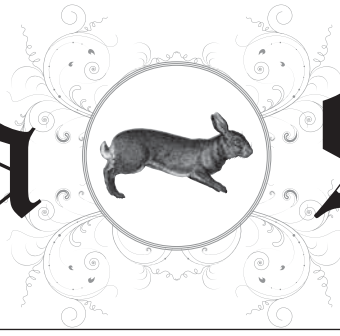


# Winchelsea Star

Price \$1



Your Weekly Community Newspaper

Since 1977

Vol 46 Ed 26

Tuesday 11 July 2023

[winchelseastar.org.au](http://winchelseastar.org.au)



## Celebrating 10 Years as Manager at Winch House

Wendy Greaves reaches more than a decade at the helm of our community centre. Page 2.

# Managing Winch House for 10+ Years

by Tony Phelps,  
Committee of Governance Chair

Congratulations and "THANKYOU" to Wendy Greaves, who has now been Manager at Winchelsea Community House for over a decade.

A morning tea was held last week to celebrate this milestone, reflecting on the significant change that has occurred within and around Winch House over the last ten years. Across the Neighbourhood House sector throughout Victoria and Australia, funding has been shrinking or static as costs continue to rise - especially in the most recent budgets at all levels of government. The pandemic was a particular challenge for a community centre providing childcare services. Wendy has sailed through it all professionally and efficiently, even if



every now and then it was a bit more than stressful!

The Winchelsea Community House Committee of Governance would like to express its gratitude for Wendy's excellent service and support, truly going above and beyond on many many occasions to keep the wheels turning and to keep Winch House operating. Wendy's financial skills with her accounting background have been invaluable to keeping track of budgets, and her people-management skills have made all the difference in creating and building a friendly and welcoming community centre.

Winchelsea has some particular challenges and opportunities with its accelerated residential growth, location



straddling both the Princes highway and Barwon river, and changing demographics. Winch House itself faces its own challenges and opportunities as it extends into the Shire Hall, childcare funding morphs, people's spending pulls in, and financially-viable activities and interests change. While the Committee of Governance sets the general direction for Winch House, we are very happy to have Wendy steering the ship and looking after the day-to-day operation.

On behalf of the Committee of Governance and the wider Winchelsea community, thankyou Wendy for your dedication and support over these ten years.



An appreciative gathering of staff, volunteers, committee members, local organisations and supporters at the celebratory morning tea





# SURF COAST ARTS TRAIL TASTER SHOW

By Judy Cameron

I attended the opening night of the Surf Coast Arts Trail Taster Show at HOOP Gallery (77 Beach Road, Torquay) last Friday evening.

The exhibition contains a selection of creations from local artists. It is open from Thursday to Sunday between 6 July and 30 July from 10am to 4pm.

This is the prelude to the big event on the weekend of Aug 5-6 when we can visit the studios of the various artist across the Shire.

SURF COAST

# ARTS Trail TASTER SHOW



My niece Lauren McQuade from Bellbrae was there with her wonderful seascape platters.



Gillian Farrow (Mixed media artist, Deans Marsh) and June Bartier (Weaver, Winchelsea) enjoyed the impressive range of works from sculpture, ceramics, dyed yarns and knits, textiles, paintings, prints, photography, metalwork and jewellery



Kim Biggs, Co-Ordinator Arts and Creative Economy and Cr Adrian Schonfelder



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# WINCHELSEA IS HOME TO MANY OUTSTANDING TEXTILE ARTISTS

by Jill Evans, Community Developer, Winchelsea Shire Hall

Every Wednesday a group of these artists meet at the Winchelsea Community House to work on their craft. Now they are going to share their work with the Winchelsea community.

Works will include crochet, quilting, knitting, bobbin lace, wool spinning and much more. The exhibitors will be demonstrating their work - a chance to see hand work that has served us well over many years.

As a special treat, Jade Kahle, a renowned creative force, will be exhibiting some of her amazing creations. Jade lives in Ararat but has family living in Winchelsea. Her father Harry is a regular volunteer at the Community House. Jade's work has to be seen to be believed. Using knitting as her platform, Jade creates large scale works that utilize natural elements. Come and have a look.

## Exhibition dates and times:

Saturday 15th and Sunday 16th July  
10.00am - 2.00pm

Saturday 22nd and Sunday 23rd July  
10.00am - 2.00pm

Gold coin donation entry.

## Artist Profile JADE KAHLE



I am thrilled to be involved in the textile exhibition amongst the local artists and makers whose own work and projects are embedded with tireless determination, truth to materials and enduring patience.

Some of the Scarf works that I will be exhibiting are from a Survey exhibition at The Ararat Gallery TAMA that was held on the 'Community Wall' in August/ September 2022. Scarf work brings together works that span the last 10 years or so although I have been knitting and crocheting for around 20 years.



My independent accessories label zooblast focuses on hand knitted scarves, beanies and mittens that I produce every year- warming your winter!

- Bachelor of Visual Arts University of Ballarat
- Diploma Textiles, Clothing and Footwear, Gordon TAFE Geelong.
- Recently part of the Mornington Peninsula DRIFT Festival with Selkie and her seaweeds- a soft textile installation in the Quarantine Station, Portsea. April 21st - 30th 2023
- Shortlisted for the Paper on Skin competition/ exhibition in 2020 Burnie Tasmania- where I knitted about 1000 metres of white paper string into a Japanese Haori jacket to complement a dress that I folded and glued together made from drafting tracing paper!



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## BACK TO SCHOOL

Ally is in Grade 3 at Winchelsea Primary School. Ally is very happy to return to school, because she loves learning and seeing her friends. She has spent most of her holidays helping Dad and Pop in the sheep yards and on the farm, which she also loves doing.

Ally's favourite subjects are PE and maths, and writing and art also. Ally likes everything about school. She is always first out of bed and ready for school on any weekday, always happy and prepared to learn.

Her teacher is Mr Hay who she says is the funniest teacher she has ever had.

Ally's sister Reani attends Grovedale College.

Reani is not looking forward to returning to school, she would prefer to be home (especially while her cows are calving!).

Her favourite subject is Sports Academy where she is part of the Netball Division. She is grateful school gives her the opportunity to participate in many sporting events which she always takes part in. Reani is looking forward to representing Grovedale College in next round of Inter-School Athletics this semester, after qualifying in the Geelong Inter-Secondary School Championships earlier in the year. She also recently played netball in Melbourne after her team won the Geelong division.



Ally and "Ruby Royal"

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Amanda on 0404 236 059.**

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Community Bank - Winchelsea & District

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\*Roy Morgan Single Source (Australia), December 2022. All loans are subject to the bank's normal lending criteria. Fees, charges, terms and conditions apply. Please consider your situation and read the Terms and Conditions, available online at [www.bendigobank.com.au](https://www.bendigobank.com.au) or upon request from any Bendigo Bank branch, before making a decision. Bendigo and Adelaide Bank Limited ABN 11 065 049 178 AFSL 237679 (1976208-1734884) (ASIC) CUI 29309970, 26042025



Recently the Star committee decided we needed to give more publicity to local organisations and businesses.

