

FREE

# The Waterline News

Tooradin, Koo Wee Rup, Lang Lang, Nyora, Loch, Kernot, Grantville, Corinella, Coronet Bay, Bass, San Remo, Newhaven, Cowes, Phillip Island and French Island. Available by email and at [www.waterlinenews.com.au](http://www.waterlinenews.com.au)



Volume 3

# 1

September 2016

## Beautiful San Remo



The authentic fishing village of San Remo is the gateway to Phillip Island and a great place to sample a fresh bounty of seafood, or catch your own.

One of the most beautiful places in Gippsland. Arguably the 'Jewel in the Crown' of the Bass Coast Shire.

This month we feature one of San Remo's unique boutique businesses, Freedom Organics in Marine Parade. Read proprietor Michelle Gibson's own story on page 20.

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or visit [www.sunscapeelectrical.com.au](http://www.sunscapeelectrical.com.au) to find out more!



# The Waterline News - September

## FROM THE EDITOR'S DESK

[editor@waterlinenews.com.au](mailto:editor@waterlinenews.com.au)



Welcome to the September edition of The Waterline News, the first in our third year and our first attempt at 36 pages.

The growth in popularity of the magazine, with readers, advertisers and contributors has led to the increase in size, in order to maintain the balance between Community announcements, community directory, news, stories, general information and advertising.

If you are a member of community group, within our just outside our distribution area and not represented, do not hesitate to contact us.

The Waterline News is a Free, independent community magazine, with the emphasis on community.

In essence, it is your magazine, and you are welcome and encouraged to make a contribution.

Thanks to all of the people from one end of our vast distribution area to the other for taking an interest and sharing your stories with us over the first two years.

If you haven't, then why not start now.

### Distribution Area:

We distribute 1500 copies each month through Tooradin, Koo Wee Rup, Lang Lang, Nyora, Loch, Kernot, Grantville, Corinella, Coronet Bay, Bass, San Remo, Newhaven, Cowes and French Island. We also send out almost 400 copies by email and all editions are available on our website [www.waterlinenews.com.au](http://www.waterlinenews.com.au)

If you would like a copy emailed to you each month, are interested in become a distributor, or would like to advertise contact us now.....



**Disclaimer:** All views expressed in The Waterline News are those of the author of each article, not the publisher.

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THE WATERLINE NEWS  
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## CORINELLA RATEPAYERS AND RESIDENTS ASSOCIATION



### 2015 COMMITTEE.

**President.** Lyndell Parker.

**Vice President.** Peter Tait.

**Secretary.** David Laing.

**Assistant Secretary.** Wayne Maschette.

**Treasurer.** Michael Kelzke.

**General Committee Members.** Brian Lloyd, and Jackie Tait.

As President, I am delighted to report to the members and the community, on behalf of the committee, of our activities over the last 12 months. It has been a busy and exciting time and we have strived to promote inclusiveness, a sense of belonging and hope that we are all learning that the Corinella Ratepayers and Residents Association can be at it's most effective when we work together for the future of Corinella.

Working with and for the community we have had a number of social events .... carols on the foreshore, Australia Day BBQ and fun day, a car boot sale and three meet and greet social morning teas.

Special general meetings are now every two months instead of three.

The committee has also been very busy with attendance and/or participation at many meetings for the Small Coastal Towns Alliance, Save The Bus Group, Regional Victoria's Small Coastal Towns Transformation grant group, Bass Coast Shire run workshops and a Master Class in Community Building, with Grantville, Coronet Bay and Tenby Point Resident and Ratepayer meetings. Communication has greatly improved with most people now having email facilities and we have a

regular monthly column in the Waterline news, and a Facebook Page plus the minutes for each meeting are available on the Visit Corinella Website. It has been a busy but rewarding year and I have been very fortunate to have had a wonderful committee to work with. I would like to express my heartfelt thanks to each and every one of them, and their spouses, for the tremendous and very generous effort they have put in.

We have strived to keep a sprit of optimism and create a sense of belonging, embracing the challenges and changes that inevitably come with life, seeking the possible and the positive, and working together into the future. At the AGM on the 27th of August, after an election, the committee began their new term of office, and plans are already underway for this year's Christmas Carols night, and the Australia Day celebrations, we will also be holding a "Meet and Greet" social morning tea in September perhaps, a great time to meet new people and strengthen ties with friends and acquaintances. We are actively seeking new members, please come and we will make you so very welcome because what do we all have in common - we love Corinella and enjoy living here!

**Lyndell Parker. President.**

## CORONET BAY RATEPAYERS & RESIDENTS ASSOCIATION



### 2016 Committee:

President Kevin Brown  
 Secretary Stephanie Hartridge  
 Treasurer Mel Gratton  
 General Committee Members

**No Report this month**

## PIONEER BAY PROGRESS ASSOCIATION



### Contact

Zena Benbow  
[pbpa@bigpond.com](mailto:pbpa@bigpond.com)

**No report this month**



Grantville & District  
 Foreshore Committee of Management

Contact: Kat Cox 0422 172 994  
[www.gadfa.com.au](http://www.gadfa.com.au)

**No report this month**



# Community Notes



## GRANTVILLE AND DISTRICT RATEPAYERS & RESIDENTS ASSOCIATION

### 2016 Committee

**President (acting)** Helen Zervopoulos  
**Vice President** Kat Cox  
**Secretary** Kathy Hopkins  
**Treasurer** Sylvia Harris  
**General Members** Chris Cox,  
**Membership Fees:** \$10 single - \$20 family

### Our next meeting will be on the 25th November 2016.

Christmas In The Park will be on Sunday the 4th December at the Memorial Park. If you would like to have a stall at this event please contact Kat on [kitecox@gmail.com](mailto:kitecox@gmail.com). Also if there are any community groups that would like to run the barbeque on this day please contact Kat on the above email address.

New members are always welcome. Membership fees can be paid to the Treasurer, Sylvia Harris at the Grantville Post Office.

**Kathy Hopkins, Secretary 0439 000 148**



**President: Jean Coffey 0419 500 593**  
**Secretary: David Pearce 0401 514 339**

“We held a very successful Annual General Meeting on Saturday 20 August. Three of the candidates for Western Port ward in the forthcoming Shire elections, Geoff Ellis, Ashley Lamers and Clare Le Serve, talked to us about their respective visions for the Bass Coast region and answered questions. “Our President, Jean Coffey, reported on our achievements during the past year including the introduction of reduced speed limits on the approach road to Tenby Point and a great community effort to revegetate parts of the foreshore at Tenby Point. “The Committee was re-elected, except for Jill Spitz who stepped down after six years good work on the committee, including two years as Vice President. “Annual membership fees of \$10 per household are now due and all Tenby Point residents are welcome to join.

**David Pearce**



### Coronet Bay Neighbourhood Watch.

**Contact: Ivan Bradshaw - 5678 0663 - 0414345754**

Information meeting on August 28 was a well attended meeting that went off like a frog in a sock.

Guest speakers Doug Murphy and Rod Oulds from San Remo police and Jeff Kloot acting CEO from Neighbourhood Watch Vic supplied valuable information and answered questions from the community. Future meetings are planned for the 2nd Monday of the month unless that falls on a public holiday or long weekend. In those circumstances the meeting will be held on the 3rd Monday of that month where our monthly raffle will be drawn.

This month's raffle prize to be drawn on 12/09 is a \$50.00 voucher for Marios fully licensed Restaurant at San Remo, great food friendly service and thoroughly recommended.

The Coronet Bay Committee met again on Wednesday 24/08 to discuss and appoint the following committee positions.

**Chairperson.** Dan Leskie.  
**Vice Chairperson** Julie Cameron.  
**Secretary** Pauline Hiscock.  
**Vice Secretary** Ivan Bradshaw.  
**Social Media Manager** Christine Slavin  
**Treasurer** Joyce Cotter.  
**Vice Treasurer** Tracey Farr.  
**Area Supervisor** Levinus Van Der Nuet  
**Fund Raising** Bianca Peters.  
Any correspondence welcome to [coronetbaynhw@gmail.com](mailto:coronetbaynhw@gmail.com)



## Expression of interest for Grantville & District Foreshore Committee of Management Inc.

**Expressions of Interest are currently being invited for appointment to the Grantville Foreshore Reserve Committee Incorporated for a period of three (3) years.**

The Grantville and District Foreshore Committee of Management Incorporated is a voluntary Committee of Management responsible for managing land on the seaward side of the Bass Highway adjoining Western Port and freehold land at Grantville. The reserve covers approximately 16 hectares of Crown land that is utilised for a broad range of recreational activities by local residents and many visitors to the area.

Many challenges face the foreshore area including the impacts of rising sea levels and climate change on the coastline, loss of native vegetation and invasion by weeds. The Committee is formed by an Expression of Interest process and successful applicants will be appointed by the Minister to manage, protect and develop the community assets of the reserve.

Interest and enthusiasm, a commitment to caring, protecting and managing the use of the Corinella Foreshore Reserve, and an approach to the task that includes maximising community involvement and participation, are the key attributes being sought.

Applications are required urgently as the period for expressions of interest has been extended .

**Forms are available by contacting Angie Gutowski at the Yarram DELWP Office on Ph: (03) 5183 9133**

**Email: [angie.gutowski@delwp.vic.gov.au](mailto:angie.gutowski@delwp.vic.gov.au)**

**Controlling my own life** Making the most of Consumer Directed Care

The way home care is delivered in Australia has changed. Older people now have more choice and control over the services they receive and how they are delivered.

This free session provides practical information that will assist you to make the most of your choices.

Presented by John Douch, representative from COTA Australia (Commonwealth Department of Social Services) to older people in the community, including those who are in receipt of, or who may be considering a consumer directed care package.

Contact Nola 5997 9792 for bookings and more information

**Free information session** Monday 26th September, 2016 10.30 - 11.30am  
Senior Citizens Club, 1 Icke Road, Koo Wee Rup

# Community Notes

## BASS COAST STROLLERS

Catering for all adults participating in walks around the Bass Coast region of Victoria.

*Bass Coast*



*Strollers*

Contact  
David Holmes  
5678 0033  
dhapl@bigpond.com

## Volunteer with the Bass Valley Children's Centre Inc.



Have some fun with us!  
We need helpers to organise:  
Raffle Prizes and  
Cent Night Prizes

Can you spare a couple of hours for a really great cause?

The Bass Valley Children's Centre needs you!

Email fundraising@bvcc.org.au to pledge your help or call 0431 937 514 (Tanya) or send us a message via the Bass Valley Children's Centre Facebook page: bassvalleychildcare

The Bass Valley Children's Centre is coming!!!

...so they need to raise lots of \$\$\$\$\$\$  
...so they need lots of helpers ☺☺☺☺☺

Contact us if you can help pledge some time to a great cause.

'Like' us on Facebook/bassvalleychildcare

Bass Valley Children's Centre  
Coming to 60 Corinella Road, Corinella



## Koo Wee Rup Regional Health Service

235 Rossiter Road, Koo Wee Rup  
Ph: 03 5997 9679  
Email: gregorys@krhs.net.au  
Website:  
www.kooweeruphospital.net.au



## New Infant Feeding Clinic

Kooweerup Regional Health Service Infant Feeding Clinic provides free personalised advice and support to families with infants from Internationally Accredited Lactation consultants.

Feeding your baby, whether breast or bottle can sometimes be confusing and frustrating. Misinformation about infant feeding is common and the reality can be a world away from what you read on-line or in books. Babies are individuals and just as you have your own preferences, likes and dislikes so too does your baby.




We can assist and support you to overcome common problems such as:

- Positioning and attachment difficulties
- Low breast milk supply
- Management of sore nipples
- Assessment of infants tongue and lip
- Feeding support of multiples, eg. twins
- Reflux issues
- Weaning
- Introduction to solids
- Low, poor weight gain
- Mastitis

Ph: 5997 9679



Winter Warmers  
Soupy Social

Corinella & District  
Community Centre  
Thursdays 12pm – 2pm

## Antiques

and  
**Collectables**

### Appraisal Day

Bring your  
Jewellery, China, Glass, Old Wares  
Get them  
Expertly valued by  
**MR. WARREN JOEL**  
**Saturday 24th September**  
2016  
**10am-4pm**

**Wonthaggi Town Hall**  
(Entrance - Baillieu St. East. - side of the Bass Coast Council Offices)

Donation of \$5 per item to be appraised – 3 items per turn  
Gold coin donation for those without items to be appraised  
Tea/Coffee & Sandwiches available for purchase

For more information: Phone 547 23883  
Email secretary@wonthaggienergy.org.au

This is a Wonthaggi Generaly Inc. & Family History Centre  
Fundraising Event



Bass Coast Health Supported Playgroup is held at the Grantville Hall, Thursdays from 10.00am – 12.00pm during school terms. It includes the *smalltalk* program for parents, which provides parents with ideas on how to use everyday opportunities and activities to enhance their child's early literacy and learning at home.

