

Winchelsea Star

Price \$1

Your Weekly Community Newspaper

Since 1977

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winchelseastar.org.au



2025

Happy New Year to all our readers, advertisers and content providers!

We wish you the best for the coming year. As a community newspaper powered by volunteers, THANKYOU for your support over 2024, and we look forward to continuing to keep the Winchelsea region and beyond informed and aware of our local news - as provided by the community.

INSIDE:

- Christmas celebrations for the School, Carols, Craft Ladies and Senior Citizens
- parkrun 45 & Bowls Club
- Cadel Evans race coming up, pool safety, and your feedback to Shire wanted
- Your local suppliers and businesses

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OUR BIG CHRISTMAS LUNCH

Winchelsea
Primary School



Winchelsea
Primary School



Your Input REALLY Needed

by Tony Phelps, Councillor for Winchelsea Ward, Surf Coast Shire

For another couple of weeks, Surf Coast Shire is gathering feedback, ideas, suggestions and directions to feed into the mandatory 4-year Council Plan that must be developed and published by October this year. I want to see more Winchelsea Ward contributions.

For now, we are running under the previous Council's 4-year Plan. State Government make Council Plans a requirement, including consultation with the various stakeholders and interested parties - in particular and especially the ratepayers of the Shire.

This 4-year Plan is no shelfware that is set and filed. It guides the strategies, directions, and decisions of the 9 Councillors. Obviously every issue and decision is considered on its own merits, but the Council Plan very much helps to shape where things go because it is based on what the community at large has said matters.

At various points, progress towards the priorities identified in the Council Plan are assessed and reported on - to you and to State Government.

The Council Plan is one of a suite of plans that State Government have decided have to be put together, maintained, and followed.

4 years is a long time. Now is the time for you to chip in with your own thoughts about what is important at the local government level, and now is the time for you to say what you think should change.

Our current Council Plan is available at surfcoast.vic.gov.au/About-us/Council/Policies-plans-strategies-and-reports/Council-Plan.

It consists of the following Themes, each with its own strategies to achieve it;

- 1. First Nations Reconciliation**
- Reconciliation with Traditional Owners and other Aboriginal and Torres Strait Islander people in our community through respectful engagement, acknowledgement and collaboration

- 2. A Healthy Connected Community**
- foster a thriving, connected, healthy community
- 3. Environmental Leadership**
- Protect our environment and help our community to thrive through environmental leadership
- 4. Sustainable Growth** - Growth is not at the expense of environmental values or the unique heritage and character of our townships
- 5. Robust and Diverse Economy**
- Our economy is sustainable and supports a diversity of local enterprises and people
- 6. Arts and Creativity** - Acknowledge the value of arts and creativity and nurture their growth
- 7. Accountable and Viable Council**
- Council has financial capacity to deliver services now and into the future and decision making is informed by community views.

So - over to you! What matters? What do YOU want to change, add, take off? See below for a link to a survey - there's a survey for individuals, a survey for under 16's and a survey for organisations. Be sure to add your voice for hinterland perspectives.



What matters most to you?

Your feedback will help shape Surf Coast Shire Council's strategic priorities for the next four years. Together, it's our focus, our future.

We'd love to hear from you.
Have your say by taking our survey at surfcoast.vic.gov.au/OurFocusOurFuture.
Survey closes 3 February 2025.

Help shape where you live.



**OUR FOCUS
OUR FUTURE**



Racv Urges Victorians To Prioritise Safety This Summer

RACV is encouraging Victorians to be safe on the roads and secure their homes this summer.

RACV Head of Policy James Williams, said: "According to Australian Sleep Health Foundation, driving after 17 hours without sleep can be the same as driving with a blood alcohol level of around 0.05 per cent. To avoid fatigue, make sure you are well rested before embarking on a long trip, share the driving with another person if possible and plan to stop for 15 minutes every two hours."

RACV recommends packing an emergency roadside kit, checking your car insurance and emergency roadside assistance plan and doing a car safety checklist.

"It's also important to check the Fire Danger Rating on the VicEmergency app for both your destination and the route you're travelling on and follow advice from VicEmergency – for example, grassfires can move at speeds of up to 25 kilometres per hour, jump highways and be a very serious threat to motorists," Mr Williams said.

RACV also encourages Victorians to think about how they can keep their home safe while they are away.

"There's a number of things you can do to make your home safer during the holidays, particularly if you are travelling. Keep valuables locked away and out of sight and get to know your neighbours and tell them about your travel plans." Mr Williams said.



