The Waterline News Volume 9 #8 August 2023







The Waterline News aims to keep people connected across the region and welcomes contributions and updates from Lang Lang, Jam Jerrup, Pioneer Bay, The Gurdies, Kernot, Almurta, Grantville, Tenby Point, Corinella, Coronet Bay, Adams Estate, Bass and surrounding areas. Send your news and information to

waterlinepublishing@gmail.com

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Welcome to the August edition of the Waterline News.

After decades of discussion and false starts, a local supermarket is meeting the needs of Waterline residents. Its presence in Grantville underscores the rapid pace of growth across our area. As new estates fill with cars and families, the need for infrastructure improvements is becoming more and more apparent.

Our July edition received a heap of praise for amplifying local voices, spotlighting local businesses and supporting hard working community groups.

We also copped fair criticism for the poor reproduction quality of several pages. In response we are moving from Publisher to Canva, a platform that enables better results.

I am sorry for upsetting several readers when I shared an article before publication. This is accepted practice in big city tabloids but not around here. I have been told!

Over the last few months we have run articles from both sides of the YES/NO debate. Given that the referendum is still several months away I have decided to pause discussion of this important issue for this edition.

Geoff Ellis, Editor & Publisher

The Waterline News is produced on the lands of the Bunurong, Boon-wurrung members of the Kulin Nation who have lived here for thousands of years.

HOMELESSNESS WEEK 2023

It's time to end homelessness

ALL WELCOME at HOMELESSNESS AWARENESS EVENT SATURDAY, 12 AUGUST 2023 10:00 — 3:00

at

Wonthaggi Neighbourhood Centre MITCHELL HOUSE

6 Murray Street, Wonthaggi

MUSIC provided by local Groups

FOOD provided by Wonthaggi Life Saving Club

INFORMATION on services and support for community members in housing need

VOUCHERS for goods and services available to people experiencing homelessness





Contact (03) 56725992 or 0407321174 (Beth) for information

HMBC and WNC thank Bass Coast Shire Council (sponsor) and all donors, supporters and volunteers for their generous support during Homelessness Week 2023



The Bass Coast Poetry Wall With Tim Gesell, Library Customer Service and Programs Officer

basspoems@wgrlc.vic.gov.au



WONTHAGGI LIBRARY ETHICS DISCUSSION GROUP

The August discussion centred on examination of the stated aim of a Western Port foreshore committee:

"Create a sustainable and enjoyable space for residents while preserving the environment for future generations".

This was informed by comparisons of the actions of various foreshore committees and the inherent contradiction of 'use' and 'preservation'.

Two salient quotes were 'who speaks for trees and critters?' and 'who represents those future generations?'

MY FIRST HUSBAND AND CARS by JAN THOMAS

My very first car was a blue Isuzu Bellet which gave me wings!

My husband told me, on numerous occasions, 'don't run the petrol tank down as it will cause problems with the carby'. What on earth was that, I thought?

As we were on a tight budget (newly married with a big mortgage) I couldn't afford to fill it to the top.

One day heading to the shopping mall, hubby yells, 'fill your car up'!

I thought, 'I will! On the way home, she'll be right'.



Of course, on the side of a hill, main road and far from home, I ran out of petrol. Ring hubby who yells at me (I couldn't understand a word – just as well). He arrived, all red faced and angry, with a petrol can, empties it into car and car won't start – yelling again, 'you've stuffed the carby'! (still didn't know what that meant and not a good time to ask!)

'Now I have to f...ing tow you'! Yelling, he told me to keep the line tight and don't run up the back of him – how do I do that I asked? As he got in the car, he screamed something about controlling the brake. So, I thought if I did a little bit of on/off brake we will be right. Well, I didn't realise that doesn't work going up and down hills and around bends. Sometimes I was running up his clacker so swerved to the other side of the road so I didn't hit him. Putting my foot on the brake, the tow rope went taut and, being the heavier car, (he was driving a Datsun 180B, a lot lighter than my car) so I yanked him to the side. His arm came out waving (and it wasn't hello he said) screaming some more profanities at me. So, I'm trying to remember all the way home what he said – but it got worse.

We lived at the top of a hill with a steep driveway that flattened out, with a steel garage. He had to rev right up to pull me up the driveway. Roaring up the hill, we got to the top and I thought 'He's not stopping'. So, I threw on the brakes hard – snapped the tow rope and catapulted him straight through the garage, taking out a work bench and rear wall!

