend entirely on your attitude and your decisions. Become friends with yourself. Learn to appreciate who you are and your unique gifts. Be patients with yourself and use your sense of humour to keep things in perspective.

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

# Cecilia's Daughters

*Linaida Campion*  
Soprano

*Victoria Hay*  
Piano

Will perform a varied programme of song, lieder and aria

## Barwon Park

in aid of St Thomas' Anglican Church Winchelsea

*Saturday 22nd June 4pm at Barwon Park,*

*105 Inverleigh Road Winchelsea 3241*

The house will be open to guests from 3.30pm

Tickets at the door \$25 - school students free

Generously supported by the

*National Trust of Australia (Victoria)*

The balancing act of maintaining our 150-year-old church

### Phil Jacobson

At St Thomas' we're engaged in a balancing act at the moment which would qualify us for a place in the Great Moscow Circus.

This bluestone building with its stained-glass windows, has seen generations of families gather for Sunday services, weddings, baptisms, and countless community events. However, we face a delicate balancing act: preserving our heritage while managing the escalating costs of maintenance.

The latest challenge has caused us to now hold services in the hall, due to a collapsed church floor thanks to termite infestation.

It's made us realise that St. Thomas' isn't just a building; it's a living piece of history. Every bluestone block and timber tells a story of the past, of those who built it with their hands and hearts, and of the community that has embraced it ever since. Regular services keep our church alive with the spirit of togetherness, living out the connections that make our community strong. Yet, anyone who has ever owned an old house knows that time can be both a friend and an unrelenting foe.

Our church requires constant care. The roof above us needs regular repairs, the heating system demands frequent attention, and the stained-glass windows - oh, those windows! - require specialized upkeep to maintain their vibrancy. Each

repair and restoration project, while essential, comes with an eye watering price tag, and like so many people these days we tend to put things off. The termites made sure we can no longer do this, which brings us to the balancing act we face: how do we continue to use and enjoy this historic building without breaking the bank?

Fortunately, our community and congregation is as resilient as the church walls themselves. Over the years people have come together in remarkable ways to support St. Thomas'. One of the ways we hope to offset the cost for the floor repair is to stage a recital at Barwon Park on June 22nd at 3.30pm featuring "Cecilia's Daughters" Tickets will be available at the door and complimentary tea and coffee will also be available. This is a unique way of offering support and enjoying a high-quality performance at the same time. There's a more formal invitation in this edition of the Winchelsea Star, so have a look and see if this event is for you.

In the end, maintaining St. Thomas' is not just about preserving a building; it's about valuing a piece of the community's soul. It's about ensuring that future generations can stand in the same worship space, feel the same sense of reverence, and experience the same sense of belonging that we do today.

So, as we continue this balancing act, let's take a moment to appreciate the beauty of our old church and the spirit of community and congregation that sustains it. Together, we will keep St. Thomas part of Winchelsea for another 150 years.



# Artists develop their statements

Jill Evans

A group of 5 locals attended a workshop with Linnet Hunter (creative business coach) to develop their own artist statement.

This fun workshop - from blah to brilliant - will hopefully be the first of many in the Shire Hall over the coming months.



**We are hiring at our Winchelsea branch!!**  
We are looking for a receptionist/vet nurse hybrid for our Winchelsea consult clinic.

Monday 3-5pm, Wednesday 8:30am-11:30am,  
Thursday 11am-3pm

Some reception/nursing shifts at our redesigned Colac premises may also be available too.

Applications: [rhondacolbourne@colacvet.com.au](mailto:rhondacolbourne@colacvet.com.au)

**Now Hiring!!!**  
**Winchelsea Branch**



**Winchelsea Community House Inc.** A6247K  
28 Hesse Street, Po Box 75, Winchelsea, Vic. 3241  
Phone: 5267 2028 Email: [manager@winchhouse.org.au](mailto:manager@winchhouse.org.au)  
ABN: 48 932 340 254

Expressions of Interest

## **CLEANER REQUIRED: WINCHELSEA SHIRE HALL**

Winchelsea Shire Hall invite interested cleaners to submit a letter of application for cleaning services of our Shire Hall located at Winchelsea.

2 hours clean per week (min),  
and additional cleaning as required/requested.