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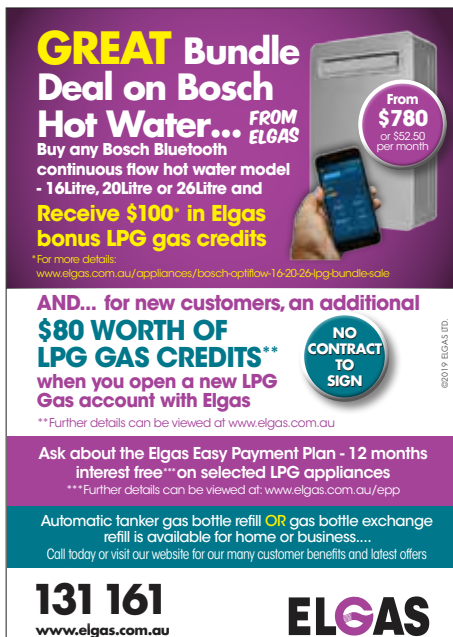
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11 January 2025

Trebeck Reserve, Winchelsea

54 participants completed the course through Trebeck Reserve this week. 2 people achieved a new Personal Best time. Congratulations to Brook Pay and Mark James.

We had one visitors from Portarlington, Bendigo, Studley Park, Echuca and London.

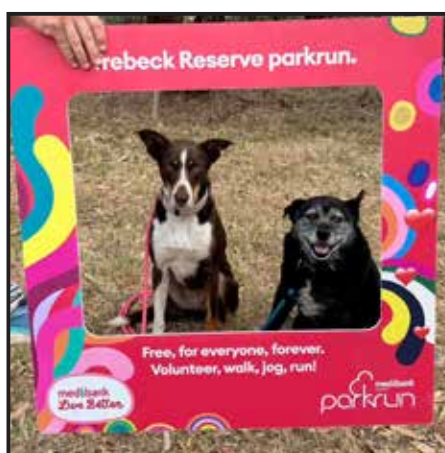
This event was made possible by the following volunteers:
Angela Hurren * Kate McInnes * Helen Woodall * Ann Morsby
* David Woodall * Don Smith * Andrew Middleton * Jess Middleton * Murray Bennett

Special thanks to Andrew and Jess who were visiting and volunteered to do the visitor welcome and photography.

Further details of this week's results can be found at trebeckreserveparkrun.com.au/results

Please check out our Facebook page for today's photos and further information.

See facebook.com/profile.php?id=61556785364477



**FREE
ADS**

Winchelsea Star COMMUNITY NOTICEBOARD

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

WINCHELSEA OP SHOP

Winchelsea Op Shop will be closing
accepting donations after Saturday
November 30th.
We will be closing for our Xmas break
from Monday 16 December and
re opening on Friday January 3 when
we will start to accept donations again.

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Marie McPadden – 0409330147 or
mcpadden630@bigpond.com

WINCHELSEA GIRL GUIDES

Are you interested in joining an
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Winchelsea Guides are seeking female
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well as providing fun and friendship.

Phone Yvonne 0448 672630

Diamond Dot Has Returned For 2025

Senior Citizens rooms, Harding Street,
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\$5.00 Entry, Afternoon tea supplied
New stock available for sale
See you there



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New players always welcome

Elaine Atkinson 0458 009 616

Winchelsea Community Foodbank

Fridays, 12 - 2PM

30-32 Hesse Street Winchelsea



Winchelsea
Community Market

Shire Hall
9am - 1pm



FIRST SUNDAY OF EACH MONTH

- 5 January 2025
- 2 February 2025
- 2 March 2025
- 6 April 2025
- 4 May 2025
- 1 June 2025

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Help Keep Kids Safe Around Residential Pools And Spas

Help keep kids safe around backyard pools and spas this summer – ensure they are equipped with certified safety barriers.

Ambulance Victoria and Life Saving Victoria regional leaders have joined Surf Coast Shire Council amplifying a safety message urging people who have or are planning for a pool or spa to be mindful of their obligations to help protect children around the water.

Concerns about backyard pool and spa safety have escalated with their increased availability from hardware stores and online marketplaces, potentially being sold without guidance for new owners on Victorian Government requirements for barriers.

Royal Life Saving Australia says swimming pools are the leading location for drowning of young children.

Between 2014 and 2024, 92 children aged 4 or younger lost their lives in a swimming pool, with 41 per cent aged just one year.

Drowning risk for young children peaks in summer, with 37 per cent of all deaths

occurring between December and February.

There are more than 2,500 known pools and spas in Surf Coast Shire, and more are regularly being identified.

All spas and pools, including inflatables in place for longer than 72 hours, are required under Victorian law to be registered.

All pool and spa barriers are required to have a building permit issued before installation.

To ensure safety standards are maintained, all pool and spa owners are required by law to have a barrier compliance certificate issued every four years by a private inspector.

Each compliance certificate must be lodged with Council each time it is issued.