Oh my god I thought, I've killed him – then I heard the volcano of words spewing out. He's ok and I'm not, so I ran inside, locked the door and rang my neighbour for support. Wrote the car off! Yes, he was fine, eventually. I also had to explain, over the years, a few other dilemmas I had with cars. Like when a couch fell off the back of a truck onto my bonnet and the truckie kept going and I didn't get his number plate (a bit hard with a couch on your bonnet).

Or the time I was driving on the freeway and a star picket fell off the truck in front of me. It bounced on the road, spinning straight towards me, bouncing point side onto my roof – yes, hard to explain a dint in your roof and expensive to fix.

We were involved in a car dealership and he got two company cars and I got a nice Ford Probe. It was red and I loved it. The rule was, always keep the car clean (don't use a car wash as, in those days, they scratched the duco) So, of course, in a hurry to drop something off at the dealership with a dirty car, I went to the local car wash. You had to drive in between the grooves. I thought I was going straight but, whoops, I'm over the metal groove and the car is stuck. The car wash people came out after a while, wondering why I'm still in there. They wanted to push it out and over the metal rim, but it would have damaged the lower panels. Oh my god, I have to ring him!

Of course, another telling off and he sent the service guys over to get me out. He certainly got a ribbing over that one.

Then there was the big compactus truck which backed up and over my car. I couldn't move back as other cars were behind me so, another car written off. Of course, it didn't end there. I was in the city, had lunch at a café and found a note on my wind screen "Sorry I crashed into your car." I couldn't see anything at the front so went around the back of the vehicle -totally smashed. Luckily, some people were sitting on their veranda and said they saw the guys leave details and, luckily for me, they had taken the registration. My husband found where they lived, on the seedy side of town and, when he approached, a group came out and told him where to go. There went the no claim bonus!

Last but not least, coming home from work one day on the Burwood Highway, a group of four young men screamed past me and the driver clipped the corner of my car as he pulled in front of me. They were all laughing so I chased them up the hill, pulled in front of them at the lights and approached them. The driver said he didn't realise he'd hit me. I got his name, address and phone number then took the registration number. Sure enough, the details were false. Luckily, I had the reg plate number.

My hubby got the address and we went around to the home. I saw the car in the drive, with damage. We spoke to the parents who told us he said someone clipped him in the carpark while he was shopping. They called out to him to come downstairs. Well, the look on his face was priceless. His parents told him he was lucky we weren't going to the police re false details and they were furious with him. The outcome was, the parents paid and the son was in debt, paying back his parents.

Interesting to note, since I divorced, my husband never had another problem until this year. Someone T-boned me while I was driving along, minding my own business. They came out of a business driveway, across two lanes, straight into me. With four panels replaced, suspension fixed and a wheel alignment, it is as good as new. But, not my neck - sideway whiplash causing two crushed nerves. I believe she was on her phone!

So, three lessons here – talk gently to your wife, explain properly and don't look at your phone when driving.







The Wonthaggi Fixit Café will be at the Wonthaggi Harvest Centre on August 20

The café is a joint initiative of Wonthaggi Neighbourhood Centre and The Mens' Shed program.

You'll need to book and it's a great place to have a cuppa while volunteer experts use their skills to give a new lease of life to broken household items.

Bookings essential:

(03) 5672 3731

ADULT LEARNERS' WEEK

2023

Save the date

BCAL open days September 5th & 6th 11am - 1pm

Demonstrations, activities & tours



Local provider



Friendly, inclusive environment



Small, face-to-face classes







239 White Road Wonthaggi bcal.vic.edu.au 5672 3115

THE GREATEST SHOW IN TOWN IS HANGING UP ITS BOOTS by ROB PARSONS

The KernArt Prize Art Show began in 2016 and has celebrated six art shows over seven years, providing a space for local artists of all abilities to share and show their work.

Over those years, The KernArt Prize has awarded more than \$13,000 in prizes to our artists and has donated more than \$24,000 in proceeds to Bass Coast Health and the Kernot CFA.

With a focus on supporting families impacted by mental health, The KernArt Prize has sought to increase community connection and creativity, two factors shown to be pivotal protective factors against the impact of mental ill health.

We would like to acknowledge the efforts of our committee members:

Past committee members include Paul and Julie Johnston (inaugural committee members until 2019), and current committee members; Adam McLeod (Chairman), Rob Parsons (Vice-Chair), Janice Orchard (Secretary), Mandy Taylor (Treasurer) and Emmy Van Nimwegan (Webmaster).