You must provide:

- Australian Business Number (ABN)
- Public Liability Insurance
- Substitute cleaner/s to cover periods of leave.
- Proof of Australian Citizenship or a current work visa to work in Australia.
- Hourly rate of pay

Please direct enquiries to Wendy Greaves  
E: [manager@winchhouse.org.au](mailto:manager@winchhouse.org.au) Ph: 5267 2028

Please forward your application letter via email to [manager@winchhouse.org.au](mailto:manager@winchhouse.org.au) outlining and confirmation of the above requirements by 19 June 2024



## **Winchelsea Girl Guides** Help Needed Please

Are you interested in joining an enthusiastic, self-motivated team working with girls, 5 - 15 years?

The Winchelsea Girl Guides are seeking female adult volunteers.

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

# Winchelsea Community Market

Shire Hall  
9am - 1pm



7 July 2024  
4 August 2024  
1 September 2024

6 October 2024  
3 November 2024  
1 December 2024

**Kyeema**  
Rural Fencing Pty. Ltd.  
Jason Armstrong & Jay Hawker  
1080 Prices Lane, Ombersley, Victoria, 3241  
0419 565085 (Jason)  
0416 585817 (Jay)  
kyeemafarm@kyeemafarm.com.au  
Also incorporating domestic and rural tree trimming services.

**RICHARDSONS**  
WASTE TRANSPORT WATER CARE

5234 6585 0417 385 984  
For all your septic tank, grease traps and interceptor pits servicing.  
Locally owned and operated

## CONCRETER

Alister Aitken

No job to big or small

- Driveways - Carports - Crossovers - Footpaths - Sheds Slabs - Colored Concrete - Concrete sealing - Exposed Aggregate - & more -

Call or text for a no obligation free quote

Servicing our local Winchelsea & Surrounding Areas

alaitken.aa@gmail.com or Alister - 0411 871 950

A.B.N 47 228 574 460

*mels*  
MELS DANCE CENTRE Est.2011

## Dance

### ENROLMENTS NOW OPEN!

Winchelsea

### Dance Classes

**REGISTER NOW**

JAZZ - THEATRICAL TAP - HIP-HOP  
CLASSICAL BALLET - CONTEMPORARY  
Pre-School - Adults  
Beginner - Advanced Levels

[www.melsdancecentral.com.au](http://www.melsdancecentral.com.au)

**mainly music**  
est. 1990

Fun, Interactive music sessions for pre-school children (0-4 y.o.) and parents/caregivers

**When:** Mondays from 10 to 11 am  
(runs during school terms)

**Where:** St Thomas' Hall  
25 Barwon Tce.

To Enquire ring: 0407838256

# Pastures play a role in greenhouse gas reduction

## DairyUp

Researchers from the University of Sydney have found that 8 kg of the total carbon dioxide emitted each day by the average cow was immediately taken up by a hectare of dairy pasture system. These 8 kg represent 73 percent of the production from each cow.

These findings are part of a Dairy UP and NSW Environment Protection Authority (EPA) partnership project investigating greenhouse gases (GHG) on NSW dairy farms and identifying and evaluating options for carbon neutral dairy production.

Dairy UP project leader, Professor Luciano Gonzalez, said dairy customers and the broader community want dairy to have the least impact on the environment. "To reduce emissions, the industry needs to understand the production and removal of GHG and how different management practices and farming systems affect output and carbon sequestration," Luciano said.

"This project will help NSW dairy meet industry emissions reduction targets and also fill knowledge gaps within the industry, to enable dairy farmers to estimate their farm's emissions with increased accuracy, while providing practical ways to decrease emissions and increase carbon uptake."



Dairy UP P1d gas monitors

This project is using the Australian Dairy Carbon Calculator and the Dairy Greenhouse Gas Accounting Framework and includes a global literature review – examining studies from across the world – as well as on-farm trials and monitoring studies.

The GHG are measured using eight chambers and a greenhouse gas analyser. Their findings indicate that dairy cows emit about 11 kg CO<sub>2</sub>e cow/day, mainly as methane. Of this, the early results indicate that every hectare of pasture, on average, was taking up about 8 kg CO<sub>2</sub>e cow/day from the atmosphere. "We want to test the idea that the 73% of the carbon dioxide emitted from a cow each day is part of a carbon cycle and taken up by the pastures."

Luciano said these data will tell dairy farmers and researchers about the "carbon capital" stored in the soil which will help establish a greenhouse gas emission baseline and provide insight into how different pastures, crops, and management practices affect soil carbon.