Surf Coast Shire Council Mayor Mike Bodsworth: "Regardless of where or how you buy it, having a backyard pool or spa comes with an obligation to help protect lives.

"The Victorian Government regulations are in place for that reason, and the responsibility sits with owners to register their pools and spas with Council and meet the safety barrier requirements.

"Tragic history shows us that carelessness about safety barriers and

gates can cost young lives. We want pool and spa owners to be proud of their safe and certified barriers, and the bottom line remains – always supervise children near water."

Ambulance Victoria Senior Team Manager Andrew Kimberley: "Drowning in home pools often occurs silently and without warning after accidental falls, with children aged under 4 most at risk.

"Always supervise children near water. Ensure your pool fence is secure, with a self-closing, self-latching gate, and learn CPR in case of an emergency."

Life Saving Victoria Manager Lifesaving Operations, West, Isaak Newcombe: "Always actively supervise children around water, 20 seconds is all it might take for a child to drown in as little as a few centimetres of water.

"Keep under-5s within arm's reach, and under-10s within eyesight around water at all times.

"Knowing how to swim isn't enough to prevent your child from drowning – they must also be actively supervised by an adult."

People can find more information about pool registrations and barrier certifications via surfcoast.vic.gov.au/PoolsSpas or phone 5261 0600.



L-R Isaak Newcombe (Life Saving Victoria), Sergeant Brenton Whitson (Torquay Police), Andrew Kimberley (Ambulance Victoria), lifeguard Amelia Belle, Mayor Mike Bodsworth (Surf Coast Shire)





Winchelsea Star Production Meeting

Saturday 25 January 2025

Everyone is invited to come along to a monthly meeting - with coffee of course - on the last Saturday of each month.

Your comments or suggestions, feedback, ideas for stories or coming events are welcome - or simply to say Hi!

Next Winchelsea Star Production Meeting

Saturday 25 January 2025 9 - 10am

@ Sweet Thyme, Winchelsea



This Week's Winchelsea Star

Editor - Cerrie Forgan

Designer - Tony Phelps

send your stories
news@winchelseastar.org.au

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Winchelsea Churches



St John's Catholic Church

Father Joseph Panackal

0404598558

Harding St, Winchelsea 3241

MASS TIMES

6pm Sat. Jan. 4, 11, 18, 25

St Thomas' Anglican Church

Rev'd Phil Jacobson

0477 672 042

stthomaswac@gmail.com

Barwon Tce, Winchelsea

Service 10am

Winchelsea Uniting Church

0475 777 301

uca.winchelsea@gmail.com

Hesse St, Winchelsea 3241

Services 9.30am Sundays

We'd love to see you!

WINCHELSEA PLAYGROUP

Each Thursday during school terms.
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Thought for the Week

"Hatred and bitterness can never cure the disease of fear: only love can do that.

Hatred paralyses life; love releases it. Hatred confuses life; love harmonizes it.

Hatred darkens life; love illumines it. Think about it. Have a lovely week, and a blessed New Year."

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

PayPal Tips for Staying Safe Online

During sales periods, there's often an influx of scam emails or texts from unfamiliar senders. Don't click on links in unverified communications, instead go directly to a store's official website to access deals.

Always be on the lookout for imposters of your favourite brands. If a promotional email starts with "Dear user" or "Hello, customer" rather than with your name, then you should report it as phishing.

Think twice before sharing sensitive information such as your credit card number, password, or even security questions like your first dog's name.

Stop and take stock while browsing online. Scammers often dial up the pressure with "urgent action required" or "limited time offer" messages, hoping that you'll panic and take a risk.

Before hitting the checkout button, stop what you're doing, and focus on the task at hand. It's worth taking the extra moment to limit distractions and check your work – if a deal seems too good to be true, it might be.

Check to see if the website you want to buy from has secure payment methods available, like PayPal.

Christmas Carols a Jolly Success

Words by Elaine Atkinson, Growing Winchelsea. Photos by Jason Nogueira.

With the threat of rain overhead and strong winds blowing the organisers together with many willing helpers had everything set for a great night of entertainment and families and community members were not disappointed.

MC Rob Davies welcomed everyone and introduced our first set of entertainers - the littlies -

Girl Guides, Occasional Care and Mainly Music. There were plenty of photos as proud parents captured the fun moments.

The Colac City Band entertained the crowd followed by Nicholas Ridiculous - that blasted broom moustache just didn't want to behave not to mention the bowler hat creating mischief. There was raucous laughter as the children enjoyed the zany antics and catchy songs - Nic had them mesmerised.

