

Winchelsea Star

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Your Weekly Community Newspaper

Since 1977

Vol 46 Ed 39

Tuesday 10 October 2023

winchelseastar.org.au



Probus Heads To Queenscliff

Photo by Anne of Betty Culton and Ray King at Van Loon's Nursery (more on Page 3)



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Food Relief Working Group
*all are welcome - come along if you're
interested in being a part of this working group*

**Wednesday 11th October,
1-2pm**

Hesse Rural Health,
Community Health Building
8 Gosney Street, Winchelsea



For more information, please contact Hannah
phone: 0417 848 292
email: healthpromotion@hesse.vic.gov.au

**PINK IS THE COLOUR
OF LOVE, OF LIFE,
OF FUN, OF CARE,
WE WEAR.**

YOU'RE INVITED

To help us ensure more families
have the care and support of a
McGrath Breast Care Nurse.

DATE: Saturday 28th October 2023

TIME: 3 to 5pm

LOCATION: Winchelsea Shire Hall

FOR MORE INFORMATION CONTACT:

Colleen 0421210401 or Winchelsea IGA

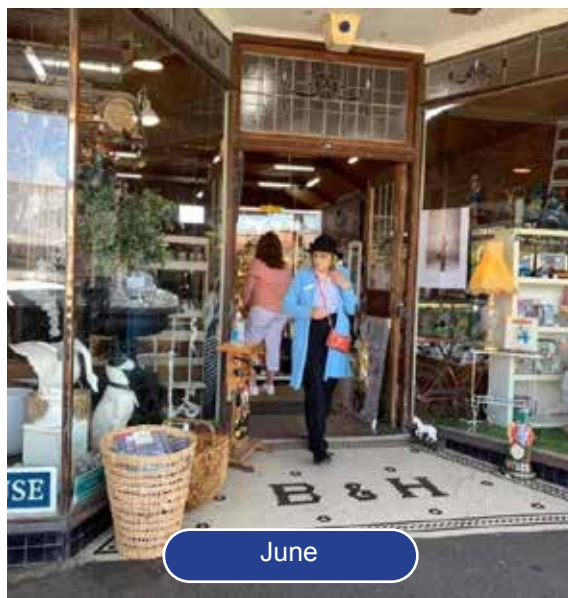


Probus Outing to Queenscliff

Pictures Anne story Linda.

Last week the Probus Club's monthly outing was to Queenscliff and Van Loon's Nursery. What a perfect day, warm and sunny. Our first stop was to the Antiques and Old Wares in the main street of Queenscliff. I always find these places fascinating, all this stuff that you still own similar to or have tried to get rid of over the years. A coffee at a local café or a wander down to the gallery or lolly shop and it was on to Van Loon's.

A very well laid out nursery not to mention the shop full of nic nacs, Christmas decorations already!!! clothing etc. I had a chuckle to myself, if you told someone you had been to Van Loon's Nursery and they asked "what did you buy?" and you could answer "a dress". Silly me.



Lunch under the umbrellas in the courtyard was delicious. Many bought plants, Pat bought a tree so tall it had to travel in the bus instead of underneath like all the others. Isabel's day was made when she met the owner Heidi Martin. I know I have listened to her many times on the radio and wondered what she looked like.

A great day thank you Anne and once again to her delight our driver Jason who also took us to the Shrine.



Anyone interested in joining Probus and coming on these fun and lovely trips please come along to one of our meetings on the first Monday of the month, 10am at the Senior's Rooms or contact me on 0439 817 263.



Yes, Really!

I put up my YES poster on Thursday 14 September.

The morning of Tuesday 19 September I discovered my poster had been vandalised and the middle section containing the word YES was thrown over my fence. I retrieved it.

And my neighbour Renee's poster had been removed altogether. I assume because my poster had been screwed on they couldn't get rid of it quite so easily.



If you want to vote NO - get your own poster. Don't remove, cut out and paint over ours.

Unfortunately if that is the way you handle a different point of view, then I have little respect for your point of view. It seems some of the 'no' behaviour is very aggressive and totally undemocratic.

What are they afraid of?

Depressingly they probably have been influenced by politicians who are behaving equally badly.

Politicians who should know better have been spreading misinformation (I would call it lies) and sowing seeds of fear and doubt.

These same politicians know full well:

The Voice is an ADVISORY body.

How it will be composed? It will be determined by our elected representatives, including those same badly behaved politicians.

The Voice will have no power except to ADVISE. The Parliament will decide whether to accept or reject that advice.

By placing the Voice (an ADVISORY body) in the Constitution it will RECOGNISE that our indigenous people are the FIRST NATIONS PEOPLE of this continent. And by being in the Constitution, the Voice cannot easily be removed as has happened to indigenous advisory bodies many times in the past

All the Voice is asking is that they are listened to. Is that so hard? Really?

And if any of the nobodies who are guilty of this poor behaviour and are reading this article and have managed to stay to this point in my story, I just want to let you know: I have my spray can ready to keep on keeping on spraying YES!

Gen Picot



So I did a quick repair and thought maybe I should protect it with wire in case the culprits returned.

Unfortunately that night they did! I came out from the hall after table tennis and found this. It was dark...



Next morning I found there was more in case I didn't get the message.

My neighbour Renee's had been similarly decorated.



So we got to work and did a quick repair job using our vandals same tools - a spray can!



A City Girl's Take on the Country

By Bunnie Mulqueen

It's safe to assume that adjusting from the city to the country is equally as difficult as adjusting from the country to the city!

Melburnian born and bred, Winchelsea has provided me with a unique set of survival skills that have set me up for the rest of my life.

For instance the need for a large Ute or a practical car with good suspension. Not for towing or other farm duties, but rather to survive the attack of the monster potholes that frequent country roads. Not to mention the stones that rain on the windscreen when situated behind a road train.

Note to self: do make sure said Ute is fitted with a sizeable bull bar. Not for those pesky roos but rather to ensure the cattle get off the driveway and out of your way.

Cattle tend to look at a Suzuki swift as a toy rather than a machine to be reckoned with..... I wonder why.

On the topic of cattle, when picking out calves to purchase one must not look at how fluffy their ears are. Aesthetics are not conducive to breeding performance.

Dissimilarly, aesthetics certainly helps when picking a decent future husband.....



Moving on, NEVER WEAR WHITE SNEAKERS ON SITE! Farewell Nikes. You served me well, but may the next life bless you.

Chickens. When your partners parents - who are second generation Winch farmers - tell you pink chickens exist because of genetic mutations. Do yourself a favour and don't believe them. You are allowed to question the farmer but maybe google it before you



do!

On the topic of meeting the farm family: when your partner's sister takes you out in the chaser during harvest in the middle of a paddock in the MIDDLE OF NO WHERE to "get to know you" beware, you may not be found again. Remember you're not in Kansas anymore, and you most likely won't win her over with latest Jackie Felgate or Taylor Swift news. The eldest daughter from a farming family is often the most protective of the pack but always the most loyal in the end.

Some advice: don't wear a white jacket on your first day meeting said farm family.

