

Winchelsea Star

Your Weekly Community Newspaper

Price \$1

Since 1977

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Tuesday 7 March 2023

winchelseastar.org.au



Playgroup in the Park

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Winchelsea Fire Brigade Remembers

Firefighters and support members gathered at the Winchelsea fire station on the 16th of February to relive their experiences of the Ash Wednesday fires and the days that followed this catastrophic event.

The past and present members reminisced of the long days and nights they had spent at the fires in the Otway's and Mt Macedon areas.

The Fire station was full of many members coming over from other areas in the Winchelsea group District.

They were.

Winchelsea- 18

Inverleigh- 5

Modewarre- 3

Wingeel- 4

Wurdale- 3

Barwon Downs- 2

Winchelsea SES- 1

We also acknowledge the work that one of our current Winchelsea brigade member who come from Truganina that spent time at the Mount Macedon fires.

The gathering was welcomed by Winchelsea's Group Officer Mark Brown,

Then Members enjoyed a meal sponsored by the Winchelsea group and photos were taken of each brigade's members as a historical record of who

attended these fires. It was great to see each and every one sitting enjoying a informal event and reminiscing on the days gone by, one thing I know is that we won't be waiting another 40 years just to bring these amazing group of people back together.

Many of the members that were present are still active firefighters within the Winchelsea group area.

There have been many large fires around Victoria over the years and the hours our volunteers put in from year to year amazes me a lot of the members that were present is part of this commitment in one room if we had of added all the years committed would have been in the Thousands, I'm sure.

After many years as members of the greater CFA family we are still helping to protect the lives and property of our fellow Victorians and also attending interstate fires as required. Long live the CFA.

Kaylene Stocks & Ken Galloway



Above: Wingeel



Above: Modewarre



Above: Wurdale



Above: Inverleigh Below Winchelsea





Playgroup in the Park

What happens when rain makes a hole in Playgroup's roof? We go to the park of course!

Winchelsea Playgroup was to return on 9th February to our usual location at St Thomas Anglican Church Hall, but the heavy rains in January meant that we had to think fast and switch things up by holding our first 2 playgroup sessions at Hesse Street Park instead.

So, with not a dark cloud in sight - our impromptu outdoor sessions were filled with sunshine, laughter and smiles while new and existing members

chatted and connected while the children climbed ladders, slid down slides and swung on swings.

And even though we didn't have access to our usual playgroup equipment, because it was behind yellow tape at the hall, we instead simply added a couple of picnic blankets with a few toys from home and some byo snacks and we had a ball of a time - in fact we even brought along a ball!

Our next session is on 9th March 10am-12pm, and will be an excursion of sorts while we await the finishing repairs to the Hall ... so guess where we're going?! We're

off to Winchelsea Hesse Rural Health's Aged Care! It'll be a great mix of the young and the not-so-young with some of the residents joining our session in their lovely garden. We'll have some of our playgroup equipment there too - dolls, doll-cots & prams, building blocks, our large baby-play-blanket for the littlies to sit/lay on and more. Thank you to Caz, Lifestyle Team Leader at Hesse for being instrumental in arranging this exciting excursion - we're really looking forward to it!

If you'd like to join us on our 9th March excursion and/or to see info about upcoming sessions, news and updates, then join our "Winchelsea Playgroup 2019" Facebook page or call/text Mel on 0456181268.

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Registrations open
8 March

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Draft Tree Risk Management Plan

Council has reviewed and updated its **Draft Tree Risk Management Plan**.



DID YOU KNOW?

The Draft Tree Risk Management Plan identifies tree-related hazards or defects based on the level of risk to the public or assets.

A guiding principle of the plan is to maintain public safety through the use of professional tree evaluation practices. There are inspection intervals and response times for dealing with issues related to trees, based on location and risk level.

For more information go to
surfcoast.vic.gov.au/TreeRisk



WINCHELSEA R.S.L

Winchelsea R.S.L invites you
to attend R.S.L clubrooms
First Sunday of each Month
1pm - 3pm

To view the extensive records
of local service men and women.
Items of interest.