Preferably this would be articles and photos supplied ready for publication. This can be the organisation or business supplying the Star with material they would like published. Alternatively, the Star may be able to assist - simply send an email to the Star Editor. Please send any material ready for publication to the Editor also.

To get things underway, in this Star you will find an article, "Hello Knucks." The article has been taken from "Knuckey, Capability Statement". This week we are using the history section of the "Statement"

Mick O'Mara

## Hullo Knucks - History

Knuckeys, in Winchelsea was established in 1917 by Frederick Knuckey as a blacksmith shop serving the local region. From day one, Knuckey's group immersion in their local community, and having an integral knowledge of their clients' needs, has been the key to the business's ability to grow with Australian industry over the past one hundred years.

Frederick's son Hugh took over the business in the late 1940s and transformed the business from blacksmithing to electric arc welding, meeting the demands of a growing rural industry, moving from farm machine repairs, truck body building, bulk grain bins and machinery supporting the local coal mine. Hugh also added a retail farming equipment offering to the region's farmers when he established one of the first John Deere dealerships, as part of the business.

Following Hugh's premature death in 1965, sons Robert and John took over the business as young seventeen and eighteen year olds. With the financial support of a group of local farmers and guidance from a long term employee Lester Boddington, the 3rd generation Knuckey boys battled through

some tough times in the 1960s until they found their feet, with John developing the engineering side of the business and Rob the machinery sales. Hard work, persistence, and the ongoing support of local farmers enabled the continued evolution of the business into designing, manufacturing and selling farm sheds including wool, hay and broiler sheds along with grain handling equipment.

During the difficult economic times of the 90s, Knuckeys continued to innovate and expand their manufacturing and retail arms to other areas of the market offering harvesting, seeding, ground maintenance and livestock equipment.

John's sons Warwick and Steve became involved in the business in 2013. As John and Robert implemented their succession plan, the 4th generation Knuckeys have built on the hundred year history of hard work, client collaboration and passion for agriculture. Adding their technical qualifications, as well as outside business knowledge and expertise, they are leading the Knuckey group into its current standing as an equipment design and manufacturing innovator on a national and international scale.

*Footnote: The above article was taken from material supplied from Knuckeys.*

*I have always had a lot of admiration for the Knuckeys. When I started teaching at Winch some 50 years ago my Principal asked me if I would go on the Winch Pool committee. I did and wound up President. At that time the pool was always short of money as it had to raise its money from entry fees. We came up with the idea of a Fancy Dress New Years Eve Ball. I went as a Ballarat miner and wheeled my partner into the Globe Theatre in a wheelbarrow.*

*The band for the night was "The Knucks" It was a wonderful night and "The Knucks" band was beautiful. After every thing was finished I went to pay them but Rob and John refused to accept any money as it was a night to help the Pool out. Thank you Knucks!*

Mick O'Mara





## PUBLIC EGG AND SPERM BANK NOW OPEN

The State Government is giving more Victorians the chance to start the family they dream of – with access to donor sperm and eggs through Australia’s first ever public egg and sperm bank.

The bank at the Royal Women’s Hospital opened this week and is now accepting egg and sperm donations from the Victorian community.

Featuring state-of-the-art laboratory facilities and staffed with highly qualified fertility experts, the egg and sperm bank is the first of its kind in Australia.

The service is currently focused on recruiting donors to grow the bank’s stocks. Eligible Victorians seeking to access Victoria’s public fertility care service – including the use of donated eggs or sperm – will need to be referred by their GP or specialist.

The bank will accept altruistic donations from Victorians who meet certain criteria and want to give someone the chance at starting a family.

In addition to the egg and sperm bank, the delivery of Victoria’s public fertility services is being co-led by the Royal Women’s Hospital and Monash Health, offering a range of services including IVF treatments, fertility consultations, diagnostic tests and procedures, ultrasounds, counselling, information and support.

A number of satellite fertility services are also being established across the state to help people access fertility care closer to home.

Once fully operational, this almost \$120 million program will help up to 5,000 Victorians every year to start a family – helping them save up to \$10,000 and since launching in October last year, more than 550 Victorians have commenced their IVF journey.

People interested in helping Victorians start their family can visit [thewomens.org.au/egg-and-sperm-donate](http://thewomens.org.au/egg-and-sperm-donate)



## Winchelsea and District Historical Society

[facebook.com/Winchelseaanddistricthistoricalsociety/](https://facebook.com/Winchelseaanddistricthistoricalsociety/)

### Winchelsea Street Names



FLY. SGT. L. T. SCHROETER

4412 F/Sgt L.P. SCHROETER, No. 2 Squadron RAAF.  
Died 9 March, 1942. Illness. DALY WATERS N.T.

#### SCHROETER STREET

Leonard Percy SCHROETER RAAF 2 World War. Died of illness.

The SCHROETER family was well known in Winchelsea.



# Winchelsea Star

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### FACEBOOK

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### PRODUCTION

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

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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.



## You can write for the Star

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

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

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

### How much can I write?

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

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

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

### Can you publish my photos?

A picture is worth a thousand words - but context is very interesting too! If you've taken a photo you'd like in the Star, add a few words describing where, when, who, why and/or what.

### Ask permission to use photos

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

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

### Legalities

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

We look forward to hearing from you.  
Simply email [editor@winchelseastar.org.au](mailto:editor@winchelseastar.org.au)



# Letter To The Editor

Dear editor,

What a wonderful new look for the Star these past 2 weeks. New magazine style layout with some local news articles and refreshed ads. Congratulations to the small number of people who put the paper together each week. A recent visitor commented they could not believe that such a good quality journal was printed weekly and the Star has been doing it since 1977.

But attractive presentation and style alone is not enough without content. Copy from community members has been essential for the success of the 'Star' since the beginning. Tony Phelps' article last week 'You can write for the Star' where he says: 'We want the Star to inform, to engage, to inspire, to interest the residents of Winchelsea and surrounds and we need your writings to get there.'

A number of community newspapers were established across Victoria in the 1970s most of which were fortnightly or monthly and the Country Newspapers Association of Victoria currently lists over 70 not for profit journals as members. One weekly that started about the same time as the Star is the 'Otway Light' which is still produced at Lavers Hill school and the Star printed the advertisement pages for them with the new offset printer.

I was production manager of the Star from 1977 to 1990 and there have been many changes in production. For the first 2 years, after sub editors had spent Sunday night at the editor's house organizing the copy for the week it was delivered to the typist who typed onto special master sheets where any mistakes were corrected with nail polish. These master sheets had to be at the railway station for the Tuesday morning train and were picked up by the contract printer in Geelong who printed and folded the copies and sent them back to Winch on the train where they were distributed to several shops. This all required a lot of community volunteers and after 2 years despite additional fund raising the Star was going backwards financially.

A decision was made to buy our own printing equipment and a loan for \$4000 was obtained from the State Bank (it helped that the manager was the Star treasurer) which purchased a small offset printer and platemaker. This equipment provided an improved printing system for the school and as well as printing the Star we were able to do some other jobs such as the Inverleigh News to help pay off the loan in a short time. From then on it was onward and upward through a series of computers, printers and photocopiers to the colour production we have today.

After this shaky start it is pleasing to see that the Star, with the purchase of a large colour printer, is again able to make available to the community high quality printing equipment.