We would also like to acknowledge the huge number of volunteers assisting our opening night events over the years. Special thanks to Anne Duncan and the Wilkinson, Taylor and McLeod families.

Most importantly, we would like to acknowledge the amazing support from our sponsors over the years. The show would not have been possible without you. Your generosity and willingness to donate even through hard times has been appreciated. The amazing support from our local businesses has been the foundation of The KernArt Prize and we thank you.

Temporarily paused in 2020, in 2021 The KernArt Prize went online, connecting through art even while communities were isolated due to the COVID-19 pandemic. We returned to live exhibitions once again in 2022 and the community came together again to celebrate and embrace the enjoyment of great art.

The KernArt Prize leaves a legacy.

New lighting in the Kernot Community Hall will shine for years to come. In January 2021, The KernArt Prize facilitated an online pastel workshop, co-facilitated by a prominent artist and Clinical Psychologist, promoting mental health and psychological recovery, by supporting communities impacted by the 2020 bushfires. In 2021, The KernArt Prize donated funds to Kernot CFA to purchase additional mobile spotlighting, a practical and needed donation acknowledging the efforts of our CFA volunteers.

Our final donation of \$6,500 has already been presented to Bass Coast Health supporting families impacted by mental health issues and we thank you so much for your contribution. Sadly, now the time has come to hang up the boots as our committee members move on to other ventures.

Thank you for all you have done in supporting us.

It has been an honour to hold the KernArt Prize, the Biggest Little Show in Town, which gave so much to our community.

KERNART

Thank you so much to every one of our sponsors:

Argyle Farmstead, Jim and Anne Duncan. Alex Scott and Staff - Greg Kane. Bass Coast Council. Bassine Specialty Cheeses - Kaye Courtney Bass Valley Landcare Group. Bendigo Bank - Michael Scott. Jordan Crugnale MP. Designhound - Emmy Van Nimwegan. Grantville Pharmacy - Julian Daffy. Health Guard First Aid - Cheryl Connolly. Kernot Food and Wine Store - Paul and Julie and then Julie, Phat and Steve. Kernot Hall & Reserve Committee - Lisa Huitson. Lions Club of Bass Valley - Ray Wallace and Lyn Renner. Brian Paynter MP. PHN Gippsland. S & P Heavy Mechanical Services - Patrick. Smart Art - Janice Orchard. The Gurdies Winery - Bruce and Wendy. David and Marie Trigg. Van Steensel Timbers - Steve. Waterline News - Geoff Ellis.



Coronet Bay Community Garden

In January 2019, a group of enthusiastic locals with a keen interest in establishing a Community Garden met, a committee was formed and ideas for effective planning and implementation developed. A suitable site, considering access, space, water, toilets and shelter, was allocated close to the Coronet Bay Hall.

The goals for the Coronet Bay Community Garden became: to develop all of the brainstormed ideas as appropriate; to provide healthy food for the community; to create a legacy for the future as a productive, beautiful meeting place accessible to people of all ages, cultures, backgrounds, abilities and disabilities; and to incorporate sustainable practices.

By July 2019, the planting of a native tree windbreak, fruit trees and vegetables in several wicking plots commenced. By early 2023, the garden had grown to include a hothouse, extensive mounds with native windbreak planting, no-dig gardens, a reflective garden, signage, seating, companion planting and succession vegetable planting.

The garden has adopted environmentally friendly practices through the use of recycled and repurposed materials, water collection into 26,000L and 12,000L tanks, composting and a worm farm and several permaculture methods.

The Coronet Bay Community Garden has been part of the Bass Coast Open Edible Garden scheme with attendance of around 120 from near and far. Visitors showed appreciation of the development and efforts put into the garden.

Over the last three years, extraordinary progress has been made with the help of grants from Bass Coast Council, Bendigo Bank, and Western Port Water and donations from the local Beach Bums. These supported the hard work of dedicated committee members and garden volunteers who willingly and generously share their time and skills.

The group has met many goals, especially in providing a welcome social opportunity amongst a friendly group of members with a wide range of skills. The garden offers a lovely place for visitors to enjoy and to feel welcome. Garden Gatherings each Thursday and the second Sunday of the month, including free morning/afternoon tea, are well attended and most enjoyable.

