



WYNDHAM

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Ambulance calls surge

By Fatima Halloum

Paramedics in Wyndham are among the busiest in the state, with their caseload surging by more than 30 per cent in the year to March.

Latest Ambulance Victoria data reveals Wyndham paramedics were called to 3282 code one cases between January and March, up from 2510 cases during the same period in 2021.

Ambulance Victoria said calls in Wyndham accounted for 3.52 per cent of the statewide code one demand, making the municipality the fifth busiest local government area.

Code one cases are life-threatening or time critical emergencies.

According to the data, the average response time for code one calls in Wyndham was 14 minutes and 43 seconds as of March, down from 15 minutes and 33 seconds in December, 2021.

Wyndham paramedics responded to 69.1 per cent of code one calls within the benchmark response time of 15 minutes, up from 63.5 per cent in December, 2021.

Ambulance Employees Australia Victoria (AEAV) secretary Brett Adie said the increase in call-outs had left ambulance crews fatigued and burnt out.

“Many ambulance workers are finding that they need to limit their exposure to work to provide themselves with an opportunity to recharge their batteries,” Mr Adie said.

“Our members are finding it increasingly hard to keep soldiering on. Taking pressure off the system is the first priority and the creation of alternative pathways for healthcare is a critical step in that process.”

Ambulance Victoria metro regional director Michael Georgiou said the organisation recruited 700 paramedics in 2021 to help meet demand.

“This recruitment drive continues with 174 paramedics already on board so far this year to help get more ambulances on the road and to patients quicker,” Mr Georgiou said.

Ambulance Victoria is encouraging people to contact their GP and pharmacists for non-urgent care.

“While ambulances are always provided to patients when required, about one in five calls to triple-0 (000) do not need an emergency ambulance response,” Mr Georgiou said.



Cameron Gatt will travel to France in July to compete in the BMX world championships.
(Joe Mastroianni). 278411_03

Truganina’s BMX talent

Not many teenagers can refer to themselves as national champions but 14-year-old Cameron Gatt can.

The Truganina local brought home gold after competing in Brisbane at the BMX Oceania Championships in April.

Cameron’s fixation with the sport began when he was six-years-old, he attended the Weerama parade and observed BMX riders in their element for the first time.

“I saw the boys on their bikes [and] I was completely amazed by their skills. They left a lasting impression on me and I hassled my mum every day until she organised for me to have a trial,” Cameron said.

“My parents took me down to the local track to lend a bike and gear and I was hooked, from that day I never turned back.”

Cameron said despite years of competitions, he “always” feels nervous.

“When I’m up on the hill waiting for the gate to drop, I use the nerves to push me to explode out in front of my competitors, then the adrenalin takes over,” he said.

“The adrenalin of the major events is my favourite thing, the rush you get after seeing all your hard work pay off when you get across that finish line first.”

Cameron credits his coach, Werribee’s Fraser Te Hiko, for his achievements and hopes to compete in the Brisbane 2032 olympics.

“I hope that I will be in my absolute prime and am selected to represent my country in the Olympics in front of our home crowd. That is the ultimate goal of my career – Olympic Gold,” he said.

Fatima Halloum



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CRAIG KELLY MP

Federal Member for Hughes
Leader United Australia Party

6th April 2022

My fellow Australians

Liberal and Labor have given Australia one Trillion Dollars of debt (\$1,000,000,000,000) (a million million)

At the Government's proposed rate of repayment, it will take Australians 250 years to repay the debt.

A Trillion Dollars of debt will increase home loan rates to 4% in 2 years and to over 6% in 3 years.

At 4%, over 60% of Australians will default on their mortgages and will lose their homes, and at 6% or more over 80% of Australians will lose their homes.

The real estate market will then collapse and foreign buyers will flood our real estate market as they will have the money to buy up our properties.

We have to stop Australians from losing their homes!

A maximum of 3% interest on Home Loans

The United Australia Party will introduce a maximum interest rate for all home loans of 3% per annum for the next 5 years to save Australian homeownership.

My treasurer, Clive Palmer, has a wealth of business experience and the ability to save Australia. The Liberal and Labor finance teams just don't know what to do and they are keeping you in the dark.

Repayment of National Debt

Both Liberal and Labor fail to address the Trillion Dollars of National Debt, but not the United Australia Party. We plan to address it head-on and save your family from its impact.

Australia supplies over 80% of all Iron Ore to the Asian manufacturing market, where tens of trillions of dollars are invested in manufacturing in China, Japan, Korea and the rest of Asia.

Asia achieves its position in world trade by using Australian Iron Ore. Asian economies and industry have no alternative.

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Bring Australian Super Home

Australia has over One Trillion Dollars of Super invested overseas. Just like when John Curtin in World War 2 brought the troops back to save Australia, the United Australia Party will bring back a Trillion Dollars of Australian Super back to Australia, to save Australia.

To save your home and Australia, I need you to vote 1, for your United Australia Party candidate for your electorate, in the House of Representatives and for the United Australia Party Senate team.

We can save Australia and your home.

God bless Australia.

Craig Kelly

Leader United Australia Party

WHAT DOES THE DEPUTY PRIME MINISTER & LIBERAL SENATOR THINK OF SCOMO?



Barnaby Joyce,
Deputy Prime Minister

“He is a hypocrite and a liar from my observations and that is over a long time.”

“I have never trusted him, and I dislike how earnestly he rearranges the truth to a lie.”

THE CANBERRA TIMES

“It is his way or the highway. (He’s) an autocrat, a bully who has no moral compass,” she said.

“He has used his so-called faith as a marketing advantage.”

NEWS.COM

“There is a putrid stench of corruption emanating from the New South Wales division of the liberal party”

THE CANBERRA TIMES



Concetta Fierravanti-Wells,
Liberal Senator

THAT’S WHY CRAIG KELLY LEFT

At the last election, Craig Kelly stood for the Liberal Party. He stood for small government, low debt and freedom of speech.

And again, at this election, Craig Kelly is standing for small government, low debt and freedom of speech.

The difference is - It’s not Craig Kelly that left the Liberal Party, it’s the Liberal Party that’s disenfranchised local Liberals and abandoned Liberal principals.

Caring for and supporting what you believe in is one of the rarest things in politics.

Craig Kelly needs your support to stop the destruction of liberal beliefs.

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SHOPPING CENTRE



House prices continue to rise

By **Fatima Halloum**

The median house price in Wyndham continues to rise, according to new Real Estate Institute of Victoria (REIV) data.

The data revealed Tarneit had the highest quarterly price increase in the municipality for the months of January, February and March, with a change of 6.8 per cent and a median house price of \$660,000.

Manor Lakes followed at 5.1 per cent (\$675,000) and Hoppers Crossing recorded a

4.5 per cent change (\$611,000).

Reliance Manor Lakes director Taney Jain said the municipality was made up of suburb pockets, and location was a determining factor when it came to area growth.

“Location is one thing in real estate that cannot be changed, and those pockets which are located well, those are the ones which are growing a lot and more in demand,” Mr Jain said.

“Because most people in Wyndham work in the CBD, they want to be closer to amenities

like train stations and public transport.”

Wyndham recorded an annual change of 9.2 per cent and the median house price in the municipality is \$655,000. Although house prices remain cheaper than other areas across the state, Mr Jain said Wyndham is quickly catching up.

“There’s a property if you look at that property history, we sold that house for \$475,000 in 2015, the same house it resold now, last year it sold for \$915,000,” Mr Jain said.

Traffic is considered the biggest drawback

in the municipality, but Mr Jain believes Wyndham’s proximity to Avalon airport, planned freeway upgrades and further development of new schools will continue to entice buyers.

“This was one of those suburbs which were outskirts ... where nobody wants to move in before, and nobody thinks the house could have sold on the great prices but going from \$240,000 worth of houses now the houses have gone up under \$1 million because the infrastructure development is very high in the suburbs.”

Skills put to the test

The Werribee Fire Brigade won overall first place at the 2022 New South Wales State Road Crash Rescue Challenge.

The competition was held in Dubbo, New South Wales from April 29-May 1 and resulted in Werribee CFA winning first place in three categories and second place in two.

Team leader Daniel May said he was pleased with the team’s success.

“I’m certainly proud of the team and the amount of work that they put in after hours... training and setting scenarios up in preparation for the challenge,” Mr May said.