Stewart Mathison



## Priority pest spotlight: Eastern Corn Snake

Just a harmless little nope nope?

Wrong.

The eastern corn snake is not native to Australia and if given the opportunity could populate a wide range of landscapes within Victoria, impacting native species through predation and the introduction of new animal diseases.

Think you've seen one – contact Agriculture Victoria to make an online report via our website link [www.shared.info/exoticpestreport](http://www.shared.info/exoticpestreport)



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## Workshops for artists in lead-up to Surf Coast Arts Trail

Artists and creatives are encouraged to sign up for industry-specific professional development workshops as part of the inaugural Surf Coast Arts Trail Artist Development Program.

The program includes three workshops for artists and makers, who will learn from Torquay local and gun-creative communications specialist, Full Tilt Creative's Anthea Riskas.

The workshops work directly to enhance artist skills in the lead up to this year's Surf Coast Arts Trail and cover:

**Permission to promote - how to promote and attract:**

Wednesday 12 July from 7pm to 9pm at HOOP Gallery, Torquay.

**How to sell creative-based work online:**

Wednesday 19 July from 7pm to 9pm, online.

**How to sell creative-based work in-person:**

Wednesday 26 July from 7pm to 9pm at HOOP Gallery, Torquay.

Workshops cost \$20 for Surf Coast Arts Trail artists, or \$35 for non-Trail artists.

SURF COAST

# ARTS Trail

## SAT 5 - SUN 6 AUGUST, 2023

"These workshops give artists — from those just beginning their creative careers, to artists who have been in the business for many years — a way to gain an even greater understanding of how to promote and sell their wares in new and different ways," said Cr Rose Hodge.

"The workshops will provide them with invaluable marketing and sales advice in the lead-up to this year's Trail, which will be held 5 and 6 August. The Trail is a much-loved event which offers opportunities for art lovers to view, admire and get to know the local artists and their fabulous work."

The Surf Coast Arts Trail Development Program also features the free SHED Talks series, which will continue at SHED300 Winchelsea (22 July).

To book a spot in the Surf Coast Arts Trail Development Program or to plan your Arts Trail weekend, visit [surfcoastartstrail.com.au](http://surfcoastartstrail.com.au).



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## Winchelsea Pram Walks

Explore pram-friendly walking routes in your local area with a member of the Surf Coast Shire Child and Family Health team. Come along, have a chat, and meet other parents with little ones!

No bookings required, simply show up!

Third Tuesday of the month

Cafe La Hoot, 1 Willis Street, Winchelsea, 3241

FREE

Tuesday, 15 August 2023 | 10:00 AM - 11:00 AM

Tuesday, 19 September 2023 | 10:00 AM - 11:00 AM

Tuesday, 17 October 2023 | 10:00 AM - 11:00 AM

Tuesday, 21 November 2023 | 10:00 AM - 11:00 AM

Child and Family Health 5261 0549

[childandfamily@surfcoast.vic.gov.au](mailto:childandfamily@surfcoast.vic.gov.au)



# SERVICES AND ACTIVITIES IN WINCHELSEA

## VLINE TRAIN SERVICES

### TO GEELONG:

Mon - Fri 6:41 am, 7:59am, 11:34am, 2:01pm, 7:37pm  
Sat - Sun 9:35am, 1:36pm, 7:18pm

### TO WARRNAMBOOL:

Mon - Fri 9:29am, 2:56pm, (to Colac 5:27pm),  
6:45pm, 8:53pm  
Sat - Sun 8:47am, 2:49pm, 8:37pm



## COUNTRY WOMEN'S ASSOCIATION

7pm second Wednesday of month  
Winchelsea Senior Citizens' Hall

## WINCHELSEA SES



Meeting and training  
2nd Wednesday  
Training 4th Wednesday  
Visitors and inquiries welcome  
0408 102 802

## WINCHELSEA AND DISTRICT COMBINED PROBUS CLUB



Meets 1st Monday of the month at 10am.  
Senior Citizens Rooms,  
Harding St, Winchelsea.  
New members always welcome.  
Enquiries Linda 0439 817 263.

## WINCHELSEA TRANSFER STATION

55 Cressy Road, Winchelsea

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

Accepts household garbage, mixed commercial and industrial waste, mixed construction and demolition waste.  
Accepts recyclable materials.  
Accepts one recycle bin two waste bins.  
Does NOT accept clean fill.

## WINCHELSEA GIRL GUIDES AUSTRALIA VICTORIA GIRL GUIDES

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



## 1ST MODDA AND 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 between 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: Melissa 0456181268  
Facebook - Winchelsea Playgroup 2019  
**New families welcome**



# WORKSHOP FOCUSES ON DISABILITY INCLUSIVE EMERGENCY PLANNING

People with lived experience shared powerful insights as part of a Surf Coast-Colac Otway workshop, shaping disability inclusive regional emergency planning, aiming to leave no-one behind.

Surf Coast and Colac Otway Shire Councils combined to host a Country Fire Authority (CFA) forum and 30 attendees included representatives from the CFA, Red Cross, disability providers and advocacy groups and council emergency management and disability inclusion staff.

The forum discussion, led by Professor Michelle Villeneuve of Sydney University's Centre for Disability Research and Policy, helped broaden understanding of existing planning and resources and explored potential development of community disability inclusive disaster risk reduction policies and practice.

The workshop was funded through a program managed by Emergency Management Victoria as part of a Clearing the Path to Disability Inclusive Fire and Emergency Planning project being rolled out in five Victorian municipalities.

As a follow on from the workshop, each council will support the CFA's Emergency Planning Advice Service program.

Surf Coast Shire Deputy Mayor, Councillor Mike Bodsworth, welcomed the workshop collaboration.

"We thank and commend everyone who contributed to this forum, especially those with first-hand experiences of the particular challenges people with disability and their carers can face in times of emergency," Cr Bodsworth said.

"This has helped mobilise a process with such high purpose – building a structure and better understanding around caring for our most vulnerable in times of crisis, and one of the most important outcomes from the workshop was the local networking.

"We look forward to sharing the University of Sydney insights from the workshop with all participants, emergency services and service providers, and continuing the conversation during coming months."

People in Surf Coast and Colac Otway Shires can register with the free CFA Emergency Planning Advice Service during 2023.

The service supports people who live with disability, are older or have a chronic or acute medical conditions by creation of a fire plan.

Consultation is conversation-based, with Red Cross and CFA representatives visiting people in their homes.

People can phone Council on 5261 0600 to learn more.



The Australian Ballet School presents

## Possum Magic the Ballet

in celebration of the 40th anniversary of the classic children's book

Performances: Friday 8 December 7.30pm, Saturday 9th December 1.30pm and 7.30pm

Arts Centre Melbourne, Playhouse Theatre

Tickets go on sale 28 June  
Standard: \$80  
Concession/Child: \$65

Bookings through Arts Centre Melbourne Box Office  
Running Time: 105 minutes (including interval)





Winchelsea Community House

Term 3, 2023



### Basic Barista/Coffee Making Skills

Coffee 101— Learn all the basics in making a superb cup of liquid gold. Gain some hands on experience for hospitality or simply to grow your skills for your coffee machine at home. Café Skills short 4 session course. Participation Certificate on completion.