New members are always welcome. coronetbaygarden@gmail.com













WILL BE AT THE CORONET BAY COMMUNITY MARKET AUGUST 20TH





WHAT DEVELOPED NEXT . . . By Greg Noakes

Images by Greg Left- John Clark Right- Grace Jones



In 1962, the price of a film pack was prohibitive for a 13-year-old just starting high school. My real interest in photography had been sparked by a schoolmate's brother, who was a photographer on the afternoon Newcastle Sun. David Wicks took me out on "assignments" lending me a camera and guiding me through darkroom procedures. I had traded my Polaroid for some darkroom equipment and a small Kodak Instamatic, which I soon learnt was pretty much useless to a professional photographer.

I dabbled for a few years and, during the Christmas break at the end of Year 11, another mate and I went cherry picking and cotton chipping for the princely sum of four cents a pound and \$1 an hour for the cotton. The work involved chipping the weeds out with a hoe and a day was 12 hours long. Occasionally we would get a chance for \$2 an hour to help with fertilising. This was done at night because of the heat and involved you and a mate at opposite ends of a row about one kilometre long, lying down and lighting a lamp. The crop duster would line up the two lamps and swoop. Imagine my surprise the next morning seeing the tops of the plants knocked off by the wheels of the plane.

Learnt a lot about life during that 'holiday'. I amassed a very small fortune at Wee Waa, which went towards a "good" camera (a Mamiya C3) and kitting out a very handy, kind of dark-ish room in the unused outside laundry. It was good only at night, because there were too many small holes in the iron roof and the weatherboards to patch. To me, it was heaven on the proverbial stick. I took photos for the school mag as well as continuing to tag along with David. I won a couple of competitions along the way and, about half way through my last year at high school, found out that the "opposition" newspaper, The Newcastle Morning Herald, had an opening for a cadet photographer. With a small portfolio of snaps, I met with the news editor, a fearful man not to be trifled with. He, along with my folks, my headmaster and, for some reason, my music teacher, told me it would be stupid to quit my high school education with only six months to go. As if they'd know anything!

After the longest six months in the history of mankind, I found out The Newcastle Morning Herald had held the job open for me. Three days after my Year 12 exam, I became a first year cadet photographer. Once I got to know the news editor, he was a pussycat. But I saw him rip strips off a member of the public who came in to complain about a story then, after he had gone, rip strips off the journalist who wrote it. Later, I found out that my father had a 'heated' confrontation with him about a story the Herald ran on an organisation with which Dad was involved, the Civil Defence. I had been lucky to get the job!

The Newcastle Morning Herald and Newcastle Sun were owned by the same man, operated out of the same building and the two darkrooms were side by side, but the competition to get the better front page pic was fierce — the best training a young bloke could get. My luck continued when a colleague became ill and I was fast-tracked out of the darkroom onto the street looking for that elusive front page pic. I found a few too. The owner of the paper was a South African and imagine my delight to receive him in person in the darkroom after photographing an up and coming tennis player called Evonne Goolagong. "Print it lighter" was his stern instruction.

Women's Sacred Circle

Thursday 7.15pm arrival for 7.30pm start

Saturday 9.45am arrival for 10am start

Community, Connection & Empowerment

Coronet Bay

Facebook: CB Women's Sacred Circle

WATERLINE LIVING LIBRARY

SUSTAINABILITY SERIES



Michael Upston, Corinella resident will talk to us about his sustainable household

SUN 20 AUG, 2023 @ 1.30 PM @CORINELLA COMMUNITY CENTRE



Afternoon tea, please bring a plate to share

\$4 donation towards CDCC Community Pantry

WATERLINELIVINGLIBRARY@GMAIL.COM

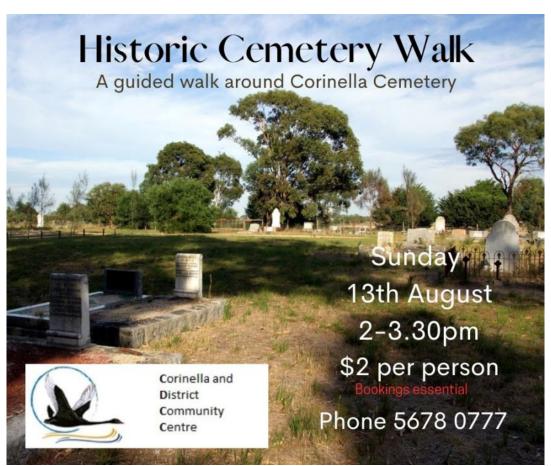
Corinella Community Centre can help!