The Werribee Fire Brigade was the only Victorian team invited to compete in the event.

Mr May says the opportunity came up to join the competition last year.

“That was the first ever event of its kind for a state competition, and we actually won that outright,” he said.

“We attended this year off the back of that and once again [were] successful this year in winning a number of events and taking overall

winners out.”

Mr May said the team’s “youthful energy” helps them to stand out against the rest.

“It’s a relatively young team and quite often in the scenarios I need to deliberately try and slow them down because they’re just full of energy and that plays out in the scenarios as well as probably one of our strengths,” he said.

The main reason they attend the event, Mr May says, is to develop skills that can be used to benefit the wider community.

“For example, last year upon our return from the competition, that night, we were dispatched to a rescue involving a car and a truck,” he said.

“Several members of the team turned out to that job and that was probably one of the most difficult extractions in recent years that we can remember and we’ve put a lot of those skills to the test.”



Michael Davie, Anthony Hill, Scott Green, Team leader Daniel May, Neil Davie, Dominic Trifilo, paramedic Trevor Weston. (Supplied)

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Anne Zausa and Mary Walls celebrate Mother's Day at Baptcare Wyndham lodge. (Damjan Janevski)
279628

Mums offer up words of wisdom and love

The residential aged care facility Anne Zausa and Mary Walls call home prepared a high tea celebration in honour of this year's Mother's Day.

But even at 88-years-old, Werribee local Anne said she never stops worrying about her three children.

"Being a mother is hard work, it keeps you on the ball from the day they're born," Anne said.

"My own children are grandparents now, but to me they're still my kids. You never stop being a mother."

Anne believes being a good parent is finding a balance between responsibility and a lot of love, and raising children to be self-reliant.

"I think even as parents you have to teach your children self-respect, they are after all, people," Anne said.

Mary's family of six kids also grew up in Werribee, and the 94-year-old says modern motherhood has its share of differences.

"I don't envy them these days, they have to earn money with wages being so low and everything else so expensive," Mary said.

"I think they've really got it tough, [but] they love being mothers."

Mary believes the most important gift a child can give to their parents, not just during mother's day, is time.

"The parents love their kids and they want to be with them, I'm sure that's a general feeling," Mary said.

Briefs

Cherry Creek clean up

Clean up work at Cherry Creek in Laverton North is well under way, with pollution levels having dropped significantly according to the EPA. Cherry Creek and Cherry Lake were contaminated with detergent from nearby business Melbourne Transport & Warehousing in March this year, resulting in the death of nearly 15 tonnes of mostly carp. Due to the improvement with the lake's pollution levels, Melbourne Water will begin to remove bunding from Cherry Creek leading into the lake, to allow normal water flows to return. EPA will continue its monitoring program, however in the meantime, health warnings will remain in place advising people to avoid contact with the water.

Police seeking witnesses

Werribee police are appealing for witnesses after a 10-year-old boy was assaulted in Point Cook. Police were told the boy was walking home from school when he stopped at the intersection of Kellerman Drive and Flory Avenue at about 3.15pm on Monday, May 2. Police say a person rode past the boy on a bike and kicked him in the back. The boy fell to the ground and sustained bruises, cuts and swelling to his face, and his iPad was broken. The attacker was on a black bike detailed with yellow stripes and was wearing a black cap.

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Guy promises to focus on west

Victorian opposition leader Matthew Guy has promised the Liberal party's first budget will include investment in the western suburbs if successful at the state election this year.

During a visit to Point Cook on May 9, Mr Guy said Melbourne's west needed immediate state funding.

"Here in the western suburbs ... we've announced a new hospital in Melton, I'll have announcements further about Werribee," Mr Guy said.

"We're doing that because we believe in

investing in resources and infrastructure where it's needed, where people are moving, and not in 2029 and 2035, but now."

Mr Guy said the Liberal party is committed to "ensuring the west gets the representation it deserves".

"The western suburbs is not just changing, it has changed ... it's new, it's emerging, it's a powerhouse for the economy," he said.

Mr Guy said the Liberal party had a "burning desire" to win as many seats in the municipality as possible, including the "100

per cent winnable" newly-formed Point Cook electoral district.

"I wouldn't take the shadow cabinet to the western suburbs repeatedly if I didn't have a burning desire to see change out here," Mr Guy said.

"We have a burning desire to win the seats of Point Cook, Tarneit, Werribee, Melton, right through the western suburbs."

Mr Guy said the state needed a government focused on Victorians.

"Victoria's healthcare crisis is not going to

ease while the guy who caused the crisis still remains in charge of the state," he said.

Also in attendance was opposition health spokeswoman Georgie Crozier, who said the western suburbs are currently experiencing a dental crisis.

"Out here in the west, the average wait time has gone from 15.8 months to 45.3 months, before they can see and get their dental care," Ms Crozier said.

Cafe is a welcoming place for craft and coffee

If you think enjoying a classic comfort food like a tomato and cheese toastie or a hearty pie while participating in a creative art activity sounds like an ideal morning, Quantin Binnah (QB) Community Centre's cafe sounds like the perfect place for you.

Facilitated by Creating Villages, a not for profit organisation that seeks to create inclusive community places, the cafe opened in collaboration with QB and operates on Monday and Tuesday from 8am-2pm.

"We don't want anyone to come in feeling that they have to buy anything, because that's not the purpose, the purpose is to provide a space where they can come and sit down and do craft," Creating Villages manager Bianca Hosemans said.

The cafe serves inexpensive and affordable food options and Bianca says the money earned is reinvested into the program.

"We really promote vulnerable cohorts coming along, so children and families who have a member with a disability, people who

may be experiencing financial hardship or mental health concerns," Bianca said.

"At the moment we're all volunteers and we have a program where people with a disability can come in and get work experience as well."

The cafe was introduced to the centre last year, when community development officer Emma Leunig noticed QB had available space that could be used to benefit others.

"I invited Creating Villages to come along and access the space and run their services from here," Emma said.

"It's not set up as a generic franchise type cafe but more of a community and social initiative supporting those who are a little bit more less fortunate than ourselves."

Café manager Bianca Hosemans with customer Kerstin Schildt and her 8-month-old baby Marley. (Damjan Janevski) 277808_01



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STAR NEWS, MAY 2022



WEst Justice expands services

By Fatima Halloum

WEst Justice has expanded its specialist services to help more people across the state struggling with mortgage stress.

The community organisation will shift from working solely with people in the western suburbs of Melbourne to now servicing home owners living all over Victoria.

WEst Justice mortgage stress director of operations and strategy Stephanie Tonkin said she expects to see more households fall into financial difficulty.

“There are always people in mortgage stress

but now with the costs of living on the rise and the interest rate rise, it’s really front and centre,” Ms Tonkin said.

“We’re talking about someone’s roof over their head, we’re talking about leaving a home and potentially facing homelessness.”

The Australian Bureau of Statistics defines housing stress as lower-income households that spend more than 30 per cent of their gross income on housing costs.

“For many people that’s a reality, increasingly so, you may be comfortable paying that now ... that may be manageable,” Ms Tonkin said.

“Mortgage stress becomes a problem when

there’s a change in circumstance.”

Ms Tonkin said the change could be another baby on the way, a workplace incident, addiction issues or a reduction in work hours.

“It’s one of those change in circumstances that can happen to anyone, that can push someone from managing their mortgage repayment into real financial trouble,” she said.

“But it’s important to highlight that households do have options to deal with their mortgage stress.”

WEst Justice began its Mortgage Stress Victoria program seven years ago. Ms Tonkin said the team comprises specialist lawyers,

financial counselors and social workers, who help with many of the issues that cause mortgage stress.

A key priority for the service is reaching people earlier in the cycle of their financial difficulty.

“No matter how early or late in the cycle, they can reach out to us. The sooner you seek help the more options that you might have to deal with the mortgage stress issues,” Ms Tonkin said. “They can give us a call and we would give them that initial advice on their rights and options.”

Details: 1800 572 292

Wyndham’s poster boy

How does a 16-year-old boy from Wyndham Vale who dreams of joining the medical field to work as a paramedic find himself preparing to compete in the finals for *Next Top Model Australia*?

Cooper Goldsworthy will tell you to ask his mum and dad.