In fact just don't wear white at all.

Complicated Coffee orders are banned. Do not ask for oat, almond or soy milk. Unless nuts and grains have developed

teats now, it's just flavoured water and the local cafe doesn't want to know about it. You can't afford to be fussy when you're in a rush from one paddock to another. This is not Bridge Road Richmond where \$5.50 for a medium, half strength, oat milk, decaf, flat white is acceptable and a somewhat normal practice. Yes, for the record, the person in front of me last Friday actually ordered this.

On a serious note, you will never understand the miracle of life until you assist in the dead of night with the birth of a calf. Even if you're only spectating, ensuring that mum and baby survive a complicated birth is rewarding in an indescribable way. Even the chattiest of people can never have the words to truly express it.

And finally, rabbits might be pets in Melbourne suburbia, but they certainly are not in the country! Do not be alarmed when the Beretta is brought out, it's not for you.....

On the actual final note, a Browning is not a baked good. So, when they tell you to pass you the Browning don't reach for the biscuit tin.

In short, if you are coming to Winch from Melbourne make sure you dress appropriately and expect the unexpected!



Local Competes in Summer World University Games

by Felicity Grzemski

From 27-31 July, 2023, Imogen Grzemski had the privilege of representing Australia and competing in the Chengdu 2023 Summer World University Games.

Coming from the Melbourne Winter, the summer conditions took some acclimatisation. With temperatures reaching up to 43°C, high humidity and winds, the conditions on the range were quite challenging.

"It was a true test of endurance in a highly competitive tournament.", Imogen said. "I ended up ranking in the top half of the field, but my number ranking was not in my favor as, while I won my first elimination match, I was then competing against the Number 1 seed from Korea. I also competed in the mixed team event. My teammate, Markus Kuhrau and I had a similar elimination experience. After beating the USA team in the eliminations, we were up against the top seeded Korean pair and ended up being



eliminated 6-2."

As a student of Deakin University, where she studies for a Bachelor of Sport Development, Imogen was eligible to attend the Games. "It was incredible being a part of a multisport world ranking event, with so many different countries competing. Chengdu University is Chengdu's largest university, and the sporting facilities were world class. The athlete village had many activities to immerse yourself in Chinese culture. The Australian team (the Uniroos) had the opportunity to visit the Chengdu zoo, where many pandas were in residence. Chengdu is the area of China where pandas originate, and pandas were the obvious choice for the games mascot. The whole experience further fuelled my passion for archery"

Recently, Imogen was promoted to the Australian National Senior Recurve Squad by Archery Australia, as one of the three women on the team. She has moved from Winchelsea to be closer to the Victorian Institute of Sport, where she trains and has an archery scholarship. Imogen would like to thank the Winchelsea Star and the local community, especially Robyn Black, for their support in helping her attend the Tournament. She added "My next goal is to continue training and competing for the upcoming Paris Olympic trials in Canberra in early 2024."



My family are so incredibly grateful for the support that the Winchelsea Star gave Imogen to attend the University Games.

She is currently training hard for the Olympic Selection trials.

Felicity (Imogen's Mum)





Positive Ageing Month

October

October is known as Positive Ageing week (previously known as Seniors week but I understanding that is old fashioned!).

The shire are having events all over the area as you have been showing in the last few editions of the Winch Star.

Winchelsea's event is on October 23rd when everyone is invited to come for a gold coin or free if so desired afternoon to watch the fun movie The Best Exotic Marigold Hotel at the Shire Hall.

For details of the Surf Coast Shire celebrations in October of people aged 55 and over, see

surfcoast.vic.gov.au/Community/Over-55s/Positive-Ageing-Month

You are **INVITED** to “feel good” movie afternoon as a
Positive Ageing Month Activity
Sponsored by Surf Coast Shire.

Movie and Afternoon Tea.

Where: Shire Hall Winchelsea.

When: Monday October 23rd 1.30pm – 4.30 pm

Cost: Gold Coin toward Opp Shop rebuild

Bookings required for catering: Jenny 0409 672054



Winchelsea Star

contact us

NEWS and ARTICLES ARE MOST WELCOME

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

DEADLINES

5pm Fridays

4pm Sundays - hard copy articles left at IGA

6pm Sundays - sports results and weekend events

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PRODUCTION

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

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Reg. No. A0053999F, ABN: 75 941 529 279
winchelseastar.org.au PO Box 5, Winchelsea, 3241
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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, and interest the residents of Winchelsea and surrounds. And we need your writings to get there.

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

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

How much can I write?

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

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

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

Can you publish my photos?

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

Ask permission to use photos

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

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

Legalities

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

We look forward to hearing from you.

Simply email editor@winchelseastar.org.au



Christ Church Birregurra ~ Open Gardens ~ 2023

Saturday 4th November
Sunday 5th November
10am – 4pm

~ Enjoy three of Birregurra's Finest Gardens ~

* Ticket sales at Christ Church only
(cnr Beal & Sladen Streets)
\$25 for three Gardens
(includes tea/coffee)
\$10 per single Garden

