



"It isn't for the moment you are struck that you need courage, but for the long uphill climb back to sanity and faith and security."

Anne Morrow Lindberg

An inspirational tale

The Starthrower Women's Wellbeing Experience was inspired by a story by Loren E Eiseley.

This is the essence of the Starthrower story:

Thousands of starfish had been washed onto a sandy beach and a boy was picking up the starfish one by one and throwing them back into the ocean.

Eiseley observed for a while and then asked the boy why throwing a few back into the ocean would make any difference whatsoever when there were thousands more on the beach.

The boy picked up a starfish and, as he threw it back, said "It's going to make a lot of difference to this one".

Obviously inspired by what the boy was doing, Eiseley spent the rest of the day helping the boy throw starfish back into the sea.




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Starthrower Women's Wellbeing Experience is coordinated by





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Starthrower 
Women's Wellbeing Experience

Rotary Bendigo: making a positive difference in the lives of women from Harcourt, Ruffy and Gellibrand following the catastrophic bushfires in Victoria in 2026

An invitation to simply relax

Free 3 night/4day beach experience in the villages of Point Lonsdale and Queenscliff



Winner of Rotary District 9800 Community Service Award for 2024





Background

A Rotarian for 34 years, Larrie Winzar moved to Point Lonsdale in 2017 from Bendigo and is now a member of Rotary Ocean Grove.

Larrie initiated Starthrower and is the Facilitator of this beautiful women's wellbeing experience.

In 2023/24 Starthrower invited women from Rochester who had been impacted by the devastating floods in 2022 to enjoy a 3 night, 4 day beach experience in the villages of Point Lonsdale and Queenscliff.

Starthrower provides relaxation and enjoyment for women adversely affected by natural disasters and now it's time to care for the women impacted by the 2026 bushfires.

We see Starthrower as Stage Three in a natural disaster relief process, following on from assistance by emergency first responders and during/after the huge clean up.

Starthrower then brings relaxation, care and compassion, along with wellbeing, mental health and resilience building for the women impacted by a natural disaster.

The way it works

Working with a coordinator 'on the ground', a group of up to six women from bushfire ravaged areas are invited to enjoy a three night/four day stay by the beach with local Point Lonsdale/Queenscliff women. Each woman stays with a woman living independently.

Our guests will travel by train at no cost to them. In fact, there is nothing to pay for the duration of their wellbeing experience.

The criteria for this wonderful Starthrower experience is simple. The participants are not able to be in their home because of a natural disaster.

There may also be other individual cases brought to our attention of women suffering from anxiety and mental or emotional distress following a natural disaster. Those women may also be very appropriate for, and very much in need of, our Starthrower Women's Wellbeing Experience.

There is no cost whatsoever to our guests throughout their stay.



As well as the accommodation provided, there are other women and businesses in the Point Lonsdale/Queenscliff community who are enthusiastic to make this a very special wellbeing experience.

There will be time to walk on the beach, to explore rock pools, to swim, to watch sunrises and sunsets.

Some women may choose to spend time alone reading, reflecting, journaling or drawing, whilst also choosing a pampering experience such as a haircut or relaxation massage.

Others may prefer group activities on offer - an art class, yoga or chair yoga, garden visits, a self care workshop, op shop tour or ferry trip to Sorrento. The choices are very much up to our individual guests and will be discussed individually with our guests prior to coming.



These wellbeing breaks usually take place on a Tuesday, Wednesday, Thursday returning home on Friday.

Starthrower is very much a 'village affair' with individual women hosts and other caring, open-hearted women and businesses providing delicious meals, activities etc. to ensure our guests feel the love of what Starthrower is about.