When: Fridays 28/7, 4/8, 11/8 and 25/8, 10am-12

\$50 for 4 weeks, Winchelsea Shire Hall Kitchen

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

### Sound Healing Sessions

When: Wed 19<sup>th</sup> July, Wed 16<sup>th</sup> Aug & Thur 14<sup>th</sup> Sep

7.30pm-8.30pm, Winchelsea Shire Hall Space

\$40 per session, Bookings now open

Please call Vicki on 0400 149 749

### Painting - All The Basics and More!

When -Thursdays 13th July– 10th Aug 2023 (5 weeks)

1pm-3pm, Winchelsea Community House Star Room

Term 3, 5 classes \$275

A class that progresses through water-based mediums, with a dual focus on subject matter and materials. Try our watercolour pencils combined with watercolours and gouache, while revisiting the colour wheel and colour mixing. Relax into the rhythm, with friendly facilitation. Challenge yourself to a personal project, one you've always promised yourself. Tuition is tailored to individual level and pace, where achievable realistic exercises are set.

Bookings and enquiries now open via email to

[Hinterlandartschool@gmail.com](mailto:Hinterlandartschool@gmail.com)

PH: 0493 479 447

### Singing Group

When: Wednesday afternoons

4.45pm-6.00pm, Winchelsea Shire Hall Space

\$5 per session, Under 16 Free

Re-Commencing: Wednesday 12th July, 2023

Bookings now open via email to

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

### Experienced Tai Chi

When: Friday mornings 9.30am-10.30am

Winchelsea Community House Space

\$100 for 10 week term program

Re-Commencing Friday 14h July, 2023

Bookings now open via email to

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

### Knitting Group

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

When: Thursday mornings, 10.30am-12 noon

Winchelsea Community House

Re-Commencing: Thursday 13th July, 2023

### Chatty Café

When: Friday mornings 10am-12 noon

Winchelsea Shire Hall Space

No bookings required

We will have our Chatty Café Volunteers present to welcome you! A place to sit, relax and chat.

RE-Commencing: Friday 14th July, 2023

### Crochet Group

When: Alternate Saturday afternoons

1.30pm, Winchelsea Community House Space

\$5 per session

Re-Commencing: Saturday 15th July, 2023

### Learn to Spin Classes

Wanting to learn to Spin

When: Thursday mornings, 10.30am-12 noon

Four weeks commencing Thursday 27<sup>th</sup> July, 2023

Winchelsea Community House, \$40 for 4 sessions

Bring your own wheel and a large cloth for the floor, under the wheel. Bring your own wool, carders & combs if you have them. Some wheels may be available but please let us know.

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



# An alarming record!

The planetary average temperature hit 17.23 degrees Celsius on Thursday July 6, surpassing the 17.18C record set on Tuesday and equalled on Wednesday, according to data from the University of Maine's Climate Reanalyzer, a tool that uses satellite data and computer simulations to measure the world's condition.

That average temperature includes measurements from places that are sweltering under dangerous heat — such as Jingxing in China, which checked in at almost 43.3C — and from places where it is merely unusually warm, like Antarctica, where temperatures across much of the continent were as much as 4.5C above normal this week.

Robert Watson, a scientist and former chairman of the UN's Intergovernmental Panel on Climate Change (IPCC), said governments and the private sector "are not truly committed to address climate change".

Nor are citizens, he added.

"They demand cheap energy, cheap food and do not want to pay the true cost of food and energy," Dr Watson said.



The Climate Report

## What is the average temperature of Earth in history?

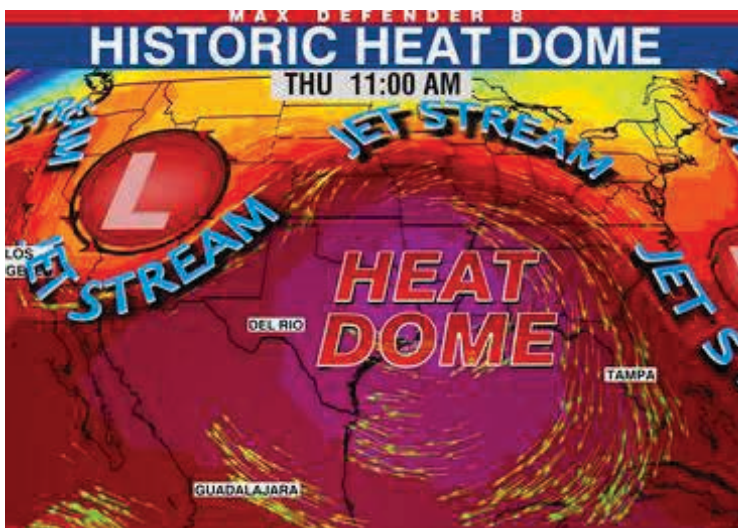
The average global annual temperature hovered around 13.7 °C from the 1880s through the 1910s. During the 1920s to 1940s, temperatures climbed about 0.1 °C each decade. Mean global temperatures then stabilized at roughly 14.0°C until the 1980s

According to an ongoing temperature analysis led by scientists at NASA's Goddard Institute for Space Studies (GISS), the average global temperature on Earth has increased by at least 1.1° Celsius since 1880. The majority of the warming has occurred since 1975, at a rate of roughly 0.15 to 0.20°C per decade.

## Meanwhile –

Australia has been called out for underreporting its annual greenhouse gas pollution by as much as 28 million tonnes by failing to record more than 80 per cent of emissions that leak during coal and gas production, exacerbating the challenge of achieving the government's upgraded climate targets.

The Paris-based International Energy Agency (IEA), which conducts independent analysis of greenhouse emissions using public data including satellite detection, estimates that in 2022 Australia's coal mines were responsible for about 81 per cent more fugitive methane emissions than official statistics show, while oil and gas production generated 92 per cent more.



## The UN Secretary-General António Guterres warned Countries must phase out coal and other fossil fuels to avert climate "catastrophe"

"We are hurtling towards disaster, eyes wide open", he said. **"It's time to wake up and step up."**

Mr. Guterres was speaking to journalists at UN Headquarters following a meeting with civil society climate leaders from across the world.

He said limiting global temperature rise to 1.5 degrees Celsius is still possible however, current policies will lead to a 2.8°C temperature rise by the end of the century, which "spells catastrophe".

He called for immediate global action toward net-zero emissions, which "must start with the **polluted heart of the climate crisis: the fossil fuel industry.**"

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# NATIONAL DIABETES WEEK

This week is National Diabetes Week, 9th – 15th July 2023. Diabetes Australia have announced they are kick starting the conversation about the impact of diabetes in this country. A conversation to create change and to create hope for the future! This week we have asked Hesse's Diabetes Educator to provide some background on diabetes in Australia, some tips for preventing and also managing diabetes and how you can access support today.

Diabetes is a condition where there is too much glucose (sugars) in the blood. The body usually makes its own insulin which helps to convert glucose into energy for the body. Someone who has diabetes has not enough insulin to do this, so their blood sugar levels become too high.

There are three types of diabetes. Type 1 Diabetes is an auto immune disease, where people produce no insulin at all. Subsequently individuals with Type 1 Diabetes need to be supplemented with insulin for the rest of their life.