* Plant stall in Church Grounds

* Contact Barbara ~ 03 52362655
~ 0427 568 007

~ Anglican Parish of Colac ~
www.anglicancolac.org



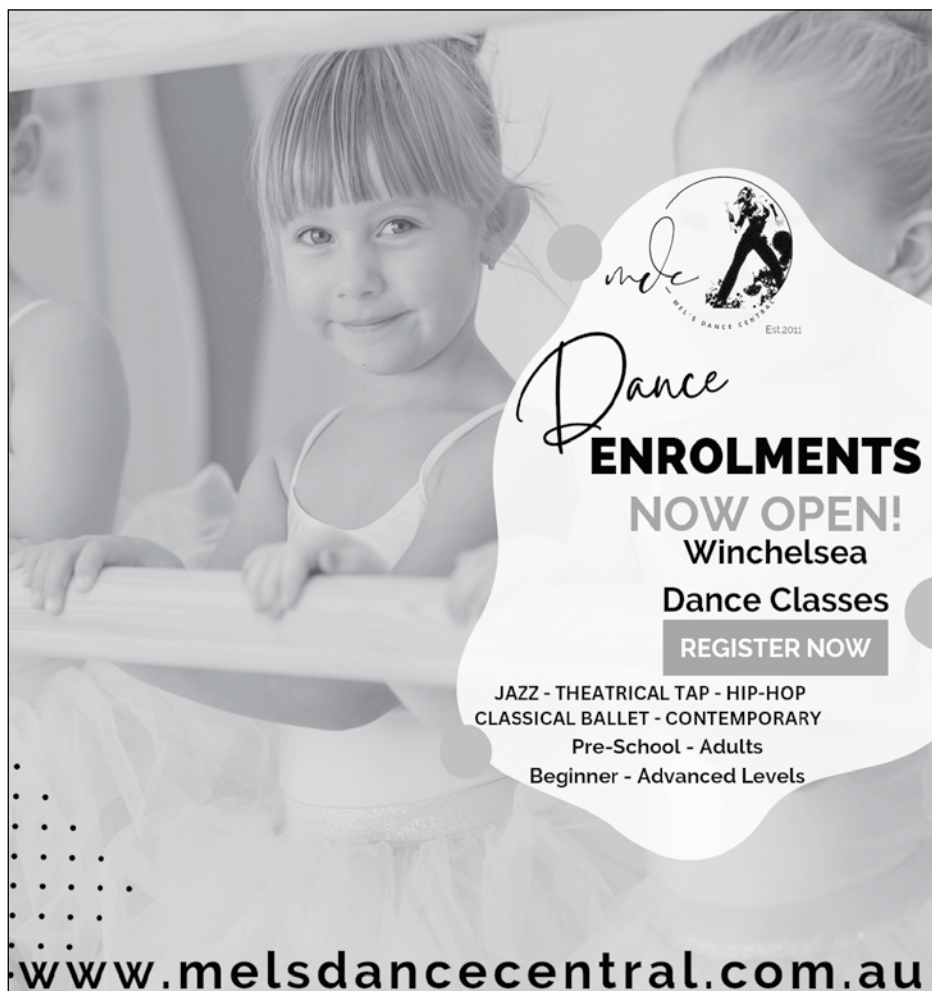
Working Bee on the River

When: 1st Saturday of each month, 9–10:30am
October 7th – weeding and tidying.
November 4th – weeding and water watch training.

Where: Meet – Guye Reserve, Barwon Terrace
Bring: gloves, hoe/spade.

Enquiries: Stewart 0428 672054 Rod 0428 549318

This years plantings are looking very healthy so any help greatly appreciated. Everyone and anyone welcome



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Winchelsea Churches



Winchelsea Uniting Church

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

St John's Catholic Church

Mass Times - October
Winchelsea - St. John The Baptist
@ 6pm Sat. Oct. 7/14/21/28

Mass Times - November
Winchelsea - St. John the Baptist
@ 6pm Sat. NOV. 4/11/18

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

"Does God understand your fears?
Does He really care when you're
afraid?"

Of course, He does.
That's why He promises
that He will never leave you.
He assures you that He will never
forsake you.
No matter how rough the way may
be."

John Bader,
Former U/C Accredited Lay Preacher

"Why Church Is Important: Finding Community, Purpose, and Spirituality"

Hello, everyone! I was recently asked whether the concept of "church" was important, or even relevant, in today's world. It's a reasonable question so I'd like to look at something which some people make fun of, others graciously tolerate, and which is near and dear to the hearts of many others, that being, the "church" and whether it does remain relevant and/or important in today's crazy world.

Let's have a quick look at the possible value of "church" in people's lives.

I know that not everyone reading this may have any affiliation with the church, and that's perfectly okay. But I'd like to share some reasons why attending, and being part of a church such as St Thomas, can be meaningful and enriching for people not only as they get older, but throughout all of life's stages.

First and foremost, church is a place where people find community. It's like a big, extended family, and, yes, it has the normal family tensions. But, putting that aside, as changes occur whether it's aging, moving to a new area, or a change in our personal circumstances, we may find that our social circles have shrunk, and we might miss the daily interactions we used to have. Church provides an opportunity to connect with others who share mutual values and interests. It's a place where people can make new friends, build supportive relationships, and have people to lean on in times of need.

Then there's the spiritual side of things.

Church offers a space for reflection and nourishment of both personal and corporate faith. Many people have spent a lifetime exploring their spirituality, and church provides an environment where they can continue to do so. The hymns, music, and prayers can be a source of comfort, insight, and guidance. It's a place where it's possible to deepen their relationship with a higher power and find solace in their faith.

Another aspect of church is the sense of purpose it can give a person. At any age it's natural to wonder about the meaning of life and what legacy we'll leave behind. Church often offers opportunities to volunteer and give back

to the community. Whether it's helping with food distribution, visiting the sick, or sharing their knowledge, skills, and experience with another person to help them along the way. (This last one works really well with younger people.) So you see, the church allows a person to make a positive impact and leave a lasting mark on the community.

Church is also a place where we can continue to learn and grow. It's never too late to expand your horizons, and many churches offer classes and workshops on diverse topics. From Bible study groups to art classes and everything in between, there's always something new to explore.

And don't forget the simple joy of routine. Having a regular schedule that includes attending church can provide structure and stability to a person's life. It gives us something to look forward to each week and can help us stay mentally and emotionally grounded.

Moreover, church can be a source of support during life's challenges. All through our life, people may face health issues, loss of loved ones, and other difficulties. This is especially the case as we get a little older, so having a church community by our side can be a major source of comfort and support during these times. People at church genuinely care about one another and are willing to lend a helping hand or a listening ear.

So there you have it! Church can play an important and relevant role in a person's life, at any stage.. For everyone, church offers a sense of community, a place to nurture spirituality, a source of purpose, opportunities for learning, passing on skills and experience, and a steady routine. It can also be a pillar of support during life's ups and downs.

Now, I understand that everyone's journey is unique, and attending church may not be for everyone. But for those who find solace, connection, and meaning within the walls of a church, it can be a valued part of lives as people continue this remarkable journey travelling life's road and aging gracefully. So, whether you're a regular churchgoer or simply curious, you might like to explore the benefits of church in your life and see if it brings the same sense of fulfillment that it has brought to many local residents throughout the years.

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Anniversaries, Deaths and Funerals.

Email
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GARAGE SALE

Saturday October 7th 9AM - 2PM
3 Witcombe Street, Winchelsea
No early birds please
Heaps of baby items, clothing, tools,
bric a brac, toys, house decor
& much more!
Cash only

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RSD Share Registry

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Bendigo 3552

Ph: 03 5445 4222

E: shares@rsdregistry.com.au

For and on behalf of Bob Verity.

SHREDDED PAPER

Winchelsea Lions Club has shredded
paper suitable for use as bedding for pet
mice, guinea pigs etc, chicken nest
boxes or worm farms. Available for a
gold coin donation at the Lions paper
shed behind the Senior Citizens rooms,
Harding St. Or ring 0476 475 422.

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Womens and children's clothing
\$5 per bag
Cushions \$2 each or 3 for \$5
Shop hours Fri-Mon 10-3pm

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2 x. 3 Seater leather lounge suits
Dark Brown.
\$250 each. Winchelsea.
Noreen
bnjones703@gmail.com.au
0428 317544

Winchelsea Community Market



MARKET DATES

Sunday 5th November
Sunday 3rd December

Takeaway cup carriers



Winchelsea Lions Club
has for sale takeaway cup carriers
coated with a non toxic finish. They
will fit in the side pocket of your car
door, at hand and ready for re use.

No trees cut down, made from MDF,
which is basically sawdust. No more
cardboard going to landfill.

A one off cost to you
\$2 for a 2 cup carrier, \$4 for 4.
Help your local Lions Club raise
money for your community.
Inquiries 0476 475 422.