Then a series of singers captured the essence of Christmas kicking off with Abbey Geddes of Monarch Music accompanied by two of her pupils Louis Koehne and Elizabeth Humphries. Families were then entertained by Kingsly Sabado and Rob Davies with Zinaida Campion finishing with an outstanding operatic performance of O Holy Night.

Throughout the evening food vans catered well with the Lions providing a sausage sizzle, Smooth Vibes providing smoothies and vegan food, Pizzas and popcorn from The Topsy Colt with Alex Cunningham preparing coffee and crepes. The Winchelsea Country Women's Association had lots of sweet treats with raised funds going to the school to aid their fundraising efforts.

Guess what - Santa found his way to



the oval with children coming from everywhere to meet Santa.

As dusk started to come, so did the cold with dark threatening clouds passing by just when the community carols were due to start. Many families left, going home with weary children and lots of good memories.

Our thanks go to the Community Bank Winchelsea & District together with Surf Coast Shire who provided grants to support Carols on the Barwon. A big thank you to Jason Nogueira for the photos and to our wonderful MC Rob Davies and planning committee members Judy Staples, Megan Morris and Elaine Atkinson.

In 2025 a Christmas committee will be formed to oversee planning for the return of Winchelsea Christmas Lights, Carols by the Barwon and the introduction of a Christmas Street Party to support our local traders and community market. While you are in the spirit of Christmas contact the Secretary of Growing Winchelsea Elaine Atkinson on 0458009616 or email secretary@growingwinchelsea.com to put your hand up to be part of one of these committees to continue to bring our community together to celebrate the birth of Jesus Christ.





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RACV Warns About Five Common Items Not To Keep In Your Car

RACV has provided information to Victorians about common items often left in cars that could be damaged or pose safety risks.

RACV General Manager Motoring Products Jeff Ames said many drivers are unaware of the risks associated with leaving everyday items in their vehicles.

"RACV is urging all motorists to be mindful of what they store in their cars, especially as the hot weather increases," Mr Ames said.

"Many of these items are often-overlooked hazards and by taking simple precautions, we can significantly reduce the risk of damage to personal property and potential safety issues."

The five common items you shouldn't keep in your car include:

- **Electronic devices:** Smartphones, laptops, and other gadgets with lithium-ion batteries can overheat, potentially leading to fire hazards.
- **Medicine:** Both prescription and over-the-counter medications can become less effective or inactive when exposed to extreme temperatures in parked cars.
- **Aerosol cans:** Deodorants, air fresheners, and other spray cans may explode under pressure in hot vehicles.



- **Sunscreen:** Heat can break down the active ingredients in sunscreen, rendering it ineffective for sun protection.
- **Glasses and sunglasses:** Frames can warp in high temperatures, and lenses left on dashboards may create fire hazards.

Victorian Crime Statistics Agency data also shows a concerning 16 per cent increase in thefts from motor vehicles, with 53,329 reported cases in Victoria for the year ending June 2024, up from 45,984 in the previous year.

"This significant rise in vehicle break-ins is concerning and we strongly advise drivers to remove all valuables and always lock their vehicles to prevent opportunistic theft," Mr Ames said.

RACV recommends that drivers regularly check their vehicles for items that should be removed and stored safely elsewhere.

RACV also emphasised the importance of maintaining a well-stocked car safety emergency kit, car insurance and keeping Emergency Roadside Assistance details on hand in case of emergency. For more information on car safety and security, visit racv.com.au.



Grants to DEVELOP Creative Inspiration

Arts and culture creatives can realise long-held project ambitions and advance careers with the help of Surf Coast Shire Council's DEVELOP grants funding.

The annual DEVELOP program aims to support creative exploration by individuals or groups, allowing successful participants to pursue new directions, ideas and concepts.

Individuals can apply for grants of up to \$3,000, and not-for-profit creative groups can apply for up to \$5,000.

Applications open on 27 January, and Council's Arts Development Team will run a series of information sessions to help people clarify concepts and prepare submissions.

"We know Surf Coast Shire is already one of Australia's creative hotspots but it is important to keep stimulating original and expansive thinking and innovation across the sector," Cr Libby Stapleton said.

"The DEVELOP grants program can help provide impetus for

individuals and groups, maybe providing opportunities for taking creative risks or pursuing unique opportunities.

"We encourage emerging, mid-career and established creatives to consider applying. Working through the submission process can be a great way to help crystallise concepts and ambitions, and we recommend intending applicants attend one of our information sessions and talk to our Arts Development Team."

The information sessions will be:

- Wednesday 29 January, 10am to 11.30am, Lorne Community Connect.
- Wednesday 29 January, 3.30pm to 5pm, Surf Coast Shire Council Civic Building, Torquay
- Thursday 6 February, 10am to 11.30am, Winchelsea former shire hall
- Wednesday 12 February, 2pm to 3pm, online via Teams.