DO YOU HAVE CHILDREN UNDER 4 YEARS OF AGE?

Come along and enjoy meeting other parents while you play with your child!  
Contact Janine on 0457 834 960



## Art for Adults

The KWR Men's Shed invites artists and would-be artists to a fun, free and friendly painting group. 10-12 Saturday mornings from 8th Oct - 3rd Dec.

215 Rossiter Road, KooWee Rup

Call Brian 5997 9687







Send us your Community Group  
Notices by **1st each month**  
editor@waterlinenews.com.au

# Community Directory

**Artists' Society of Phillip Island**  
56-58 Church Street Cowes  
<http://aspi-inc.org.au/>

**Australian Red Cross**  
Woodleigh Vale Branch  
Members meet in each other's homes on  
2nd Thursday of Feb, Apr, Jun, Aug & Oct.  
Contact Sheila Campbell 5678 8210

**Bass Coast Community Baptist Church**  
Meets Sundays  
**OP SHOP** open Mon-Saturday  
Contact the Op Shop for details 5678 8625

**Bass Coast L2P Learner Driver Mentor Program** Wonthaggi - Corinella  
The Bass Coast L2P Program now has a car at Corinella & District Community Centre.  
For further information contact:  
Veronica Dowman 5672 3731 0467590679

**Bass Coast Strollers**  
Catering for all adults participating in walks around the Bass Coast region of Victoria.  
Contact David Holmes 5678 0033  
[dhapl@bigpond.com](mailto:dhapl@bigpond.com)

**Bass Friends of the RSL**  
Secretary Janet Welch 0411 446 129

**Bass Valley Landcare**  
2-4 Bass School Rd, Bass 5678 2335

**Bass Valley Lions Club Op Shop**  
Situated at the Grantville Garden Supplies  
Open Monday-Saturday 5678 8357

**Corinella & District Probus Club**  
1st Wednesday each month except January  
Bass Hotel 10am start, Morning tea supplied. Can purchase Lunch after meeting.  
Coral Smith 5678 0396

**Corinella Bowling Club Inc.**  
**Balcombe Street Corinella.**  
Patti Scammell 5678 0191

**Corinella & District Community Centre**  
5678 0777 Mon - Fri 10am - 4pm  
Facebook @corinellacommunitycentre  
[www.corinellacommunitycentre.org.au](http://www.corinellacommunitycentre.org.au)

**Corinella & District Men's Shed & Woodies Group** Corinella Road  
Visitors and new members welcome.  
Contact Secretary: Graeme 5678 0345

**Corinella Foreshore Committee**  
Contact Barbara Oates 0427 780 245

**Coronet Bay, Corinella & Surrounds Playgroup (0-4yrs)**  
Come and enjoy the fun at Coronet Bay Hall  
Mondays and Fridays 10am—12noon  
Monday Session - Free Play  
Friday Session - Free Play & Activities  
(Please bring \$2 per family and a piece of fruit. (\$5 Annual Membership per family), and ALL children are to be accompanied by their parent or carer.  
Contacts: Franciska 0400 465 377  
Ann 5678 0341

**Coronet Bay Adult Social Club**  
Tuesday 7-10pm Coronet Bay Hall  
Ann 5678 0341

**Country Women's Association of Vic inc. Bass Group.**  
Coronet Bay Margot 0409 559 047  
Cowes Lorraine 5952 2165  
Glen Alvie Libby 5678 3280  
Grantville Annie 5678 8037  
Lang Lang Aleeta 0419 525 609  
Loch Val 5659 4268  
Woodleigh Vale Carol 5678 8041

**Grantville & District Ambulance Auxiliary**  
Contact - Shelly 0417 593 497

**Grantville & District Business & Tourism Association**  
President Neroli Heffer 5678 8548

**Grantville & District Ratepayers & Residents Association**  
Secretary Kathleen Hopkins 5678 8327

**Grantville & District Foreshore Committee**  
Roger Hayhurst 0416 061 400

**Grantville Recreation Reserve Committee**  
Pat Van 5997 6221

**Grantville Tennis Club Inc.**  
Contact Pat Van 5997 6221

**Lang Lang Community Centre**  
Coordinators Marg and Michelle  
Phone 5997 5704  
Email: [llcc@langlang.net](mailto:llcc@langlang.net)

**Lang Lang Playgroup**  
(0-Preschool) Thursdays 9.30am  
Lang Lang Community Centre \$2 per child  
Contact Crystal 0473 077 125

**Phillip Island Community Art & Craft Gallery Inc.**  
Cowes Cultural Centre Thompson Ave  
Open every day 10am—4pm  
All Enquiries Call Aleta 0419 525 609

**Phillip Island Patchworkers**  
Meet on a Monday night from 7.30 at the Newhaven Hall (except public holidays), the first Tuesday of the month at the Newhaven Information Centre meeting room at 10.30 and the last Tuesday of the month at the Cultural Centre in Cowes at 10.30. Cost to attend is \$2. To join the club is \$20 annually with a \$6 one off joining fee. For more information contact Debbie on 59521530 or at [phillipislandpatchworkers@gmail.com](mailto:phillipislandpatchworkers@gmail.com)

**Phillip Island Senior Citizens Club**  
Phone bookings 5952 6891  
Email [piscc123@gmail.com](mailto:piscc123@gmail.com)

**Phillip Island Squares**  
Square Dancing, Bass Valley Community Hall, Bass School Rd, Bass 7.30 - 10.00pm  
Thursday nights  
Contact: Carol 5952 5875

**Pioneer Bay Progress Association**  
Zena Benbow [pbpa@bigpond.com](mailto:pbpa@bigpond.com)

**Survivors of Suicide**  
Raising awareness to aid prevention  
Jillian Drew 0413 056 165

**St Pauls Anglican Church Bass**  
HC at 12.30pm every Sunday followed by a shared lunch  
Rev Greg Magee 5952 2608

**St Georges Anglican Church Corinella**  
1st Sunday each month 11.00am  
Other Sundays 9am  
Free Community Lunch Corinella Community Centre Second Friday  
Op Shop open Mon, Thur, Fri 10am - 2pm  
Saturday 9am- 12.30pm

**Tenby Point Residents Association**  
President Jean Coffey 0419 500 593  
Secretary David Pearce 0401 514 339

**The Probus Club of San Remo**  
Second Monday of the month (except January) 10am at the Newhaven Public Hall. Visitors Welcome.  
Enquiries: Neil Stewart 5956 6581



P.I.S.C.C. INC WITH ISLAND CELEBRATION CENTRE  
WEEKLY ACTIVITIES OF THE SENIORS CLUB

**MONDAY** BALLROOM DANCING 7.30 - 10.30PM  
**TUESDAY** INDOOR BOWLS & CARD GROUP  
**WEDNESDAY** SNOOKER ANY DAY, NOT JUST WED!  
**THURSDAY** CRAFT GROUP IN HOUSE  
**FRIDAY** 3 COURSE LUNCH, BOWLS & BINGO  
**SATURDAY** INDOOR BOWLS  
**SUNDAY** MODEL TRAIN CLUB FORTNIGHTLY

**Phone for Bookings 5952 2973**

# Around the Markets & Op Shops

## U3A Bass Valley



### Courses offered:

Book Club, Bush Painting, Creative Writing, Gardening, Get Creative, Movies & Theatre Appreciation, Tai Chi for Arthritis and Welding.  
www.u3abassvalley.com

Heather White 5997 6323  
(PO Box 142 Grantville 3984)

### U3A TAI CHI

Why not give the U3A Tai Chi for Arthritis a try? Coronet Bay Hall 9.30am Tuesday  
Gentle exercise, good company and a cuppa.

Further information:  
Laura 5678 0884  
Vicki 5678 8734



## MARKETS

### Every Sunday

#### Kongwak Market

10am - 3pm

Retro stalls, food,

vegetables, coffee, curries

30+ stalls

Enquiries: Jane 0408 619 182



### 1st Saturday

#### Archies Creek Indoor Market

Community Hall

Enquiries: info@archiescreek.com

### 2nd Saturday

#### Coal Creek Farmers' Market

Coal Creek Community Park 8am - 12.30pm

50+ stalls

coalcreekfm@hotmail.com

Contact for information 0459 629 000

### Cowes Island Craft Market

102 Thompson Avenue, 9am - 2pm

In the grounds of St Phillips Church

60+ stalls Make, bake and grown goods and produce.

Contact for further details 0412 710 276

### 4th Saturday

Churchill Island Farmers' Market

40+ stalls. 8am - 1pm

peter@rfm.net.au

Further Information 0439 364 760

### Cowes Market on Chapel

Chapel Street. 8.30am - 2pm, 30+ stalls

Further information-contact 0428 603 043

### 1st Sunday

Jumbunna Bush Market

Jumbunna Hall

Further information, phone 5657 3253

### 2nd Sunday

Koowe Community Market

Cochrane Park, Rossiter Rd 8am -1.30pm

Indoor/outdoor Phone 0418 289 847

Email: info@kooweemarket.com.au

### Rotary Club Market Wonthaggi

Apex Park 8am - 1pm, 50+ stalls

Walk to nearby Make it -Bake it Market

Contact: Neville Goodwin 5672 7245

Garry Sherrick 5672 5812

### Loch Lions Village Market

May - Sept Loch Public Hall

Oct - April Loch Railway Station Park

70 + stalls

Information from Noel Gregg 5627 5576

Market day phone 0418 500 520

### 3rd Sunday

Inverloch Farmers Market

The Glade, Esplanade, 8am - 1pm

50+ stalls

Information: peter@rfm.net.au

Phone 0439 364 760

### Tooradin Sunday Market

9am - 1pm

Stallholders wanted, \$20 includes 1 sausage & bread breakfast per stall.

All Market Enquiries: 0429 188 280

### 4th Sunday (Weather Permitting)

#### Grantville Variety Market

Grantville Recreation Reserve

Bass Highway, Ample parking.

Weather permitting, Except December

which is the third Sunday.

8am—2pm 100+ stalls

BBQ & Sausage sizzle, Coffee Cart, indoor and outdoor, cake stalls plus plenty of home made goodies.

Contact for further details 5997 6221

### Last Sunday of each month

#### Inverloch Community Farmers' Market

The Glade, Esplanade, 50+ stalls

Fresh produce grown and made in Gippsland.

Email:

info@inverlochfarmersmarket.com.au

Phone 0417 370 488

### 2nd Friday and Saturday each month

San Remo Cuppa and Chat Market

St. Augustine's Church

Marine Parade San Remo

Hosts a Cuppa and Chat Market every

month on a Friday and Saturday.

Friday 9am - 1pm

Saturday 9am - 12noon

10+ stalls

Bric a brac , cakes, & jams Friday, plus a sausage sizzle on Saturdays.

Further Information: 5678 5386

## OP SHOPS

### Bass

Bass Valley Community Group

Hadden House Op Shop

Next to Bass Hall, Bass School Road

Monday to Friday 9am - 3pm

Saturday 10am - 2pm

Phone Enquiries 5678 2277

### Corinella

St George's Anglican Church Op Shop

Smythe Street Corinella, next to Church

Monday, Wednesday, Thursday, Friday

10am - 2.00pm

Saturday 9.30am - 12.30pm

### Grantville

Bass Coast Community Baptist Church Op Shop

Bass Highway, Grantville

Open Monday - Friday 10am - 3pm

Saturday 10am - 1.30pm

Phone 5678 8625

### Lang Lang

Lang Lang Community Op Shop

12 Westernport Road

Monday - Friday 10am - 3pm

Saturday 10am - 1pm

### Nyora

At the Nyora Station

Open Monday - Saturday 9am - 1pm.