R.S.L clubrooms are located in
1914 - 1918 Memorial Grandstand
At Winchelsea Football Club
Main Entrance



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Winchelsea Football Netball Club Inc

Blues News



Janet Fletcher

Welcome To Blue's News 2023:

Hello and welcome to all Blue's News readers for the 2023 season which is almost upon us.

The Winchelsea Football & Netball Club is well under way with preparations for the season start on the 1st April. Preseason and recruiting for both Football & Netball has gone very well.

13's & Under & 15's & Under have made it through to the Finals in the Netball Summer Season. Finals start next week – Go Blues ! and well done to all concerned with the Summer Competition.

Season Launch:

The 2023 Season Launch will be Saturday March the 18th at The Barwon Hotel.

Life Members, Members, Supporters, Volunteers and present and past Committee Members and Players are invited to make it down to the Bottom Pub and meet the Club's new recruits and catch up with the players from last season, the signing percentage has been outstanding!

Everyone is encouraged to book a table on the 18th in support of one of the W.F.N.C. 's major sponsors prior to the Season Launch.

The Club's Season Launch is always a fun and noisy night so mark it down and we will look forward to all catching up on the 18th !!

The Blue's Bistro:

Thursday the 30th March will see The Blue's Bistro recommence for the Football & Netball Season at Eastern Reserve 6pm. The Blue's Volunteer Catering team look forward to providing Thursday night teas for the players, for the fabulous "Bus to the Hub" programme, and for the loyal supporters and patrons of the Club.

Please note:

After careful consideration and with some regret the Club has decided that there needs to be an increase in our Thursday night dinner prices.

Non Members will increase from \$15.00 to \$20.00

Social Members and Bus to the Hub patrons will increase from \$12.00 to \$15.00

As an addition to the menu tier there will be a small serving offered at \$12.00

Complimentary Tea and Coffee are still available.

Meals for the kids will remain the same at \$5.00, with ice cream + topping of choice remaining at \$2.00

Social Memberships:

Social Memberships will remain at \$30.00. Last season the W.F.N.C. INC. enjoyed record numbers of Social Memberships.

Huge Thanks everyone!!

Get on board & Back the Blues!!!

A complimentary free meal will again be included as part of becoming a Social Member of the Winchelsea Blues.

Memberships will be available from the 30th of March at the Blues Bistro.

Condolences:

All at the Winchelsea Football & Netball Club wish to convey their sincere sympathy to the friends & family of Margaret Leigh's mother Margery Gregory on her recent passing.

The Club also would like to convey sincere sympathy to Neil Lubcke, with the passing of his mother Frances. Thoughts are with Neil, Sue, family and friends.

GRANTS NOW OPEN



All three streams open on March 1 – close March 31

Community Initiative Grants
up to \$5,000

Natural Environment Grants
up to \$5,000

Business Collaboration Grants
of \$2,000

To find out more: surfcoast.vic.gov.au/Community/Grants or scan the QR code or call our grants team on 5261 0600 to discuss your idea and ask any questions.





Winchelsea Historical Society

Winchelsea Street Names

McDonald Drive.

An early family in the district and a Winchelsea Shire Councillor - Allan McDonald.

Far right: Allan McKenzie McDonald - Australian Imperial Force.



Business Collaboration Grants OPEN



Are you part of a business network group?

Is your group looking to increase your members and get some events going for 2023?

Council wants to support thriving and connected business networks to ensure Surf Coast Shire is a place which is resilient, sustainable and inspires innovation.

\$2K Grants are available to help with promoting your groups' activities.

Applications close 31 March

For guidelines and eligibility visit surfcoast.vic.gov.au/BusinessGrants

The grants are competitive. Call to discuss your idea and how to submit a great application: **0429 981 653**.

Scott McDonald
0423 413 829

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What's on at the Shire Hall

Activities at the Shire Hall are continuing to draw people into this beautiful building.