“My parents saw a poster that was advertising a competition at Werribee plaza and my parents were just like ‘alright, let’s put Cooper in and see if it works,’” Cooper said.

“It seems to have been working out so far.”

Cooper said he was initially very hesitant, but ultimately realised there was no harm in trying.

“What got me through it is knowing that there’s not really any loss, like there’s either a win, or no loss,” he said.

The teen expected the modeling world to be a “if you don’t get it right, you’ll get in trouble kind of environment” but says he found

something else instead.

“[I] actually stepped into a way more positive environment, it was a really good environment because everyone was so supportive and passionate about what they did,” Cooper said.

Top Model Australia partnered with the Bully Zero campaign, and all contestants are put through a program to be Bully Zero ambassadors.

“I’ve been bullied myself, I feel like it’s best to be able to provide support,” Cooper said.

“Because some of the kinds of services out there aren’t the best and I feel like there needs to be a lot more time and focus on bullying.”

The finals will be held in July and Cooper says he’ll be “ecstatic” if he wins.

“Obviously chances are that I don’t win... if I do end up making it ... I’d be really happy to,” he said.

Fatima Halloum



If Cooper wins the competition, he will receive an all expenses paid trip to the United Kingdom to work at the London Fashion festival in September. (Supplied)

Changes to Victorian electoral divisions for the 2022 federal election

The name or boundaries of your electoral division may have changed since the previous federal election because of the recent Victorian federal redistribution.

As a result of these changes, you may need to vote in a different division, or your usual polling place may be in a different division.

To check what division you are enrolled in, or to find a polling place where you can vote, go to aec.gov.au or call **13 23 26**.

Voting is compulsory for Australian citizens aged 18 years and older. If you don’t vote, you may be prosecuted. If you vote more than once it is a criminal offence.

Federal election, Saturday 21 May 2022
aec.gov.au | ☎ **13 23 26**



ELECTION 2022

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- MSF50218 Diploma of Interior Design

AUTOMOTIVE

Mechanical

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BUSINESS AND TRAINING

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- FNS50217 Diploma of Accounting - F

Training and Assessment

- TAE40116 Certificate IV in Training and Assessment - F W

COMMUNITY SERVICES AND EARLY CHILDHOOD

Early Childhood Education

- CHC30113 Certificate III in Early Childhood Education and Care - F W
- CHC50113 Diploma of Early Childhood Education and Care - F W

Community Services and Youth Work

- CHC32015 Certificate III in Community Services
- CHC43115 Certificate IV in Disability - F W
- CHC40413 Certificate IV in Youth Work - F

CONSTRUCTION AND LICENSED TRADES

Electrical

- 22515VIC Course in Working Safely in the Solar Industry

Plumbing

- CPC40912 Course in Plumbing - Gas - F W
- CPC40912 Course in Plumbing - Sanitary - F W
- 22569VIC Certificate II in Plumbing (Pre-apprenticeship) - F HC
- CPC40912 Course in Plumbing - Roofing - F W

COOKERY - THE GORDON CULINARY SCHOOL

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- SIT40516 Certificate IV in Commercial Cookery
- SIT31016 Certificate III in Patisserie
- SIT40716 Certificate IV in Patisserie

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- 22486VIC Certificate III in EAL (Access)
- 22487VIC Certificate IV in EAL (Access)

General Education

- 22476VIC Certificate I in General Education for Adults (Introductory)
- 22472VIC Certificate I in General Education for Adults
- 22473VIC Certificate II in General Education for Adults
- 22474VIC Certificate III in General Education for Adults "BINS"

ENGINEERING AND METAL TRADES

- 22470VIC Certificate II in Engineering Studies - F
- MEM50212 Diploma of Engineering - Technical
- MEM40105 Course in Engineering - Welding Certification - F
- MEM40105 Course in Engineering - Welding MIG TIG ARC - F

HAIRDRESSING, BEAUTY THERAPY AND MAKE-UP

Beauty Therapy

- SHB30115 Certificate III in Beauty Services

Hairdressing

- SHB30416 Certificate III in Hairdressing
- SHB30516 Certificate III in Barbering

HEALTH AND SCIENCE

Aged Care

- CHC33015 Certificate III in Individual Support (Ageing) - F W

Allied Health

- HLT43015 Certificate IV in Allied Health Assistance - F

Health Services

- HLT33115 Certificate III in Health Services Assistance - F

Nursing

- 22474VIC Certificate III in General Education for Adults 'BINS'
- HLT54115 Diploma of Nursing - F W

Pathology

- HLT37215 Certificate III in Pathology Collection - W

HORTICULTURE

- AHC30716 Certificate III in Horticulture - F
- AHC40416 Certificate IV in Horticulture

INDUSTRY SKILLS TRAINING CENTRE

Work Health and Safety

- BSB41419 Certificate IV in Work Health and Safety - F

INFORMATION AND COMMUNICATION TECHNOLOGY

- ICT30120 Certificate III in Information Technology - F
- 22334VIC Certificate IV in Cyber Security - F

TOURISM AND HOSPITALITY

Tourism

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VCE AND VCAL

VCAL

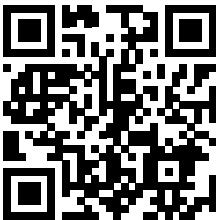
- VCALFND001 VCAL - Victorian Certificate of Applied Learning (Foundation)
- VCALFND001 VCAL - Victorian Certificate Of Applied Learning (Foundation) - Youth Foundation
- VCALINT001 VCAL - Victorian Certificate of Applied Learning (Intermediate) - Year 11

VCE

- VCE0000001 VCE - Victorian Certificate of Education - Year 11

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Principal Fiona McAuliffe, and students Ethan, Sofia, Yash, Michael, Lasya, Jason, Sargun and Aastha. (Damjan Janevski) 278960

Heads down for NAPLAN

By Fatima Halloum

Thousands of year three, five, seven and nine students in Wyndham will sit the annual National Assessment Program –Literacy and Numeracy (NAPLAN) this week.

The testing period will run from May 10 until May 20, and will examine student’s skills in numeracy, reading, writing, spelling, grammar and punctuation.

Good News Lutheran College NAPLAN co-ordinator Jessica Clarke said the school has helped prepare the 459 students expected to complete the assessment by helping them feel ready.

“Leading up to it we often have a practice test and then we get them to reflect on what parts of the questions or the actual test they

felt maybe not as confident in,” Ms Clarke said.

“It’s more about getting them feeling confident with answering questions, the format of the questions, the type of questions, and the test conditions, we teach them to make sure they go back and read over the questions.”

Ms Clarke said they also focus on providing students with strategies and skills to monitor their wellbeing.

“We get them to do a mindfulness activity before they come in to get them to be present,” she said.

“We try and eliminate that anxious feeling coming into a test so that they are prepared for when they’re sitting exams.”

Ms Clarke said the school encourages

students to treat testing days like any other normal day at school.

“It’s just another day and it shouldn’t be any different and they’re still gonna work as hard as they normally would and still going to try their best,” Ms Clarke said.

Principal Fiona McAuliffe said a good outcome for the college would be consistency across the year levels participating in the test.

“I like to see a balance across the four areas that are assessed so that we know that our students are getting a breadth of education, I don’t want to see them being excellent mathematicians if they can’t spell,” Ms McAuliffe said.

“If we find one child we were missing that needs extra support in a specific area because of the NAPLAN results then it’s a success.”

Have your say on dog parks

Are you a dog owner living in Laverton, Laverton North, Point Cook, Truganina, Williams Landing or Hoppers Crossing? Wyndham council wants to hear from you.

Two new dog off leash areas, one in Williams Landing, and the other in Point Cook, are currently in the planning process. Council wants to know your thoughts on the initial design for the Williams Landing park and is listening to feedback on the planned location for the new Point Cook dog park.

The concept plan for the Williams Landing dog park includes agility based activity items, open lawn for running and socialising, a quiet grass area with landscaping buffer and an air lock fence.

A detailed map is available for view and details the placement of seating areas, drinking fountains and bins.

Council has proposed Sidney Nolan Park as a potential location for a new Point Cook dog park. Residents can register their approval of their park whereabouts online.

The new dog parks were developed to support Wyndham council’s Dog Off-Leash Plan which aimed to expand the number of dog parks in the municipality, to account for increasing pet numbers.