Do you need assistance with:

- booking in for a vaccine?
- linking myGov with your Medicare?
- navigating MyHealthRecord?
- application for \$250 Power Saving Bonus?

Call us to book in a time for us to help: 03 5678 0777





CDCC: VISIT! PARTICIPATE!

A big part of what makes our Community Centre so great are the participants, the people who use our Centre, our community and our visitors from all over the Waterline district.

We are delighted to have around 500 people each month come through our doors. They may need to use the computers we have set up for public use, or get some photocopying done. We have regular groups which come for fitness, including Strength Training and Pilates.

If you need a little quiet time, meditation may be for you.

Getting your hands dirty and being in the garden is something many of our community enjoy. You should see the great work they are doing in our courtyard, where we hope we will all be able to reap the rewards. Watch this space for our next project, which we hope everyone will enjoy. If challenging your brainpower is something you like to do, then our discussion circles are the way to go.

Lose yourself in a good book and a chat with Book club participants or join in the Waterline Living library which is story telling in person. There have been some brilliant topics and guest speakers to date.

Social connection is one of our guiding principles here at the Centre. We celebrate young families and bubs with Family Storytime and our Senior Superstars come together for a little social time with each other and have a delicious meal too.

For those who are creative, our Crafties and our Art class come along each week and have been doing so for many years. However, if you don't have time to commit to a weekly activity, we offer a different craft activity each month where you can try your hand at something new and create a beautiful piece of work to take home. Our aim is for everyone to be involved, have fun, share in the company of other like-minded people and connect with our community. If you would like to receive a seasonal program or be put onto our email list please contact the office on 5678 0777.

Jan is here TO HELP

Jan has a wealth of experience and knowledge to help you navigated

- Aged Care packages
- My Gov
- or a variety of Government services

Mondays 11am - 1pm

Bookings essential Phone 5678 0777





Corinella and District Community Centre



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Mycelia Energy Collective



Care about climate change?

So do we. That's why we are partnering with The People's Grid and Circular Energy to power households, businesses and communities with 100% renewable energy.

We also put profits directly back into energy efficiency, more renewable energy and local regeneration projects.

Join the Mycelia Energy Collective today!

You can save money and do good through your energy bill.

For a quote or to sign up visit www.thepeoplesgrid.com/collectives/mycelia-energy-collective











Where you buy your energy from matters.
Sign up to our energy deal and join our action on climate change.

Totally Renewable Tenby teams up with Mycelia Renewables

Totally Renewable Tenby (TRT) has a roadmap and aims to be totally renewable by 2030! Perhaps an ambitious goal, but TRT Coordinator Laura Bulmer thinks we need to aim high:

"We know climate change is happening, and many of us in Tenby Point feel obligated to do something. For most of us, it's being connected to nature that initially drew us here and we feel determined to protect and enhance it. Many actions we are taking are also improving our social connections and community resilience. It's a win-win for Tenby."

One area TRT is tackling is energy. Aiming for 100% renewable is a big task, so TRT has teamed up with Mycelia Renewables, a local charitable social enterprise. This dynamic duo is focussed on goals they have in common and is rolling out opportunities that people and communities across the Waterline can be involved in.

Energy Circles: Sharing knowledge.

On the 23rd of July, attendees from Totally Renewable Tenby and neighbouring Bass Coast communities gathered at Corinella Community Centre for a cuppa before visiting a local electrified home. Inspired attendees shared stories and questions about their experiences of renewable energy and learned how the Mycelia Energy Collective can help local communities on their renewable energy journeys.

Local residents and early adopters of renewable energy, Michael and Teresa then opened their doors and shared useful tips on how they designed a fully electrified house, spending on average less than \$5 per day on energy, including their electric car!

Energy Circles will be a regular event for community-led conversations on topics relating to energy. Everyone is invited to come along, learn with and support each other in the renewable energy transition.

Energy Circle #2 is on Sunday, the 10th of September 10.30am– 12.30pm at Corinella Community Centre.

INTRODUCING...

ENERGY CIRCLES

A series of community-led gatherings where people can ask questions, share knowledge and learn more about renewable energy and energy efficiency!



COSY HOMES AND COST SAVINGS!

We'll talk about saving energy and money with the designers of Cosy Homes, Jessica Harrison and Aileen Vening. Sustainability pro Christian Slattery will demo the cool new home efficiency kits available at the local library!