Enquiries to Sylvia, Phone 5659 0089

### San Remo

Bass Coast Community Health Op Shop

Back Beach Road.

Opening times and all enquiries to Bass

Coast Health on 5671 9200 or Email:

info@basscoasthealth.org.au

### Community Halls for Hire

#### Archies Creek

Mez Oldham

0415 445 215

#### Bass Valley

5678 2277

#### Corinella Paula

Clarke 0418 441 046

**Coronet Bay** Peter Thick 0429 851 004

**Dalyston** Dorothy Slade 5678 7334

**Grantville** Pat Van 5997 6221

**Kernot** Julie Johnston 5678 8555

**Loch** Grieg Barry 0419 358 628

**Kilcunda** Marion 0404 135 434

**Nyora** Robyn 5659 0098

**Newhaven** Noel Street, 5956 6122

**Rhyll** Ring General Store, 5956 9205

**Woodleigh** Evan Jones 5657 7275





# Lang Lang Activities

## Scouting's alive and well at 1st Lang Lang

Did you know that 2016 is the Centenary of Cub Scouts? Whilst we haven't been operating that long at 1st Lang Lang, we have been operating continuously for over 80 years and this year has the potential to be our greatest ever. So why are you not part of the fun?



1st Lang Lang Scout Leader Mark Hunter with Senior Scouts of the Year Sharley Waixel and Jarrah Standish and Junior Scout of the Year Thomas Van Dolderen at our annual awards presentation day. The honour board dates back to 1954.

Last year Scouts Victoria celebrated 10 years of continued growth. The state had a 3% increase in membership. At 1st Lang Lang we had over 19% growth and it's all happening in Scouting in Lang Lang. Whilst we are named 1st Lang Lang, we actually cover a huge area and include the waterline communities through to Loch and across through Ripplebrook and through to Bayles. We have over 50 youth members who come along each week to learn through fun and adventure. Our youth are lead and guided by a team of 13 leaders who undertake TAFE accredited training and have as much fun as the kids! At 1st Lang Lang we have 3 sections that offer the Scouting Experience to our youth members. On Monday afternoons we have Joey Scouts between 4:30 and 5:30pm. Joey Scouts are the 6 to 8 year old section and its fun, fun and more fun! The next section is the Cub Scouts and they meet on a Tuesday night between 7:00pm and 8:30pm. Cubs are where the cool stuff starts to happen. Camps, Expeditions and lots and lots of fun. Our senior section is the Scouts and they meet on a Wednesday Night between 7:00pm and 9:00pm. We live by the motto of "Out in Scout" and our Scouts are often out of the hall doing lots of cool stuff like hikes, camps and trips away. In the last 6 months we have as a Group attended a Scout Jamboree in Sydney, had a Snow Camp to Mt Baw Baw, Our Cubs attended a huge picnic with the King of Sweden at the Melbourne Zoo, Our Joey Scouts attended the Kangaroo Camp at Lardner Park with 700 other 6 to 8 year olds plus lots and lots of fun locally here at 1st Lang Lang. We annually attend and September 2016

participate in the Australia Day Celebrations and Anzac Day commemorations.

The next 6 months will be even more exciting with the Scout Group heading to Central Australia for a family camp in the September School Holidays, our Scout Hall is currently undergoing huge renovations and our Scouts are planning an expedition to climb Mt Kosciusko and visit Canberra in January.

It's all about learning through doing and fun! Scouts Victoria's catch cry is "Prepare for Adventure – Prepare for Life" and that is what we strive for here at 1st Lang Lang. So, if this sounds like fun, why not contact us and come along and see what we are all about at 1st Lang Lang. We would love to see you! Please send an e-mail to Group Leader Scott Hamilton on [gl.1stlanglang@scoutsvictoria.com.au](mailto:gl.1stlanglang@scoutsvictoria.com.au) to find out more!

Scott Hamilton

## EXERCISE CLASSES FOR SENIORS AT LANG LANG COMMUNITY CENTRE

### Strength Training



Strength training is an exercise program which specializes in the use of resistance to induce muscular contraction which builds the strength, anaerobic endurance, and size of skeletal muscles. Strength Training is designed for especially for seniors, it helps to improve mobility and bone density and helps keep those with Arthritis active. Doctor's Approval is required - please give us a call if you have any queries.

Our Strength Training Classes are held every Monday and Thursday morning commencing 11 am

### TAI CHI for those with Arthritis



Our Tai Chi classes are held each Friday commencing at 12 noon.

Our instructor is qualified with Paul Lam Tai Chi for Health Institute.

Tai Chi is a great way to reduce the pain of Arthritis, improve mobility and balance. This is a friendly, relaxed class and we welcome new members.

## Walking Group for Over 50's



We have a small enthusiastic group of seniors who enjoy walking every Monday and Thursday morning leaving the Community Centre and 10.30 am. New members are always welcome.

## Yoga



Our class is held Wednesday evenings from 6 – 7 pm

Yoga can, in fact, be good for adults of all ages, especially active seniors. Studies have shown that yoga can be extremely helpful when it comes to combating stress, fatigue and pain. If you are interested please give us a call 59975704

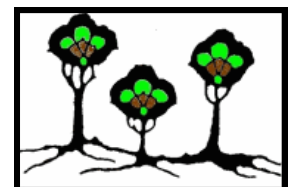
We have a new Yoga Tutor and the class currently has vacancies to start at the beginning of Term Four.

## Line Dancing



Line Dancing is a unique form of exercise because it provides the heart-healthy benefits of an aerobic exercise while also allowing you to engage in a social activity. The confidence that grows from mastering a dance, the friendships that start to form and the love of the music. If you're someone contemplating joining a line dance class ours is held on Monday night from 7.30 – 8.30 pm - recommencing October 10th

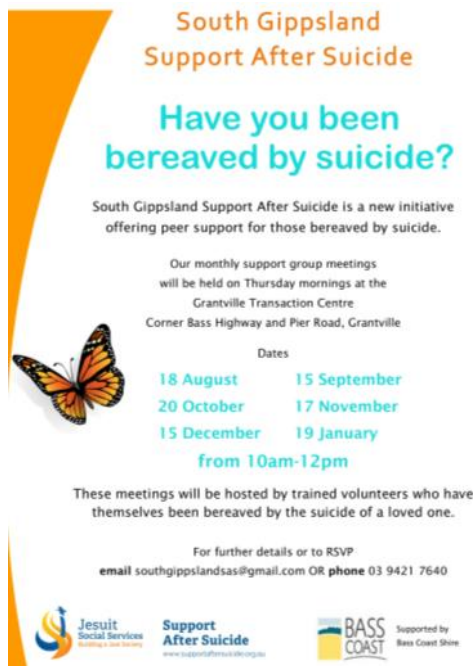
For all enquiries and bookings please call 59975704





# More Community News

## SOUTH GIPPSLAND SUPPORT AFTER SUICIDE



South Gippsland Support After Suicide

Have you been bereaved by suicide?

South Gippsland Support After Suicide is a new initiative offering peer support for those bereaved by suicide.

Our monthly support group meetings will be held on Thursday mornings at the Grantville Transaction Centre  
Corner Bass Highway and Pier Road, Grantville

Dates

18 August	15 September
20 October	17 November
15 December	19 January

from 10am-12pm

These meetings will be hosted by trained volunteers who have themselves been bereaved by the suicide of a loved one.

For further details or to RSVP  
email [southgippslandsas@gmail.com](mailto:southgippslandsas@gmail.com) OR phone 03 9421 7640

Jesuit Social Services | Support After Suicide | BASS COAST Supported by Bass Coast Shire

South Gippsland Support After Suicide has formed a support group for people who have lost a loved one to suicide. The Group will operate under the auspices of Support After Suicide which is based in Richmond and managed by Jesuit Social Services.

For those people experiencing such a traumatic loss, the forum of a support group can be very beneficial. Hearing other people's experiences and feelings following this significant loss, greatly assists in the healing, understanding and recovery. Sharing experiences breaks down the isolation and brings about feelings of acceptance and understanding.

Those in the community sometimes feel unable to provide adequate support to those bereaved by suicide. They may struggle to know what to say or do and feel awkward and uncomfortable and so bereaved people can feel isolated and alone. Any grief can be difficult to respond to and discuss but the stigma still attached to suicide makes this even harder.

There is no doubt that the opportunity to join a support group to discuss the personal issues of suicide and the impact that it has had greatly assists with the healing and grief following such a traumatic loss. The facilities at the Grantville Transaction Centre are central and directly on the highway, and quite accessible from far-reaching townships from Phillip Island through to Korumburra, Leongatha and Inverloch and back to Grantville and the Waterline townships.

To provide more information to the community, we are holding an Information Session on Thursday, 15 September, from

7.00pm to 8.30pm to promote the South Gippsland Support Group. The South Gippsland Support After Suicide group meets monthly, from 10.00am to 12.00 noon on the third Thursday of each month at the Grantville Transaction Centre. We'll review the day and time and consider an evening group if the need is established. There has been greater promotion regarding the effects of suicide in recent years, but there is no doubt that the stigma of mental health issues is still prevalent in the community and this adds to the grief and distress caused to those left behind. Our vision is to provide a venue for people to visit to tell their story and to begin the long, slow path to healing following the loss of someone as a result of suicide.

**For further information Email:**  
[southgippslandsas@gmail.com](mailto:southgippslandsas@gmail.com)  
**Phone:**  
**9421 7640**

## KERNART PRIZE TO SUPPORT LOCAL FARMERS MENTAL HEALTH



(left to right, Rob Parsons, Janice Orchard, Paul Johnston, Mandy Taylor, Julie Johnston and Adam McLeod

Also attached is the a copy of our Mascot lyrebird (yet to be named).

**A new art prize has been started by a group of Kernot local artists and self declared art tragics, that is lovers of art who have no artistic abilities.**

The 'KernART Prize' follows in the strong tradition of other local art prizes and shows. Proceeds raised will go towards the 'Look Over the Farm Gate' initiative supporting the mental health of local farmers. Mental health remains a major underlying illness in our rural communities. National estimates indicate 1 in 4 people will experience a mental health condition in their lifetime; we know the barriers to seeking help are harder to overcome in our farming communities. The KernART prize, profits go to the 'Look over the Farm Gate', initiative which seeks to raise the profile of mental health and

increase awareness that support and treatment are available, no matter where you live.

Art can be a great conduit to the positive mental health of the community. By involving as many people as possible the group hopes to kick start a great local event, to raise badly needed funds and to bring the local community together.

"We wanted to do something that would both support the local Kernot farmers and encourage people who would not normally enter an art competition to try something different," said Adam McLeod, KernART Chairman.

"We really want a mix of amateurs and professionals entering; making art accessible opens communication lines. It's okay to have a bit of fun and not elevate art to the domain of an exclusive few. Like mental health it is best served when communication is open and people feel free to express themselves in a safe environment."

Through its community sponsors KernART has secured a range of prizes, including the \$1000- 'KernART Prize' sponsored by Gippsland Primary Health Network.

Artists can enter up until the 21st October. All art mediums are welcomed.

The Grand Opening is on Friday 28th October, 7 - 9pm. Entry is \$20pp (entered artists free). Food and Drink Supplied. Prizes will be awarded at 8pm. The Prize will be held at the Kernot Community Hall, 1060 Loch-Kernot Rd, Kernot. The prize will also be open on Saturday 29th and Sunday 30th 10am to 3pm.

**Further details can be found at [www.KernARTprize.com](http://www.KernARTprize.com)**



**Open to all Mediums. Open to all People. October 28th to 30th**



# More Community News



**CFA NEWS**  
With  
**Scott Hamilton**



## GRANTVILLE PARAMEDICS WIN AWARDS



Grantville paramedics Peter Shearer and Anthea Chester were presented awards on Wednesday night August 24 in Traralgon. Team Manager Anthea Chester was awarded the National Medal for 15 years continued service to the community, as well as her 15yr safe driving award, she was also nominated by her peers as the best 2016 Team Manager within the Gippsland region. Paramedic Educator Peter Shearer received his 30 year service medal and 30 year safe driving award. He was also nominated by his peers for the 2016 Clinical Education Award. The night was held in Traralgon where a total of 20 Paramedics received service awards from between 10 yrs service to 40 years service. The awards were presented to staff by the Ambulance Victoria - CEO Mr Tony Walker.