The deadline for residents wanting to submit their feedback is Sunday, May 15.

Details: <https://bit.ly/39PfdBH>

Fatima Halloum

Are you aged 70 years or older? You must still vote in the federal election.

The federal election will be held on Saturday 21 May 2022. Voting is compulsory even if you are 70 years of age or older.

If you can’t make it to a polling place on election day you may be eligible to vote early.

For more information go to www.aec.gov.au or call the AEC on 13 23 26.

COVID-19 measures at polling places

A range of COVID-19 safety measures will be in place as you cast your vote. At all times you should follow local rules and public health directions, as well as instructions from AEC staff.

To protect the health and safety of the community, you should not attend a polling place if you’re showing any COVID-19 type symptoms. Go to www.aec.gov.au for the latest updates and advice, including what happens if you are not able to vote.

Voting is compulsory for Australian citizens aged 18 years and older. If you don’t vote, you may be prosecuted. If you vote more than once it is a criminal offence.

Federal election
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thierry.beths@unimelb.edu.au
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Or scan QR code for more information

Bridge upgrade pledge

By Fatima Halloum

The Wyndham Westlink and Ison Road Bridge will receive \$57 million in funding if Labor wins at the upcoming federal election.

When complete, the upgrades will create a direct link between Wyndham Vale and Manor Lakes to the Princes Freeway, providing an alternative for commuters and relieving congestion, according to the ALP.

Lalor MP Joanne Ryan said the news was a “big win” for the community.

“Talking to locals, I hear again and again how important it is to upgrade roads and ease congestion,” she said.

“Wyndham is growing rapidly and we need to invest in infrastructure to keep up with demand.”

The state government has already provided funding for early works and planning, enabling the federal government’s investment to go towards construction.

Ms Ryan also announced that Werribee will be one of 50 locations to receive a Medicare Urgent Care Clinic if Labor wins government.

The clinics will be open seven days a week, from at least 8am-10pm and provide an alternative option for families needing immediate care from a medical professional.

Labor will fund \$135 million over four years to establish a trial of the care clinics, where residents will be able to receive treatment for sprains, broken bones, cuts, wounds, insect bites, minor ear and eye problems and minor burns. Ms Ryan said she will work to strengthen Medicare for the electorate’s growing community.

“Some clinics locally are reporting a drop of nearly 40 per cent in their doctors and wait times at GPs are blowing out,” Ms Ryan said.

“This commitment builds on Labor’s strong record of delivering the health infrastructure



Lalor MP Joanne Ryan, Werribee Mercy Hospital emergency department director John Pasco and Emergency department nurse unit manager Lynne O'Neil at the Medicare Urgent Care Clinics announcement on Monday, May 2. (Supplied)

our growing community needs, after providing funding for the Mercy Hospital redevelopment and building the IPC Health

Wyndham Vale clinic in our last term in government.”

Photo comp snaps back

Entries have officially opened for Wyndham’s seventh annual youth photography competition and exhibition.

Way Out West invites local residents to enter their best photograph to go in the running to win one of six available prizes.

Deputy mayor Jasmine Hill said the competition is open to those aged between 12 and 25 years old, who live, work or study in the municipality.

“Photography is such a creative and personal and emotional expression; and each photo tells a story. This is a great way to do something productive, creative and showcase their photography skills,” Cr Hill said.

“I’m so excited to see what young people in Wyndham can create with their cameras or their phones, and I encourage everyone to take part in this great competition. Who knows, it could even lead to a career in photography.”

Prizes are awarded for different categories including, the image that best captures life in Wyndham, best landscape, best portrait, best black and white image, best use of colour and the overall grand prize winner.

Winners will be announced at a dedicated exhibition from 6.30pm, Thursday, July 14, at Point Cook library.

The exhibition will feature the work of all entrants.

Entries are open until 4pm, Monday, May 30.

Details: <https://www.wyndham.vic.gov.au/wayoutwest>

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Boxing rebrand set to knock out

By Elle Cecil

First opening in Hoppers Crossing in July 2019, and in Point Cook in November 2021, 12RND Fitness has now been rebranded to UBX, pronounced “you-box.”

With workouts built around 12 rounds of boxing and strength, each workout conditions your entire body by working all muscle groups and energy systems. Each workout runs for 45 minutes and there are different workouts every day.

Each session has a coach present to run you through your workouts, to keep you accountable and to support you. As high interval training at its best, UBX builds lean muscle, burns body fat and increases overall fitness levels.

Owned by husband and wife duo Matt and Bianca McAuliffe, they are passionate about helping people achieve their health and wellness goals.

“We love to help people achieve their goals both physically as well as mentally, helping people overcome their fears or assist with their self-esteem, anxiety and depression through exercise, along with the huge benefits of weight loss, building lean muscle, burning body fat and increased fitness,” Matt says.

Bianca says: “We pride ourselves on providing a place where everyone can be themselves, no matter what your age, and feel part of a community.

“We have a full range of fitness levels from first times to seasoned gym junkies - everyone embraces the culture we provide and supports each other.”

UBX Boxing Hoppers Crossing and Point Cook have entered into the 2022 Wyndham Business Awards, in the personal and other services category. The awards celebrate business entrepreneurs, innovators and



The team at UBX Hoppers Crossing and Point Cook will welcome and encourage you in your health and wellness goals. (Supplied)

hardworking operators and highlight achievements of leading Wyndham businesses across key industry sectors.

Wyndham Business Awards entries close on Friday, June 3 for the category awards and Friday, June 17 for the People’s Choice Awards.

To enter or nominate a business for an award, visit: www.wyndham.vic.gov.au/businessawards.

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Iramoo Community Centre hosted acommunity breakfast for Neighbourhood House Week. 278470



Craft group Chris, Jan, Brenda, Janet, Shirley, Carol and Kathleen.

Open house for a special week

Iramoo Community Centre hosted a number of activities to celebrate Neighbourhood House Week (May 6-13).

Neighbourhood House Week is an annual national celebration that recognises the importance of neighbourhood houses in local communities. This year's theme is building resilience by bringing people together.

Iramoo hosted a community breakfast, a morning melodies celebration, cupcake decorating, ballroom dancing and crochet classes.



James Nguyen making candles. 278470



Colin Gough enjoyed the Morning Melodies activity at Imaroo Community Centre. (All photos by Damjan Janevski) 278471



Andrea Pocknee, Dorian Jordan, Payal Sharma, Wendy Colbert and James Nguyen. 278470



Lusienne Savic, Susan Ryan, Kirsty Ryan and 5-months-old son Xavier. 278470



Morning Melodies coordinator Trish Simpson (front) with participants Kevin, Aye, Maureen and Nat. 278471

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Interested Contact: Dr. Kevin Gould, BA, DipEd, MEd, PhD
Liaison Consultant
0411 016861



Geoff Cronin became a CareWorks SunRanges volunteer to repay their services to him. (Joe Mastroianni) 279465_03

The high cost of just scraping by

As inflation surges and interest rates rise, household budgets are being squeezed all over Australia. For those on the lowest incomes it is almost impossible to make ends meet without the help of charitable organisations as Elsie Lange discovered.

Before the pandemic, Geoff Cronin didn't have to eat just two meals a day to be able to budget for his week.

Before he lost his work, the 62-year-old didn't suffer from anxiety and depression, brought on by an inability to pay back his landlord after the pandemic rent moratorium was lifted.

For people like Geoff, the increased cost of living has made everyday life even more difficult.

Mr Cronin said without the help of not-for-profit crisis relief centre CareWorks SunRanges, he doesn't know where he'd be – so he volunteers for them as a way of showing his gratitude.

“One day I was walking, depressed, and I saw CareWorks,” Mr Cronin said.

“I asked what goes on there and they said they did food parcels for people and give support, financial support. Not as in a weekly wage, but to help with a bill or a rental.

“I had an interview... and they gave me some money towards my rent.”

Mr Cronin is on the JobSeeker welfare payment and receives rental assistance, but after his \$480 fortnightly rent comes out of his \$852 fortnightly welfare payment, he can hardly make ends meet.

“The second week's always difficult, I'm in the second week now and I can go [to CareWorks] tomorrow... and I'll get some bread and some soups and vegetables and all that type of thing,” Mr Cronin said.