Diets of dairy cattle have also been examined, as part of this project, to understand how this affects the production of GHG from feed.

Professor Gonzalez said "these results are encouraging but there will be more findings to come that should help us meet those goals".

More information: [www.dairyup.com.au](http://www.dairyup.com.au)

# Boosting winter growth

## Agriculture Victoria

Most of the state experienced an extremely dry autumn. When rain does fall, soil temperature may become the main factor limiting pasture growth.

Agriculture Victoria Livestock Industry Development Officer, Nick Linden said soil temperature, like moisture and fertility, plays a major role in controlling plant growth. 'Covers will stop fixing much nitrogen below about 9 degrees which can provide some opportunities for response to urea.

'Research in Tasmania shows that perennial ryegrass continues to grow down to about 5 degrees, while annual ryegrass as low as 2 degrees. Australian phalaris has been shown to also grow down to about 5 degrees and a 'guesstimate' for more winter active cultivars is between 1.5 and 2 degrees lower,' he said.

Mr Linden said urea and gibberellic acid (GA) provide options to increase pasture growth when nitrogen and/or soil temperature is limiting, on the proviso that good soil fertility, perennial pasture species and soil moisture are present. 'GA is made naturally in plant roots during spring and stimulates shoot and cell elongation, promoting plant growth. The application of manufactured GA in winter stimulates plant growth and increases winter feed availability. It should be applied when air temperature is between 5 and 15 degrees, when natural levels of GA are low.

## Resources

Options for improving winter pasture growth presented by Lisa Warn: [youtu.be/wOv35qcQg7k](https://youtu.be/wOv35qcQg7k)

EverGraze calculator for responses to urea and gibberellic acid: [www.evergraze.com.au/library-content/gibberellic-acid/index.html](http://www.evergraze.com.au/library-content/gibberellic-acid/index.html)

Agriculture Victoria gibberellic acid use in phalaris pastures: [agriculture.vic.gov.au/\\_\\_data/assets/pdf\\_file/0008/560924/GA-Demonstration-Summary.pdf](http://agriculture.vic.gov.au/__data/assets/pdf_file/0008/560924/GA-Demonstration-Summary.pdf)

---

# Grassland conference to sort fact from fiction

## Grassland Society of Southern Australia Inc

The Grassland Society of Southern Australia's annual conference will help farmers sort fact from fiction when it returns to Bendigo for the first time in more than 25 years.

The conference on July 17-18 will follow the theme Evidence Based Decision Making and is designed to help producers make informed decisions that are right for their enterprises.

GSSA has connected farmers, scientists and agricultural consultants for 65 years and president Tim Prance said a successful annual conference was vital to its future.

The conference will cover topics relevant to grassland farmers. There will be interactive sessions and workshops on carbon, identifying clover species and a producer panel discussing setting up for perennial pasture success. "There will be a strong focus on fertiliser, pasture species and grazing management where there is a lot of misinformation," Mr Prance said.

Other topics include ryegrass cultivars versus old varieties, what carbon means for your business, measuring and knowing soil carbon levels, snail and slug management, facial recognition, fertiliser calculation tool, and tools for pasture forecasting. The GSSA AGM will be part of the conference

Conference goers will get to see farms in action with bus tours to Bridgewater North and Sutton Grange.

Call 1300 137 550 or email [conference@grasslands.org.au](mailto:conference@grasslands.org.au).



# MRP

## Steelworx

Matthew Partridge

p 0418 672 334

e mrpsteelworx@yahoo.com.au

### Welding Service

- Onsite welding
- Farm maintenance
- Farm machinery & equipment repairs
- Cattle & sheep yards
- Custom built trailers
- Supply & install gates



5234 6585 0417 385 984

For all your domestic & stock water.  
Also available for road and civil construction  
Local owned and operated.

52672192 R & K Creative Framing  
for all your framing needs

free quotes  
pension discount  
specialist in Age &  
Disability Modifications

Ray & Kim Jansen  
10 Witcombe st  
Winchelsea 3241

Ray The Home  
Maintenance HANDYMAN

abn 47928623462

0414672192



## Winchelsea Supermarket

Trading Hours

**Monday to Saturday**

8.30am to 7.30pm

**Sunday**

10am to 7pm

**Ph: 5267 2676**

29 Main St, Winchelsea

## Antique Repairs

By **Doug Burns** est. 1976

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



*Unusual Requests Welcome*

180 Barwon Terrace, Winchelsea

**0428 672 704**

All About

## Mowers & Chainsaws

Repairs to all makes and models of ride on mowers, domestic mowers, pumps, chainsaws, brushcutters and small engines.