Type 2 Diabetes is the most common form of diabetes. Usually the pancreas continues to produce some insulin, but the quantity is generally not enough. People with type 2 diabetes may be managed with diet, medication and insulin.

Gestational Diabetes occurs only during pregnancy, due to the extra stress on the body during this time and the mother having the genetic makeup susceptible to diabetes. It may be managed by diet or both insulin and diet.

## What can we do to prevent the development of Type 2 or Gestational Diabetes?

Preventing diabetes involves living a healthy lifestyle that includes a healthy diet, exercise and lifestyle choices. Hesse's Diabetes Educator recommends that everyone should try to include 5 vegetables, 2 fruits, a variety of grains & cereal, lean protein and low fat dairy foods. 30 minutes of exercise a day, adequate sleep and consuming water as your main beverage is also recommended as part of a healthy lifestyle.

## What can we do to manage diabetes?

The most important part of managing diabetes is to focus on keeping the blood glucose level (BGL) below 8 mmol/lit. This can be achieved through exercise, diet, and also medication.

For more information or assistance with managing your diabetes, book an appointment today with Hesse's Diabetes Educator Raelene. To book, call Hesse Rural Health on 5267 1200.

To continue the conversation around Diabetes in Australia, Raelene is holding Two 'Healthy Eating and Chronic Disease Prevention' talks for our community. Everyone is welcome to come along and learn more about how they can reduce their risk of developing Diabetes.

- July 13th from 11:30am Inverleigh Senior Citizens Centre
- July 19th from 1pm Rokewood Senior Citizens Centre

**LEARN THE EARLY WARNING SIGNS OF TYPE 1 DIABETES.**

**Do you know the 4Ts?**

TIRED THIRSTY THINNER TOILET

Each year, hundreds of people are hospitalised because the early warning signs of type 1 diabetes are missed.

For more information, scan the QR code or visit [diabetesaustralia.com.au](http://diabetesaustralia.com.au)

HESSE RURAL HEALTH | diabetes australia

Hesse's Dietitian Chantelle has provided a diabetic friendly recipe for Cottage Pie. Chantelle can help you with your diet and dietary choices in both preventing and managing diabetes. For an appointment please call Hesse Rural Health on 5267 1200.

## Cottage Pie

Serves 8-10

### Ingredients

- 2 leeks, tender green and white parts, split lengthwise and cut in 1-inch pieces
- 2 onions, diced
- 2 tbsp olive oil
- 1kg lean beef mince
- 2 tbsp minced garlic
- 2 tbsp chilli/tabasco sauce (optional)
- 1 tbsp worcestershire sauce
- 2 800g canned diced tomatoes
- 500g mushrooms, sliced
- 1kg mixed frozen vegetables
- 1kg potatoes peeled
- 50g butter (salt-reduced)
- 100mL milk

### Method

1. In a large pan over med-high heat, add the oil and once it is hot, sauté the onions and leek with a pinch of salt and pepper cooking until translucent.
2. Add the beef mince
3. Stir well to break up any lumps before adding the Worcestershire sauce, chilli/tabasco sauce and garlic.
4. Cook for 5 minutes or until the beef changes colour.
5. Add the canned diced tomatoes, sliced mushrooms and frozen vegetables. Bring to a boil and reduce heat to low and cook, stirring occasionally for 30 minutes or until sauce thickens.
6. While this is cooking, place the potatoes in a large pot and cover with water with a big pinch of salt. Cook over med-high heat for 25-30 minutes or until the potatoes are tender.
7. Mash the cooked potatoes and stir through the butter and milk. Mix well
8. Add the beef and vegetable mix to a large oven-proof dish and top with the mash.
9. Place into the oven at 180C for 25 minutes or until golden brown.



# FREE TRAINING BOOST FOR ASPIRING SWIM INSTRUCTORS

The State Government is making sure more young people can make waves in the aquatics industry, with even more free opportunities in store for aspiring swim instructors.

Minister for Community Sport Ros Spence announced that applications for the Youth Aquatic Accreditation Program have been extended until 31 May 2024. 16-year-olds are now also eligible to participate in the program and it will now also offer the opportunity to learn to teach people with a disability how to swim.

This program creates more jobs for young people and paves an important pathway to a rewarding career – boosting opportunities for students and supporting sector growth.

*“This program is a great launch pad to the creation of long-term career opportunities for young people with the passion to influence individual and community health and wellbeing for Victorians.”*

Aquatics Recreation Victoria CEO  
Kathy Parton

They also include up to \$195 per teacher for renewal of Swimming and Water Safety Teacher licences, with the addition of up to \$285 per teacher toward Participants with a Disability During Aquatic Activities courses.

These grants provide an important entry point for swim instructors to begin or continue their career in the aquatic sector, helping Victorians of all ages learn vital water safety skills and survival knowledge. The program is part of a wider range of Labor Government initiatives to ensure more Victorians get the chance to learn swimming basics.

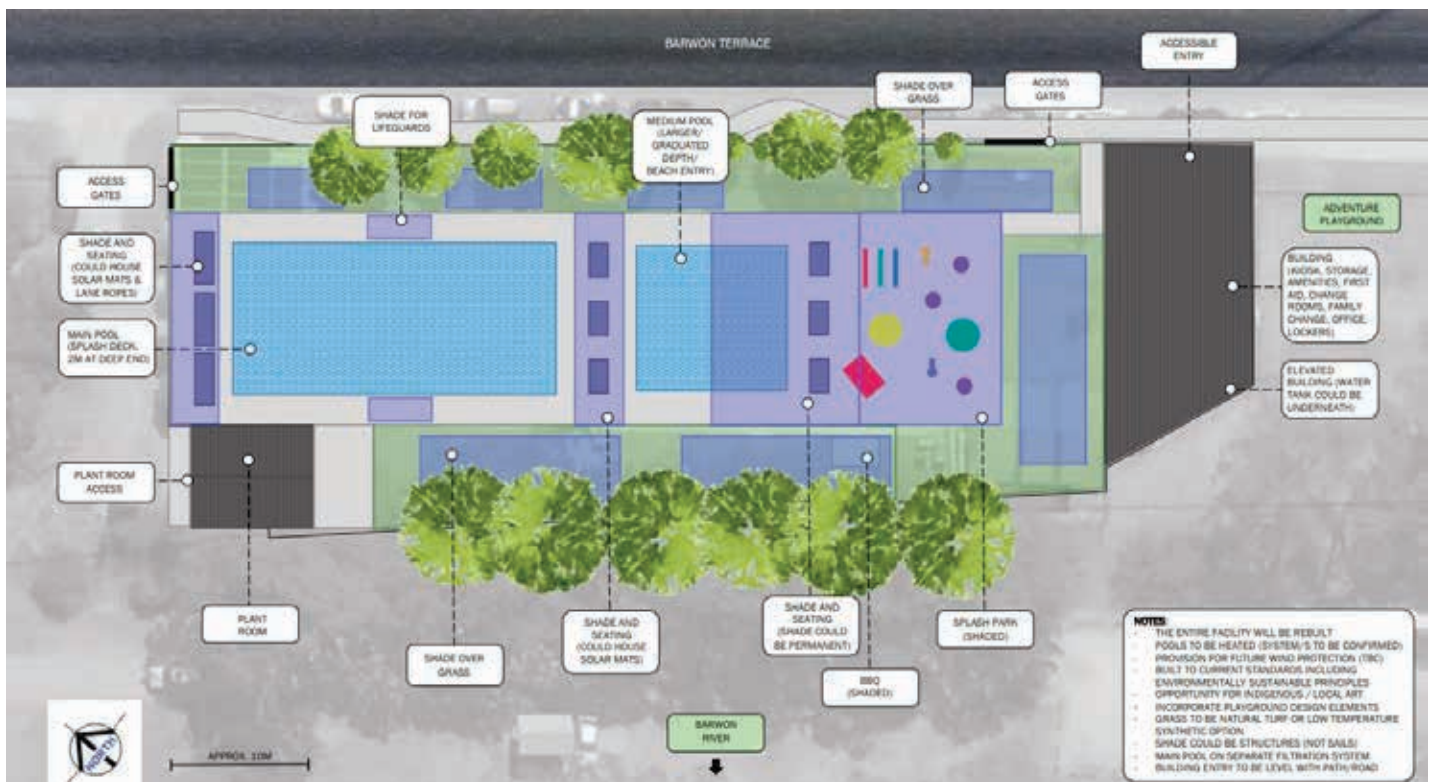
Other initiatives include the VICSWIM Summer Kidz Program and the Get Active Kids Voucher program which help to lower the barriers to participation and make swimming lessons more accessible to all Victorians.