### Welcome to Spring!

After a cold and wet winter the Bureau of Meteorology is predicting a warmer than average spring which will mean potentially lots of fuel for fires this summer. So, now is the time to start considering and planning cleaning up around your property and being best prepared for the Fire Season this summer.

Just as our members of our Fire Brigades here in Bass Coast train, check equipment and preplan for fire and emergencies you too as land holders and residents can do the same. Discuss it with your family and neighbours and develop and practice your own fire plan.

Make use of the Bass Coast Councils free green waste disposal program which is running again this year from the 28th October to the 14th December. This is a great way to band together with your neighbours and work as group to help clean up each other's blocks after winter. Many hands make light work!

CFA has prepared an information flyer regarding safe burning off practices. Every year Brigades are called to escaped and unattended burn offs. The short list of tips will help ensure that your burn off is safe and successful. Always ensure that you check the Bass Coast Shires latest burn off guidelines prior to having a burn off. Go to [www.basscoast.vic.gov.au](http://www.basscoast.vic.gov.au) for all the information.

Also always remember to register your burnoff with the fire brigade by calling 1800 668 511.

If you are looking for more information on how to clean up around your property, the fire danger period and bushfire information then please go the CFA's website on [www.cfa.vic.gov.au](http://www.cfa.vic.gov.au) or call into your local fire station.



[www.cfa.vic.gov.au](http://www.cfa.vic.gov.au)

## LOCAL POLICE NETWORK



**Bruce Kent | Station Commander, San Remo Police | Eastern Region Division 5 Victoria Police**  
phone: 5678 5500 | fax: 5678 5766  
mobile: 0411 837 467  
email: [bruce.kent@police.vic.gov.au](mailto:bruce.kent@police.vic.gov.au)

### HOON driving operation

In the past weeks, Wonthaggi police have conducted 'Operation Tonto' to deal with recidivist Hoon Driving in the Wonthaggi area. This has been a multi-faceted operation aimed at removing the worst drivers from the roads.

Results to date are:

- 86 Penalty Notices issued.
- 119 Charges laid, to appear in Court
- 107 preliminary breath tests conducted
- 5 POFTs
- 2 vehicles impounded
- 2 Search Warrants executed
- 9 Un-roadworthy Vehicles banned from driving
- 5 Identified 'Hoons' processed

Wonthaggi Police thank the public for their cooperation in providing information re this operation. We will continue to take any steps necessary to remove dangerous drivers and vehicles from our roads.

**Emergency Dial 000**  
[www.police.vic.gov.au](http://www.police.vic.gov.au)

### REMEMBER FOR EMERGENCY AMBULANCE CALL 000

**Peter Shearer 39241 | Paramedic Educator Grantville**  
**Ambulance Victoria|Gippsland Region**  
Ph: 5678 8671 | Mobile 0437 172 177  
Fax: 5678 8987 Email:  
[peter.shearer@ambulance.vic.gov.au](mailto:peter.shearer@ambulance.vic.gov.au)

Grantville  
Ambulance  
Auxiliary presents

## The 4th Melbourne Shopping Spree

Visit approximately 10 factory outlets such as:

-Linen Factory -Beaches -Diana Ferrari -Sporting House -Natio Cosmetics  
-Newman's/Ernest Hillier -Bonds -Sirico -Bambis Homewares -Toyworx etc

- Includes tea & coffee/morning & afternoon tea
- Heated/air conditioned bus
- Pick up & drop off in Grantville & Pakenham
- Friendly hostess
- Save up to 55% off retail prices!!
- Heaps of raffles on the way home!



Cost: Between \$26 and \$54/head...the more people the less per head it will cost!

Date: Saturday 5<sup>th</sup> November 2016. Grantville Transaction Centre at 6.45; Lakeside Lutheran College, 2 Portobello Rd Pakenham at 7.15

Come and support the Grantville Ambulance Auxiliary by spending the day with friends, shopping 'till you drop!

EVERYONE WELCOME - THE MORE THAT COME THE CHEAPER THE COST PER HEAD!

PLEASE BOOK EARLY TO AVOID MISSING OUT.

Call: Vicki Clark: 0403 025 634 to confirm your spot. A \$20 deposit is required ASAP which can be left at the Grantville Post Office in a clearly marked envelope with your name on it, or given directly to Vicki

Special Offer.... **PRINTED A4 Flyers**

- Qty 500
- Full Colour 1 side
- 170gsm stock

**= \$66** (incl. GST & delivery)

Call **0404 148 632**  
to discuss any printing requirements you may have

Unit 10, 1488 Ferntree Gully Road, Knoxfield Vic 3180  
Tel: (03) 8740 3461 | Mob: 0404 148 632  
Email: [vered@minutemanpress.com](mailto:vered@minutemanpress.com)



# Community Centre News

## BASS VALLEY COMMUNITY GROUP Inc.

**Bass School Road Bass  
Centre Manager  
Roderick McIvor  
Phone 5678 2277**



The Bass Valley Community Group Inc held its AGM (or Annual General Meeting for the un-initiated) in the past month. We were very happy to get most of our Committee of Governance to put up their hands and take up their positions for the forthcoming year. We have big expectations for this next year, particularly around our long-gestating review of the organisation, our strategic plan.

One of the aspects of our business that we highlighted at the AGM is our reliance on volunteers. We have around sixty people who support us on a regular basis. This includes: op shop staff, bus drivers, cooks, grounds maintenance, IT, office administration, the Committee of Governance itself and others. We would be unable to deliver our services were it not for volunteers. Our home and community care social support group, the Friendship Club, and the twice-weekly shopping bus are examples of two of our services very dependent on volunteers for service delivery.

Patterns of volunteering and participation in Australia and Victoria are interesting. The most recent Key Facts and Statistics about Volunteering in Victoria (3 August 2016) from Volunteering Victoria shows that our sector of volunteering ie Welfare/community, has the third largest participation of volunteers, behind Education/training and Sport/recreation and just ahead of Religious. It is at first view quite surprising that the age range with the largest participation is between 35-44 years of age. However when one considers that Education/training and Sport/recreation are the categories with the most volunteers and the 35-44 age bracket is most likely to have children, it does make sense. There is a different/interesting way of looking at this particular aspect of volunteering. There are more volunteers in the 35-44 age bracket than the 65-74 one. However those in the older group volunteer more than twice as many hours per year. More employed people volunteer than retired or unemployed people. This confirms the old adage of asking a busy person if you want something done.

In fact there are more full-time employed persons volunteering than retired people. This is despite the fact that people identified 'Work commitments' as the biggest barrier to volunteering.

And the future of volunteering? There has been a developing trend over recent years for people not to make the long-term commitments to volunteering at one activity or place. The days when people committed to working long-term in op shops like our Hadden House

are for the most part over.

There are exceptions (our Monday Crew of Joan, Edda and Peter being one) but the pattern we see is more likely to be people taking it on for, at most, a couple of years. This, coupled with a steady decrease in the hours that people can commit to, means we are always on the look-out for more volunteers.

So if you would like to join the world of volunteering, give us a call on 5678 2277 or drop in. A recent survey we conducted with our volunteers found that as well as enjoying contributing to the community, our volunteers also placed a high value on their interaction with other volunteers, who very soon became their friends.



## Corinella and District Community Centre



### Spread your wings and fly with us

Your local Neighbourhood House and Adult Community Education Centre. Term 3 is upon us and it's cold out there. We have the heaters on, drop by and grab a copy of our term 3 program. This term we are running Computer courses for basics, more advanced and Intro to Community Services. Come and join our exercise classes, art groups, latin dance class and much more... Don't forget we have our 9 seater bus for hire and the free food pantry that's available for those having difficulty putting food on the table. Call in for further info or like us on Facebook@corinellacomunitycentre. See you soon, Iain Ritchie

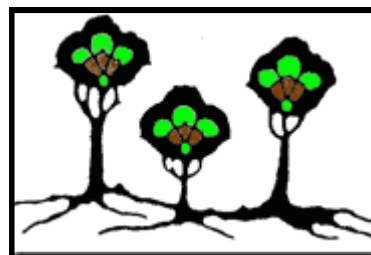
**48 Smythe St Corinella 5678 0777  
Mon-Fri 10-4.00**

## Phillip Island Community and Learning Centre



**56-58 Church St, Cowes  
Centre Manager - Linda Morrison  
5952 1131  
Email : manager@pical.org.au  
www.pical.org.au**

## LANG LANG COMMUNITY CENTRE



- Public Internet Access to All members.
- iPad Tuition.
- Lifestyle classes including: Yoga, Pilates, Cardio, Walking group and Line Dancing, Tai Chi.
- Playgroup and Hey Dee Ho for the littlies.
- A variety of Patchwork groups.
- Men's Shed Group.
- Secretarial Support Services including: Photocopying, typing and scanning.
- Book Exchange
- Small offices for hire
- Centrelink Agent with dedicated computer.
- Medicare Claim Service

### Forthcoming events:

**For further details on all events  
Please call us, we open @ 9.30am five  
days a week.**

**7 Westernport Rd, Lang Lang 3984**

**Contact Coordinators  
Michelle or Marg  
(03) 5997 5704  
llcc@langlang.net**



**0473 077 125**



## ASPERGER SYNDROME - Special Report

Asperger syndrome is a developmental disorder that affects how the brain processes information. It shapes a person's social, emotional and communication skills, and behaviours. Asperger syndrome usually becomes obvious during childhood and remains throughout life, with varying degrees of disability.

There is no cure. However, the skills of a person with Asperger syndrome may be aided by a combination of support, regular routine and therapeutic intervention.

**Asperger syndrome is an autism spectrum disorder (ASD)**

Asperger syndrome is one of the autism spectrum disorders (ASD). This means that people with Asperger syndrome can display a wide range of behaviours and social skills, and no two individuals will have the same set of characteristics.

Some people will demonstrate skills that are mostly in line with their peers, while others may present with 'odd' behaviours. Other people will appear to be significantly different from their peers.

### History of Asperger syndrome

Asperger syndrome became a recognised developmental disorder in 1994. Prior to that, a person with Asperger syndrome was considered to be socially awkward or unsociable. Some people were misdiagnosed as having a psychiatric disorder, labelled obsessive compulsive or simply thought of as 'odd'.

### Children with Asperger syndrome

Many of the behaviours of children with Asperger syndrome are 'normal' for young children if they happen some of the time. However, if they happen frequently or most of the time, these behaviours may indicate Asperger syndrome. The pattern of difficulties can be quite different for each child.

Children with Asperger syndrome will have many behaviours that are similar to those seen in children with autism. However, those with Asperger syndrome will have no history of language delay, have better fundamental language skills and will generally be of average to above-average intelligence.

### Characteristics of Asperger syndrome

People with Asperger syndrome may experience:

Difficulty in forming friendships.

A preference for playing alone or with older children and adults.

Apparently good language skills, but

difficulty with communication. Language may be considered to be very advanced or 'precocious' when compared to their peers. The person may be able to talk extensively on a topic of interest, but have difficulty with more practical tasks such as recounting the day's events, telling a story, or understanding jokes and sarcasm.

A lack of appreciation that communication involves listening as well as talking. For instance, they may not allow their communication partner an opportunity to engage in the conversation.

A very literal understanding of what has been said. For example, when asked to 'get lost' (go away) a person with Asperger syndrome will likely become confused and may literally try to 'get lost'.

Inability to understand the rules of social behaviour, the feelings of others and difficulty 'reading' body language. For example, a person with Asperger syndrome may not understand that someone is showing that they are unhappy by frowning.

Behaviour varies from mildly unusual, eccentric or 'odd', to quite aggressive and difficult.

Having rules and rituals that they insist all family members follow.

Anger and aggression when things do not happen as they want.

Sensitivity to criticism.

A narrow field of interests. For example a person with Asperger syndrome may focus on learning all there is to know about cars, trains or computers.

Gender bias in Asperger syndrome  
The World Health Organization's ICD-10 classification gives the male-to-female ratio as eight to one. This means that approximately eight times more males than females are diagnosed with Asperger syndrome. However, this apparent 'gender bias' may be due to the fact that girls with Asperger syndrome are better at learning and copying social skills, and are therefore more able to disguise their condition.