Bookings for the sessions are essential. People can find more information and book via surfcoast.vic.gov.au/DEVELOP



The Climate Report

Judy Cameron

2024 the hottest year on record

2024 was the first calendar year in which Earth exceeded 1.5 degree Celsius above pre-industrial levels, which is one of the targets world leaders agreed to limit warming to in the 2015 Paris Agreement.

THE 1.5C TARGET was chosen because the Intergovernmental Panel on Climate Change (IPCC) indicates that crossing that threshold risks unleashing far more severe climate change impacts, including more frequent and severe droughts, heatwaves, rainfall, and coastal flooding from storm surges.

One of the likely contributors to the extreme weather, according to climate scientists, was the continued presence of extraordinarily hot oceans around the globe.

IN AUSTRALIA hot days and hot nights dominated much of the country this year, despite some severe cold snaps during the winter.

Last year was also the 24th consecutive

year Australia failed to record a mean temperature cooler than normal. Although the overall temperature was just shy of a record, the overnight minimum temperatures were easily the highest in Bureau of Meteorology's 115 years of data.

The biggest contributor to our warming climate is greenhouse gas emissions from the burning of fossil fuels. To stop that trend, our emissions need to not only plateau but reduce.

(In 2023, Australia was called out for underreporting its annual greenhouse gas pollution. 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.)

RENEWABLE ENERGY is doing the bulk of the heavy lifting in reducing the world's emissions. But it's still not quite enough to offset the growing demand for electricity.

Meanwhile as wildfires rage across Los Angeles:

Planet-heating gases from burning oil, coal and gas are making wildfires in California more frequent and dangerous. With several wildfires raging around Los Angeles, 10,000plus buildings destroyed, tens of thousands have evacuated and others are confronting the precarity of where they live.

INSURANCE: For years experts have warned that homeowner insurance could easily collapse. With damages from these still mostly uncontrolled blazes now estimated at up to one hundred and fifty billion dollars.

HEALTH EFFECTS: the smoke billowing into the air carries more than the expected risks of particulate matter and carbon emissions. Urban wildfires, unlike those in remote forests, burn through large areas of neighbourhoods filled with synthetic materials like plastics, rubber, fiberglass and treated asphalt, releasing a cocktail of hazardous chemicals into the air.

Free Driving Lessons

The start of myLearners Free Lesson has been announced, a free 60 minute in-car session designed to help parents confidently guide young drivers.

The session will be delivered by an accredited driving instructor to teach learner drivers essential road safety skills and help supervising drivers gain

the confidence to support their learners to complete their 120 hours.

Victorian learner permit holders aged 16 to 19 – who have completed 10 to 30 hours of driving practice and have a fully licensed supervising driver available to attend the lesson with them – will be eligible to participate.

The course is targeted at young drivers as this cohort is almost four times more likely to be involved in a fatal or serious

injury crash than more experienced drivers in their first year of driving on their Ps.

Registrations for the myLearners Free Lesson are now open. To book your free lesson or learn more about becoming an accredited driving instructor, visit mylearnersdrive.com.au.



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Love Your Body

(name withheld)



I remember when I was little, I was quite chubby and was told that I was fat by another kid. This had contributed to my mental health negatively, as he made out that being fat was a negative thing. Sure, I ate lollies like any other kid, but I couldn't really think why being a little bit chubbier was bad. All bodies are different, I thought.

But I want children to know that being healthy is much more important than your actual weight, as everyone is different. Some people have smaller waists than others, some people have bigger shoulders, wider calves, etc., but everyone is beautiful in their own way despite being fat or skinny, which doesn't matter at all. Hopefully, in the new year 2025, Winchelsea will be more of an inclusive community and a more 'health-conscious' community after reading my article about body positivity. Focusing on your health, whether you're vegetarian, paleo, pescatarian, or any diet you follow at all, we all have different perspectives on health and taking care of ourselves. Whatever it is, being health-conscious and finding what works well for you, learn to accept what you look like and be kind to yourself.

As Winchelsea is a small town, but as our community is growing and evolving, it's important we promote self-love and body acceptance, especially with new mothers in Winchelsea. It's important to acknowledge the importance of body positivity because everyone is different! Some women are naturally chubbier than others. Body positivity empowers mothers in rural settings to prioritize self-care, such as managing stress, anxiety, and being burnt-out. Our community can actively support body positivity and health well-being and already is with programs listed:

- Local fitness programs at the Winchelsea Health Club (group classes as well as the gym)
- The 'Sunny Gym' in Winchelsea & personal training
- Park run in Winchelsea on Saturdays
- Walking & self-care
- Following a healthy diet