This week we had a visit from a young artist who uses knitting to create magnificent pieces of art. This has inspired us to plan a textiles exhibition to show off the extraordinary talent that sits quietly in the Winchelsea Community. If you have some work you'd like to display, or, if you know of someone who has some, please contact us on shirehall@winchhouse.org.au

Works can include knitting, crochet, tapestry, patchwork, in fact anything that is created from textiles. Let's celebrate these skills together and pass on knowledge to another generation.

is on display in the noticeboard at the Community House. Such wonderful colouring in.

Knitters Unite.

Thursday 9th March
10.00am - 12 noon at the Shire Hall
Share patterns, knowledge and endeavour over a cup of tea \$5.

If you want to explore other activity please contact Jill Evans
shirehall@winchhouse.org.au

Drawing Competition Results.

Winchelsea Community House ran a drawing Competition at the Expo in the Shire Hall on Friday 24th February. Sam, Kaiya and Sia were the three winners. Have a look at their work which



Winchelsea Community Market
Shire Hall
9am - 1pm

MARKET dates for 2023

1 st January	2 nd July
5 th February	6 th August
5 th March	3 rd September
2 nd April	8 th October
7 th May	5 th November
4 th June	3 rd December



Growing Winchelsea
General Member's and Community Meeting
6pm Wednesday 8th of March 2023
Shire Hall.

Do you love where you live, and want to be involved in shaping Winchelsea now and into the future? You can be involved in the Winchelsea Community Planning process!

In 2023, Surf Coast Shire Council is supporting Moriac and Winchelsea communities to each develop a three-year Community Plan for their township/district through an innovative pilot project.

The project will see community members design and participate in a community driven process of exploring what matters locally, and what people are motivated to act upon.

What is a Community Plan?

Community planning enables residents to identify common values and create a shared vision for their community. Community Plans document a clear list of priorities and activities that community members themselves will act upon. Community Plans then help to inform Council's plans and programs in those places, influenced by the vision, values, priorities and community-led actions taking place in each individual community.

There will be opportunities for interested community members to be part of the plan writing team.

Based on all the ideas and inputs from the engagement processes, Lisa will assist community members to draft and then finalise the Winchelsea Community Plan, for the three-year period from July 2023.

Every Community Plan will look different, but as a minimum, it will include:

Vision, Values, Goals and Community Actions.
The plan will be an expression of YOUR community.

Growing Winchelsea Inc. supports the process and is playing a leadership and advocacy role.

You are invited to the next Growing Winchelsea member's meeting, to hear Lisa's address, whether you are new to town and want to join up, or an existing member.

Want more information, or are you ready to get involved?
Contact Lisa on 0456 086786 or email kyahvalley@me.com



Old Time Dance At The Globe Theatre

Winchelsea

8pm - 11.30pm
\$10

Music By Charles Pedder

Country Supper
Door Prize
Raffle

Contact 0419501032

Permanent Op-Shop Location Confirmed

Hesse Rural Health is pleased to announce that 44-46 Main Street, Winchelsea will be the new home of the Hospital Auxiliary Op Shop.

Following the fire in November 2020 when Hesse lost our Op Shop at 2 Gosney Street, master planning identified the best location to rebuild the Op Shop was at 44-46 Main St. Hesse had previously purchased 44-46 Main St as part of a strategic decision to acquire the neighbouring lands surrounding Hesse Rural Health to be preserved for future development.

44 Main Street was earmarked for the Op Shop because of its main street location, large block size, dual access points, established service lane entry and on-street parking. Developing and restoring this once-loved historical building creates a much-needed usable space for Hesse, restores life to a currently dilapidated building and rejuvenates the historical charm to this end of Main Street in Winchelsea.

During planning discussions, a minor irregularity was noted at 44 Main Street in the Surf Coast Shire Planning Scheme restricting commercial uses on this site. Amendment C140 was raised and is now endorsed by the Shire, with authorisation also received by the Minister of Planning. This now allows Hesse to use this space as an Op Shop.

The next step in this rebuild project is to undertake investigative works on the structural stability of the existing building to inform the refurbish requirements of the building and restore its curb side historical charm. These initial phases will utilise the insurance proceeds from the loss of the previous building at 2 Gosney St only.