“That'll see me through until next Monday.”

What Mr Cronin is going through isn't unique – people across the country are feeling the pinch as the cost of goods and services continues to skyrocket.

Last month, the Australian Bureau of Statistics released data indicating the consumer price index had risen 2.1 per cent in March and 5.1 per cent annually – impacting the cost of goods and services everywhere.



CareWorks SunRanges provides hope to many as the cost of living continues to rise. (Damjan Janevski) 279649_01

CareWorks SunRanges service manager Jane Williams said she's seeing more people coming through their doors and more new clients seeking food and financial assistance.

“It ranges from a razor, to shave your beard, to most food items,” Ms Williams said.

“My colleague was saying people are asking for flour, we've hardly ever had that, but it's down to those very things that are a staple in the pantry now.”

Sunbury resident David Cail is 63 years old and on the disability support pension – he also seeks support from CareWorks SunRanges when he can.

The former actor is now in remission after two debilitating bouts of cancer and suffers from anxiety and depression.

Mr Cail said by the time he pays for rent, medication, bills and petrol, sometimes he has about \$50 left a fortnight for groceries.

“Sometimes I've got to decide whether [I can] afford to go and buy some stuff, food, or put it towards petrol,” Mr Cail said.

“With everything going up, it's just trying to balance everything out and it gets to the stage where I've got to go to my mum, who's 93, and borrow money off her, and try and pay her back fortnightly.”

He said the way he shops now has changed, buying two-minute noodles and instant soup to last the week, because things have been so much more expensive.

If he could ask the government for anything, he said it would be more financial assistance for pensioners because the way he was living was unsustainable.

“I'm not the only one who is struggling, there are a lot of pensioners who are struggling,” Mr Cail said.

Hume councillor Jarrod Bell said CareWorks SunRanges is a “valued and important” part of the community, but would like to live in a world where organisations like it didn't need to exist.

“I think the way to do that is by having a really strong and robust and compassionate welfare system funded by the government,” Cr Bell said.

The Sunbury Conference of the St Vincent de Paul Society is a volunteer-run service helping those in need in most suburbs and country towns across the country.

Sunbury Conference president John Stafford said the service was seeing about 20-25 people a month.

“The reality is that once people on lower incomes have paid the bills and the rent there's not much left over for food, fuel, clothes, medicines – or any other emergency cost,” Mr Stafford said.

He said the organisation provides food and fuel vouchers, pamper packs full of personal items, and vouchers for Vinnies stores for winter clothes, helping to take pressure off peoples' budgets.

.....

Charities are giving away staples, like pasta and canned tomatoes, more frequently. (Julia M Cameron via Pexels)

“We know that the rents have gone up substantially and finding affordable places to rent is almost impossible,” Mr Stafford said.

“With rising interest rates and the surging cost of living we are anticipating a greater number of calls for assistance over the next few months.”

Mr Cronin believes he would have become homeless trying to afford everything had CareWorks not stepped in, even with the incredible support of his family.

“CareWorks was immediate, I'm here in Sunbury, they're here in Sunbury – I can't be more thankful.”

“ CareWorks was immediate, I'm here in Sunbury, they're here in Sunbury – I can't be more thankful ” - Geoff Cronin



COMMUNITY CALENDAR

WANT YOUR EVENT LISTED? Community Calendar is made available free of charge to not-for-profit organisations to keep the public informed of special events and activities. Send item details to Star Weekly Community Calendar, Corner Thomsons Road and Keilor Park Drive, Keilor Park, 3042, or email to westeditorial@starweekly.com.au by 9am Wednesday the week prior to publication

Bingo move

binGO MOVE is an active and social game of bingo. A number is called but triggers a standing or seated exercise, song or movement. Monday or Thursday at IPC Health Hoppers Crossing, 117 Warringa Crescent.
■ 8734 1400

Climate change forum

Join psychologist Susie Burke at an online forum 7.30pm, Tuesday, May 24, to hear about ways of coping with the 'uncomfortable truths' of climate. This session is suited to educators, parents and those wanting to help children cope with climate change now and in the future.
■ admin@werribeeriver.org.au

Discover our wetlands

Join Scientist Rob Walsh for a talk at 11.15am-noon on Saturday, May 28, for an exciting glimpse into the hidden world of freshwater creatures, looking at micro-fauna and macro-invertebrates, and explaining their vital role in our eco-system. After this informative talk, attendees will be invited to view these fascinating creatures up close under microscopes. Stall and talk at Dianella Community Centre, 6 Congo Drive, Tarneit. Co-located at the Makers & Growers Market.

Werr-I-Bee Long photo comp

Submit your photos, and digital art, to the Werribee River Association annual photo competition. three prizes awarded, \$650 in-total. Open to amateur skill levels and to people who live, work or study in Wyndham. Competition closes June 15.
■ comps@werribeeriver.org.au

Bingo for all

The Werribee RSL hosts Bingo every Monday, except public holidays. Eyes down from 12.30-2.30pm.
■ 9741 5525

Western Budgerigar Club

The Western Suburbs Budgerigar Club meets at 7.30pm on the third Thursday of each month at Masonic Hall, 223 Watton Street, Werribee. Meet other members who are also passionate about breeding Budgerigars.
■ Don, 0414 975 862

Wyndham Ladies Probus

Are you recently retired or semi-retired? Looking for fun, fellowship and to increase your social networks. The Ladies Probus Club of Wyndham meets on the first Wednesday of each month at Hotel520, Sayers Road, Tarneit, and normally has an outing or event on the third Wednesday of each month.
■ Rosa Sanderson, 0410 303 046

U3A Werribee

U3A Werribee are inviting retired and semi-retired residents of Wyndham who would like to learn or continue Eastern and Western style Mahjong on Thursdays at 12.30pm and Seniors Yoga also on Thursdays at 1.15pm. Both classes are held at Wyndham Park Community Centre. We also conduct a variety of other weekly classes.
■ Rick, 0402 299 220

CWA Werribee

Are you looking for an opportunity for friendship, personal development and advocacy in support of relevant social issues? The CWA Werribee Branch has been serving the Wyndham area for 74 years and has a great history of helping members with these opportunities. We also support needy causes and charities locally, across Australia and overseas.



Sunbury's senior constable David Attard and Ryan, 7, Keira, 11, Tristan, 11, Amelia, 9, Abbie, 11, and Emily, 11, show off their disco moves.
(Damjan Janevski) 277913

Meetings are held on the 3rd Wednesday of the month at the Wyndham Park Community Centre at 1pm. Other activities include a craft and chat morning, various social outings and fundraising events. New members are welcome – do come along and meet us all.
■ Michelle, 9741 4402

AL-ANON meets

AL-ANON provides support for families and loved ones living with alcoholics and problem drinkers. The group meets Mondays at St Thomas Anglican Church foyer, 117 Synnot Street, Werribee.

Heritage walks

Enjoy a leisurely walk around historic Williamstown and nearby suburbs with guide John. Walks start at 9:20 am each Tuesday outside the Visitor Information Centre, Nelson Place.
■ Call John on 0418-377-336 for details

Wednesday Walking Group

The Williamstown Community Centre offers a regular Wednesday walking group that walks the local area, 10.15-11am. New members are warmly welcome. This activity is free and includes morning tea.
■ 9397 6168

Musicians wanted

Sunshine Community Brass is looking for new members to join its vibrant band of musicians. With over 90 years of history, the band is looking to grow for the future. Sunshine Community Brass is currently looking for trumpet and percussion players. It rehearses Tuesdays from 7.30pm, 45 Furlong Road, North Sunshine.
■ Andrew Wilson, 0419 444 620

All Aboard Club

The All Aboard Club has been going for 85 years. It is a social club which works for charities, with speakers, theatre and trips. It meets in the chambers at Williamstown Town Hall at 1.30pm on the first and third Tuesday of the month. New members welcome.
■ Wendy, 0421 747 040

AeroSpeakers Toastmasters Club

Would you like to develop confidence in communicating, competence with language

and clarity in writing? AeroSpeakers Toastmasters Club would like to invite any and all residents to join them on the first and third Thursday of every month to help develop public speaking, communication and leadership skills. The group meets at the Laverton Community Hub, 95-105 Railway Avenue, Laverton from 7.00-9.30pm.
■ Vince Camilleri, 0413 734 707

Community Lunch and morning tea

The Holy Trinity Anglican Church in Williamstown will be holding a free community morning tea and lunch every Friday at the Parish Centre on Nelson Place. The morning tea starts from 10am. Tea and coffee will be served, alongside a variety of fun activities like knitting, board games and puzzles. The lunch will run from noon-1pm, with takeaway options available. Check-in and vaccination status are required.