Trading Hours: Mon - Fri 8am - 5pm Saturday 8am - 12 noon

**5267 2266**

Cnr Princes Hwy & Lennox St Winchelsea

[www.allaboutmowers.com.au](http://www.allaboutmowers.com.au)

[accounts@allaboutmowers.com.au](mailto:accounts@allaboutmowers.com.au)



# SOUTHERN GRAIN STORAGE PTY. LTD.

AG SUPPLIES FERTILISER GRAIN STORAGE SEED CLEANING

**(03) 5267 2351**

## Simco Plumbing and Gasfitting

24/7 Emergency service Ph:0400643976

- All General Plumbing and Gasfitting
- Roof and Gutters, Hot Water service changeover
- Split Systems, Air Conditioning and Wood Heaters
- Irrigation, Septic and Treatment plants
- Excavation, Bobcat and Tipper
- Rain water Tank installation
- Renovations and Extensions
- Gas conversions and servicing

Simon McGillivray

Lic:109610. Free quotes, Fast and friendly service

## 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

Melody Philpott



## Saturday 15 June - Winchelsea vs Geelong West

### U/13 - Geelong West 30 def Winchelsea 4

The girls came up against a good side after the week off and played well! Some great performances in defence with plenty of intercepts and a few goals from the attackers! Their teamwork was great and they adapted well to all the changes!! Great work!

### U/15 - Geelong West 29 def Winchelsea 11

While the U15's showed strength in the second half, they were unable to get on top of Geelong West. Esther Grimmer provided great leads and movement in our goals and midcourt. Lexi Cerniawski provided another tenacious performance across the court.

### U/17 - Winchelsea 32 def Geelong West 13

A brilliant game today showcasing everything we have been working on. Millie Partridge led her team with pose and direction teaching young Mia White, how to play at this level. Abi Kuchenmeister was outstanding in centre and WD then following through GD.

*Super impressed girls. Great work.  
Best Abi, Millie, Lexi.*

### U/19 - Winchelsea 19 def Geelong West 17

No report

### D grade - Winchelsea 29 drew Geelong West 29

What. A. Nailbiter! The D grade looked a rekindling side off the back of the bye round last week. The attacking unit found a new level of silky momentum, with multiple options at each pass. They say diamonds are made under pressure - D grade closed out the game with their most damaging quarter, adding a game high 10 goals whilst restricting Geelong West to just six. The Blues battled their way to a draw, having trailed at every other break.

### C Grade - Winchelsea 46 def Geelong West 25

C grade continued their run of good form this week, with a comfortable win over the Giants. Claire Mawson was instrumental in elevating the energy with positive talk and Sandi Bowen was a wall in defence. Emily Wilson and Chrissy Noble were elevated into the side in the absence of Claire Harrison, effortlessly combining with defensive regulars in Emma Maclean and Ella Clayton. A full team effort with plenty of development to come - keep an eye on this team in the coming weeks!

### B Grade - Winchelsea 47 def Geelong West 13

The B grade girls had a squeeze on Geelong West early this week, creating three 'held ball' calls in the first quarter. The pressure continued as Abbie Floyd brought the intensity and intercepts at WD. The Blues mid-court saw multiple partnerships, with experience and speed in every combination. The connection between goalers Sophie Lehmann and Olivia Paatsch was telepathic at times; the potential for this relatively new duo is exciting! Some long range scoring from Geelong West wasn't enough to keep the Blues from running away with a clinical win.

### A Grade - Winchelsea 61 def Geelong West 13

A grade were hunting a big win this week. The Blues mid-court were keen and crafty from the first minute. The umpires were keen to keep the lid on, with plenty of whistle. Megan Goonan and Casey Carroll flexed in response, transcending to steady, efficient attack. Meg Royal donned a WA bib, and threaded passes through animated Geelong West defence with ease. The defence unit was led by a superb performance from Zoe Tennant - the stats sheet had insufficient space for the sheer number of intercepts. Geelong West showed some strong foundations to build upon, with some fluent and speedy ball movement. The A grade girls look ahead to a 3rd vs 4th against Anakie next week.