Kids doing local sports such as footy, netball

These activities promote self-care. By focusing on self-care and embracing your own appearance, whether it's chubby or skinny, it helps break down stereotypes and stigmas around motherhood or anyone dealing with insecurities and body image, not just mothers. Although mothers play a significant role in shaping their children's self-esteem and body image, by practicing body positivity, mothers can model healthy attitudes and behaviours to our younger demographic here in Winchelsea. The food we eat can either positively affect us or cause us to have health issues. Body positivity is about self-care and taking good care of one's health. No matter what you look like, your worth isn't justified by how skinny you are; rather, it's about creating a healthy environment and taking good care of yourself, prioritising health and being the best person you can be. I wanted to put this in the Star because we have such a good community here in Winchelsea, and want the community to spread kindness and acceptance, especially for a younger demographic. Eating disorders are most common in adolescence (younger people). This needs to change!



Spreading Christmas Cheer with the Winchelsea Senior Citizens

The Winchelsea Community Bank was thrilled to help spread some festive cheer to the Winchelsea Senior Citizens over two wonderful days of Christmas celebrations.

The Christmas joy kicked off with a festive lunch at the Barwon Hotel, where Santa himself made a special appearance. With his bell in hand, he delighted everyone with a warm Ho Ho Ho, plenty of hugs, and a few laughs as many took the chance to sit on Santa's knee. The room was alive with smiles, laughter, and the unmistakable spirit of Christmas.

The celebrations continued at the Winchelsea Senior Citizens Club Rooms, where a very cheeky Santa turned up, much to everyone's delight. With his booming "Ho Ho Ho!" echoing through the halls, he filled the space with laughter and joy, creating memories that will last well into the new year.

These special days were a true reminder of the strength and vibrancy of our local community. It was wonderful to see so many people come together, share in the festivities, and enjoy the connections that make our community so strong.

To anyone looking to join the Winchelsea Senior Citizens, you are warmly invited to get in touch – all are welcome. At the Winchelsea Community Bank, we are so proud to support our community and be part of these special moments that bring people together.

For more information about how we support local initiatives, visit us in branch or get in touch.



Cadel raises the bar ahead of Cadel Road Race

Cycling legend Cadel Evans has made a sweet pit stop on the Surf Coast in the lead-up to this summer's Cadel Evans Great Ocean Road Race (CEGORR).

The Tour de France champion was joined by Surf Coast Shire Council Mayor Mike Bodsworth and Councillor Joel Grist at the Great Ocean Road Chocolaterie and Ice Creamery.

The trio worked with Head Chocolatier Allan Grandjean to create a new flavour for the Cadel Evans Great Ocean Road Race chocolate bar range.

"Cr Grist and I are both cycling enthusiasts," Mayor Bodsworth said. "We were thrilled to play a supporting role as Cadel took the reins on the new chocolate flavour. We quickly discovered his talents extend beyond the bike, as he suggested all the ingredients to come up with a delicious addition to his chocolate bar range."

The new flavour will be launched at the Welcome Wave event on Thursday 30 January 2025. Council hosts the annual event to officially welcome the teams competing in the Cadel Evans Great Ocean Road Race - Women on Saturday 1 February 2025.

The women's peloton will feature on the chocolate bar cover, in artwork by local artist Becca Mitchell.

"It's fantastic that the Cadel Road Race continues its incredible support of equal opportunities in sport, providing the athletes with the recognition they deserve which includes equal prizemoney for the women's and men's races. Being the cover stars of the new chocolate bar is also a nice touch," Mayor Bodsworth said.

The Cadel Evans Great Ocean Road Race starts with the Surf



Coast Classic – Women (29 January) and Surf Coast Classic – Men (30 January). Both are point-to-point races from Lorne to Torquay.

"I encourage locals to get down to the Surf Coast Classic start and finish lines to cheer on the cyclists and add to the electric atmosphere," Mayor Bodsworth said.

"I'm personally excited to watch all of the Cadel Road Race action. It's such an important event for the Surf Coast, cementing our status as a cycling destination and showcasing our region to a global audience.

"It will be a great way to kick off a huge year of cycling, as we also countdown to the UCI Gran Fondo World Championships in Lorne on 19 October. The world titles will be held alongside long-time favourite Amy's Gran Fondo, a memorable recreational ride on a closed Great Ocean Road which helps spread the road safety message."

Stay up to date with local events at surfcoastevents.com.au.

To find out more about the Cadel Evans Great Ocean Road Race – including the Surf Coast Classic and Road Race courses – visit cadelevansgreatoceanroadrace.com.au.