DATE & PLACE:

SUN, SEPT 10

• 10.30AM - 12.30PM CORINELLA COMMUNITY CENTRE

Grab a hot drink and pull up a chair. All are welcome to attend.



Delivered by Totally Renewable Tenby and the Mycelia Energy Collective







Cr Rochelle Halstead, Deputy Mayor, BCSC.

Putting your hand up to become a Council representative is a big decision that some people, contemplating the idea, may not realise. We all go into the role with a list of things we will do better and infrastructure we promise to deliver. It's not until you make that pledge to your community that you enter the world of plans, strategies, policies, legislation and regulations. All of which slow the whole process right down.

If you haven't been watching meetings, following projects or regularly attending local community groups and events, you really are going in blind. The administration officers of Council have many projects they work on throughout a year and some of these projects have taken literally years to get off the ground.

A concern often raised in relation to the Council budget is its reserves which are often mistaken as money in the bank. This is true to an extent, however, it is an auditing requirement for Council to show that any projects it has committed to are, in real terms, able to be paid. This requires Council to set aside sufficient funds to satisfy auditors that the organisation is solvent (not going to go bankrupt!) With multi-year projects, the money held in reserve can mount up and appear like council is squirrelling it away, but this is not the case.

Behind every project is a long process before tangible outcomes are achieved and this can be incredibly frustrating for new Councillors. No individual Councillor can make a decision – it's a numbers game. The group is where the power lies and you need a pretty good reason/argument to elevate your own project up above those of your colleagues. You also need good relationships and, in the heat of debate, those relationships can be tested at times.

A Council should really be viewed as similar to the role of a board. Over the years, the role has been less about pushing pet projects up the priority list and more about setting the tone for the whole organisation while ensuring the focus remains on the things that are important to the community. With responsibility for a budget in excess of \$100 million and the role requiring a deep understanding of policies, strategies, financials, legalities, risks and liabilities, the mandatory induction program prior to elections is a good start but does not give you the depth of information you need to keep ahead of the game.

The first eighteen months of my current term were spent in isolation and that had its positives, like being able to wear my pyjama bottoms while in meetings online!

But it also had its negatives where the time to build relationships was affected. With so much to learn, I didn't consider outside professional development until the end of the first year.

I had been considering the Australian Institute of Company Directors Course however, I was mindful of the cost versus the benefit to Bass Coast. It wasn't until I was elected to the position of Deputy Mayor in my second year, when my responsibilities and time commitments increased and with the encouragement of the current Mayor, I saw the benefits of doing this study.

The AICD course takes a real commitment. It is not an easy course but I can already see where the benefits lie for Bass Coast. I asked myself the question, as a resident and ratepayer, do I want my local representative to be well educated in the system, to know the pitfalls, to understand the information being presented to them enough to challenge the executive when necessary, to be able to operate at the level required, to really have an impact? Would I be prepared to have a very small portion of my rates used to achieve this? The answer to those questions is YES, I would.

Education and training across all industries should always be supported and encouraged. It's how we grow and how we can be at our best!

Professional development in this role is a must if you want to achieve outcomes. You need to understand top level documents and how they interrelate. The deeper the understanding of the system, the better prepared you can be and the greater the results. Hours can be as long or as short as you are prepared to make them. I am aware that, at the end of my term, the community will judge my performance and, therefore, I commit long hours to do the best job I can. I have also committed myself to completing this course with an intention of standing for Council again so I can continue to utilise my experience and my education to best serve the Bass Coast community. At the end of the day, it will be community members who will make the choice of whether they will allow me that opportunity or not and I am ready to accept that decision, whatever it may be.

BASS COAST COUNCIL Western Port Ward



Cr Bruce Kent

Position: Councillor Phone: (03) 5671 2156 Mobile: 0428 741 843

Send email



Cr Rochelle Halstead

Position: Deputy Mayor Phone: (03) 5671 2157 Mobile: 0439 623 511

Send email



Cr Clare Le Serve

Position: Councillor Phone: (03) 5671 2155 Mobile: 0448 083 286

Send email



DG Nurse Practitioner Grantville Transaction Centre (Cnr Bass Hwy & Pier Rd) (03) 5616 2222

Family Violence

If you are concerned for the immediate \$\infty\$ 000 safety of yourself or someone else, please call 000 for emergency assistance.