The Government is also investing \$55.2 million to support swim and water safety education programs in schools.

Aspiring young swim instructors can get involved by approaching participating aquatic centres that have received funding under the Youth Aquatic Accreditation Program.

For more information, including the list of successful recipients and links to videos visit [sport.vic.gov.au](http://sport.vic.gov.au)

*Editor: Sadly our Winchelsea pool will be out of action for the 2023-24 summer season to allow the entire facility to be rebuilt BUT it will have heated pools and a new splash park when it is finished! See plans below.*





# Winchelsea Churches



## Winchelsea Uniting Church

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

## St John's Catholic Church

July Mass times: 5pm.  
July 1, 8, 15, 22, 29  
Harding St, Winchelsea 3241  
Father Joseph Panackal  
0404598558

## St Thomas' Anglican Church

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



## Thought for the Week

"For my thoughts are not your thoughts, nor are your ways my ways." Says the lord.  
For as the heavens are higher than the earth, So are my ways higher than your ways, and my thoughts than your thought.

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

## DELIVERING PRIORITY CARE AND EASING PRESSURE ON EMERGENCY DEPARTMENTS

The Victorian Government's Priority Primary Care Centres (PPCCs) are directly taking pressure off our busy emergency departments – with more than 100,000 Victorians getting the urgent care they need since they launched late last year.

Accepting walk-ins and bookings, PPCCs are staffed by a highly qualified team of GPs and nurses who can treat a range of conditions that require urgent attention but not a hospital-led response, like mild cuts, burns and infections.

Data from the PPCCs show that lacerations and infections such as respiratory illness, tonsillitis and urinary tract infections are the most common presentations – conditions that do not necessarily require emergency care.

Close to half of the patients attending a PPCC have done so after hours, helping thousands of Victorians avoid waiting for a GP appointment the next day or visiting an emergency department.

PPCCs are free to all Victorians, with or without a Medicare card – with most clinics accepting both walk-ins and pre-booked appointments.

Editor:

The closest to Winchelsea is Geelong PPCC, Eastbrooke Health Hub, 75 Roslyn Road, Belmont

Phone: (03) 4206 7366

Website: [eastbrookemedical.com.au/geelong-priority-primary-care-centre](http://eastbrookemedical.com.au/geelong-priority-primary-care-centre)

# Did You Know

Australian Bureau of Statistics 2021

## For the Winchelsea Ward;

**People**  
**6,614**

**Families**  
**1,871**

**Private Dwellings**  
**2,730**  
**(around 10% unoccupied)**

**Median Rent**  
**\$300**  
**(State: \$370)**  
**(Country: \$375)**

**Median Age**  
**43**  
**(State: 38)**  
**(Country: 38)**

**1 or more Long-term  
Health Condition**  
**About 30%**  
**(State: slightly less)**



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## COVID - 19

In the past three months, 3,673 COVID patients were hospitalised in Victoria.

Of Victorians aged 18 and over, 19 per cent have recorded a vaccination or COVID diagnosis in the past six months. This means 4.2 million Victorians are eligible for a 2023 booster dose.

Of Victorians aged 65 and over, almost 50 per cent have recorded a vaccination or COVID diagnosis in the past six months. Of Victorians aged 50 to 64, 21 per cent have recorded a vaccination or COVID diagnosis in the past six months.

A total of 51 COVID-related deaths were reported to the department in the past week.

The total number of reported COVID-related deaths in Victoria since the pandemic began is 8,150.

### Steps to protect yourself and others

Protecting yourself from getting infected is the best way to protect yourself and the community. If you don't get Covid, you can't spread Covid.

These six steps can help you stay ahead of Covid:

- **Wear a mask:** a high-quality and well-fitted mask can protect you and others from the virus.
- **Get your 2023 booster:** new bivalent vaccines targeting Omicron variants are available at your GP or local pharmacy. To find out if you're eligible for your next booster, visit the Coronavirus website. Flu vaccines are also now available.
- **Let fresh air in:** open windows and doors when you can – it reduces the spread of the virus.
- **Get tested:** if you have symptoms,

take a rapid antigen test.

- **Stay at home:** if you have Covid, you should stay at home for at least five days and until you have no symptoms.
- **Talk to your doctor:** if you are at risk of falling very sick, you may be eligible for Covid and influenza medicines – and early testing and diagnosis are important. With expanded criteria, more people are now eligible for COVID medicines.

### 2023 boosters

Eligible Victorians who have not had a Covid vaccination or confirmed infection in the past six months can now receive their 2023 booster. This is irrespective of how many prior doses a person has received. Vaccination continues to provide the best protection against becoming severely unwell or dying from Covid.

For those not infected or vaccinated in the past six months, a 2023 booster is recommended for:

- All adults aged 65 years and over
- Adults 18-64 years who have medical comorbidities or disability with significant or complex health needs.

For those not infected or vaccinated in the past six months, a 2023 booster should be considered for:

- Adults 18-64 with no risk factors for severe Covid
- Children and adolescents aged 5-17 who have medical comorbidities or disability with significant or complex health needs.

Victorians are encouraged to book a free booster appointment through their local GP or pharmacy. You can find your nearest vaccination provider through the Health Direct Service Finder.

### RATs available through local councils

All Victorians are eligible to pick up two free packets of rapid antigen tests (RATs) through their local council.

Individuals can collect up to two packets for themselves plus up to two packets for each household member per visit, while people with a disability or their carer can collect up to four packets of tests.

Testing, especially with any compatible Covid symptoms, is critical to help with early detection and to protect others. It also allows for appropriate care and timely treatment.

### Antivirals and other medicines

Oral antiviral medications remain highly effective against all currently circulating Covid subvariants to reduce severe disease and prevent death.