### Wednesday June 5

#### Women Stableford

Sue Cuthbert (30) 38 pts

Tara Steward (23) 37 pts

#### 9 Hole Comp -

Cheryl Mawson 19 pts

NTP: 2/11th Elizabeth Alston

#### Mens Midweek Comp Stableford

Neil Hickman (13) 37 pts

Graham Oliver (22) 36 pts

NTP: 2/11th Peter Bath

### Saturday June 8

#### Men Stroke

Geoff Morgan (22) 67

Dale Morgan (12) 68

NTP: 6/15th Kelvin Boddington

Golden Hole : Dale Morgan

Sue Cuthbert

## GOLF RESULTS

### WINCHELSEA GOLF CLUB INC.

GREEN FEE PLAYERS WELCOME

PH: 5267 2660

[www.winchelseagolfclub.com.au](http://www.winchelseagolfclub.com.au)

 Bendigo Bank

 DIAMOND WINDOWS PTY. LTD.

### Wednesday June 12

#### Women's Stableford

Carol Stanesby (33) 33 pts

Elizabeth Alston (21) 30 pts

9 Hole Comp - Lyn Batson 19 pts

NTP: 2/11th Elizabeth Alston

#### Mens Midweek Comp

#### Stableford

Neil Hickman (12) 39 pts

Doug McLennan (24) 36 pts

NTP: 8/17th Doug McLennan



## Winchelsea Community House and Shire Hall

Hours: Monday-Friday 9.00am -2.00pm

Address: 28 Hesse Street, Winchelsea

Phone: 52672028

[www.winchhouse.org.au](http://www.winchhouse.org.au)

Email: [reception@winchhouse.org.au](mailto:reception@winchhouse.org.au)

### Term 2, 2024

#### Singing Group

When: Wednesday afternoons 4.45pm-6pm

Next session: Wednesday 19 June, 2024

Winchelsea Community House Space

Cost \$7.50 per session

Under 16 free

Bookings: [reception@winchhouse.org.au](mailto:reception@winchhouse.org.au)

#### Crochet Group

When: Alternate Saturday afternoons  
1.30pm

Winchelsea Shire Hall Space

\$5 per session

Next Session Saturday 29 June, 2024

#### Chatty Cafe

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

Next Session: Friday 21 June, 2024

Winchelsea Shire Hall Space

No bookings required.

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

Winchelsea Community House Space

#### Knitting Group

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

Next Session: Thursday 20 June, 2024

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

#### Tai Chi

When: Friday mornings 9.00am-10.00am

(During school terms)

\$10 per session

Next Session Friday 21 June, 2024

#### Certificate 111 in Early Childhood

##### Education and Care

Expressions of interest being taken for a course to start. Approx 13 hours per week – face to face over 2 consecutive days for around 40 weeks plus 160 hour placement.

#### Sound Healing

When Wednesday 3 July, 2024

Winchelsea Shire Hall Space

\$40 per session. Bookings now open

Please call Vicki on 0400 149 749

#### Gentle Movement (NEW DAY!)

Cost \$5 per session

Next Session Thursday 20 June, 2024  
at 1pm

Winchelsea Community House Space

#### Certificate 111 in Individual Support

Expressions of interest being taken for a course to start. Approx 13 hours per week – face to face over 2 days for around 36.5 weeks plus 120 hour placement.

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.

- Domestic and Commercial hire equipment • Industrial welding gas
- Digging and Earthmoving equipment • New trailers and trailer repairs
- Firewood • Stockists of Royal Oil Lubricants products
- LPG for domestic and commercial requirements

Give Chris and the Team a call on **5232 1177** or email [info@colachire.com.au](mailto:info@colachire.com.au)

[www.colachire.com.au](http://www.colachire.com.au)

101 Wallace St Colac 3250



**Green Lead Electrical**  
Connecting you to a greener future  
REC 23618

0467 097 101 

**Servicing Geelong & the Surf Coast**

**Specialising in all residential electrical work including:**

- Switch board & lighting upgrades
- Outdoor lighting
- Electrical safety checks
- Energy efficient LED lighting
- Ceiling sweep fans & ventilation
- Energy saving advice

**Phone Martin Wilkinson:**  
**0467 097 101**  
[greenlead@outlook.com](mailto:greenlead@outlook.com)

1192265-CG18-14



**Water Supply Specialists**

WATER SOLUTIONS

74 Dennis Street, Colac  
5231 1861

ALL THINGS WATER:

- PUMPS • PIPES
- FITTINGS • TANKS
- POOL CHEMICALS
- IRRIGATION
- WATER PURIFICATION
- SOLAR • REPAIR

**Funeral Planning**  
*Working out what is best for you.*

Prepaid Funerals, Funeral Bonds, Pay-by instalments...