Altona book sale

Friends of Altona Library hold a monthly book sale on the first Tuesday, Friday and Saturday of each month at the rear of Altona Library 123 Queen Street Altona, access via Coles carpark, 10am-1pm
■ <https://libraries.hobsonsabay.vic.gov.au/community/friends-of-the-libraries>

Williamstown book sale

Friends of Williamstown Library holds a book sale every second Saturday of each month from 10-12.30 pm. The book sale is held at Williamstown library in the Friends room, which can be accessed through the front desk. The event is cash only. For more info please see Hobsons Bay library website.

Women's Choir

Willin Wimmin choir welcomes new members. They meet every Wednesday in term time from 7.30-9.30 pm at the Church of Christ Hall in Douglas Parade, Williamstown. There are no auditions and members don't need to be able to read music. Come along for a free try out.
■ willin.wimmin@gmail.com

Computers for beginners

Williamstown Community and Education Centre is now taking enrolments for classes to help those with limited computer skills.

Classes are run daily at both Joan Kirner House, Williamstown, and North Altona Library.

■ Lynne or Tahlia, 9397 6168

Walking group

Altona Meadows and Newport residents are invited to take part in a Heart Foundation walking group that meets on Wednesdays and Fridays. The group walks for 60 minutes, and is a great way to socialise and get active at the same time. Members are required to register with the Heart Foundation to join.
■ Ian Watson, 0411 566 862, or <https://www.hobsonsabay.vic.gov.au/Community/Whats-On/Altona-Meadows-and-Newport-Heart-Foundation-Walking-Groups>

Williamstown Craft Market

Commonwealth Reserve comes alive on the third Sunday of the month for the Williamstown Craft Market. The market boasts more than 50 stalls showcasing everything from handmade craft, homegrown produce and food vendors. There will also be live music. From 10am-4pm.
■ <https://www.hobsonsabay.vic.gov.au/Community/Whats-On/Williamstown-Craft-Market>

Diabetes support group

The Westgate diabetes support group meets on the first Tuesday of every month at the Altona Bowling Club at 10am.
■ Elaine, 0415 030 996

Musicians welcome

Do you play trumpet, flute or lower brass instruments? The Hobsons Bay City Band is seeking musicians to join its community band. Rehearsals are held Mondays from 7.30pm at the Newport Lakes Primary School, Elizabeth Street, Newport.
■ Roger Lewis, hbcityband@gmail.com, or www.hbcb.org.au

Altona North combined probus

The Altona North combined probus club meets on the fourth Wednesday of each month at Altona Sports Club. Includes a speaker, organised trips and outings, and a friendly atmosphere.
■ Lesley, 0414 481 442

No. 080

To solve a Sudoku puzzle, every number from 1 to 9 must appear in: each of the nine vertical columns, each of the nine horizontal rows and each of the nine 3×3 boxes. Remember, no number can occur more than once in any row, column or box.

	2			4	7	6		
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medium

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hard

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easy

9	2	8	3	4	7	6	1	5
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8	9	5	3	6	2	4	7	1
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1	6	8	5	4	3	7	9	2
3	4	2	7	9	1	6	8	5
7	5	9	6	2	8	1	4	3

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No. 080

- 1 Mortarboard (3)
- 3 English poet and
playwright (11)
- 9 Having more leaves (7)
- 10 Country (7)
- 11 Allowing (8)
- 12 Sensual (6)
- 14 Gain possession (3)
- 15 Instructive (11)
- 17 Departing (11)
- 19 Fellows (3)
- 20 Actor, – Brie (6)
- 21 One of the Caribbean
islands (8)
- 24 Merit (7)
- 25 10-across state (7)
- 26 Persistently (11)
- 27 Spot (3)

- 1 Co-worker (9)
- 2 Poor labourer of low social status (7)

- 3 Aptitude (5)
 - 4 Dealing with the operation of aircraft (10)
 - 5 Web auction site (4)
 - 6 Ready for use (9)
 - 7 City in southern France (7)
 - 8 Cyber messages (5)
 - 13 One who uses their wealth to invest in trade and industry (10)
 - 15 Feeling a strong affection (9)
 - 16 Visible features of an area (9)
 - 18 City in northern Italy (7)
 - 19 Occupying a middle position (7)
 - 20 Seconds (5)
 - 22 Pal (5)
 - 23 Prefix meaning million (4)
- 

[illegible][illegible]

No. 080

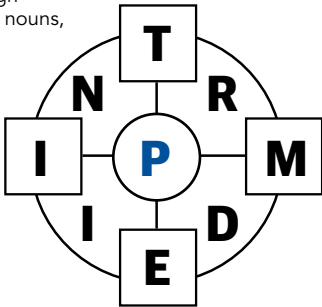
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[illegible]

Y	V	Q	B	I	T	L	G	D	N	R	M	E
14	15	16	17	18	19	20	21	22	23	24	25	26
C	P	H	S	Z	W	A	X	K	O	U	J	F
1	2	3	4	5	6	7	8	9	10	11	12	13

Using the nine letters in the grid, how many words of four letters or more can you list? The centre letter must be included and each letter may only be used once. No colloquial or foreign words. No capitalised nouns, apostrophes or plural words ending in "s".

Today's Aim:
15 words: Good
23 words: Very good
31 words: Excellent



drip, impend, imprint, IMPRINTED, inept, interpid, pend, pent, perm,
pernit, pert, pied, pier, pine, pined, pint, pitied, pitmen, pride, pried,
prim, prime, primed, print, printed, ripe, ripen, temp, trip, trip, tripe

No. 080

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PEA
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SAC
TEE
UGH
UPS
WEE

A crossword puzzle grid is shown. The word "CRANE" is filled in the bottom center of the grid, spanning five squares horizontally. The grid consists of 15 columns and 15 rows. Black squares are placed at various positions to form the crossword pattern. The word "CRANE" is written in black capital letters in the white squares of the grid.

ABORT
ALLOT
AMISS
APART
ARENA
ASIDE
AVAIL
BACKS
CASTE
COLIC
~~CRANE~~
DRAWN
DRIPS
EDGED
EERIE
ENTRY
ERASE
FAUNA
FETID
GAMUT

GEARS
GENIE
GLARE
HANDY
HASTE
HEDGE
KORAN
LURED
MARIA
MEATS
PLEAS
PRISM
RAFTS
SCARF
SEWER
SHARP
SIREN
SLEET
STAIR
STEER
STEPS

FLASHER
LEAFIER
MAIMING
MONGREL
RINSING
WARFARE

APPEARED
INTEREST
TOMORRO
TORTILLA

NEEDLE
PSEUDO
REHASH
RESIDE

[illegible]

ANSWERS: 1. Honey 2. California 3. Sarsaparilla 4. Yemen 5. Absinthe 6. Tea 7. Gin and vermouth 8. Expressed (forced out) 9. False (Melaleuca alternifolia) 10. China

No. 080

S		A		P
	I		E	
A		O		E
	E		U	
D		E		S

Insert the missing letters to make
10 words – five reading across the
grid and five reading down.

NOTE: more than one solution may be possible

S	T	A	M	P
H	I	D	E	R
A	L	O	N	E
R	E	B	U	S
D	R	E	S	S



- 1 What is fermented to make the alcoholic drink mead?
- 2 The Napa Valley wine region is found in which US state?
- 3 Which soft drink is produced using smilax plants?
- 4 Which country is considered the origin of coffee?
- 5 What alcoholic drink is nicknamed 'the green fairy'?
- 6 Which is consumed more worldwide: tea, coffee or wine?
- 7 Which two alcoholic drinks are used in a martini (pictured)?
- 8 In Italian, what does 'espresso' mean?
- 9 True or false: camellia sinensis, the plant tea is made from, is also used to produce tea tree oil.
- 10 Which country consumes the most beer?