### People with Asperger syndrome can be very talented

Some people with Asperger syndrome are very talented in their chosen field of interest and may enjoy quite significant academic and vocational success. While strengths and abilities differ from one to the next, a person with Asperger syndrome may have:

Average or above-average intelligence

Extensive vocabulary – but many people have difficulty with the practical use of language

Expertise in their chosen topic of interest – although this can become difficult in social

situations as they may only talk about one topic

Excellent factual memory for their chosen topic of interest

Dedication and commitment to their job if they work in a supportive environment and their job is suited to their interests

The drive to perform well at school or work, if given a supportive and inclusive environment.

### Asperger syndrome is not a disease

Asperger syndrome is not a disease or illness. A person does not catch it or recover from it. However, the effects often lessen as the person gets older and develops compensatory or coping skills.

Asperger syndrome is present from birth, but it can often go unnoticed (or undiagnosed) until the early school years. In some cases (particularly females with Asperger syndrome), a diagnosis may not be made until adolescence or even adulthood.

Continued page 13



**Grantville Medical Centre**  
2/1524 Bass Highway,  
Grantville

**For Appointments Call**  
**(03) 5678 8029**

#### Hours

Mon - Fri 9.00am - 4.30pm  
(Wed closes at 1.00pm)  
Closed over lunch period

#### Bulk Billing

All Pensioners, Health Care Card  
Holders and children under 16 are  
Bulk Billed.

[www.wonthaggimedical.com.au](http://www.wonthaggimedical.com.au)



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Cover tailored specifically for over-60s.  
The best holidays come from peace of mind.  
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# & Lifestyle

## Causes of Asperger syndrome

It is not clear what causes Asperger syndrome, but certain things do not cause it. Television, parenting styles or choices, junk food, tantrums and family situations do not cause Asperger syndrome. Current research indicates that there is likely to be both a neurological and genetic cause. This means that in some families there is more than one child, or family member, with ASD. In many families with affected children, there are other family members who have some similar difficulties, but do not have a diagnosis. Back to top  
 Diagnosis of Asperger syndrome  
 Parents may be aware for some time that their child's behaviour is different, but it may be years before the pattern of behaviour is linked to Asperger syndrome. A diagnosis of Asperger syndrome is

usually made by a paediatrician who works with a team of specialists, such as a psychologist and speech pathologist, to conduct an in-depth assessment of the child's skills and abilities.

There are several types of assessments, sets of criteria or rating scales that can be used to diagnose Asperger syndrome. The assessment will usually include questions about social and emotional abilities, communication skills, learning abilities, movement skills and special interests. This assessment may be conducted over several days, in the home, at a clinic, or at kindergarten or school. While the diagnostic process is often a lengthy one, it is crucial to providing the person with the best possible care.

### Treatment for Asperger syndrome

There is no cure or specific treatment for Asperger syndrome. However, social skills training can be helpful. Obtaining a diagnosis of the condition may mean that people with ASD and their families can access disability services, funding or support – such as the Department of Education and Early Childhood Development's program for students with disabilities.

Diagnosis can also allow the family and others to understand the behaviours and feelings of a person with Asperger syndrome. This can help develop more realistic expectations, plan for changes to routines and manage stress.

### Where to get help

#### Your doctor.

Aspergers Victoria Tel. (03) 9845 2766

Amaze – Autism Victoria

Tel (03) 9657 1600 or 1300 308 699

### Things to remember

- Asperger syndrome is an autism spectrum disorder (ASD).
- People with Asperger syndrome view the world differently and have difficulty with social, emotional and communication skills. They are often seen as eccentric.
- There is no cure, but support, understanding, routine and training can assist.



## South Gippsland Arthritis Support Group



Coffee & Chat 1st Monday of Month 6-8pm, Leongatha RSL & 1st Tuesday of Month 2-4pm, Korumburra Indoor Recreation Centre

Cost: Gold Coin Donation. For more information please contact:

**Adam: 0408353785**

phomdin2@bigpond.com

**Marg: 0417 154 057**

**Diane: 5658 1443**

## South Gippsland Mental Illness Carer's Group

If you would like to join the group or get more information: Phone now -

**Maggie 5658 1781**

**Rosemary 5662 4352**

## LANG LANG COMMUNITY FAMILY MEDICINE

**BULK BILLING  
(TO ALL ELIGIBLE MEDICARE CARD HOLDERS)**

**SAME DAY APPOINTMENTS AVAILABLE**

### Services include:

General Medical Care, Minor surgical procedures, Immunisations, Skin Cancer Screening, Travel Medicine, Men's Health, Women's Health, Weight Management Preventative Medicine, Chronic Disease Medicine, Aged Care, Obstetrics, Mental Health, Physiotherapy, and On - Site Pathology .

Dr Andrey Butrev MBBS FRACGP  
 Dr Win Naing MBBS FRACGP  
 Dr Myat Pwint Thu Ang MBBS FRACGP

5 Whitstable St, Lang Lang  
**Phone: 5997 5799**  
 "Caring Family Medicine"



**DG Nurse Practitioner  
 Grantville Transaction Centre  
 Cnr Bass Hwy & Pier Rd  
 Grantville, 3984**

**Hours**  
 Mon, Tues, Thur, Fri 8:30 am - close  
**Bulk Billing**

All consultations bulk billed  
 May have fees for some procedures\*

**For appointments phone  
 5616 2222**

or  
**0467 841 782**

**Same day appointments available**

**Some of the services available**

Fluvox  
 Men's Health  
 Referrals  
 Wound Care  
 Dressings\*  
 Lesion removal\*  
 Treatment minor illnesses / infections

Immunisations  
 Prescriptions  
 Skin Checks  
 Women's health  
 Ear syringing\*  
 Suturing\*



**Fred Lodge**



Factory 3, 17-19 The Concourse, Cowes, Vic, 3922

Ph: (03) 5952 3352 Fax: (03) 5952 3342

Mob: 0437 243 448

E-mail: focus@waterfront.net.au

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## Phillip Island Jazz Club

Sunday September 18  
Bass Room  
Ramada Resort, Cowes.  
2pm - 5pm



**NEXT JEN** are an up and coming six-piece jazz band from Melbourne. They have been playing together since 2014 and have performed at the Australian Jazz Convention, the Inverloch Jazz Festival, the Phillip Island Jazz Club, and private functions.

Passionately playing standards ranging from traditional jazz to swing and bebop to bossa nova, their music encompasses the rich history and diverse styles within the depth and breadth of jazz.

In February 2016 the band was professionally recorded and produced by Bill Armstrong AM following their performance at the Australian Jazz Convention. Their debut CD is to be released soon.

Next Jen's founding member, Jennifer McCluskey, is an experienced saxophone player, having been noted for her alto and baritone saxophone performances. Jennifer has performed with and studied under world renowned musicians including James Morrison, Jeff Clayton (USA), and Graeme Lyall, at the James Morrison Academy of Music. Other members include Robert 'Bob' Boxshal (bass), John Henry Gray (trumpet, trombone, clarinet), Dylan Lynton (guitar), Benjamin Metha (piano), and Aidan Parker (drums).

Sunday October 20 2pm -5pm



**Le Jazz Hot:** a traditional jazz band with a difference.

A six piece ensemble of trumpet, trombone, clarinet/saxophone, sousaphone, banjo/guitar, drums and vocals.

With members having played and/or recorded with such celebrated jazz bands as: Yarra Yarra Jazz Band, John Hawes Jazz Band, Owen Yateman's Jazz Band, Des Camm Jazz Band, New Harlem Band, Maple Leaf Jazz Band and New Melbourne Jazz Band, Le Jazz Hot comprises some of Australia's most experienced jazz musicians; many with a history going back to the fabulous Trad boom of the 60's.

You will not only hear the music of New Orleans brass and jazz bands, but also soulful blues from the deep south, toe tapping dixieland jazz, beautiful melodies of a bygone era and if the occasion requires, jazz of a more contemporary style.

The members of Le Jazz Hot are proud of their craft and will present a lively professional show suitable for listening and/or dancing pleasure for audiences of all ages.

John Hawes (Trumpet), Les Fithall (Trombone), Lindsay Flint (Reeds), Will Purcell (Banjo/Guitar), Steve Riley (Sousaphone), and Robert Wood (Drums).

**Enquiries: Robin Blackman 0432 814 407**

**South Gippsland Jazz Soc.**



**Inverloch Jazz Club**

Sunday October 9 1.30pm

"The Acquaintances" from Foster.

**Enquiries:**

**Neville Drummond 5674 2166**

**Moe-Latrobe Jazz Club**



Sunday September 25, 1.30 - 4.30pm

**Moe RSL**

**John Morrison's Moonee Valley Jazz Band**

Lunch before the show at Banjos on Albert.  
Bookings for lunch 5127 1007

**Enquiries: Bruce Lawn 5174 3516**

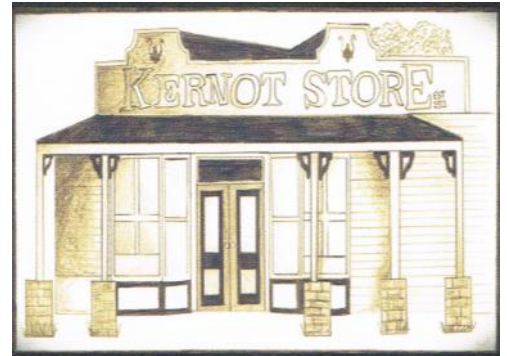
Saturday October 1

Coronet Bay Hall 7 - 11pm

Coronet Bay UNPLUGGED continues to attract good audiences every 1st. Saturday of the month at 7pm. at the Coronet Bay Hall, Gellibrand street. No matter what style of music you like there will be something to your taste. You can bounce along to rock or shed a tear with heart

rending folk, or just have the troubles of the day flow away with beautiful classical music and poetry. Truly the best value entertainment around, it's just a gold coin to enter and supper is provided.

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**editor@waterinenews.com.au**

Or put your name and address on the back of an envelope, and send to: Editor, PO Box 184 Grantville 3984.

Why not try your luck this month and have a chance to win one of these great Australian Jazz CDs. **Enter Now**



**Next Month**

Next month we have a special tribute to English born, outstanding musician, arranger, vocalist and raconteur, Eric Holroyd, who died recently after a long illness. Australian jazz has lost one of its Finest.

**The Jazz Club - 12-2pm Saturdays.**



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# & Lifestyle

## JAZZ & DINE ON PHILLIP ISLAND



The Fat Seagull have held this intimate evening with the boys from Island Jazz on the last Saturday of each month for over 3 years, to the delight of our many local and visiting guests.

There is no cover charge to join us, and they have a full a la carte menu of over 56 different pizza, pasta, steak, seafood and oriental dishes ensures there is always something for everyone. Island Jazz perform from 6:30-9:30pm, so you're always welcome to come for the last set and enjoy a cake and coffee (or a night cap, if you prefer!)

Bookings are always advised for this popular event, simply give us a call on (03) 5952 3106 or book on our website

<http://www.thefatseagull.com.au/contact-us>

## NEW JAZZ VENUE

Phillip Island has a new venue for live Jazz.

**The Trumpet Bar**

Located at Shop 3, The Esplanade

Cowes, The Trumpet Bar provides an outlet for small jazz groups and similar size for other styles of music.

**For information and bookings 5952 5770**



## FESTIVAL TICKETS ON SALE NOW

Tickets for the 2016 Phillip Island Jazz Festival are now on sale.

Last year's festival was a sell out, so if you are planning to attend this year, I would suggest you get in quickly as tickets are limited, and as they say, once they're gone, they're gone.