The Orange Door in Inner Gippsland \ 1800 319 354

For adults, children and young people # www.orangedoor.vic.gov.au

who are experiencing or have experienced family violence and families who need

extra support with the care of children.

safe steps

For women and children who are victims of family violence.

1800 015 188

www.safesteps.org.au

YOUR COMMUNITY NEEDS YOU . REGIONAL TRAINING . LEONGATHA

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WILDLIFE RESCUE & TRANSPORT TRAINING

Saturday August 19th 2023 | 10am-4pm LEONGATHA, VICTORIA



We invite you to become a trained wildlife rescuer to assist with sick, injured or orphaned wildlife in your community! This course covers rescue techniques for common species in your region plus the chance to meet and learn from experienced wildlife rescuers.

BOOKINGS ESSENTIAL

Go to- www.wildlifevictoria.org.au/get-involved/wildlife-victoria-training

At the INVERLOCH HUB: OPENS SATURDAY SEPTEMBER 2nd

Bass Coast Artists Society <u>First</u> Annual Photography Exhibition From the 2st of September 2023

Transient Landscapes

a moment in Gippsland



Over 20 works from some of the many talented photographers that live and work on the Bass Coast will be hung in the Bass Coast Shire Inverloch Community Hub Gallery throughout September.

All are welcome to the

Opening

of this, the BCAS First Annual Photography Exhibition from 12 Noon to 2pm Saturday 2nd September.

Admission is free

all works hung are for sale contact the individual artists from detail provided at the exhibition.

TAFE GIPPSLAND

Get qualified for a rewarding role in disability

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This FreeTAFE course is a great opportunity for anyone working in disability to attain a nationally recognised qualification. Study while you work!

A Certificate III in Individual Support (Disability) will:

- Give you the factual, technical and procedural knowledge to follow individualised plans to provide person-centred support to people with disabilities
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- Enable you to study while you work, with only one day a week on campus and flexible online delivery options.





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Increase the amount of compassion in the world. Compassion Exercise

Instructions: This exercise can be done anywhere that people congregate (airports, malls, parks, beaches, etc.). It should be done on strangers, unobtrusively, from some distance. Try to do all five steps on the same person. Expected results are a personal sense of peace.

- STEP 1 With attention on the person, repeat to yourself: Just like me, this person is seeking some happiness for his/her life.
- STEP 2 With attention on the person, repeat to yourself: Just like me, this person is trying to avoid suffering in his/her life.
- STEP 3 With attention on the person, repeat to yourself: Just like me, this person has known sadness, loneliness and despair.
- STEP 4 With attention on the person, repeat to yourself: Just like me, this person is seeking to fulfill his/her needs.
- STEP 5 With attention on the person, repeat to yourself:

 Just like me, this person is learning
 about life.

Variations:

- May be done by couples and family members to increase understanding of each other.
- May be done on old enemies and antagonists still present in your memories.
- 3. May be done on other life forms.

This is one of thirty exercises that can be found in ReSurfacing*: Techniques for Exploring Consciousness by Harry Palmer.

TWO POEMS from the recently released CHANGING LANDSCAPES by MERYL BROWN TOBIN Published by GININDERRA PRESS - PICARO POETS

Mt Wycheproof

Climbing
The smallest mountains
In the world
We hurry to view sunset,
Russet visitor there before us
Stands, stares
Shows no fear of intruders.
Statue-like we freeze
Study his glossy coat
Inquisitive demeanour.
Inquisitive demeanour.
A young fox, ignorant of humans?
We raise cameras, snap away
Take a step forward.
Like liquid magma
He is gone.

Victoria

Victoria is burning, February 2009

Enveloped in a smoky haze
Melbourne skyscrapers stand sightless.
Bushfires rage.
Thousands of people are evacuated,
Hundreds of homes burn to ash,
Two hundred people are missing,
Figured dead.
Told to have a plan To fight or to go
Residents thought they had a choice
But there was none.
Some fires are unfightable

VALE Wendy Saphin

Rules for being human handed down from ancient Sanskrit

- 1. You will receive a body
- 2. You will learn lessons
- 3. There are no mistakes, only lessons
- 4. A lesson will be repeated until it is learned
- 5. Learning lessons does not end
- 6. 'There' is no better than 'here'
- 7. Others are merely mirrors of you
- 8. What you make of your life is up to you
- 9. Life is exactly what you think it is
- 10. Your answers lie inside you
- 11. You will forget all of this
- 12. You can remember it whenever you want