From 1 April, people aged 60-69 with one additional risk factor for developing severe disease are eligible for antiviral treatments.

To access these medications, you need a prescription from an authorised prescriber, such as a medical practitioner or nurse practitioner. You do not need to register your RAT result to get a prescription.

Early testing for Covid and diagnosis are essential to access Covid medicines. For most Covid medicines to work best, you must take it within five days of getting sick – the earlier the better.

Information on eligibility can be found at the Coronavirus website.



# Winchelsea Star

## COMMUNITY Noticeboard

### FREE ADS

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

### FREE TO A GOOD HOME

1 PIANOLA with approximately 150 rolls of music. Need to get relocated as to close off deceased estate. Contact Jeanette 0409418766 or John 0438396492

### TEXTILE EXHIBITION 15/16 and 22/23 July 2023

Winchelsea Shire Hall will be hosting a Textile Exhibition in July. It will be open from 10am-2pm. Make sure you come and view the wonderful work being displayed.

### OP SHOP

#### CHANGE IN HOURS

Please note the Op Shop will be closed on Mondays during July.

No sales or donations taken on these days.

#### FORTHCOMING SALE:

Half price on linen items

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### POSITION WANTED

Local mum seeks casual position as companion for elderly lady or as house sitter, pet sitter, horse care etc.  
Ph: 52 672 987.

## DETECTION DOG SQUAD DISCOVERS RARE CHUBBY CHEEK RODENT

A new population of rare, native rodent has been unexpectedly discovered by Zoos Victoria's Wildlife Detection Dog Squad in the Coranderrk Bushland next to Healesville Sanctuary.

Acting Minister for Environment Lily D'Ambrosio today announced the significant discovery of the previously unrecorded Broad-toothed Rat population was made by Detection Dog, Moss, and confirmed by Zoos Victoria's threatened species biologists.

Moss, a four-year-old Labrador, was participating in a blank area search without a target species when he alerted his trainer to grass filled and bright green animal scat. Scientists confirmed the scat was from the native Broad-toothed Rat, which is distinguished by its fluffy fur, short tail and chubby cheeks.

As part of Zoos Victoria's work to protect the precious rodents, Moss had been in training for the past two years to detect the smell of Broad-toothed Rat scat.

Researchers at Healesville Sanctuary recently conducted follow-up surveys in the grassy Coranderrk Bushland and

found three Broad-toothed Rats. The species is largely nocturnal, notoriously shy, and difficult to detect on cameras, so had remained hidden from researchers during previous surveys of the area.

The discovery is significant because the population lives within a predator-free, fenced area, which will be important for the future conservation of the species. In July last year, Zoos Victoria and Parks Victoria rediscovered Broad-toothed Rats at Wilson's Promontory for the first time in more than three decades.

Broad-toothed Rats have been declining due to predation by cats and foxes, habitat destruction, fragmentation, bushfires and climate change. In Victoria, the species has been lost from more than 50 per cent of the areas in which they were previously found before 1990, and populations were significantly affected by the recent fires.

Zoos Victoria is committed to fighting the extinction of 27 local threatened species and a further eight watch list species, including the Broad-toothed Rat. Financial support for this conservation work includes donations to Zoos Victoria's Bushfire Emergency Wildlife Fund and generous philanthropic contributions.







## RSPCA VICTORIA SEIZES 29 DOGS AND PUPPIES FROM HORRIBLE CONDITIONS

RSPCA Victoria's Major Investigations Team executed a warrant and seized 29 dogs and puppies from a Macedon Ranges Shire property on Monday following a tip off.

The seizure is the latest development in an ongoing major investigation into a network of alleged illegal dog breeding.

Inspectors attended the rural property, with assistance from Officers from the Macedon Ranges Shire Council on Monday and seized 29 dogs for animal welfare concerns under a Prevention of Cruelty to Animals Act 1986 warrant.

The warrant was executed as part of an ongoing investigation into an alleged illegal puppy breeding operation with serious animal welfare concerns and is suspected to be connected with two similar seizures in other areas.

Speaking about the seizure RSPCA Victoria's Major Investigations Team Senior Inspector Shannon Walsh said the animals were housed in unsanitary and unsafe conditions.

"The animals were found in horrible conditions at the property and we're now providing care and treatment to the animals while we investigate further," Senior Inspector Walsh said.

"RSPCA Victoria remains committed to ending the practice of illegal animal breeding, rearing, and selling in Victoria."

Among the breeds seized were Labradors, Golden Retrievers, Corgis, Poodle, Poodle crosses and Schnauzer.

Charges have not yet been laid while investigations are ongoing.

RSPCA Victoria's Inspectorate has brought more than 100 dogs into the Burwood Shelter in the last two weeks through seizures or surrenders, with more expected over the coming weeks.

In Victoria, dogs and cats must be sold from a registered domestic animal business, a private residence, or a place

where an animal sale permit is in place. It is an offence under the Domestic Animals Act 1994 to sell animals in public places such as parks, roadsides, and car parks in Victoria.

Offences under the DAA carry a penalty of 164 units for individuals, equating to \$31,538.84. Offences under the Prevention of Cruelty to Animals Act 1986 carry a penalty of 250 penalty units, equating to \$48,077.50 or imprisonment for 12 months.

Anyone with concerns for the welfare of an animal is encouraged to contact RSPCA Victoria on 9224 2222 or submit a report at [rspcavic.org/cruelty-report](http://rspcavic.org/cruelty-report) immediately.

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# THE FUTURE OF THE LOWER MOORABOOL RIVER AND LOWER BARWON RIVER CORRIDOR



## Share your thoughts on the Kitjarra-dja-bul Bullarto langi-ut Masterplan

On behalf of our project partners, the Corangamite Catchment Management Authority (CMA) has developed a draft masterplan for the lower Moorabool River and lower Barwon River (Parwan) corridor stretching from near Meredith in the north to the Barwon Heads Estuary in the south.

This project's name, Kitjarra-dja-bul Bullarto langi-ut, was provided by Wadawurrung Traditional Owners and translates to "places of many stories."

The draft masterplan presents a long-term vision for the river corridor including a program of infrastructure, environmental and cultural projects to further connect the community to the corridor, while protecting and enhancing the environmental and cultural assets. The draft masterplan proposes new public open space in growth areas along the river corridor and a number of new and extended walking/cycling trails to provide greater access and improved river experience. The plan also proposes actions to improve the on-water experience providing greater boating facilities and access.

The draft masterplan presents the vision for the river corridor based on engagement with a large range of stakeholders including the project partners, the Wadawurrung Traditional Owners, and the general community (through a community survey undertaken in September 2022).

The draft masterplan is now available for public viewing and consultation for a period of four weeks until 9am 14 August 2023 via <https://engage.vic.gov.au/kitjarra-dja-bul-bullarto-langi-ut-masterplan>.