The current size of 44-46 Main St is smaller than the previous shop that we were already growing out of at 2 Gosney St. The second renovation phase is to extend the current available space at 44-46 Main Street, increasing our Op Shop's size and capacity in order to continue to provide a community hub for the growing Winchelsea community. An Op Shop Re-build fundraising appeal has been established with a target set at



\$400,000. Hesse's Annual Appeal and community fundraising efforts towards the Op Shop rebuild appeal will be utilised in this second phase to extend the site.

Re-establishing the Winchelsea Op Shop is a priority for Hesse and remains a focus for our Fundraising Appeal. The completion of this project is paramount for both our community and our Health Service. If you would like to donate towards the Op Shop rebuild appeal, further details can be found on the Hesse Rural Health website Donations page.

The temporary location for the Op Shop at 10 Willis Street remains open while this new permanent site is established. Located at 10 Willis Street Winchelsea, the Op Shop is open Friday to Monday, from 10am – 3pm.

Please feel free to discuss any enquiries regarding donations with Jessica Culhane, Hesse Rural Health's Communications and Community Partnerships Officer on 03 5327 1200 or via email at jculhane@hesse.vic.gov.au.



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Winchelsea Community House

Hours: Monday – Friday, 9.00am - 2.00pm

Address: 28 Hesse Street, Winchelsea

Phone: 5267 2028

Email: reception@winchhouse.org.au



Mini Movers Program

When: Wednesday afternoons 1pm to 1.45pm

Winchelsea Shire Hall Space

Suitable for 3-6 year olds

\$90 for six week program

Dates: 1/3, 8/3, 15/3, 22/3, 29/3 and 5/4

Bookings now open via email to

reception@winchhouse.org.au

Experienced Tai Chi

When: Friday mornings 9.30am-10.30am

Winchelsea Community House Space

\$90 for 9 week term program

Commencing Friday 3rd February, 2023

Bookings now open via email to

reception@winchhouse.org.au

Music Program

When: Thursday mornings 10am to 10.30am

Winchelsea Shire Hall Space

Suitable for 2-4 year olds

\$60 for six week program

Dates: 2/3, 9/3, 16/3, 23/3, 30/3 and 6/4

Bookings now open via email to

reception@winchhouse.org.au

Singing Group

When: Wednesday afternoons 4.45pm-5.45pm

Winchelsea Shire Hall Space

\$70 for 10 week program

Concession \$50 for 10 week program

Under 16 Free

Commencing: Wednesday 1st February, 2023

Bookings now open via email to

reception@winchhouse.org.au

WYLD Youth Group

When: Friday 10th March

6pm to 8.30pm

FREE

Food provided

Meet at the Skate Park

Crochet Group

When: Alternate Saturday afternoons 1.00pm

Winchelsea Community House Space

\$5 per session

Commencing: Saturday 11th February, 2023

Art Classes-Creative Drawing

When -Tuesdays from 28th February, 2023

1pm-3pm

Winchelsea Shire Hall Space

\$55 per class

Term 1, 6 classes \$330

All materials included.

Media: including ink, charcoal, conte, pencils and pastels, technical drawing instructions, relax through an explorative and enjoyable approach.

Suitability: All levels of experience and abilities.

Technically informative, providing skills, individuals progress in preferred direction.

Bookings and enquiries now open via email to

Hinterlandartschool@gmail.com

PH: 0493 479 447

Art Classes-Painting

When -Thursdays from 2nd March, 2023 1pm-3pm

Winchelsea Shire Hall Space

\$65 per class

Term 1, 6 classes \$390

All materials included.

A class that progresses through water-based mediums, to the use of oil paint, with a dual focus on subject matter and materials.

Suitability: All levels of experience and abilities.

Technically informative, providing skills, individuals progress in preferred direction.

Bookings and enquiries now open via email to

Hinterlandartschool@gmail.com

PH: 0493 479 447

Sound Healing Sessions

When: Wednesday 29th March, 2023 7.30pm-8.30pm

Winchelsea Shire Hall Space

\$40 per session

Bookings now open

Please call Vicki on 0400 149 749

Fermenting Workshop

When: Saturday 22nd April, 2023 10am-2pm (approx.)