Hesse Hearts of Gold



FUNDRAISER

Cocktail Event - Barwon Park Mansion
105 Inverleigh Rd - Winchelsea

Saturday - May 25 - 5.30PM

Ticket enquiries contact Hesse Rural Health
52671200 or reception@hesse.vic.gov.au



Winchelsea Pram Walks

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

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

No bookings required,
simply show up!

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

FREE

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

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



LET'S TALK ABOUT FOOD

in Winchelsea

We are looking for community members who can be a voice for people who are experiencing food insecurity and are passionate about supporting sustainable food relief in the Winchelsea community.

We are keen to hear from people who can provide local knowledge, have been involved in food relief programs locally or have ideas to contribute to the development of a food relief program in Winchelsea.

If you are interested in being a part of this project, please get in contact with Hannah or register your interest in attending via the QR code below.

First meeting – **Wednesday 11th October, time TBC**
Hesse Rural Health, Community Health building 8
Gosney Street, Winchelsea



For more information, please contact Hannah
phone: 0417 848 292
email: healthpromotion@hesse.vic.gov.au



NEW PARENTS WALK AND TALK

HESSE
RURAL
HEALTH



Come for a walk and a chat.

- meet other parents
- bring your pram or carrier
- get some fresh air
- chat to our lovely staff
- finish with a warm cuppa

Mondays 10.30- 11.30

Oct 2nd - Dec 18th

Meet at Hesse Rural Health
53 Hesse st Winchelsea

Call Hannah to register on **0417 848 292**
or email healthpromotion@hesse.vic.gov.au



WINCH HOUSE



Reaching into the community

NOTICE OF AGM

**Winchelsea
Community House Inc.**

No. A6247K

Notice is hereby given
of the Annual General Meeting
to be held on

Wednesday 18 October, 2023, at 7.00pm
in the Shire Hall Building,
28 Hesse St. Winchelsea.

An invitation will be sent
to all current 2022 members.

All other interested people are asked to email
manager@winchhouse.org.au
so an invitation can be sent.

Membership, which allows attendees to vote,
is \$2.00 and payable at the AGM.

AGENDA ITEMS INCLUDE:

1. Annual reports from co-ordinators & Committee of Management including annual statement of income and expenditure.
2. Constitution changes to comply with new ACNC requirements. Please contact manager@winchhouse.org.au to receive a copy.
3. Nominations called from the floor for Chairperson, Treasurer, Secretary/Public Officer as well as five (5) Ordinary Members for the Committee.

The Chairperson will allow any business
that is relevant to the Annual General Meeting
to be brought forward.

Tony Phelps, Chairperson

'What's Growing?!' - Garden Group Gathering

by Alison Dean

Last Saturday we held our first get together, since before Covid and the mud hut closure.

This was actually my first Winchelsea Garden Group get-together ever, and it was a pleasure to connect with others, to discuss anything to do with 'what's growing?!'

We had a cosy gathering, of about 15 locals, around a big table with cups of teas and coffee in hand, at the elderly citz building. In the middle of the table a substantial bounty prevailed, with kind attendees bringing along oranges and lemons, herbs, seeds, eggs and plants to share with each other.

Thanks to all that attend and thanks to elderly citz group for the use of the building. If you didn't make it, it certainly was a busy weekend, please come along next time. I'll look forward to seeing you there.

We are holding a special garden group gathering with Hesse residents in November. This is a lovely venue boasting a beautiful little garden, that I am sure you will enjoy to explore. Hesse residents are keen to connect with the wider community, and what better way to do it than a cuppa in their garden. It will be the same casual gathering style where we can bring garden goodies to swap. Hope to see you there.

This meeting has been put in the calendar for Saturday 18th November, at Hesse.

Arboretum Trail Reserve, Corner Mercer and Barkly Street - Update

I am working with the Growing Winchelsea/Winchelsea Arboretum Trail Committee, Surf Coast Shire and locals, like Charlie Earl, to design and manage the installation of this

reserve. This design is due to be built late October/ November.

I have a little survey that I have started circulating, so that Winchelsea community can provide feedback of their interests in regards to the reserve. I will be circulating the survey further around town to collect local feedback. The information I collect from the survey will help shape the design.

The plant design aims to bring back a few species of trees that used to be common in the area, but now there is only remnants on roadsides left. Those trees are Banksia Marginata (plains subspecies, tree form), Acacia implexa (Lightwood), Allocasuarina littoralis (Black sheok) and Bursaria spinosa (Sweet bursaria, Christmas bush – due to it's sweet smelling flowers at Christmas). There was some discussion about the interest of understory to provide habitat and food for small birds. This won't happen as a part of this current development, but if a community interest group is passionate about this, a grant can be sort after to make this happen. You can talk to me further if you are interested.

I will drop off some surveys to a few places around town for you to fill out your thoughts or you can email me on alison.dean@greenshade.com.au, if you would like a copy. I will also be available to chat about the reserve and the proposed design at the reserve, corner Mercer Street and Barkly Street this Thursday (12th October) from 5 – 5.30 pm. Please RSVP to the above email address if you are thinking of attending so I can look out for you, or otherwise just turn up.



The Great Biosecurity Quest is on – play your part

A fun new citizen science campaign is underway, encouraging children and families to play their part protecting Victoria's precious environment and agriculture.

Biosecurity Victoria Executive Director Katherine Clift said the Great Biosecurity Quest is about protecting what we value most by preventing and managing harm caused by pests and diseases.

'In Victoria, we have a beautiful natural environment and a thriving agriculture

industry, and we all have a responsibility to protect them,' Dr Clift said.

'Play your part in the Great Biosecurity Quest by joining via the Agriculture Victoria website. You can become a Watchout Warrior by keeping an eye out for potential risks during October and together, we can work to reduce the threat of diseases and pests in Victoria.'

Participants can download or print Agriculture Victoria's new citizen science toolkit and keep an eye out for some of the state's highest plant and pest risks.

'Grab a magnifying glass, take your toolkit and see what you can find,' Dr Clift said. 'This is a great way for children and families to get outside – whether it be in a backyard, park or garden. If you find an unusual plant, pest or disease you think we should

know about, you can make a report via our website.'

And as well as the benefits of getting out in nature, two lucky Watchout Warriors will take home an iPad Mini – one for answering a citizen science question and the other for naming Agriculture Victoria's new mascot.

The Great Biosecurity Quest runs 9-22 October – learn how to join via the Agriculture Victoria

website: agriculture.vic.gov.au/biosecurityquest.



Winchelsea Star **COMMUNITY** Noticeboard

FREE ADS

The Winchelsea Star is also pleased to print Announcements of local Births, Engagements, Marriages, Birthdays, Anniversaries, and deaths and Funerals.

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

FOUND FERRET

BARWON TCE

PHONE 52 672 987

TUTORING

PRIMARY ENGLISH/ MATHS

SECONDARY ENGLISH AND

OTHER WRITTEN
ASSIGNMENTS

UNI ESSAY SKILLS

PHONE 52 672 987



Get **free** and **friendly** help to improve your digital skills and get connected.

