Daughters of the West returns

By Olivia Condous

Women in Hobsons Bay and Maribyrnong will be supported to lead healthier lifestyles through the return of the Daughters of the West program.

The Western Bulldogs Community Foundation will provide a free 10-week health program for women aged over 18 who live and work in the west, starting from July 12.

The program is designed to connect like-minded residents and educate women about their health, through talks from experts and fitness classes for all levels of ability.

The sessions will run in Laverton on Monday afternoons, in Newport on Wednesday evenings, in Maribyrnong on Monday mornings and in West Footscray on Tuesday evenings.

2021 Hobsons Bay program participant Lorraine Harrison said the program is a "terrific concept" and is well supported by the Western Bulldogs Community Foundation.

"It encourages your confidence and self-esteem," she said.

Daughters of the West is returning to help support women lead healthier lifestyles. (Supplied)

"I thought it was an empowering experience."

Ms Harrison said the program focuses on improving participants' physical fitness and creating an open and welcoming space for participants to make long-term relationships.

Facilitators plan the workshops, presentations, events and fitness sessions to make exercise and healthy lifestyles achievable and enjoyable in order to improve overall wellbeing.

Western Bulldogs community and government relations general manager Kashif Bouns said the program will give women of all ages the opportunity to come together in a safe and supportive environment to learn about all aspects of physical and mental health while building social connectivity.

"We've been able to help thousands of women over the years on their health and wellbeing journeys, it means so much to us here at the Bulldogs to be able to play that role in people's lives," he said.

"We're committed to providing a judgement-free environment where women of all ages, cultures and abilities can come together to get active."

The program will run for 10 weeks, with each weekly session lasting two hours, split into a presentation on a health topic from an expert and physical exercise across three levels of intensity.

Details: www.westernbulldogs.com.au/foundation/programs/daughters-of-the-west

Police charge Braybrook man over burglary spree

Melbourne Crime Investigation Unit detectives have laid 80 charges against a 29-year-old Braybrook man following an alleged burglary spree across numerous Melbourne suburbs.

According to a Victoria Police spokesperson, police arrested the man at a multi-level hospital car park in Fitzroy after receiving reports that someone was attempting to break into a storage cage about 1.30am on Friday, July 1.

"The man was arrested at the scene and confirmed to be wanted by multiple crime investigation units, including Melbourne, Port Phillip and Stonnington, for more than 25 commercial burglaries over the past six weeks," the spokesperson said.

"The 29-year-old Braybrook man has been charged with 80 charges, including 26 counts of burglary, theft, criminal damage, committing an indictable offence whilst on bail and going equipped to steal.

"The charges relate to a series of alleged incidents in St Kilda, South Melbourne, Southbank, Prahran, Melbourne CBD, Fitzroy and Essendon."

The man faced the Melbourne Magistrates Court on Friday, July 1.

Matthew Sims

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Altona's Mobil site undergoes important changes

The Mobil site in Altona has recently undergone some important changes, transitioning from a refinery to an import terminal, playing a crucial role in supporting Victoria's fuel supply.

Mobil recently updated key stakeholders on the refinery's conversion to a terminal and provided them a bus tour of the site.

Catherine O'Donnell, Mobil Altona's Terminal Transition Manager explained the changes.

"The shutdown has been successfully completed, with all refinery process units now resting and our last flare was turned off in May," said Ms O'Donnell.

The Altona and Yarraville terminals will now be working together as the Melbourne Fuels terminal, which will continue to be a major supplier of fuel for Victoria into the future.

Another exciting development for the Altona terminal team was its first diesel delivery on a long range vessel that was safely received via Gellibrand wharf in March this year.

As the only deep water fuels berth in Melbourne, Gellibrand pier is the only wharf in the city that can accept deliveries on long range vessels. With the capacity to accept larger vessels, Mobil is able to bring in more cargo on one shipment, enabling increased efficiency.

"Achieving our first safe delivery from a long range vessel supports our commitment to maintaining our reliable supply of quality Mobil fuels to our customers," Ms O'Donnell said.

The team at Altona is focused on remaining a valued member of the local community, continuing to foster relationships with local community groups and schools, as well as continuing to be a responsible operator.

The first long range vessel was received safely at Gellibrand wharf in March this year. (Supplied)

As part of this, Mobil Altona is proudly maintaining its support of projects run by local community groups.

Most recently, it supported the new Altona North Community House, which is currently being fitted out and prepared for operations later this year.

Mobil Altona has made a significant contribution to the fit out of the community centre, which will provide much needed support for community members through educational opportunities such as English language classes and technology classes for seniors.

12554884-AV27-22

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