Winchelsea Shire Hall Space

\$150 per person

Bookings now open

Please email

reception@winchhouse.org.au

Winchelsea Star

Articles are most welcome and must carry the name and address of the sender.

Weekly deadline is 5pm Friday.

Copy for sports results and weekend events is Sunday 6pm (4pm for hard-copy articles/results left at IGA) unless by prior arrangement.

Copy should be emailed to news@winchelseastar.org.au or left at IGA Supermarket.

The Winchelsea Star reserves the right to edit or not publish any article.

Views expressed are not necessarily those of the Winchelsea Star or its Committee.

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Planned burn works commence

Forest Fire Management Victoria (FFMVic) will take advantage of favourable weather and forest conditions to undertake planned burns across the region in the coming weeks to reduce the threat of bushfires to the community.

FFMVic Deputy Chief Fire Officer, Andrew Morrow said, "Planned burning is one of the most effective ways we can reduce the impact bushfires have on people, property and the environment.

"Reducing ground level fuels such as leaves, sticks, and fallen branches means fires are less intense and slower to spread, making it more likely that firefighters can keep bushfires small and contained before they pose a risk to communities."

"The wetter and cooler conditions this summer will mean communities can expect to see firefighters conducting

planned burns if the weather and forest conditions are suitable and it is safe to do so."

High priority burns are planned on public land across the Otways and the south west districts, including near Lorne, Anglesea, Kennett River, Wye River, Heywood, Nelson and Hotspur.

"People in communities across the region may see and smell smoke, and some roads and forests may be closed for public safety while these works are being undertaken."

"We know that smoke from planned burns may concern some people, and we work with communities and stakeholders to reduce smoke impacts as much as possible."

"However, it's important that crews take every opportunity to reduce fuel loads while conditions are suitable."

FFMVic works closely with the Bureau of Meteorology to assess weather

conditions – such as humidity, temperature, and wind speed – and will only carry out burns when conditions are safe to do so.

The fuel management program is underpinned by scientific evidence and local knowledge, including bushfire history, to make sure works are focused where they can be most effective.

As well as burning, FFMVic crews conduct mechanical works such as mowing, slashing, clearing, and creating and maintaining strategic fuel breaks to reduce bushfire risk.

FFMVic also works with Traditional Owners to deliver its fuel management program and supports aspirations to undertake cultural burning practices.

To find out when and where planned burns are happening near you, go to www.vic.gov.au/plannedburns or call 1800 226 226.

Council and community to deliver offset planting project in Buckley

Surf Coast Shire Council will soon commence planting out an 11-hectare site next to Lake Modewarre in Buckley as part of an environmental planting and carbon offsetting project.

The Council-owned land at 185 Walton Road will be used to enhance biodiversity and sequester carbon locally, with the site to be retained and protected for a minimum of 50 years to ensure its success.

Council will lead the establishment of the carbon offset site, and manage the planting in collaboration with interested community and school groups.

"These Council and community partnerships are the best kind of projects as there's always a great sense of community pride and ownership,"

Surf Coast Shire Cr Kate Gazzard said.

"We have some really passionate and active local community and school groups who are eager to be part of planting projects so we want to work closely with them."

While the site won't be verified and certified under global standard, the planting project will still provide important carbon sequestration, biodiversity and community benefits.

Cr Gazzard said Council was proud to be a carbon neutral accredited organisation with a strong, clear commitment to climate action.

"Addressing the climate emergency and reducing our impact on our precious environment remains a top priority. We're focused on reducing our greenhouse gas emissions wherever we can," Cr Gazzard said.

"Carbon offset projects like this help us to sequester carbon locally, improve habitat for local wildlife, provide seed collection for other plantings and help to build community understanding of local offset options."

"Lake Modewarre has strong environmental and culture values and this project will also support partnerships with Wadawurrung Traditional Owners."

Council has allocated \$10,000 towards plants and associated planting costs, and will seek grant funding to complete this work. The planting is expected to begin in autumn this year.