L-R - Mayor Mike Bodsworth, Cadel Evans and his son Aidan, Head Chocolatier Allan Grandjean, and Cr Joel Grist..png



Your Care Path: A Lifeline for Rural and Remote Communities

New program provides holistic support for people with chronic conditions in rural Victoria

By Hesse Rural Health

The start of this year saw a new program, “Your Care Path” being introduced at Hesse Rural Health (Hesse). The program provides essential support to individuals living with chronic conditions or those at risk of developing them, particularly in rural and remote areas. Aiming to improve both health and overall wellbeing, the initiative delivers comprehensive care and encourages sustainable, healthy lifestyle changes.

Hesse in partnership between Colac Area Health and Great Ocean Road Health (lead agency), implemented the program with funding received from the Western Victoria Primary Health Network to serve the Colac, Coast, and Otway areas. This area spans the municipalities of Colac Otway and parts of the Golden Plains and Surf Coast Shires.

The key goal of Your Care Path is to complement—not replace—existing chronic condition management, allowing patients to continue seeing their regular general practitioners while receiving specialized care from a team of health professionals. This approach is designed to support people at all stages of their care journey.

The program offers a holistic model that focuses on person-centred care, early intervention, and evidence-based self-management. One of the most exciting aspects is the formation of multidisciplinary teams that collaborate to provide ongoing care. These teams include a range of Allied Health professionals who work alongside GPs, providing services such as exercise and healthy lifestyle education, as well as individualized treatment plans.

Feedback from participants has been overwhelmingly positive. One participant shared, “It’s a very good program... being with other people is an advantage. It disciplines you to do exercise when you would normally overlook it. It helps give a sense of community... the program helps prioritize exercise in a busy schedule.”

Since the introduction of Your Care Path, Hesse has experienced a notable increase in attendance at its community health centres. The number of Allied Health programs offered has also grown, reflecting the success of this collaborative approach. Many consumers have reported significant



improvements in their health and wellbeing, with increased confidence in managing their conditions. Additionally, participants have expressed feeling more socially connected, which adds to the overall impact of the program.

By combining practical health support with a sense of community, Your Care Path is transforming the way people in rural Victoria manage their chronic health conditions and live healthier, more fulfilling lives. If you believe the Your Care Path program would be beneficial for you or a loved one, please contact Hesse at 03 5267 1200 to learn more.

YOURCAREPATH

Regional Care Partnerships – Chronic Conditions



Winchelsea Craft Ladies Christmas Get Together



A very happy group of ladies meet every Wednesday during school terms at the Winchelsea Community House.

They bring their own projects to work on and have a very happy time sharing morning tea, lunch, projects, ideas,

recipes and enjoy a good old chat together. This group is such a perfect example of how Winch House is able to help people who may be socially isolated or disconnected in their community. Coming together regularly helps our community to keep connected.

On Wednesday 18th December they shared a lovely christmas lunch gathering together with lots of extra chatter and some delicious christmas treats.



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Non-profit community Groups and Pages



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Winchelsea FREE	facebook.com/groups/winchelseafree
Winchelsea Community Information	facebook.com/groups/207538644446972
Winchelsea Classifieds 3241	facebook.com/groups/216942861684082
Winchelsea Lost and Found	facebook.com/groups/768187693217518
Winchelsea Op Shop	facebook.com/HospitalAuxiliaryOpShopWinchelsea
Winchelsea Shire Hall	facebook.com/WinchelseaShireHall
Winchelsea Community House	facebook.com/winchelseacommunityhouse
Winchelsea Coronavirus Community Support Group	facebook.com/groups/2676957719207927/
The Green Winchelsea Residents	facebook.com/groups/515322772623126
Growing Winchelsea Inc	facebook.com/growingwinch
Winchelsea Star	facebook.com/TheWinchelseaStar
Winchelsea Movie Club	facebook.com/winchelseamovies
Winchelsea Community Market	facebook.com/100083362387611
Winchelsea Land and River Care Group	facebook.com/envirowinchelsea/
Upper Barwon Landcare Network	facebook.com/UpperBarwonLandcare
Winchelsea & District Historical Society Inc	facebook.com/Winchelseaanddistricthistoricalsociety/
Winchelsea Wildlife Shelter	www.winchelseawildlifeshelter.com/
SCARS - Surf Coast Animal Rescue Service	facebook.com/groups/415211698950674
Winchelsea Gardeners	facebook.com/groups/779878518703025
Winchelsea & District Historical Society	facebook.com/Winchelseaanddistricthistoricalsociety/
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**Friday Mornings starting back Feb 7th
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Winchelsea community house

\$10 per session

Crochet Group

Every Second Saturday

1.30pm in the Winchelsea Community Centre

Next Group 25th January

\$5 per class

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Carers Corner

Come along, connect with other carers, have a cuppa and a chat, and share useful resources.

28th February

11.00am – 12 noon

At the Winchelsea Shire Hall
Collection tin for donations.