### Ticket prices:

Opening Night	\$90.00pp
<b>Weekend Passes</b>	
P.I Jazz Club Members	\$70.00
<b>Non Members</b>	
Early Bird Tickets (prior to 30/8)	\$75.00
Purchase after 30/8 to 30/9	\$80.00
Purchase after 30/9 (If any left)	\$ 85.00
Saturday: 10.00am - 10.30pm	\$ 50.00
Sunday: 10.00am - 6.00pm	\$ 40.00
Sunday: Concession	\$ 30.00

**Enquiries: Robin Blackman 0432 814 407**

### BANDS

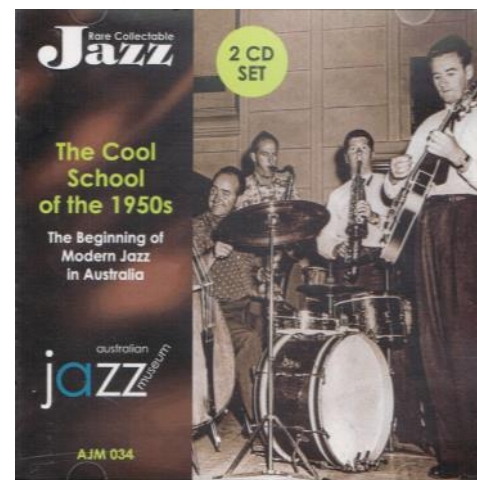
**The bands playing at this year's festival are:**

- Nolte Brothers Novelty Six
- James Maddock & Friends
- Southside Jazz
- Jules Boulton & The Redeemers
- Royal Australian Navy Jazz Band
- Shirazz
- Steve Waddell's Creole Bells Revival Band
- Beverley Sheehan
- The Wikimen
- Cope Street Jazz Parade
- Dr Crask & His Swinging Elixer



**Nolte Brothers Novelty Six**

## CD REVIEW



**The Australian Jazz Museum has just released an outstanding 2 CD collection The Cool School of the 1950's The beginning of Modern Jazz in Australia**

The double CD set features:  
 Michael Walker & his orchestra  
 Bruce Clarke Quintones  
 Jack Brockensha Quartet  
 Bruce Clarke Quintet  
 Lindsay Copeland Quintet  
 Clare Bell Sextet  
 Australian Jazz Quintet  
 Eddy Oxley Quintet  
 Brian Brown Quintet  
 Three Out Trio



**Splinter Reeves**

The CD notes also include a few great photos, featuring, Splinter Reeves, Eddy Oxley, Edwin Duff, Bryce Rhode, Errol Buddie, Jack Brockensha, Jim Gannon, Dick Healey, Ted (Teddy) Preston, June Carey, Jack Williams, Charlie Blott, Bruce Clarke and Ken Lester.

You can order your copy from The Australian Jazz Museum now... AJM 034 \$25.00 plus p.p

[www.ajm.org.au](http://www.ajm.org.au)



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Sales Property Consultant  
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**GREG DAVIS**  
Sales Property Consultant  
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**RACHAEL MILLAR**  
Sales Support/Personal Assistant  
5952 5100



**CAMILLE MORRIS**  
Marketing & Business Development Manager  
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Welcome®

# Food

## RECIPES

### COOKING WITH RABBIT

This month we have three recipes featuring rabbit, contributed by Rhyll resident Ian Burns.

#### CHILLI RABBIT PATE'

##### Ingredients

4-5 Livers, 4-5 kidneys and if to taste, 2-3 hearts.

1 lge shallot

3 cloves garlic

Black pepper

2-3 chilli's

Unsalted and salted butter

Olive oil

A quarter of a cup of brandy

##### Method

Lightly brown all meat in melted butter & olive oil mix, ensuring all sinew is removed prior. Also be sure to remove the little green bile duct from the livers prior to cooking.

Once browned, stand to one side.

Chop finely your chilli's, shallot and garlic. Add to the pan of melted butter & Olive oil, sprinkle in black pepper to taste.

Once the liquid starts to reduce, add quarter cup of bandy.

Add your meat back to the pan and cook for a further eight minutes or so.

Tip all ingredients into a bowl to cool a little, then into the blender.

Blend, blend... Then blend some more!

Taste. If too dry, add a little melted salted butter.

Spoon into small containers.

Melt some unsalted butter, then pour into a little jug, then pour over your pate' in the little containers.

The butter will seal your containers of pate' against drying out or oxidising.

Will keep in fridge for at least a week if left unopened.

##### CONCLUSION:

If you like a Traditional French style, smooth pate', this recipe is not for you!!

This is a True Blue full bodied Aussie pate' with a kick!

Not meant to be super smooth as some commercially prepared pate's are, this is a strong tasting full bodied pate' meant to be enjoyed with a good wine or beer. Enjoy....



#### RABBIT QUICHE



##### Ingredients

1 large rabbit

2-3 leaves of silverbeet

2 brown onions

1 small carrot

Grated cheese

3 sticks of celery

2 tomatoes

Short & puff pastry

8 eggs

##### Method

Soak rabbit in salt water & white vinegar for an hour, prior to cooking.

(removes any bruising and blanches meat slightly)

Cook rabbit until meat is just about falling off bone. I use a pressure cooker, cook for just over an hour. (steam or boil if desired)

Strip meat from bones, put to one side.

Cut all vegies up small, put a layer into a large pie dish, already lined with baking paper and short pastry.

Put a layer of grated cheese-, then a layer of your shredded rabbit meat. Sprinkle a tea spoon of Cumin over meat, then a little turmeric. Add a little salt, a pinch of black pepper. (Maybe a pinch of dried chilli flakes if desired)

Add another layer of vegie mix. Slice a tomato, place on top of vegies.

Add another layer of shredded rabbit. A pinch of cumin.

Add the second sliced tomato to finish off. (If your mix is not near the top of the dish, add another layer of vegie mix and a bit more rabbit)

Whip up your 8 eggs, slowly pour over the whole pie, let it seep through total mix.

Put your "top" on the pie, the puff pastry.

Trim to look neat.

Press sides with fork, score the top a little also. Brush on a whipped egg to give golden brown finish when cooked.

Cook for 1hr on 180-190c, until golden brown.

#### RABBIT STIR FRY

Any rabbit and vegies left over, put into a hot oiled fry-pan. Add a dash of soy sauce, add black pepper, a pinch of turmeric, sprinkle with olive oil. Whip up an egg, slowly pour in and mix together with your vegies and rabbit.

Cook for 10 min. or so, serve with some rice. YUMMY!

**Next Month: Roast rabbit made easy**

**NB: Phone Ian for fresh rabbits!**

**0458 277 979**

#### DO YOU HAVE A RABBIT PROBLEM?

Do you have in excess of 50 acres?

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Ring Ian : 0458 277 979 (Rhyll)



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# The French Island News



Notices for the French Island section of The Waterline News should be sent to: [editor@waterlinenews.com.au](mailto:editor@waterlinenews.com.au) by the 1st of each month.

**FRIENDS OF FRENCH ISLAND NATIONAL PARK** [www.fofi.org.au](http://www.fofi.org.au)  
Secretary: Meredith Sherlock. Phone 0438 077329, Email: [secretary@fofi.org.au](mailto:secretary@fofi.org.au)



**FOFI Project Day (Friends of French Island)**  
Saturday September 17

10.00 ferry from Stony Point. On-Island transport provided. Lunch provided by Land Care members. Bring gloves, hat, water and mozzie repellent!

Contact: Meredith Sherlock on 0438077329 or [secretary@fofi.org.au](mailto:secretary@fofi.org.au)

RSVP Monday 15 August.

[www.fofi.org.au](http://www.fofi.org.au) has further details

ph. 0438 077329. Email; [secretary@fofi.org.au](mailto:secretary@fofi.org.au)

## FRENCH ISLAND COMMUNITY ASSOCIATION

French Island Community Association

Tankerton PO

French Island

Victoria 3921

[secretaryfica@gmail.com](mailto:secretaryfica@gmail.com)



## EMERGENCY SERVICES

There is no regular police presence or ambulance service on the island. French Island has a Country Fire Authority (CFA).

There is one fire engine stationed permanently on the island, next to the Community Hall on Tankerton Rd. CFA volunteers are able to respond to any kind of emergency.

Calling 000 is always the best option in an emergency.

## NURSE ON CALL

For non urgent health issues islanders may utilise the Department of Health's Nurse on Call service:

Nurse On Call 1300 60 60 24

## AMBULANCE SERVICES

Ambulance Membership

Membership Enquiries 1300 366 141 (Mon-Fri 8am-8pm, Sat 9am-5pm). Membership is advised as Air Ambulance is used from the island. If local support is required ask Ambulance to request CFA support on the island.

## FIRE PLAN

All bushland residents should have a personal fire plan.

The French Island CFA hosts annual information sessions which give concrete advice on this topic.

The CFA is also happy to visit individual properties to further aid in the development of fire plans.

As for all of Victoria, fire bans and other instructions issued by the CFA should be followed.

**POISON INFORMATION HOTLINE 131126**

## French Island General Store and Post Office

From bread and milk to plumbing supplies, the store provides so many goods and services, we can't name them all here. In the meantime, whether it's distilled water for batteries or a fuel filter for the car, ring to find out what's in stock. Newspapers can also be ordered from the store with at least 24 hours notice.

**03 5980 1209**

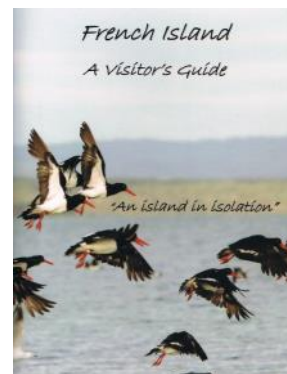


## New French Island Visitor's Guide

Now available

Available from the General Store

or  
Email the author  
**Christine Dineen**



[dineenc@optusnet.com.au](mailto:dineenc@optusnet.com.au)



## Tanya's View Of French Island

Tanya Hughes  
Manager French Island General Store

**French Island General Store manager, Tanya Hughes has agreed to become our occasional French Island correspondent and will write her views and news on Island happenings in her own column from time to time.**

Spring is in the air: So we can start to think about venturing out of our winter slumbers and getting into the great outdoors again. Because there's nothing like a bit of sunshine to pep us all up...and we at the French Island General Store, think you should come and visit us! From Cowes or Stony Point, the Ferry will take you to Tankerton's Ferry Terminal, or from Corinella, the Barge landing. However you arrive, don't forget to enjoy your leisurely cruise across the bay, keep your eyes peeled for dolphins, diving birds and most of all take in that view. The Ferry is free for over 60's on weekends, and the barge is \$10 per person for walk on's or \$150 for vehicles when they book lunch at the Store, or stay with us.



However you arrive, once you get to French Island you will need transport and the French Island General Store has a great offer on! For all visitors on weekends and public holidays who book lunch at the General Store, you'll receive free transfers once you've arrived on the Island - so take advantage of

a chauffeur driven transfer and we'll see you soon!

What to expect from French Island: The sounds of silence, the feelings of solitude, the sights of nature doing exactly what nature does, the touch of sand under your feet, the breathing of fresh air, the knowing that for a short while anyway that time doesn't exist. If you allow yourself to slow down enough that is, then all these things are promised. If you slow right down...stop, take in the peace, and stand with your eyes closed and breath and listen to the sounds on the beach or in the national park, just breathing and just being at one with nature. For all of those who can really slow themselves down enough, one could meditate to the tune of birds, silence and solitude. It's an eco off-the-grid destination. You won't see many people, any public transport, nightclubs, theme parks, arcades or malls, it's really for the laid back chilled out, peace and quiet seekers. Say you're a writer or an artist seeking solitude to think, or bird watching enthusiasts or just nature lovers at heart, or walking and riding groups, then French Island will provide exactly what you are looking for. For the more adventurous, a camping trip, a spot of fishing, hiking, mountain biking. So why not put French Island on the list of things to do, in a natural setting ride around or head out on a stroll to see koalas, echidnas, birds, and just in general relax and unwind. The new French Island General Store team are settled in, visitors will find a range of new things to experience at the Store, including lunch or morning or afternoon tea and the free transfers offer is a fantastic service to be utilised.

Spring Market: A community market is coming up on French Island, on Sunday 25th September, from 10am to 2pm, where visitors and locals alike will venture out to see what's on offer, with a guaranteed relaxed vibe, you'll find handmade goods,

local produce, bric-a-brac and food stalls.

On my way to work: French Island General Store Manager, Tanya describes "No Monash Freeway for me, I might be overtaken by dolphins, but it's clear sailing ahead. When I arrive at French Island, it's to the complete sound of peace, with a type of silence you can't get anywhere else. On my way to work I see my favourite family of black swans - always in the same paddock; mum swan, dad swan and their little white feathered babies. I have to stop every now and again, not for traffic lights, but for koalas crossing the road. I smile to myself when I see couples walking along (Cape Barron Geese!) always in their pairs. I might not be joined in the view but I do love swamp hens and rabbits too. I enjoy the drive to work, no need for traffic reports, it's clear lanes ahead. At the Store, we are producing some great food in the cafe, and the atmosphere is great. We enjoy meeting everyone who comes by. We do bike rentals for \$20 so people can have a little ride around if they want to, and we have accommodation for those wishing to stay a while. I guess, one could say I've found a calm place to work, and I hope others can also experience that same feeling French Island provides. Because over there, there's no where to rush to, there's really only one thing you have to do and that's get into the zone, and from a Melbourne or mainland way of life that's at about a quarter of the pace - I love it!".