Learnings from this project are being fed into a broader initiative underway through the Barwon South West Climate Alliance, to establish a robust local carbon offset planting program.

Free Community Service Advertisements

Services and Activities in Winchelsea



TRAIN SERVICES

To Geelong

Mon - Fri

6:41 am, 7:59am, 11:34am,
2:01pm, 7:37pm

Sat and Sun

9:35am, 1:36pm, 7:18pm

To Warrnambool:

Mon - Fri

9:29am, 2:56pm, (to Colac
5:27pm), 6:45pm, 8:53pm

Sat and Sun

8:47am, 2:49pm, 8:37pm

Country Women's Association



7pm Second Wednesday of Month
Winchelsea Senior Citizens' Hall

Bus to the Hub

For reservations on the weekly bus
to the Eastern Reserve Hub,
please phone 52671202.

Surf Coast Mobile Library

Surf Coast Mobile Library
parked in Hesse Street
(outside Shire Hall) on Fridays
between 2:00 and 5:00pm
unless it is a Public Holiday.
Hesse St, Fridays, 2pm-5pm

Winchelsea Taxi

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Wheelchair accessible
10 seater bus available.

Winchelsea SES

Meeting and training
2nd Wednesday

Training 4th Wednesday

Visitors and inquiries welcome

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Winchelsea and District Combined Probus Club



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

Enquiries Linda 0439 817 263.

Body Therapy Classes

Yoga, Pilates, Qi Gung and Mindfulness Meditation Practices

Tuesdays 6.15pm \$13 Cash
Catholic Church Hall -School Term Only

Dr Haidee Benning, 0428 177 964

Winchelsea Playgroup

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

Winchelsea Girl Guides

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

1st Modewarre and Winchelsea Scout Group

Joey's: Tuesdays of school term 5-6pm
Cubs: Mondays of school term 6:30-8pm
Scouts: Tuesdays of school term
6:30-8:30pm

All at Modewarre Hall, Cape Otway Rd
Venturers: Wed at Walton's Rd Venturer Den
Contact Marie McPadden 0409 330147

Winchelsea Transfer Station

Opening Hours

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

55 Cressy Road, Winchelsea.

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

Surf Coast Aquatic and Health Centre to include indoor 25-metre pool

The new Surf Coast Aquatic and Health Centre will offer the option of year-round lap swimming and learn to swim classes in an indoor 25-metre pool.

Surf Coast Shire Council resolved at its February meeting to change the scope of the project following confirmation that a community pool facility will remain in Armstrong Creek as a legacy from hosting 2026 Commonwealth Games aquatic events.

Plans for the Surf Coast Aquatic and Health Centre now include:

- Indoor 25-metre pool
- One 20x10-metre indoor warm water program pool
- Allied health suites, program spaces, gym, café and supporting amenities.

Council had previously endorsed plans including two indoor program pools and an outdoor 25-metre pool, with option for it to be enclosed in the future.

"Council approved the previous project scope in June, well before the Commonwealth Games announcements, anticipating catering for immediate high demand for activities like learn to swim, warm water exercise and hydrotherapy," Mayor Liz Pattison said.

"We had factored the growth area of Armstrong Creek in as a key catchment for our centre.

"Expert industry research now indicates that use of the new Armstrong Creek facility will reduce the 10-minute drive time catchment for the Surf Coast Aquatic and Health Centre by 22 per cent.

"This will impact the immediate high demand we anticipated would accelerate early growth.

"Shifting our scope to one program pool, with the indoor 25-metre pool better reflects our community's projected need and demand during the next decade."

The new scope also responds to community feedback from the past six months and includes potential future inclusion of a dedicated learn to swim pool and an indoor/outdoor leisure/water play area.

Council also resolved at its February meeting to underwrite the existing \$3.57 million project funding shortfall to enable the project to go to tender, and will continue to seek external funding.

Council has \$42.25 million in confirmed funding for the project, with an estimated additional \$1 million in interest earnings on that funding to be added.