Scam Awareness Session

Thursday 19th October

10am - 12 noon

Winchelsea Shire Hall

Morning Tea Provided

FREE SESSION

Find more Get Online Week events happening this year:

Call **1300 795 897**

or visit www.getonlineweek.com

#GetOnlineWeek



a campaign by
Good Things
Foundation Australia



Letter To The Editor

Dear Editor,

A few years ago before the road was duplicated there was a sign at the entrance to Winchelsea showing all the clubs etc there were in town, as there is in many places around the country. Lions, CWA, RSL, Football, Netball etc. It was removed to do the road and never replaced. The Lions Club recently applied to the Shire to have their sign replaced (which they are willing to supply themselves by the way) and were told they could not because it is "signage pollution"!!! Considering how much the Lions contribute to this community I think they deserve to "fly their flag". Just take a look around and see how much unnecessary signage there is. A case in point is telling us natural gas is being supplied to town, that was about ten years ago.

I wish the Shire would get its priorities right. We desperately need our Visitor Information Centre reinstated but it has taken them more than 3 years to decide if they are going to repair the old library or not. Consequently it is in limbo much to the disgust of the faithful volunteers willing to operate it.

Come on Shire where is your community spirit, locked in Torquay?????

Name and address supplied.



Winchelsea Community House and Shire Hall

Hours: Monday-Friday 9.00am -2.00pm

Address: 28 Hesse Street, Winchelsea

Phone: 52672028

www.winchhouse.org.au

Email: reception@winchhouse.org.au

2401

Term 4, 2023

Sound Healing Sessions

When: Wed 11th Oct 7.30pm-8.30pm

Winchelsea Shire Hall Space

\$40 per session, Bookings now open

Please call Vicki on 0400 149 749

Chatty Cafe

When: Friday mornings 10.30am-12 noon

Winchelsea Shire Hall Space

No bookings required

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

Next session Friday 6th Oct

Crochet Group

When: Alternate Saturday afternoons

1.30pm, Winchelsea Community House Space

\$5 per session

Next session Saturday 7th Oct, 2023

Drop in - Makers' Create

Where in Winch' can you.....?

Mono print your very own Christmas cards?

Design beautiful, felted Christmas table place mats and coasters?

Paint? Draw and skill share?

Winchelsea Community House Star Room

Cost \$25 per session

All materials provided.

Bookings: Hinterlandartschool@gmail.com

PH: 0493 479 447

Knitting Group

Learn to knit or bring your knitting
come and chat with others.

When: Thursday mornings, 10.30-12 noon

Next session 5th Oct

Winchelsea Community House

Singing Group

When: Wednesday afternoons

4.45pm-6.00pm, Winchelsea Shire Hall Space

8 sessions (4/10 to 22/11/23) \$60, Con \$50

Under 16 Free. Recommences Wed 4th Oct, 23

Responsible Service of Alcohol

When: Monday 23rd October, 2023

6pm-10.15pm

Winchelsea Shire Hall

Bookings: www.liquor.com.au/goodsports and use
password: Goodsports and click on Winchelsea Session.

Painting Classes - All The Basics and More!

Thursdays 5th Oct-7th Dec, 23 (10 weeks) \$550

A class that progresses through water-based mediums,
with a dual focus on subject matter and materials.

Try out watercolour pencils, water soluble graphite,
combined with watercolours and gouache, while
revisiting the colour wheel and colour mixing.

Bookings : hinterlandartschool@gmail.com

PH: 0493 479 447

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

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

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

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

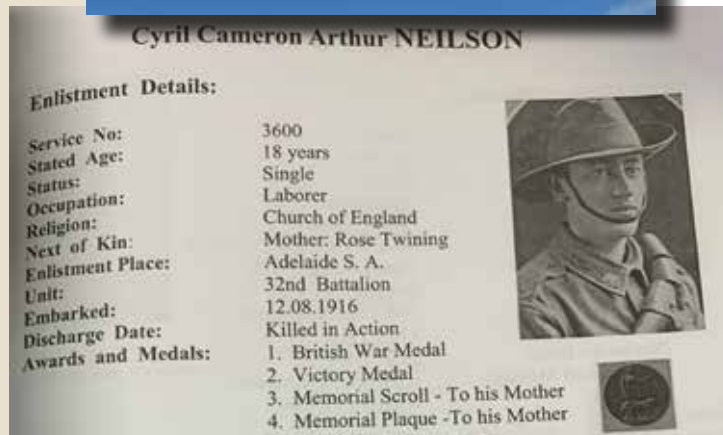


Winchelsea Historical Society

Winchelsea Street Names

NEILSON STREET

Cameron Arthur Neilson killed in action World War 1.



UPDATE ON ATKINS ROAD WINCHELSEA

Since our article Re Atkins Road was published in the Star a reader kindly sent the article to Ken West in Tasmania and he has emailed the following information.

Atkins Road was named after his great great grandfather Robert Hungerford Luttrell Atkins who lived in Marshmans Road. His granddaughter Henrietta Atkins married James David West. Ringrose Atkins lived on the hill just past Marshmans Road on Winchelsea Road. That hill was called Atkins Hill.

Ken has said that he was told there was an old cemetery up near the water basin above the Winchelsea cemetery as although stated on Robert and his wife's death certificate that they were buried in Winchelsea there is no record - or grave- of this.



WINCHELSEA GOLF CLUB

Ph 5267 2660

Results: Mens - Mid Week 20/9/23

1st - Max Bubb (15) 34pts

2nd - Michael Thomas (9) 33pts

NTP - Michael Thomas

9 hole comp:

1st - Evan Partridge (23) 18pts

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



Your community gathering place for the most enjoyable lawn bowls experience imaginable.

Our Bowling Club has a beautiful garden setting in the heart of the town. For the complete newcomer to lawn bowls, looking for a sporting activity that promises much fun and enjoyment with a competitive element, then the friendly, welcoming atmosphere of our Bowling Club is the place to be.

Ph 5267 2241

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



You don't need all the safety gear,

until you do.

**You might think putting on the safety gear will take longer
than doing the job.**

It could be that you've done it a thousand times before. But that doesn't reduce the risk.
You may not come back in one piece.

Check you've got the right safety gear for the job,
visit worksafe.vic.gov.au/safety-gear-farm

It's never you, until it is.



Scan for farm
safety support.



Reducing workplace harm.



Community calendar exhibition showcases 55 artists



Art lovers are invited to cast a vote for their favourite piece in the Surf Coast Shire Community Calendar Exhibition, to be launched at Anglesea Art Space on 13 October.

Fifty-five local artists entered the calendar competition across the four categories of Child, Youth, 2D and 3D. The exhibition opening will be held Friday 13 October from 6pm. The highlight of the evening will be the announcement of 12 winners selected by judges to appear in the 2024 Surf Coast Shire Community Calendar.

A people's choice vote will determine the cover of the calendar. People can vote either in-person at Anglesea Art Space during the exhibition, or online via surfcoast.vic.gov.au/CalendarComp. The people's choice winner will be announced Wednesday 1 November.