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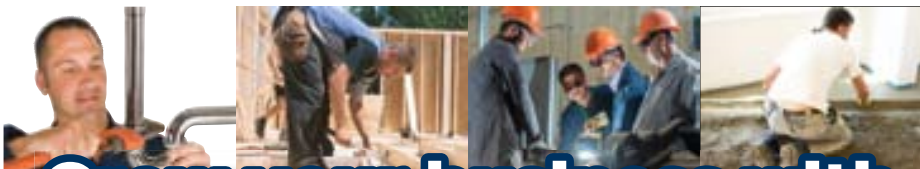
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Wyndham continues on its Big V winning run

Wyndham remains undefeated in the Big V men's state championship division after a solid win against Western Port Steelers on Sunday.

After an even first quarter at Somerville Recreation Centre, Wyndham opened up a nine point lead at half time.

Nothing split the two teams in the third quarter, as Wyndham maintained that nine point margin at the last break.

It was again a close last quarter, with Wyndham doing enough to get the 89-77 win.

Maurice Howard was the standout for Wyndham with 32 points, as three other players scored double figures.

Howard is ranked fourth for average points per game in the championship division, averaging 24.22 points a game.

Wyndham is the only undefeated team in the division.

This week it faces Blackburn Vikings on Saturday night.

The women's state championship side is sitting second on the ladder, after another

good win on Sunday.

Playing the Hume City Broncos at Eagle Stadium, Wyndham jumped out of the blocks and took a 30-12 lead into the first break.

The next two quarters were much closer with the Broncos reducing the margin to 13 points at the last break.

There would be no last quarter comeback, with Wyndham dominating the last quarter to seal the 97-75 win.

Four of Wyndham's five starters scored double figures with Lauren Jones top scoring with 23 points, while Fee Zimmermann chipped in with 21.

Wyndham has now won six games in a row and is only behind Bulleen Boomers, who are undefeated.

Wyndham will be on the road to the McKinnon Cougars on Saturday evening.

Wyndham's youth league women division 1 side claimed two wins on the weekend, beating Collingwood All Stars and Craigieburn Eagles.

On Saturday night, Wyndham played the

All Stars at Collingwood College.

Wyndham led by three points at the first break, before extending that to 10 points at the main break.

The margin remained at 10 points at the last break.

Wyndham saved its best for last with a 25-11 last quarter to get the 77-53 win.

Ella Thomson top scored with 14 points off the bench as four players reached double figures.

On Sunday against the Eagles a good start was behind the 81-74 win.

Wyndham led by 10 points at the main break, with that margin reduced to seven points at three quarter time.

The margin remained the same at the end of the game.

There was a good spread of scorers with Ayuen Akot top scoring with 19.

The youth league men's side lost to Hume City Broncos, 105-77.



Tara Murray Wyndham's men's side is undefeated. (Supplied)



Exciting times ahead for Tarneit. (Supplied)

Titans seeing progress

Tarneit is seeing signs of progress despite what the scoreboard might be showing the Western Region Football League division 3.

With just one for the season, the Titans are among the sides in the bottom half of the table, but things are starting to fall into place.

Titans president Terrance Bradley said it had been a tough start to the season, but things were starting to turn their way.

"It was a hard start to the year," he said "Getting players to the club and getting a few injuries along the way have been challenging.

"The signs are good and the culture we have now is pretty good."

Bradley said new coach Brent Sheean was doing a really good job and there was a lot of enthusiasm.

He said they wanted to see progress in the playing group, which had already happened in the early part of the season.

On Saturday, the Titans faced the ladder leading Suns.

The Suns jumped out of the blocks and controlled the match for the most part.

The Titans were able to win the third quarter, but it wasn't enough with the Suns

winning 17.15 (117)-5.4 (34).

Brendan Binek kicked three of the Titans five goals. Joshua Dunstone and Jai Carlton were named their best.

"It was a bit of a hard day at the office," he said.

"The seniors were competitive, but didn't get the chocolates though."

Bradley said the Suns and Albanvale were the two benchmarks of the competition this season.

He said they were hoping they could get wins against sides like Laverton, North Sunshine and Sunshine Heights.

Bradley said the Titans like many clubs were still being affected by COVID-19 and the fall out of the last two years had seen them look to regroup.

He said the group remained united, accountable and driven.

While there's been some tough results on field, things are happening off field.

The club late last month played their first game under lights after upgrades. They have also had the extension of the club rooms open.

Bradley said they wanted the community

to know what they had been doing to make the club be better and that there were exciting times ahead.

He said next they would look to try and get an electronic scoreboard.

In other results, Laverton opened its account against North Sunshine, winning 14.8 (92)-9.14 (68).

Albanvale was pushed all the way by Sunshine Heights, winning 10.9 (69)-9.13 (67).

In division 1, Hoppers Crossing won a low scoring affair against Yarraville Seddon, 5.14 (44)-4.6 (30).

Werribee Districts lost to Deer Park, 6.17 (53)-7.10 (52), while Point Cook lost to St Albans, 10.10 (70)-6.11 (47).

Caroline Springs beat Yarraville Seddon Eagles in the other game.

In division 2, Glen Orden was smashed by Albion, 15.17 (107)-5.4 (34), while Point Cook Centrals beat North Footscray, 18.11 (119)-4.6 (30).

Wyndhamvale was also on the winners list, beating Newport, 15.6 (96)-8.10 (58), while Parkside beat West Footscray, 12.15 (87)-9.8 (62).

Sports shorts

Soccer

Hoppers Crossing's good form continued in FV state league 2 north-west on Saturday against Hume United. Hume opened the scoring in the 11th minute, before the Reds levelled the scores not long afterwards. The Reds would get a second in the 78th minute, which would be enough to get the 2-1 win.

In state league 3 north-west, Point Cook lost to Sunbury United 2-0 on Friday night. In state league 4 west, Truganina Hornets had a draw with Westside Strikers, while in state league 5 west, West Point had a big win, while Wyndham had a draw.

VAFA

The tough start to the season for the Westbourne Grammarians continued on Saturday in the Victorian Amateur Football League division 3. Facing Emmaus St Leos, the Grammarians found themselves down by 36 points at the first break. It was a sign of things to come, with the Grammarians losing 24.23 (167)-5.10 (40). Jordan Doyle kicked three goals in the loss.

For a second straight week, Benjamin Hodge was named their best. The Grammarians sit bottom without a win after four matches.

Hockey

It was a tough day out for Werribee in the Hockey Victoria men's Vic League 1 competition on Saturday. Travelling across to Casey, the Tigers lost 5-1. The side has two wins for the season so far. The women's side was due to play on Sunday.

VNL

The City West Falcons had their best win of the Victorian Netball League season, beating Melbourne University on Wednesday night. Looking for a third win in a row, the Falcons knell they would be in for a test against an experienced Melbourne University side. A period late in the third quarter would be the difference with the Falcons winning, 56-52.

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History made as swimmers dive in at nationals

Western Aquatic Academy swimmers Sophia Ballan and Dmitry Sorokoletov made history when they swam at the Australian Age Swimming Championships last month.

Having made the championships for the first time, the pair also became the first two swimmers from the academy to compete at national level.

Academy head coach Paul Taylor said it was pretty exciting for everyone at the club to see the success of two swimmers.

“Everyone was pumped and their teammates helped them with training and gave them a special send off,” he said.

“I’ve had a lot of swimmers swim at that level, but they are the first from this club. It takes a lot to get to this level.

“We started the club from scratch in 2017. They were all junior swimmers and nowhere near that level ... but it was always at the back



Paul Taylor, Sophia Ballan and Dmitry Sorokoletov. (Supplied)

of my mind.”

Taylor said both swimmers had put a lot of work in as they prepared for nationals. He said Sophia was really focused on achieving a time

to qualify.

He said Dmitry was more laid back, but was the hardest trainer in the squad.

Sophia competed in the 13-14 girls 50 metre freestyle event, finishing in 82nd with a time of 29.46.

Taylor said it had been an interrupted preparation for her.

“She expected a little more from herself,” he said. “She was out of the water for a week before nationals after having stitches for a head injury.

“She looked pretty good and it was one of her fastest times, but it wasn’t as fast as the state final.”