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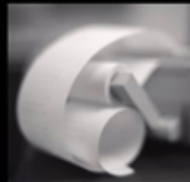
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First Nations artist's mural a canvas for International Women's Day celebration

Community members are invited to celebrate International Women's Day 2023 at a Surf Coast Shire Council event which will feature the unveiling of a mural by First Nations artist Jenna Oldaker.

Titled Wunggurrwil Ba-gurrk Murrup (Strong Woman Spirit), the mural will be a welcome addition to Wurdi Baierr Stadium in Torquay north. Ms Oldaker, a proud Wadawurrung woman, is excited to reveal her piece at the celebration event on Wednesday 8 March from 10am to 11am.

"This artwork is a celebration of all the strong women that have travelled this beautiful land that we are lucky enough to call home," she said.

"Our Ancestors and Elders travelled these same lands sharing their culture, sharing their stories and ideas, and it is now our responsibility to take care of and nurture our Wadawurrung Country home."

Surf Coast Shire Council Mayor Liz Pattison will lead a Q&A with Ms



Oldaker, which will be followed by a morning tea.

"I'm looking forward to hearing valuable insights from Jenna about her mural, which is inspired by this year's International Women's Day theme: Embrace Equity," Mayor Pattison said.

"Council's annual International Women's Day celebration is a highlight on our calendar as we raise awareness about how important it is to keep striving

towards gender equality in our community.

"I'm delighted that this year's event also supports Council's commitment to Reconciliation and the need to grow our understanding of Aboriginal and Torres Strait Islander culture."

To register your attendance at the free International Women's Day event on 8 March, visit surfcoast.vic.gov.au/IWD2023.

Autumn Firewood Collection Season Opens

The autumn firewood collection season for 2023 opens on 1 March and closes on 30 June.

During the season firewood can be collected from designated firewood collection areas in state forests or parks across the region and is for personal use only. Collected firewood cannot be sold.

Firewood can only be collected from public land for domestic use during the Autumn collection season – between 1 March to 30 June – and Spring collection season between 1 September and 30 November.

Seasonal closures reduce the risks to people, the environment and infrastructure when the forests and tracks are wet.

When collecting firewood be mindful of your safety in the forest. The weather can be unpredictable as can the surrounding environment, so be aware of tree canopy and the surrounding environment.

People who rely on firewood as their main source of energy for heating and cooking should ensure they are using firewood in the most efficient way possible. EPA recommends that chimneys are regularly cleaned and collected wood should be allowed to dry for at least eight months before burning.

Access to firewood collection areas may be disrupted at short notice due to planned burning or other fuel management operations, more information can be found at <https://plannedburns.ffm.vic.gov.au/>.

Any information the community may have about the illegal removal of firewood for sale can be reported to FFMVic on 136 186.

Find your local collection area here: <https://www.ffm.vic.gov.au/firewood/firewood-collection-in-your-region>

Find out how to choose the right wood - <https://www.epa.vic.gov.au/for-community/environmental-information/air-quality/smoke-from-wood-heaters/how-to-choose-the-right-wood-for-your-wood-heater>

Financial assistance is available for people on low incomes who purchase firewood. <https://www.ffm.vic.gov.au/firewood/energy-concession-and-support>.



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Local Legend – Rayson Kobayashi Baggs

Rayson Kobayashi Baggs volunteers a couple of weekends each month at activities with Surfers For Climate, and spends lots of spare time picking up plastic from beaches, bush and parks.

He talks to his mates about environmental issues that matter, and laments people treating the earth like a big garbage bin.

He inspires people of all ages, and he is 11 years old.

Rayson's passion for the planet, commitment and leadership has qualified him as Surf Coast Shire's latest Local Legend.

The award recognises his positive impact in helping his environment and community to thrive.

"Every day I try to be conscious of my decisions and actions, try to use less waste, pick up rubbish when I find it on



the beach and in the bush and parks," he says.

"I also ride my bike or walk to school every day to use less emissions from the car, and try not to ask for anything I don't need.

"I volunteer with Surfers For Climate, helping with their events and also talk to my friends about the issues that matter."

Rayson lives in Aireys Inlet and is vice-school captain in year 6 at Aireys Inlet Primary School.