There are many options and its important to make the right choice.

Alyson Burchell will be available by appointment to answer any questions about funerals and planning ahead.



For more information or to make an appointment contact Sue on 5221 4788

Tuckers Community Office,  
Surf Coast Taxation Services, 22 Willis Street,  
Winchelsea

**First Tuesday of the Month,  
by appointment 10.00am - 12.00pm**

*Caring for families since 1883*

**Tuckers**  
Funeral & Bereavement Service  
...for a life worth celebrating

5221 4788  
[www.tuckers.com.au](http://www.tuckers.com.au)



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

 **0408 583 362**  
 [stephen@alfordbuilt.com.au](mailto:stephen@alfordbuilt.com.au)

 **REGISTERED**  
Building Practitioner

**Lupton BUILDERS** 

SPECIALISING IN QUALITY

 **REGISTERED**  
Building Practitioner

- NEW HOMES
- ALTERATIONS
- GARPORTS
- BATHROOMS
- EXTENSIONS
- DECKS
- VERANDAHS
- WINDOW REPLACEMENTS
- RENOVATIONS
- PERGOLAS
- RE-GLADS

**LEIGH LUPTON**  
0438 840 104

**CHRIS LUPTON**  
0407 681 514

[LEIGHLUPTON17@GMAIL.COM](mailto:LEIGHLUPTON17@GMAIL.COM) Est. 1977

**JGW** **JACK'S GARDENING WINCHELSEA**

**SERVICES**

- SMALL & MEDIUM YARD LAWN MOWING
- EDGING
- WHIPPER SNIPPING
- PRUNING
- CLEAN UPS
- WEED SPRAYING
- MULCHING
- ODD JOBS



**CONTACT**

**JACKSON HUNT**

Phone: 0451-993-791  
Price: \$60 per hour



# R.A.K. DAVIS & SONS

## CARTAGE CONTRACTORS

WINCHELSEA

SUPPLIER OF ALL QUARRY MATERIALS, TRUCK HIRE

CARTAGE OF GRAIN, LIME, GYPSUM & SUPER

LANDSCAPE & GARDEN SUPPLIES

56 WILLIS ST, WINCHELSEA

Ph – 5267 2094

Ryan – 0438 672 281

Email: rakdavis@bigpond.com



- ❖ LOG BOOK SERVICE
- ❖ AUTO ELECTRICAL
- ❖ TOWING
- ❖ AIR CONDITIONING
- ❖ CLUTCH & BRAKES
- ❖ TYRES
- ❖ WHEEL ALIGNMENT
- ❖ BATTERIES

### CAR, TRUCK REPAIRS & Roadworthys

**PH: 5267 3001**

**Mob: 0417 137 457**

**GREAT Bundle Deal on Bosch Hot Water...** FROM ELGAS

Buy any Bosch Bluetooth continuous flow hot water model - 16Litre, 20Litre or 26Litre and Receive \$100\* in Elgas bonus LPG gas credits



\*For more details: [www.elgas.com.au/appliances/bosch-cp1flow-16-20-26-lpg-bundle-sale](http://www.elgas.com.au/appliances/bosch-cp1flow-16-20-26-lpg-bundle-sale)

AND... for new customers, an additional \$80 WORTH OF LPG GAS CREDITS\*\* when you open a new LPG Gas account with Elgas



\*\*Further details can be viewed at [www.elgas.com.au](http://www.elgas.com.au)

Ask about the Elgas Easy Payment Plan - 12 months interest free\*\*\* on selected LPG appliances

\*\*\*Further details can be viewed at: [www.elgas.com.au/epp](http://www.elgas.com.au/epp)

Automatic tanker gas bottle refill OR gas bottle exchange refill is available for home or business... Call today or visit our website for our many customer benefits and latest offers

**131 161**  
[www.elgas.com.au](http://www.elgas.com.au)

**ELGAS**



### SIMPLE STORAGE SOLUTIONS

- Personal & Business Storage
- Boat, Caravan & Vehicle Storage
- High Security Premises
- Individually Alarmed Units
- Electric Gate Access
- 7 Day Access & CCTV

### YOUR STORAGE PROBLEMS SOLVED

**5267 3116**  
6 ALSOP DRIVE, WINCHELSEA 3241

HESSE RURAL HEALTH

### Volunteers Required

Volunteers are one of Hesse's greatest assets, playing a vital role to enhance the quality of Hesse services & client experiences.