Tanya Hughes



## FRENCH ISLAND POET'S CORNER

Submissions welcome, particularly from school children.

Send to:  
editor@waterlinenews.com.au



### Treasures Revealed

Hidden beauty treasure  
Long concealed  
By washed away  
Storm sand,  
Now revealed.  
I gasp with wonder  
And surprise  
at miracle beauty  
Spread before my eyes -  
Rocks covered by  
Giant artist hand,  
Poking out from  
Bed of sand.  
There lie the rounded  
Rocks of beaches' bed  
Swirled around  
With rings of red  
Pink, grey and blue,  
My soul in ecstasy  
Does arise  
Like wing-ed bird  
In the skies  
To give god the praise  
He's justly due  
And thank him  
For this beauty  
Under skies of blue.



Paula Seymour



# The French Island News

French Island contact information  
From the new French Island Visitors guide  
book , produced by Christine Dineen

**Chateau Baudin** - camping and cabins accommodation  
[chateaubaudinfarm@gmail.com](mailto:chateaubaudinfarm@gmail.com)

**Chez Elle** - B&B 0417 363 505

**French Island Eco Inn** - range of accommodation options  
(03) 5980 1234

**French Island Glamping** (glamorous camping)  
[www.frenchislandglamping.com.au](http://www.frenchislandglamping.com.au) or Mim on 0498 843 850

**French Island Ecology on Facebook** for information about what plants  
are currently flowering on French Island

**French Island Vineyards** - Long Point Road [wine@fiv.com.au](mailto:wine@fiv.com.au)  
(03) 5980 1259

**General Store** - Tankerton Road for supplies, local products and bike  
hire 03 5980 1209

**Lois Ails** - for Guided Walking Tours and camping on 03 5980 1241 or  
0412 671 241

**French Island Community Association** - general information about the  
island and businesses on the island [www.frenchislandinfo.com](http://www.frenchislandinfo.com)

**Public Transport Victoria** - details about times of ferry services to and  
from French island at:  
[www.ptv.vic.gov.au/getting-around/french-island-ferry](http://www.ptv.vic.gov.au/getting-around/french-island-ferry)

ISBN: 978-0-646-94895-9

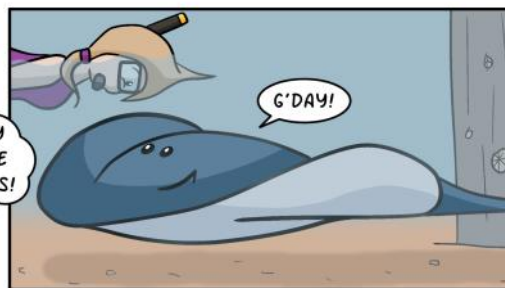
[dineenc@optusnet.com.au](mailto:dineenc@optusnet.com.au)

Please note: All care was taken in the compilation of this material, but no responsibility is  
taken for subsequent changes in details from the date of publication.

A selection of local books available from the  
French Island General Store, including Ruth  
Gooch's Frontier French Island



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# Our People

## FREEDOM ORGANICS SAN REMO

Michelle Gibson



### Michelle's own story - We always loved good food and nature.

Originally growing up in Inner Melbourne, my family on both sides were all about food and entertaining. Originally my grandparents Bunny and Gibby Gibson started "Gibby's", 13 coffee houses in Melbourne CBD during the 1960's. My mother was a great cook and encouraged me to try new things and learn about all that interested me. My interest in cooking started standing on the little stool beside Mum helping with whatever I could.

My other Grandfather Charlie was a butcher, gardener and also a great cook, he installed the love in me for home grown veggies and baked goods, always using fresh and quality produce. We would go to the Prahran and Vic markets by tram weekly, Grampy carrying his leather butchers bag, far too heavy for me, bursting out the top with the weird and the wonderful.

Herbs and flowers always seemed to be my greatest love, somehow appearing throughout my life creeping into all of the varied businesses my creativity led me.

Gardens, food and entertaining was my world for the next 25 years living in Mullumbimby NSW. We grew paddocks of heirloom veggies, variegated corn and flowers, collected open pollinated seeds as part of the seed savers network and tried cooking every bush herb and spice we could forage and propagate. At one point I was taking foraging tours around our property, the weed soup being the speciality of the day!



The importance to live ethically with integrity is somewhat the backbone of Freedom Organics. We are a family business, my son, Jake Roberts starting Freedom Organics Australia, still developing and about to start producing healthy bird food for hooked billed parrots. Lisa Calvert, his partner manages the day to day running of the shop and is always ready for a chat and to help assist with natural healthy alternative skin care options, unusual cooking ingredients and homemade remedies, recipes, lotions & potions.



With Freedom Organics San Remo, we believed it is possible for local community to have access to affordable, fresh, organic produce and pantry items if we stick together and start buying quality goods in bulk. The bigger bags we purchase the better price for local consumers. Freedom organics sells ingredients and offers advice on how to use them. We understand the importance of healing through nutrition and learn more every day with our customers, many whom are also our suppliers! Freedom Organics Tea Room carries a huge range of healing herbs and tea blends to assist any ailment in healing. The textiles, antiques and local art and craft give the shop a homely feel, with enticing smells from scented bamboo, dome diffusers and beaker candles burning.

Freedom Organics is also a shop "outlet" for many Churchill Island market stalls, stocking the hay fever hell Grateful Harvest horseradish vinegar, Tina's mouth watering home and hearth preserves, the exceptional Saori soy sauce and Mel's delicious rose Turkish Delight.

We are fascinated with and want to share our growing information on ways to heal ourselves and our country. Were interested in looking at ways to care and monitor flora and fauna integrated with pet management and recreation on local levels. There is so much to explore, even my old manuscript on edible flowers is back out of the trunk and been toyed within by a local chef and will be looking for a publisher soon.

Now just going into its second year, Freedom Organics is ready to expand and have started wholesaling there natural organic blends to other shops. The San Remo Outlet is for sale ready for stage two .....the nursery, the café, healing centre, salt room???

If you haven't been there yet check it out:  
**127 Marine Parade San Remo 3925**  
**freedomorganicssanremo@gmail.com**  
**Facebook.com/freedomorganicssanremo**

## VALE KEITH DANN



**Keith Harold Dann, 11.7.1934 - 17.8.2016**  
Died peacefully at Koo Wee Rup Hospital on August 17. Much loved husband of Pat, loved Dad of Barbara, Peter, Susan and Graham. Fond father-in-law of John, Michelle and Jenny. Proud Grandad of Robert, Catherine, Henry and Tegan. Captain Keith Harold Dann, dearly loved husband of Pat for one month short of 60 years.

Crossed the bar at Koo Wee Rup Hospital on August 17, 2016, Aged 82. Now sailing on smooth seas with his master. Safe Voyage.

Keith was instrumental in establishing the Hastings Seafarers Centre Inc. at the port of Hastings and was Chairman for 16 years. His determination and forceful advocacy for seafarers' welfare was legendary and he will be sorely missed.

Keith was buried at his beloved Corinella Cemetery on Tuesday, August 23.

Keith was a member of the Corinella Cemetery Trust for 18 years serving as Chairman and Secretary for much of that time.

### R.I.P Keith Dann





# History

## THE STORY OF ST. PAUL'S, BASS

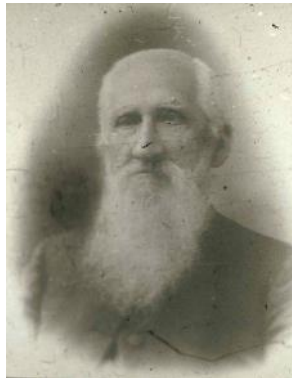


The first regular church services at Bass were recorded in 1874. In the minute book of St. Peter's church Mornington a reference occurs to a Mr. R. Shekleton as reader at Bass. He was licensed as reader of French and Phillip Islands on February 27th 1874 and remained there until 1877. In that same year it was recorded that Mr. E.G. Veal was licensed as reader at Dromana. Bass and Dromana were sub districts of Mornington. That parish included Hastings, Dromana, Sorrento, Flinders, Frankston, Cranbourne, French and Phillip Islands, Kilcunda, Bass, Corinella, and Griffith's Point. Nowadays that area comprises seven parishes. In a letter to the Rev. G.S. Edwards then vicar at Bass, the late Rev. E.G. Veal wrote "I preached in the Corinella school in 1875. The reader was a most devoted fellow, lived at Cowes, took services at Hastings and French Island, sailed his own boat, took duty on the mainland from San Remo to as far as the saw mills beyond Grantville. I had Corinella, Bass and Griffith's and went on Monday night to a miner's hut and had services. Next we read in the "Church of England Messenger" on November 24, 1878. "The Bass, Mornington, a new church was opened here on November 24, 1878. All the seating accommodation of the building was taken up. The church is a neat little wooden structure and although small is large enough, in all probability for the population of this thinly populated part of the Mornington district for many years to come. It is a wonder that the Bass, one of the oldest townships in the colony should

not have had a church before now. But we may say that once the project was taken in hand it was quickly carried out. Much credit is due to Mr Hugh Anderson of "Netherwood" and his brethren for the way in which they have helped towards the work. We are also glad to be able to state that all religious bodies gave valuable assistance. Seats and other furniture are needed for the building and a tea meeting for this purpose is contemplated at some future date.

By 1880 the Bass District and Western Port had been settled for many years and a resident minister was needed to attend to the spiritual needs of the district.

Mr Herbert Potter volunteered to go His district extended from Cranbourne to Jeetho, Poowong and around the coast of Western Port and down to Inverloch.



Three horses were available to him. He conducted four services each Sunday as well as services each week night. Mr Potter's task was tremendous but he set about it with a zeal and keenness which typified his lion like courage and unflinching tenacity of purpose. Mr Potter first took up residence at Corinella but in 1884 he married Miss Mary Anderson daughter of Thomas Anderson. The Rev Potter moved to "Netherwood" in San Remo. He served the district faithfully and well until 1898 when he retired. He was still called on for his services particularly weddings and funerals as he was the only ordained priest living in the district. After the Rev Potter's retirement the district was administered by lay readers

**From an old document in the BVHS archives named "Greetings from St. Paul's Bass" printed about 1958.**

**Next month I will continue the story of the people who served the district around Bass as lay readers and church workers.**

**Libby Skidmore**

**Email : [eskidmore@dcsi.net.au](mailto:eskidmore@dcsi.net.au)**

## Lang Lang & District Historical Society



**The Lang Lang Historical Society meets on the third Tuesday of the month at 1.30pm at the Lang Lang Historical Display Centre, in Whitstable Street, Lang Lang.**

**The Centre is open each Wednesday 11am - 3pm or by appointment Secretary Peter Hayden 5997 5114**

## Fisherman's Cottage Museum Tooradin



**The museum is located in Foreshore Road on the edge of Sawtells Inlet (Melway ref 144 A6) and is open Sundays from 12noon to 4pm, or by arrangement.**

**Admission is \$3 for adults, Concession \$2 and Primary School children 50cents.**

**Contact the Museum on (03) 5998 3643**

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# Snippets

## ROTARY CLUB OF KOO WEE RUP - LANG LANG



The Rotary Club of Kooweerup - Lang Lang held its' long awaited Debutante Ball on Friday the 26th of August in the Lang Lang Memorial Hall.