He credits his parents Belinda Baggs and Jarrah Lynch with having helped ignite his passion for the environment.

"My parents surf, so we're always at the beach, either on the sand or in the water," Rayson says.

"It made me realise how much you need to protect it and nourish nature, as it is vital for these ecosystems to be healthy in order for it to look after us."

Rayson's devotion has even extended to donating money from his eighth birthday to the Fight for the Bight

campaign, opposing plans to drill for oil in the Great Australian Bight.

"I was worried about an oil spill hurting the whales, dolphins, turtles and fish," Rayson says.

"I didn't really need more toys, but I did need a clean beach and for the animals to be safe."

He is modest about being referred to as inspiring.

"But hearing that I'm inspiring makes me feel happy to know that others are also caring about the planet," he says.

"We need to look after it because if we have children we want them to be able to have the same experiences as we do as kids now.

"Some adults seem to look at the earth as a big garbage bin or a resource, but really we are connected and depend on nature to live.

"Please help us look after the future and stop destroying the climate for money, because there is no planet B for us."

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Hello everyone. My name is Keren Wigley and I am a new advertiser in the Winchelsea Star. I am a holistic healthcare practitioner based in Colac. You may have noticed my first ad on 21st February.

I will be writing health-related articles from time to time, and thought I would begin by sharing some interesting info that I learnt last weekend in a course about optimizing thyroid function.

As you may know, the Thyroid affects most of the functions in your body. Your body has a thermostat, just like your AC, which regulates the production of TSH (Thyroid Stimulating Hormone). For example, low iodine can cause an overproduction of TSH (overactive Thyroid). Stress also seems to play a huge role in every step of the process.

- The Thyroid converts TSH to T3 (7% but 4 times more powerful) and T4 (93% but inactive).
- T4 is then converted to T3.

- The efficiency of the conversion depends on whether your body has enough micronutrients, good gut bacteria and good liver/pancreas function.

However chronic stress, long-term dieting\ carb restriction\ fasting or illness can cause T4 to be converted to rT3 (Reverse T3) as a protection. This can be useful, but not for too long as it can cause bloating, fluid retention and a slow metabolism. Also, oestrogen dominance can bind T4, making it unavailable for conversion. This could possibly be one of the reasons for tiredness, low metabolism, weight that just won't let go, anxiousness, digestive issues, hair loss, hormonal problems, high cholesterol or blood pressure issues, even though thyroid tests are normal. You can request a blood test for rT3.

To optimize thyroid function, these are some things to consider:

- Include sources of iodine in your diet (eg seaweed, fish, eggs, dairy products)



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- Eat nutrient-dense foods
- Have a protein-rich breakfast
- Include fermented foods
- Avoid refined carbs, and include nutrient-dense carbs.
- Consider supplements to ensure that you are getting enough micronutrients, especially B vitamins
- Take a probiotic every day to increase good gut bacteria
- Eliminate stress as much as possible, and develop strategies to manage stress or anxiety.

If you have any questions I'm happy to answer them privately via email (kerenwigley@bigpond.com) and perhaps include them in a Q+A (anonymously) in the next edition together with more specific info about strategies to optimize your thyroid function.





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- Bus Driver & Outings Assistant
- Resident Visitor
- Events and Activities Assistant
- Group Wheelchair Walks Assistant
- Appointments Escort
- Social Support Activities
- Gardening - Winchelsea

Volunteers are essential to our aged care system, supporting the wellbeing of older people in their homes and in residential settings.



For more information please contact Jessica Culhane, Communications and Community Partnership Officer via phone on [031 5267 1200](tel:03152671200) or via email jculhane@hesse.vic.gov.au

Funeral Planning

Working out what is best for you.

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

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



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

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Happy 20th Birthday Community Bank Surfcoast

To show our appreciation, we are celebrating our 20th birthday by seeking to fulfil the 'wish-lists' of our local not-for-profit groups and organisations by providing an extra \$200,000 back to our community.

When Wednesday 1 February - Sunday 30 April

Contact us via Facebook, in Branch, a Director, or our Community Engagement Advisor -
Kelly 0459 997 102

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