Drop-in sessions are also available to allow the community to speak directly to the project team about the masterplan:

- Tue 1 August, 5:30pm to 7:30pm, Bannockburn Cultural Centre, 27 High St, Bannockburn
- Wed 2 August: 5:30pm to 7:30pm Armstrong Creek Cultural Hub, 46 Central Bvd, Armstrong Creek
- Wed 9 August June, 5:30pm to 7:30pm, Nyaal meeting room (Level 2), Geelong Regional Library, 51 Little Malop Street, Geelong

**Kitjarra-dja-bul Bullarto langi-ut** is an initiative to connect people to the lower Moorabool and

lower Barwon River corridor by supporting appropriate opportunities for public access, recreation, commerce, and education while enhancing the area's unique cultural and environmental values. The project area encompasses an extensive corridor of yaluk/riverine tract on Wadawurrung Country, including the internationally recognised Lake Connewarre (Kunuwarre) wetlands and the Barwon River (Parwan) estuary.

The vision for Kitjarra-dja-bul Bullarto langi-ut is for a well-connected, diverse, and healthy waterway landscape, that balances recreation, conservation, and respect of place and culture, that also provides for everyday enjoyment of nature, community, liveability, and wellbeing.

The Corangamite CMA is leading the project on behalf of the following project partners:

Wadawurrung Traditional Owner Aboriginal Corporation, Barwon Coast Committee of Management, Barwon Water, City of Greater Geelong, G21

Region Alliance, Golden Plains Shire, Parks Victoria, Tourism Greater Geelong and Bellarine, and the Victorian Government (through the Department of Energy, Environment and Climate Action, Department of Families, Fairness and Housing, and the Department of Jobs, Skills, Industry and Regions).

*\*The masterplan is funded by the Victorian Government through the Rivers of the Barwon (Barre Warre Yulluk) Action Plan.*

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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).

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## WINCHELSEA HEALTH CLUB COMPLETES 80,000 PUSH UPS FOR MENTAL HEALTH AWARENESS

The Winchelsea Health Club has been recognised as one of the top five health and fitness teams in Victoria to complete this year's Push-Up Challenge in support of Lifeline.

The team of 29 members and trainers were left with very sore arms and a lot of pride after achieving a massive combined effort of 80,631 push-ups in 23 days. That placed them fifth in the leaderboard for Victorian health and fitness clubs competing in the challenge.

For their efforts, the team raised \$2,690 for Lifeline Geelong, making them the 10th biggest fundraisers in their category for the state.

"I think we were all motivated knowing that it was going towards helping local people," said Darren Burgess, the Health and Wellness Team Leader at Winchelsea Health Club.

"It wasn't easy. We started off doing 75 push ups on the first day and by the end, we were averaging around 220. One of our teammates couldn't do five push ups on her toes when we started but she was easily doing 20 by the end of the month.

"It was a great personal challenge while also being a way to give back to the community."



All participants in the Push-Up Challenge were tasked with completing 3,144 push-ups across the first 23 days of June, putting the spotlight on the tragic number of lives lost to suicide in Australia in 2021.

"I want to congratulate the members of the Winchelsea Health Club on their incredible achievement and thank them for raising both money and awareness on the importance of mental health services," said Surf Coast Shire Councillor Adrian Schonfelder.

"I hope they've all treated themselves to a good long soak in the bath afterwards!"

The Push-Up Challenge has raised just under \$15 million for mental health services this year, with more than 314 million push-ups being completed nation-wide.

## NAIDOC WEEK EVENT AT WINCHELSEA SHIRE HALL



The exhibition will continue until Tuesday 11 July, between 10am and 4pm.

Pictured is Council's Arts Development Officer Harriet Gaffney, CEO Robyn Seymour, Dr Jenny Murray-Jones and Deputy Mayor Cr Mike Bodsworth.

Yorta Yorta/Baraparapa artist Dr Jenny Murray-Jones opened her exhibition — For Our Elders: Beyond the Voids in Colonial History — as part of NAIDOC Week celebrations at Winchelsea Shire Hall.

Jenny spoke of her PhD work, exploring the hidden histories of place and the impact of successive government policies on her family.





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# Blues News

Janet Fletcher

## ROUND 12

Last weekend the W.F.N.C. travelled in to the home ground of the Belmont Lions shaping up what could have been a real danger game for the Blues. The Lions season has been sporadic and have caused the odd upset along their way, recently having beaten highly fancied Bell Post Hill, so the Blues were wary of both Seniors and Reserves teams.

Mention must be made of the weather situation with the gale force winds in at Belmont making the kicking aspect of the game almost comical at times as the ball was caught by the howling gale and on occasions curled backwards to the direction from where it came from, balls being kicked out of bounds on the full and plenty of missed goal opportunities, creating some very amusing comments from the relatively few spectators.

### RESERVES:

**Winchelsea Blues 6.10.46 defeated Belmont Lions 3.3.21**

The Reserves chalked up another solid win last Saturday basically making the most of the scoring shots presented to them during the game. Belmont couldn't convert in the gale force conditions on their home ground and it's a credit to the Blues that they were able to adapt the better of the 2 sides and come away with the 4 points. The Blues led all match and held their opposition scoreless in the last quarter. The

Reserves will now focus on next week as Bell Post Hill will present some real opposition.

### GOALS:

**Tom Henry 3, Robbie Gleeson 2, and Josh Freeman 1.**

### BEST:

**Aden Bateman, Dustin Baker, Tom Henry, Zedakai Copland, Matt Gillespie, Jack Todd.**

### SENIORS:

**Winchelsea Blues 11.10.76 defeated Belmont Lions 7.8.50**

The Blues kicked with the atrocious wind in the opening quarter to open up a lead of 4.2.26 to 1.5.11. The Lions of course had the advantage in the second quarter but in a very scrappy affair couldn't make up the lead the Blues had created going in at half time 3.6.24 to the Blues 5.4.34.

Belmont didn't let the Blues have it all their own way and at several times during the match looked as if they could take control but each time they made a charge the Blues were good enough to withstand what was being thrown at them. Winchelsea were good enough to hold on in the terribly windy conditions and the final siren couldn't have come soon enough, it was tough going out on the footy field last Saturday.

### GOALS:

**Leigh Ellis 3, Lachie Kendall 3, Brayden O'Hanlon 3, Jai Perry 1, Tavae Sauni 1.**

### BEST:

**Michael Bourdouvalis, Lachie Kendall, Fin Parish, Caleb Brown, Jai Perry, Riley Berg**

Round 13 sees the Winchelsea Blues on the road again out to Myers Reserve to play Bell Post Hill. Always hard to beat on their home ground the Senior Blues brought home the 4 points last season when the two teams met at Myers Reserve. There are a couple of injury niggles from last week, hopefully they have been able to have been managed over the week at training.

### JUNIOR FOOTBALL:

The Under 10 side continues to train and play well – not even the very cold and wet conditions could dampen their enthusiasm, the Saturday morning match was finished off with a BBQ and drinks with the Junior Parents proving a dab hand with the BBQ activities.

Well done everyone!!

There have been requests by opposition Clubs over the next couple of weeks to rearrange times/days which the Winchelsea Blues have been happy to comply with, thank you everyone!

Lachie and Byron will have the details for you.

**GO BLUES!**


### BLUE'S BISTRO:

Curried Sausages are back by popular demand  
Chicken Kievs  
Flathead Tails

Dessert to be announced, ice cream and choice of strawberry, chocolate and caramel toppings as usual.

Looking forward to seeing all of our regulars Thursday Night, and any newcomers as well, as we approach the remaining Winter months. Keep well and keep warm everyone !





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