Mayor Liz Pattison said the annual community calendar exhibition supported the goals of Council's recently-endorsed Creative Places Strategy. The strategy will help pave the way for creatives of all pursuits to be enabled and equipped to enhance the shire's sense of place and identity.

"This year's competition welcomed a refreshed focus, encouraging artists of all ages to showcase their creativity and what inspires them," Mayor Pattison said. "It's always a thrill to see the diverse range of pieces."

The Community Calendar Exhibition will be open daily (except Mondays) from Saturday 14 October to Saturday 28 October, between 10am and 4pm.

"Participating artists will sit the exhibition on weekends, offering visitors an opportunity to chat to the creators of the work and gain insights," Mayor Pattison said.

"It's also a great opportunity to take in Anglesea Art Space, which is available for local artists and groups to hold their own exhibitions."

An Expressions of Interest process to hold exhibitions at the gallery will open 1 November, with details available on the Anglesea Art Space webpage (surfcoast.vic.gov.au/AngleseaArtSpace).

Anglesea Art Space is located Shop 2/103 Great Ocean Road, Anglesea. The exhibition launch is open to community members.



World Mental Health Day

**Justine Devonport, Counsellor,
Hesse Rural Health on Adolescent
Mental Health**

On October the 10th we celebrate World Mental Health Day 2023. The theme, "Mental Health is a Universal Human Right" leads us to think of those in our community who are more vulnerable such as young people, elderly people, displaced peoples and those identified as being in a minority population. As a rural community health service, Hesse Rural Health strives to be an accessible and inclusive service meeting the mental and physical health needs of those most vulnerable in our region.

We often see the beginning of poor mental health in the adolescent years. Parents and friends are sometimes at a loss about how to approach this issue. It can be really difficult getting anyone to talk when they are feeling mentally unwell, particularly teenagers. Letting them know you are worried is the first step. Show concern, let them know you are there if they need you and offer them support service numbers such as Beyond Blue 1300 224 636 or have a chat online at www.beyondblue.org.au/support-service/chat. As a parent you can call Parentline on 132289 to discuss some strategies to help you and your young person. Another great resource to help you through challenges is the Australian Parenting Network www.raisingchildren.net.au. This website is full of videos, articles and resources to help with any parenting issue. If you have an anxious child there is a free course supported by the Australian Government for parents <https://www.triplep-parenting.net.au/au/free-parenting-courses/fear-less-triple-p-online/>. I encourage you to use these resources, the more knowledge you have, the better outcomes your

teenagers will have.

Teenagers may seem like they don't want to talk to you or have you involved in their life, but research from the World Health Organisation in 2014 identifies some factors that help teenagers have better outcomes. Where mental health is concerned a preventative or protective approach can help to keep you and any teenagers in your life happy and balanced.

Within their families, teens will feel more secure if parents or caregivers are available, have positive social interactions with each other, and have clear boundaries. Parents can help by providing an atmosphere at home where the teen feels loved, no matter how they behave, (you can love the person, but not the behaviour). Parents should role model managing strong emotions by responding calmly to difficult situations. Parents can focus on their child's strengths and work together on communicating and compromising about everyone's needs. Build family traditions and celebrations that teenagers know to expect and know that they are part of. Focus on things your adolescent likes doing and do some of these activities together, take an interest in their world.

Schools can also help support teens mental health by demonstrating that they understand young people's perspectives. They can include students in their decision making processes and encourage community participation. Curriculum should include life skills, problem solving, coping strategies and boundary setting. Flexibility in goals and expected outcomes is encouraged to meet students where they are at and ensure mental health concerns are considered.

Community plays a crucial role in young people's mental health. It really does take a community to raise a child. Community groups, local leaders and local councils can foster connections between the town/region and young



people. They can celebrate and utilise the strengths of teenagers, build roles for them, build traditions, create after school, evening and weekend opportunities for young people to engage in positive activities. A community can really make young people feel welcome and connected, a great protective factor for mental health.

Access to support is another critical factor. Headspace Colac - 5253 5520, is a great resource for young people who are struggling with mental health issues. There are also programs and workshops that can be implemented in the community to address particular issues.

On November 14th Hesse Rural Health will be hosting a workshop about recognising when someone is having suicidal thoughts. SafeTALK is a free three hours workshop for all community members, to understand how to engage with and connect a person to helpers, as part of suicide prevention. If you are interested in registering for this morning workshop please call Living Works on 1300 738 382.

At Hesse Rural Health we aim to provide affordable, quality care for the whole community and this includes allied health and mental health care. Our counselling service is available for community members aged 16 and over and fees are income tested. Please reach out to our Hesse counsellor if you require any mental health support for yourself or your family. Phone reception on 5267 1200.



Hesse Rural Health acknowledges Victoria's Aboriginal & Torres Strait Islander communities and their rich culture. We pay respect to the Ancestors, Elders and Communities of the Kulin Nation and the Eastern Maar Nation, the custodians of the land of which we deliver our health care services. Hesse Rural Health is committed to embracing diversity & we welcome all people.

Climate Report:

Climate change and health



Climate change has been described by the World Health Organization as the biggest threat to health in the 21st century – it affects health and wellbeing in many ways:

- Directly, by the increased intensity and frequency of extreme weather events (such as heatwaves, floods and bushfires); and
- Indirectly, through worsening air quality, changes in the spread of infectious diseases, threats to food and water and effects on mental health.

Climate change will also impact certain parts of the economy with increased unemployment, financial stress, food insecurity, and rising social inequalities.

In recent decades, Victoria's climate has changed by becoming warmer and drier. Victorian climate projections by the CSIRO and Bureau of Meteorology suggest these changes will continue into the future. Climate projections for Victoria suggest:

- further increases in the number of very hot days and extreme heat
- the number of very high fire danger days increasing and the fire season being prolonged
- average annual rainfalls decreasing and a continuous decline in streamflow affecting the health of waterways and Victorian water supplies
- extreme rainfall being of a higher intensity, potentially increasing the risk of flash flooding in some locations
- coastal sea levels continuing to rise.
- Children are vulnerable for several reasons. For example, children are more susceptible to heat stress and dehydration and are more sensitive to exposure to air pollution and smoke from bushfires. Their immune systems are not fully developed, putting them at increased risk of infections. They often need to rely on adults to keep them safe during emergencies and help them to recover afterwards.
- Pregnant women are at increased risk of heat stress during heatwaves due to the physiological demands of pregnancy. They and their unborn babies are particularly sensitive to exposure to air pollution and smoke from bushfires.
- Older people and people with pre-existing medical conditions are more prone to dehydration, heat stress, infections and exacerbation of heart and lung disease.
- People living in rural and remote areas, Aboriginal and Torres Strait Islander people, people on low incomes and other vulnerable populations are also at increased risk, in part due to inequalities in underlying health outcomes and limited accessibility of healthcare and other services. People living in rural or remote communities or along the coast are also at risk from extreme events such as bushfires, droughts, storms and sea level rises.

Who is most at risk of health effects due to climate change?