Dmitry competed in the boys 14 years 100 metre freestyle event, finishing 41st. It was his fastest time by nearly two seconds, hitting the wall in 56.66 seconds.

Taylor said Dmitry had predicted he was in

for a good swim.

“1.96 [second PB] is unbelievable,” he said. “As one of his coaches I expected he would get a personal best.

“He told me before the race he thought he could get a time in the 56s. I thought he could get a 57. He didn’t have the greatest start but he came home like a train and won his heat.”

Taylor said both swimmers were already looking to improve and were doing more dry land sessions on top of their seven to eight pool sessions a week.

He said other swimmers at the club were now seeing what they could achieve.

“The other kids see someone like Dmitry and Sophia train so hard to get to that level and achieve what they have and want to do the same.”

Tara Murray



Liam Cashin. (mtpsportsphotography)

Racing towards success

By Tara Murray

Western Athletics’ Liam Cashin is hoping to use the Oceania Championships as a springboard for his international career.

Cashin was selected in the Australian team for the championships in the 3000 metre steeplechase, the first time he’s been selected in a national team.

Cashin said he was excited by the opportunity.

“It was good and a nice little bit of nice recognition for some good running that I’d been doing,” he said.

“I knew there was a chance once I raced well at nationals, but it was kind of up to the selectors and there was a chance they wouldn’t select me.

“This is my first one. A nice little building block to make some other ones in the future.”

Cashin burst onto the selectors radar at the national championships earlier this year when he finished third in the steeplechase in a big personal best time.

For the 24-year-old he said having made the decision to focus on the steeplechase had paid off.

“I guess it’s kind of a new event for me so my progression [time] is going to go down quickly.

“I sort of didn’t have a great lead up to nationals, I got injured but I had a really good 2021 winter build up. I knew I had a good base and that I could race well over steeplechase.

“On the day I committed to racing with those two other guys and it worked out.”

Cashin has raced several different distances in recent years after starting to focus on running in his late teens, after like most kids playing football and cricket growing up.

He said the decision to focus on the steeplechase was as he thought it would be his best chance of making an Australian team.

Cashin said for now that was what he was focusing on, but might return to flat racing down the track.

“It has been a bit of a slow burn,” he said. “I’m going to try and use the steeplechase to gain experience at the international level and hopefully I can progress to the five kilometre or the 10 kilometre.

“I enjoy racing them all, but those [five and 10 kilometre events] qualifying times are a bit out of sight at the moment.

“They’re pretty quick, where as the steeple, I

can see myself getting the time.”

The Cashin name isn’t new to steeplechase, with Cashin’s sister Amy Cashin having made last year’s Olympics in the event.

She has also been named in the Oceania Championships team. The two raced after each other at the nationals in a special day for the family.

“She obviously inspired me to do it a little bit by making the Olympics last year,” Cashin said about his sister.

“I guess I have to prove that I’m better than her. It [nationals] was really nice. I don’t think it’s really happened that often.

“I was more nervous watching her race.”

While making his first Australian team, Cashin said he was realistic about his chances of making the Commonwealth Games team later this year.

He said he was more focused on the world championships in 2023.

The Cashins’ are two of five Western Athletics athletes to make the Australian team for the Oceania Championships.

Abigail Thomas had made the under-20 team and Xander Byrne and Frankleen Newah-Jarfoi made the under-18 team.

de Jong takes out top award

Werribee Giants’ Wesley de Jong, Newport Rams’ Leslie Anglin and Sunshine Eagles’ Andrea McKenner were among the award winners at Baseball Victoria’s summer league awards night.

Baseball Victoria announced the award winners for the recent season last Monday night, with an online awards ceremony.

The awards included the best and fairest winner for each division, coach of the year, volunteer of the year and statistical winners.

de Jong won the Robert Hindson Medal for the best player in the division 2 men’s competition.

The pitcher claimed the medal on 23 votes, one ahead of Williamstown’s Dennis Neal.

Anglin won the women’s division 2 best and first award on 16 votes, five clear of second. It was a massive season for Anglin who also polled well in the division 1 best and fairest. She finished in fourth spot behind winner Abbey Kelly, from Essendon.

The division 3 west women’s best and fairest was won by McKenner on 16 votes. Her daughter Makayla McKenner finished equal third on nine votes, with both being key players in the side’s run to the grand final in their first season back in the competition. Marc McKenner (husband-father) was co-coach of the side, while another daughter Lily McKenner was also part of the team.

In other awards, Newport’s Darryl George shared the home run award in division 2. North Western Titans’ Cameron Wilson won the division 3 home run award.



Wesley de Jong won the division 2 best and fairest award. (Shawn Smits)

Werribee tries to stay postive after big loss

By Tara Murray

Not much went right for Werribee in its Victorian Football League loss to Sydney on Saturday.

After failing just short in its last couple of games, Werribee put in one of its worst performances of the season against the Swans at Avalon Airport Oval.

Werribee trailed by five goals at quarter time and the margin continued to grow each quarter, with the Swans winning 16.6 (102)-4.8 (32).

Werribee coach Michael Barlow said the match was a challenging one.

“Not much went right and I think we acknowledge that,” he said.

“It came after a couple of weeks where we didn’t get the result against Carlton and Gold Coast Suns after large chunks, in our eyes, controlling the game.

“On reflection [this week] we look at how we were with the energy and the appetite which wasn’t quite there. We’ll go again after a good reflection.”

Barlow said they faced a very strong Sydney side, which knew what to do and were accountable to their roles.

He said while his side continued to put in a strong performance around the contest like they had in recent weeks, they were unable to make the most of their opportunities when they arose.

He said skill execution was one area they know they have to get better at.

For Werribee, it was all single goal kickers in the loss. Co-captain Tom Gribble led the way with possessions, with 33.

Barlow said they didn’t have many players win their positions.

“Reflecting on the game, it was hard to find a winner,” he said.

“We threw it around a little bit with not much going right. They exposed us early so we threw some guys in different roles.

“We had some little wins and there’s some pieces we might be able to go to again.

“The ability to shift a player from midfield to back at times going forward.”

Mathew Keast made his debut for Werribee in the loss, the 12th player to debut for the club this season.

Barlow said Keast, who kicked one goal, deserved his opportunity in the side and would be better for the experience.

Werribee this week has the bye.

Barlow said ideally they would have liked to have been ahead of the ledger at this part of the season, but instead they sit 2-4 and in 15th spot.

He said they now have an understanding of where they sit and what they need to do.

“We have a sample size of games and we actually understand where the players are at individually,” he said.

“The coaches will continue to communicate and hopefully we’ll get a collective shift. We’ll review some stuff and acknowledge what we are doing well and what we might need to improve on.

“We’ll look to make some gains individually and improve on skill execution and put them into position at training.

“Hopefully those individual gains will then push us forward as a collective.”

Barlow said they were hopeful that Nick



Mathew Keast made his debut for Werribee. (Belinda Vitacca Photography)



Jack Henderson in the loss to Sydney. (Belinda Vitacca Photography)

Coughlan would be in the selection mix after the bye as he makes a return from injury.

He said Jesse Clark and Matt Hanson would be eying returns closer to the midway point of the season.

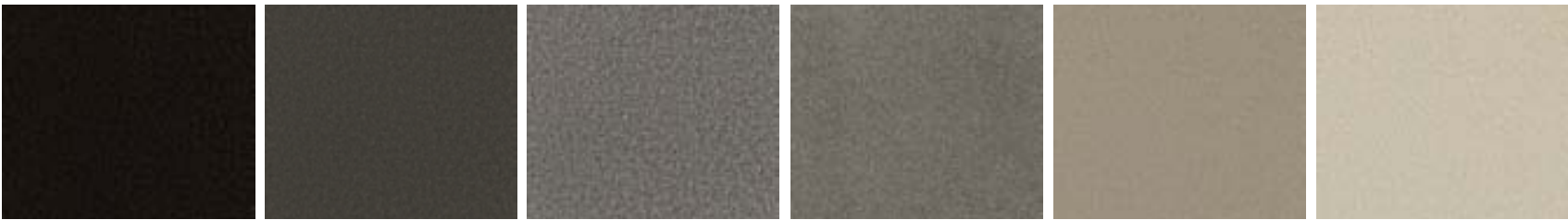


Keegan Gray. (Belinda Vitacca Photography)

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