The Winchelsea Community House aims to provide a space to connect with others in our community through a wide range of programs and activities.

There are many opportunities to learn new skills or further develop existing ones for fun, for your resume or for your confidence and mental health.

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Winchelsea Senior Citizens' Hall



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Storing Hay On Farm

Roger Harrower, Mixed Farming Development Officer

Low rainfall in winter and spring has made it difficult in many areas of the state to make good quality hay this season. However, once it has been made it's important to store it to minimise yield and quality losses and make it efficient to feed or load.

For cropping farmers it's also been a difficult year causing some cereal crops intended for grain production to be cut for hay due to the dry and frosty end to the grain growing season.

By the time the decision is made to turn cereal crops into hay, it can often be too late to make good quality hay. Some areas in the state have had a much wetter end to spring causing hay on the ground to remain damp and take longer to cure before baling.

The optimal storage for hay is under cover with protection from the weather on the side of most common wind direction. Placing a tarp under the haystack can help prevent moisture

spoilage on bottom bales. Square bales are the most efficient to store under cover and to transport due to the weight density.

When storing in the open round bales should be in single rows and not stacked on top of each other. This helps the rain run off the rounded edge rather than get trapped between the top and bottom bale.

Square bales should be stacked with the top 2 bale rows offsetting the 2 rows of bales beneath by half. Square bales stored outside should be tarped or capped to help prevent weather damage.

Proper storage is crucial to maintain the quality of the hay. Hay can lose up to 1 5% of its dry matter weight over one winter when stored poorly in the paddock.

Getting a feed test done on your hay will tell you what sort of quality hay it is, which is important if you want to sell it or feed it to livestock.

Think about using sensors or physical methods to check bale temperatures to reduce the fire risks once stacked.



Visit Feed Central's website for a helpful link on how to take a hay sample: youtu.be/QVopnEOx6ls

Watch this video by the Country Fire Association to learn more: youtu.be/ilyjiB2pqF4

Meat & Livestock Australia has great resources on hay storage and processing on their website: jo.my/haystorage

For more information on managing during drought, visit agriculture.vic.gov.au/dryseasons or call 136 186.

Protect Your Summer Tomato Harvest

Agriculture Victoria is urging gardeners to use insect-proof netting to shield their tomato plants from pests, including Queensland fruit fly, this growing season.

State Fruit Fly Coordinator Cathy Mansfield explained that most tomatoes grown by home gardeners are indeterminate varieties, which continuously flower and set fruit.

"The best time to apply insect-proof netting is after most of the flowers have been pollinated but while the fruit is still small," Ms. Mansfield said.

"This ensures your crop is protected without interfering with pollination."

The same applies for other continuously flowering fruit and vegetables such as eggplants and capsicums.

"Check the netting is secure each time

you harvest your tomatoes, and repair any holes promptly to maintain protection," Ms Mansfield said.

Stings on tomatoes will look like a pin prick on the surface of the fruit, and when cut open you may have maggots inside. If your tomatoes have been

infested with fruit fly make sure you treat by bagging and putting in the sun, microwaving or freezing solid to kill the maggots.

Avoid placing infested fruit in compost, as this can allow fruit fly to emerge and infest future crops.



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Winchelsea Bowls Club

Julie Johnson

This week sees the run to the finals commence with the remaining four games of Mid Week and Saturday Pennant to be played. Although some Divisions are sitting in handy positions at the moment none of them have what could be called a favorable run home, therefore every game is a need to win scenario.

AROUND THE GREEN

Since the final edition of the Star for 2024 some club events have been completed. Congratulations to the Ladies and Men's Club Champions Erin Baulch and Rhys Jeffs. Runners Up were Pip Ward and David Littler. Congratulations to Winchelsea Club 100 Up winner Ray Quigley, runner up Stewart Williams. Erin and Rhys will play in the Champion of Champions Singles commencing on Sunday the 19th of January at Colac.

Yesterday the 11th of January the Annual Open Men's 4's Tournament was played with a full field in uncomfortably warm conditions. The winners of the Charles Stewart/Bendigo Bank event were a mixed team with G. Supple, R. Full, S. Young Eastern Park and S. Logan Winchelsea. Runners Up another mixed team of C. Price, G. Baudinette Ocean Grove, I. Johnson Colac Central, D. Daffy Colac. Congratulations to all players who competed in this popular yearly event and thank you to all sponsors.

Today P. McConachy, R. Walters and I. Holmes are attempting to make it a trifecta in the Stribling Triples Tournament at Lorne after being successful the past two years and we wish them all the best.

Training is once again in full swing and all players are urged to get onto the green and put in some extra work for the remainder of the season, may the bowls be with you!!



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