Some people are more vulnerable to the effects of climate change and health:

Stay safe from mosquito bites

Warmer average temperatures can mean earlier spring seasons, longer warm seasons, shorter winters, hotter summers and more frequent flooding events. As a result, conditions may become more hospitable for mosquitoes that can carry diseases such as Ross River virus disease and Murray Valley encephalitis.

You can protect yourself and your family from mosquito bites by:

- wearing loose-fitting clothing when outdoors
- using mosquito repellents containing DEET or picaridin on exposed skin
- trying to limit outdoor activity if lots of mosquitoes are about
- making sure there is no stagnant water where mosquitoes can breed around your home
- ensuring your house is properly fitted with mosquito netting or screen

Source: <https://www.betterhealth.vic.gov.au/health/healthyliving/climate-change-and-health>

**WINCHELSEA HOSPITAL
OP SHOP**

BOOK SALE

**BAG OF BOOKS \$5
Bag Supplied**



WINCHELSEA FACEBOOK

Non-profit community Groups and Pages

What's on in Winchelsea	facebook.com/WhatsoninWinchelsea
Winchelsea FREE	facebook.com/groups/winchelseafree
Winchelsea Community Information	facebook.com/groups/207538644446972
Winchelsea Classifieds 3241	facebook.com/groups/216942861684082
Winchelsea Lost and Found	facebook.com/groups/768187693217518
Winchelsea Op Shop	facebook.com/HospitalAuxiliaryOpShopWinchelsea
Winchelsea Shire Hall	facebook.com/WinchelseaShireHall
Winchelsea Community House	facebook.com/winchelseacommunityhouse
Winchelsea Coronavirus Community Support	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.winchelseawildlifeselter.com/
SCARS - Surf Coast Animal Rescue Service	facebook.com/groups/415211698950674
Winchelsea Gardeners	facebook.com/groups/779878518703025
Winchelsea & District Historical Society	facebook.com/Winchelseaanddistricthistoricalsociety/
Winchelsea Repertory Society Inc	facebook.com/winchrep/
Winchelsea Globe Theatre	facebook.com/Winchelsea-Globe-Theatre-164790897641678
Winchelsea Uniting Church	facebook.com/winchelseaunitingchurch
St Thomas' Anglican Church	facebook.com/StThomasWinchelsea
St John the Baptist Catholic Church	facebook.com/pages/Winchelsea-Catholic-Church/101775670163180
Winchelsea Mainly Music	facebook.com/groups/668500343953191/
Winchelsea Health Club	facebook.com/WinchelseaHealthClub
Winchelsea Playgroup 2019	facebook.com/groups/551663435367031
Winchelsea Girl Guides	www.guidesvic.org.au/
Winchelsea/Modewarre Scouts	facebook.com/1stModewarreScouts
Winchelsea Fire Brigade	facebook.com/winchelseafirebrigade/
Winchelsea SES	facebook.com/groups/WinchSES
Country Women's Association Winchelsea	facebook.com/pg/CWAWinchelsea/
Winchelsea Bowls Club	facebook.com/Winchelsea-Bowls-Club-533783333344345/
Winchelsea Blues Cricket Club	facebook.com/groups/8999049476/
Winchelsea Blues FC	facebook.com/WinchelseaFNC/
WYLD Winchelsea Youth Leisure and Drop in	facebook.com/groups/569737570027065/
Lions Club of Winchelsea	facebook.com/LionsWinchelsea
Winchelsea Probus	facebook.com/893535194971083
Winchelsea Golf Club	facebook.com/winchelseagc/ facebook.com/groups/1324943804676697

Five Ways Singing Helps Humanity



Singing is a powerful way of achieving deep personal and social meaning, as well as supporting our mental and physical wellbeing

**By Professor Jane Davidson,
University of Melbourne**

We all know that singing is fun – just think back to the last time you belted out a rock tune on a family road trip, or sang along with friends, and strangers, at the pub or a music festival.

There's also the spiritual experience of singing hymns at church, or an Indigenous sacred ceremony, or in perfect harmony in a mass choir.

But it goes deeper than that.

Our researchers at the University of Melbourne's Faculty of Fine Arts and Music working through the Creativity and Wellbeing Hallmark Initiative, the Creative Arts Therapies Research Unit and the Wilin Centre for Indigenous Arts and Cultural Development are seeking to understand the value of singing from cultural, emotional, social, and health perspectives, as well as developing programs to implement its benefits.

Here's just some of what research has found over the past decade;

Singing Connects Us From Birth

Singing increases oxytocin levels (aiding bonding) and decreases cortisol (lowering stress). It can also rapidly result in feelings of connection and flow – improving our mood, strengthening sense of identity and helping out long and short-term memory.

For many of us, singing plays a key role from birth. In fact caregivers and infants use melody, harmony, pitch, timbre and tempo to bond and provide comfort in a mutually beneficial interaction.

Singing with a slow-paced, medium pitch inflection using a soft timbre – lullabies typically use this type of vocalisation – can gently connect with and pacify infants, while the cooing responses of the infant can equally engage and soothe the caregiver.

The mutual benefits of this bonding through song can persist throughout life.

Singing Connects Us To Our Culture

Singing contributes to the development of our thinking and language and, in turn, to our cultural identity, as well as general quality of life and opportunity.

Children as young as five have been shown to already know dozens of songs, connecting them to cultural

knowledge about ritual significance, social etiquette, facts about life and lifestyle, skills like counting, techniques for making and doing things, and so on.

Sometimes the only way this information is shared and understood is through song.

The core elements of songs include repetitive melody and rhythmic structures which work with the words to produce powerfully mnemonic effects that can re-enforce knowledge, support memory and capture history.

Songs connect us to our culture, and the stories within songs can help shape our identity and build meaning within society. Important First Nations work at the University has found that singing and songs not only foster community knowledge, but can revitalise it, acting to strengthen political agency, pride and resilience.

This shows how vital it is to repatriate songs lost to communities.

Singing Makes Us Happy, Even In Lock-Down

During the first waves of COVID-19 across 2020, singing was both popular and successful in passing time and connecting with others. Online 'choirs' brought joy to millions, even though these activities were principally

asynchronous and required extra effort to record and multitrack to generate the choral effect.

Our research found positive mental wellbeing impacts for participants and the popularity of Couch Choir, the lockdown version of the now globally popular Pub Choir, is testament to this.

And you don't even have to sing to get some benefit from singing. We found that songs feature strongly in emotional regulation, even when passively engaging through listening.

Singing Can Improve Our Physical Health

Our music therapy researchers have shown that singing has multiple benefits in managing degenerative conditions like Parkinson's disease, where volume of voice and mood improved after an intensive, researcher-designed singing program.

For people with dementia, and their carers, singing can improve lucidity, focus and enjoyment.

A recent landmark clinical trial by our researchers, published in the Lancet, found that recreational choir singing decreased depression and dementia symptoms, particularly among those people with more severe dementia.

The behavioural aspects like group social dynamics, an emphasis on fun and less of a focus on the individual are likely to feed into the positive outcomes for those with dementia.