- Bus Driver
- Outings Assistant
- Resident Visitor
- Events & Activities Assistant
- Group Wheelchair Walkers
- Appointment Escort
- Social Support Activities
- Gardening - Winchelsea
- Hospital Auxiliary Member
- Consumer Advisory Committee
- Marketing & Fundraising Committee

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

### Wightons Lawyers

- Dispute Resolution & Litigation
- Debt Collection
- Property Law
- Wills & Estates
- Powers of Attorney
- Business Law
- Family Law

By appointment only

22 Willis Street, Winchelsea  
ph. 5221 8777

[www.wightons.com.au](http://www.wightons.com.au)







**WINCHELSEA LIONS CLUB**  
 ARE SELLING ENVIRONMENTALLY FRIENDLY SHREDDED PAPER COMPRESSED BRICKS FOR YOUR FIRE  
 SAVE ON THE RISING COST OF WOOD BY INCLUDING PAPER BRICKS AS WELL

PACKET OF 4 ROARS (BRICKS) \$5  
 ROLL OF PURRS (SMALL ROLLS) \$2

AVAILABLE AT LIONS PAPER SHED  
 36 HARDING STREET  
 SATURDAY MORNINGS  
 10AM - 12 NOON  
 FROM 4<sup>TH</sup> MAY UNTIL SOLD OUT

EFTPOS AVAILABLE  
 CASH ACCEPTED




CHARLES STEWART  
 rma network. Accredited Member

*Charles Stewart & Company are leading livestock and real estate service providers covering Victoria's south west*

**LIVESTOCK**  
 Jamie McConachy | 0418 522879  
 Peter McConachy | 0408 522878  
 Matt Nelson | 0428 315400  
 Gerard Bohan | 0400 005541  
 Lachie Barclay | 0438 346291  
 John Thornton | 0408 526367  
 Dougal McIntyre | 0439 575612  
 Ross Spitty | 0419 539717

**REAL ESTATE**  
 Michael Stewart | 0418 520467  
 Daryl Osborne | 0419 388341  
 Anthony McDonald | 0418 593597  
 Gerard Bohan | 0400 005541  
 Stephen Lugg | 0417 556098  
 Josh Lamanna | 0417 586032

Office  
 56 Bromfield Street, Colac  
 www.charlesstewart.com.au




**HF RICHARDSON**  
 PROPERTY

Servicing all your real estate needs  
 Ken McDonald **0418 524 150**



Residential | Rural Lifestyle | Agricultural Farms



**Moriac Veterinary Clinic**  
**0447 781 089**  
 PHONE 24 HOURS  
 784 Hendy Main Road Moriac  
 info@moriacvet.com  
 www.moriacvetclinic.com.au  
 HOURS // Monday - Friday: 8am - 5pm



**Casuarina Counselling Therapy**  
*Slow, Connect, Breathe, Grow*

Counselling and holistic integrated therapy to help find clarity, understanding and new ways to live a healthy and joyful life.

Help with:

- Anxiety • Depression • Grief • Addiction • Low self esteem
- Disordered eating • Emotional concerns • Relationship issues

Costs are \$80 concession and \$120 full

Now available on Tuesdays at The Exchange, 38 Main Rd, Winchelsea (next to the Winchelsea Medical Centre).  
 Contact Mel on **0493988150** for more information or to book an appointment.

**MGT BUILDING & CONSTRUCTION**

NEW HOMES | EXTENSIONS | RENOVATIONS **Ph: 0409 433 687**

REGISTERED Building Practitioner

Chiropractic - Remedial Massage - Myotherapy - Sound Healing - Breathwork

**Chiropractic care for:**

- Stress & Anxiety
- Body Aches & Tension
- Pain Management
- Family Wellbeing
- Poor Sleep
- Health Longevity

03 5267 2240 Shop 4/21 Hesse St Winchelsea   <https://onebodychiropractic.com.au/>




**Under 5 hours sleep?  
4 times more likely  
to crash.**



Fatigue is a contributing factor in 16-20% of all road crashes in Victoria.  
If you're feeling tired, arrange an alternative mode of transport,  
postpone your trip, or get more sleep before driving. Because when you  
drive on less than 5 hours sleep, you're 4 times more likely to crash.