Singing Unites People

Singing can enhance feelings of empathy and build intercultural social cohesion, vital in the complex area of intercultural relations and community resilience.

In one project, our researchers collaborated with adults in a multicultural workplace to explore how a workplace choir could strengthen culture, identity, and positive emotions. The team did this by focusing on lullabies - reconnecting participants to some of those earliest musical bonds.

The study generated strong social bonding, providing a platform for cohesion and understanding while maintaining the expression of distinctive

identities that are understood and valued across cultural, linguistic and religious differences.

Singing has also helped people manage trauma, grief and loss including illness and disaster, providing emotional sharing, catharsis and resilience.

Our researchers continue to collaborate with communities to develop knowledge and programs to use singing for people of all ages and backgrounds, in community and specialised medical settings to support their diverse needs throughout their lives.

All of this tells us that without a doubt, singing can help us to maximise our social and emotional potential.

So, whether it's in the shower, the car or on stage, on your own or with a group, try bursting into song and see how you feel afterwards. The evidence suggests it'll be good.

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The article, published by The University of Melbourne, has not been changed except to remove links to other associated articles. These can be found by accessing the website: <https://pursuit.unimelb.edu.au/articles/5-ways-singing-helps-humanity>

JOIN THE WINCHELSEA SINGING GROUP!

Wednesday afternoons 4:45-6pm in the Shire Hall with choir leader Kai Whyte.

\$5 to help cover costs.

All ages welcome.



Trevor Green 70th Birthday Party

1 - 5pm 22 October 2023

The Member's Room at The Hub
Family and Friends Invited

RSVP 7 October 2023

0408 520 877 or 0410 165 346



LIONS BBQ'S

HAVE STARTED AGAIN

FIRST SATURDAY

OF THE MONTH

OUTSIDE IGA

9AM - 12 NOON

BUY A SNAG & HELP

RAISE FUNDS FOR YOUR

LOCAL COMMUNITY

Helping Australia become the most cyber secure nation

The Victorian Chamber has released a first-of-its-kind Cyber Security and Scams Policy Position with 24 pragmatic recommendations to protect small, medium and family businesses from cyber criminals, in a comprehensive cyber suite that includes a Security Checklist and Self-Paced Training for businesses.

Learn more at victorianchamber.com.au/news/helping-australia-become-the-most-cyber-secure-nation

Stay informed - Australian Government has lots of tools and resources - find out more from cyber.gov.au/resources-business-and-government/essential-cyber-security/small-business-cyber-security/ small-business-cyber-security-guide

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YOUR PROBLEM, DODDS
ELECTRIX CAN DEFUSE
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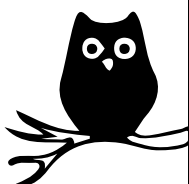
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Sat - Sun 8:47am, 2:46pm, 8:34pm



COUNTRY WOMEN'S ASSOCIATION

7pm second Wednesday of month
Winchelsea Senior Citizens' Hall



WINCHELSEA SES

Every Wednesday
Visitors and inquiries welcome
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WINCHELSEA & DISTRICT COMBINED PROBUS CLUB

Meets 1st Monday of the month at 10am.
Senior Citizens Rooms,
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New members always welcome.
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Friday	Closed	Saturday	1.30-3.30pm
Sunday	9.30-12.30pm		

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Our Unit meets at the Catholic Church Hall,
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Contact Yvonne Orchard 0448 672 630
or Bonnie Stokes 0401 386 274



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Joeys: 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



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For reservations on the weekly bus
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Facebook - Winchelsea Playgroup 2019

New families welcome

Winchelsea Star 26 September 2023

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S Murdoch 51 not out
B Luppino 40 not out

S Murdoch 3/13
R Ferguson 3/21
D Lenehan 2/10
C Watson 1/19

B-Grade Winchelsea 4/146 def Drysdale 8/144

S Collins 66
G Schreurs 49 not out

L Lenehan 4/13
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**Winchelsea Cricket
Club Dinners**

When: Thursday 12th
October

Where: The Hub - Eastern
Reserve

Time: Service starts at
6.30pm

WINCHELSEA CRICKET CLUB

**LET'S TALK
COMMUNITY
MENTAL HEALTH
NIGHT**

THURSDAY 19TH OCTOBER, 7PM
ROKEWOOD GOLF CLUB
A light supper will be provided

HESSE RURAL HEALTH

Hesse Rural Health presents a screening of the Australian documentary film - This Man's Worth, followed by **LET'S TALK** guest speakers John Patterson and Craig Wood.

John and Craig will discuss the importance of community connection and help break down the stigma surrounding mental illness.

To register your interest in attending this **FREE** event, see Brooke at Rokewood Community Health Centre, call 5267 1200 or email healthpromotion@hesse.vic.gov.au

LETSTALK
BREAKING MENTAL HEALTH STIGMA

Real Time Info For Regional Train Passengers

From this week, real time data on V/Line train services will be available on the key apps people across Victoria use when they travel - Google and Apple Maps and AnyTrips apps.

Real time data makes coordinating when you leave home for the station easier and avoids unnecessary travel time by alerting you if trains are running slightly behind schedule or there are significant unplanned disruptions.

Giving passengers access to real time information at their fingertips helps support the growing number of regional visitors and locals taking advantage of the Allan Labor Government's regional fare cap.

Since the introduction of the regional fare cap - creating fare equity for regional travellers - Victorians have saved more than \$4 million each month.

Passengers using the world's largest tram network will also have access to real time data through more channels. Currently, Yarra Trams passengers only have access to real time information via the tramTRACKER app or the PTV app or at tram stops displays.

Passengers across the state and on all modes of public transport now have access to real-time travel information, except for V/Line coach and freight services.



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Are you registered with BeeMAX?

A reminder that ALL beehives MUST be registered.

BeeMAX is free, quick, and easy to use – and it's a simple way of maintaining your record keeping obligations under the Livestock Disease Control Regulations.

Whether you're a backyard beekeeper or keep commercial quantities of hives, the BeeMAX electronic diary is a central place to record all your biosecurity activities and observations including:

- pest and disease inspections and testing
- swarm collection data
- the movement of bees and equipment
- biosecurity training completed.

Petals off, nets on – time to protect your harvest



Agriculture Victoria is encouraging home gardeners to boost their harvest and protect the state's horticulture industry against Queensland fruit fly by netting their fruit trees.

State Fruit Fly Co-ordinator, Cathy Mansfield, said insect netting is the best way to ensure fruit fly doesn't attack Victorian home gardener's fruit and vegetables.

'Now is the time to prepare your netting for the upcoming season. It's important to check and mend any holes in the netting with string, fishing line or polyester thread. Another option is to clamp holes with bulldog clips.

'Nets should be applied after the flower petals fall off fruit trees such as apricots, peaches, apples, cherries and loquats.

'When the petals fall off, the nets go on.

'For continuously flowering berries and fruit berries such as tomatoes, eggplants and capsicums, the netting should be applied after most of the flowering has occurred but while fruit is still small.'

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