**Driving tired? Wake up to yourself.**

**TAC**

**VICTORIA**  
State  
Government





**Located at 36 Main Street, Winchelsea 3241**

For any enquires or bookings please contact the clinic on 5292 8028.  
Or visit our website: [www.winchmc.com.au](http://www.winchmc.com.au)

Opening Hours:

Monday - Friday 8:00am - 5.00pm  
(Monday Evening Clinics available and selected Saturdays)



Our clinic accepts online bookings via the app called HotDoc.  
Download the app on the App Store or Google Play or head to our website.

# NATURAL GAS CONNECTIONS

## M. & L DRAYTON PLUMBING SERVICES

**YOUR LOCAL LICENSED**

- PLUMBERS (24356)
- GAS FITTERS
- GAS CONVERTERS
- CARBON MONOXIDE TESTING

# MARK 0428 520 142



Winchelsea and District

## Ebony knows banking

If you need help with yours, you need to meet Ebony.

Ebony shares her knowledge of banking so you can achieve what you want from life.

And, she can meet you when and where it suits you; at the branch, over the phone, or via video call.

**If you need help with your banking, call Ebony Berg, Loan Specialist on 5267 3189 or search Bendigo Bank Winchelsea.**

[bendigobank.com.au](http://bendigobank.com.au)



Bendigo and Adelaide Bank Limited ABN 11 068 049 178, AFSL/Australian Credit Licence 237879. A1415950 OUT\_33710515

## 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](mailto:winchmensed@gmail.com)**

**Need a job done?  
Woodworking jobs,  
furniture repairs, small jobs.  
Drop in and talk to us.**

## HESSE RURAL HEALTH



- Acute Care\*
- Urgent Care\*
- Residential Aged Care\*
- Community Nursing
- Dietetics
- Physiotherapy
- Occupational Therapy

- Diabetes Education
- Social Support Groups
- Counselling
- Home Care
- Health Promotion
- \* services from Winchelsea only

[www.hesseruralhealth.com.au](http://www.hesseruralhealth.com.au)  
P: (03) 5267 1200 E: [reception@hesse.vic.gov.au](mailto:reception@hesse.vic.gov.au)



# Winchelsea Taxis is now Surfcoast Taxis

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

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

**Surfcoast Taxis Pty Ltd**  
**All Bookings: 0408 325 992**  
**Fax: 5267 2699**  
**Email: bannotaxis@gmail.com**  
 (Admin or Stan 0429 672 888)  
 66A Batson Street  
 Winchelsea 3241



Accounts NDIS provider. TAC, DVA etc

NDIS provider number 4050001044  
 NDIS provider number 4050001048

Book your next ride with **smartHAIL**

Book Track Pay Rate

Download on the App Store GET IT ON Google Play

# Winchelsea Star

ISSN 2202-6851



Since 1977

917722021685002

## WINCHELSEA LIONS CLUB

### PAPER RECYCLING

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



RAISING FUNDS FOR OUR TOWN & DISTRICT  
 5267 2011 or 0408 520 606

## M&B WOOD PLUMBING

Call Matt - 0418 319 357  
[mbwoodplumbing.au](http://mbwoodplumbing.au)

### Servicing Winchelsea & surrounds

- General maintenance & blocked drains
- Gas fitting & hot water service upgrades
- New homes & renovations

## DEFIBRILLATORS IN WINCHELSEA

### Accessible to the public 24 hours a day

The Winchelsea Lions Club has compiled a list of public access defibrillators in Winchelsea. We are lucky to have more available in town, but these are specifically **publicly accessible 24 hours a day**. If anyone knows any others that have 24 hour public access, please let Linda Carter know on 0439 817 263.



Bendigo Bank  
 11 Main Street



Ambulance Victoria  
 33 Willis Street



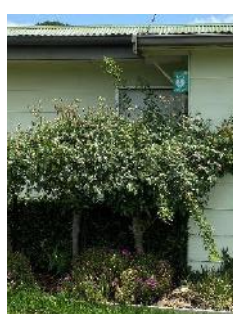
Uniting Church  
 33 Hesse Street



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