**M2016 Debutante Set with District 9820 District Governor Lyn Westland & Trevor and rotary Club of Koo wee rup - Lang Lang President Jan Kruizinga & Rosemary and Instructors Jack & Alex**

Many of the eleven Debs and their partners attend the Koo Wee Rup Secondary College and all looked radiant, nervous, excited, stunning and graceful carrying themselves with great pride to their family and friends delight who attended the evening. Page Girl Isabella de Jong and Page Boy Kyle Kruizinga did a wonderful job with the tasks set for them and didn't miss a beat. Funny little twist to this year's Deb Set was a set of female twins, a set of male twins, a twin and a triplet. Val has been 'in charge' of our Deb Balls for a number of years and what an amazingly huge task it is that Val and her team take on and do justice to such a grand evening. Our MC Cheryl Warry had the audience spell bound portraying each Deb and partners profile. Sam Loughridge again outdid himself with a carriage for the Debs grand entrance. Instructors Jack and Alex had the Debs and partners trained well for the evening and did them proud with the Evening 3 Step, Rumba, Carousel, Moresque and Side Together Jive. The Deb cake was made by our own Andrea

Sanford and beautifully done. Official Guests for the evening was District 9820 District Governor Lyn Westland and her husband Trevor and President Jan Kruizinga and Rosemary. There was over 215 attendees and we thank Nettie Marson and her crew for the wonderful supper.

### THE FIFTYUP CLUB STORY

The FiftyUp Club was created to help consumers 50 and over get the discounts, special offers, and improved products and services they deserve. The FiftyUp Club is built upon a simple belief that FiftyUps are, more often than not, the best customers that companies can hope for. They are often lower risk, higher value, and stick with providers they like and respect.

FiftyUps, consumers aged 50 and over, have more than 50% of Australia's household wealth (national household buying power), but studies have found the majority of FiftyUps feel overlooked by Corporate Australia (AHRC).

The FiftyUp Club uses the combined buying power of around 100,000 members to work with providers of essential household goods and services to see if we can unlock improved value for FiftyUp Club members.

The FiftyUp Club also advocates for its members interests with governments and businesses.

By joining the Club, which is cost and obligation free, you will help unlock discounts and exclusive products and services specifically released for FiftyUp consumers. Once you are registered the Club will let you know when campaigns, discounts and special offers are available. You will not be obligated to take up any special offers that you receive access to as part of your involvement with the FiftyUp Club.

We always urge our members to use the offers to shop around.

The FiftyUp Club is a consumer network for Australians aged fifty and over, promoted by Macquarie Media Ltd (which

includes Macquarie Radio Network, and Fairfax Radio Network in New South Wales, Victoria, Queensland, and Western Australia), and by Nova Entertainment in South Australia. The FiftyUp Club may earn a commission, paid by the provider, for a member who takes up a special FiftyUp Club offer. The FiftyUp Club may share these commissions with our media partners, which include Macquarie Media Ltd, Nova Entertainment and Nine Network Australia. Part of our commissions will be used to fund future FiftyUp Club Campaigns.

[www.fiftyupclub.com/](http://www.fiftyupclub.com/)

*Sticking up for FiftyUps*



### The Bathtub Test

During a visit to the mental asylum, a visitor asked the Director what the criterion was which defined whether or not a patient should be institutionalized.

"Well," said the Director, "we fill up a bathtub; we then offer a teaspoon, a teacup, and a bucket to the patient and ask him or her to empty the bathtub."

"Oh, I understand," said the visitor. "A normal person would use the bucket because it's bigger than the spoon or the teacup."

"No." said the Director, "A normal person would pull the plug. Do you want a bed near the window?"

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# Local Business News

## REBECCA'S READY FOR WORK



27 year old Rebecca Pucovsky and her 16 year old brother, Brayden, have set up their own gardening and house cleaning business.

They work well together to achieve the best result for whatever job you want done.

They can remove weeds, trim trees, plant what you want planted, mow and whipper snip lawns and more.

They also steam clean carpet, clean bathrooms and lounge rooms, mop floors, vacuum, dust and clear cob webs, inside or out.

They already have a number of customers, like, Michelle Cullum, who later posted on facebook: "Today I had Rebecca Pucovsky and her brother, Brayden, do some gardening for me. Their work was outstanding and I would highly recommend

them. Highly professional and outstanding work. Just to top it of what a beautiful amazing and helpful family she has. Thanks guys, Michelle Cullum."

Rebecca and Brayden make every effort to be available when ever you want them or at the nearest time suits you. They are very reliable friendly and trust worthy so why not give Rebecca a call: on 0459908248 or please inbox her on Facebook at Rebecca Pucovsky.

Great to see young people willing to get out there and have a go.

Why not give them a try?



## Block Slashing



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# Bass Coast Shire Council Elections - Western Port Ward

**Nominations for the Bass Coast Shire Council elections had not closed when this edition went to print. The Waterline News does not favour any particular candidate. The following submissions have been accepted as paid advertisements.**

**Clare Le Serve** – your candidate for the Western Port Ward



Four years ago I asked for your support when I stood as a Councillor for the Leadbeater Ward and I'm now asking you to help me continue the work I first started. **In my first campaign I said I would:** Fight for accessible children's services and support a long-day childcare hub – in collaboration with the community, this has happened with the funding and building of the Bass Valley Children's Centre secured; Support our farmers – the recent Kernot dairy intensive farming application rejection, showed I was prepared to stand with the community on this inappropriate development in Kernot; Oppose coal seam gas – our lobbying to stop onshore coal seam gas exploration has been achieved;

Support the provision of well-maintained roads, footpaths and drainage systems – I will continue to lobby for funds so that Council can achieve this objective, so vitally important for all of us; and Lobby Governments to protect our natural coast environment and preserve the integrity of Western Port – the Council's release of the Bass Coast Shire Natural Environment Strategy 2016 to 2026 and the partnerships that the Council has forged with Governments on environmental issues, is a major achievement.

In my term as Mayor and as your Councillor, I have shown that I'm not just a single-issue representative, as I have dealt with a broad range of issues that have been presented to me as a Councillor. I have always listened to the community and been respectful of their diverse views and the views of my fellow Councillors. Given in the new Western Port Ward there will be three Councillors, it will be imperative that we work as a team as we will not only have to work for the interests of our constituents, but also for the needs of Bass Coast Shire as a whole. Also as part of my work in Council, I have shown the capacity to: deal with complex issues such as cultural and organisational change; drive good governance; establish sound financial management including the Ten Year Financial Plan; and ensure that the Business Model and the services delivered by

Council to the community, will be delivered. I will continue to work to protect our unique lifestyle and holiday home location from inappropriate over development, and be respectful of our natural environment and including the need to protect our town boundaries, and ensure there is sensitive urban design in our coastal townships. In coming to this election, I bring my experience as an independent candidate for the past State Government election. I stood to represent fairer funding and highlight the need for better roads and infrastructure programs for Bass Coast. In doing this, I believe I raised the profile of Bass Coast at all levels of government, thus showing that I have the ability to be proactive in seeking better government services and support for Bass Coast - this I will continue to do as I am a positive, passionate person with time to generously commit to this important role. **If you would like to talk to me about the upcoming election, please call me on: 0414 639 427; email:clare@bigpond.net.au or follow me on facebook.**

## Vote 1 Clare Le Serve

Authorised by Clare Le Serve, 56 Smythe Street, Corinella 3984

## BRUCE KENT Candidate for 2016 Western Port Ward



Allow me to introduce myself, my name is Bruce Kent. I am married with 4 children and 2 grandchildren. I moved to Bass Coast in 2010 to follow a career opportunity, and I have not looked back. I am passionate about Bass Coast. The people and what the area has to offer are truly unique. I joined that Victorian Police Force in 1980. I took the opportunity to run my own business in 1996, and then rejoined the Victorian Police Force 2000, why? I missed working closely with the community. **If elected as your representative:** I bring proven, excellent communication skills. I bring active listening skills. I will hear what you are saying. I am prepared to be held accountable as your representative. I do not bring any preconceived ideas to this position. I bring a new and fresh perspective. I bring open and honest communication. I bring accountably and commitment to this role. **Email: "brucekentbcc@gmail.com" Mobile Phone: 0429 400 012** Authorised Bruce Kent, Phillip Island Road, San Remo.

## GEOFF ELLIS

"What's important to you?" Groups and individuals are sharing their opinions, dreams and criticisms with me. Summarising these Community Conversations my weekly email Newsletter highlights what we can do better and what's already strong.

Together we can build The Bass Coast that we aspire to. If elected as your Councillor, I will continue regular Community Conversations with as many people as possible to ensure council follows the direction of Residents and Ratepayers. Under the rate cap tough decisions need to be made to balance revenue and services.

We're going to be busy: Increasing job opportunities in Farm Gate, Art Gallery and Special Needs based tourism across the shire; Preserving Western Port, maintaining the Gurdies, mitigating Foreshore erosion, reducing Pioneer Bay traffic issues, liberating the Coronet Bay boat ramp, resolving Island traffic jams, advocating for better connectivity, clarification of the 7 metre building trigger, keeping the Land Management rebate ..... Email [wpwbcege@gmail.com](mailto:wpwbcege@gmail.com) to tell me what's important to you.

## Geoff Ellis

0403917746

fb: Geoff Ellis Westernport Weekly Newsletter

Subscribe at: [wpwbcege@gmail.com](mailto:wpwbcege@gmail.com)

**Community Conversation**

**Grantville Pharmacy: Kilcunda:**

Tuesday: 1 pm to 5 pm. Oct 6

Sept 20, Oct 4. 8.30am - 11

**Newhaven I.G.A: Monday: 3pm to 5pm** Sept 19, Oct 3

**"Tell me what's important to you"**

Authorised by G.Ellis, 240 McCraws Rd Wattle Bank



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# Book Reviews

## RAISING YOUR CHILD IN A DIGITAL WORLD



**Raising Your Child in a Digital World** investigates the most current research on new technology, busts a lot of myths, explores the educational benefits of time online and helps parents to successfully guide their children to balance 'screen time' with 'green time'.

Dr Goodwin's message is that mixed messages and confusing information abound about the benefits and traps of new technology on kids. Her book outlines the ways in which technology can help children in their natural development in regards to physical, mental and social relating skills.

Raising Your Child in a Digital World explores the obstacles and technology myths that confront modern parents. In doing so, Dr Goodwin provides concrete advice on how to develop healthy digital habits in your children and protect their emotional and mental health.

The book is shaped around the seven essential building blocks for young children's development, namely, Attachment and Relationships; Language; Sleep; Play; Physical movement; Nutrition; and Executive function skills.

Dr Goodwin says, 'My aim is to arm parents with evidence-based information about how technology is changing the ways young children learn, develop and play and how we can leverage it to meet their developmental needs and minimise any potential harmful effects.

'Rather than fearing or banning technology, I can show you healthy, safe and even educational ways to leverage it to help your

little ones learn and develop... I spent thirteen years as a teacher before becoming a children's technology researcher. When I became a mum, I realized that there were so many misconceptions and myths about all this. The research about how technology's shaping the way young children learn and develop is not being communicated to parents. And it should be!'

Dr Goodwin is well known for her calm clear insights and strategies for parents in regard to their children's digital habits. Hugh Baldwin, Director, Television & Digital Content for Nickelodeon Australia says that kids and tech use is the great unknown for modern parents.

'Dr Kristy has a great ability to demystify, interpret and cut through the hype. We were so lucky to have her as our resident expert for Nick Jr. Parents. Kristy was a great ambassador and we received lots of positive (and thankful) feedback from parents,' he says.

### ABOUT THE Author

Dr. Kristy Goodwin is a children's technology and brain researcher, teacher and mother. She is Director of Every Chance to Learn, an Honorary Associate at The Institute of Early Childhood at Macquarie University and a highly sought after expert on young children and technology, conducting parent seminars and workshops for Nickelodeon Australia, Playgroups Victoria, Early Childhood Australia and other institutions. Kristy has spent thirteen years as a teacher, speaker and digital advocate. She is on a mission to help parents feel confident raising their children in the digital age. Dr Goodwin lives on Sydney's Northern Beaches. Learn more about her at:

[www.everychancetolearn.com.au](http://www.everychancetolearn.com.au)

### Book Information

**Title:** Raising Your Child in a Digital World

**Sub-title:** Finding a healthy balance of time online without techno tantrums and conflict

**Author:** Dr Kristy Goodwin

**ISBN:** 978 1925048 681

**Format:** Paperback, 218 x 148, 224 pages, illustrated

**RRP:** \$29.99

**Date:** 1 July 2016

**Genre:** Parenting

[orders@harpercollins.com.au](mailto:orders@harpercollins.com.au)

## CRINKLING NEWS

It will surprise nobody who has ever met a child, let alone raised one, that they are curious types. Kids want to know the what, the how, the why. Until now, they haven't had their own newspaper to answer all these questions.

But two veterans of the news industry decided to change that.

And so Crinkling News, Australia's only national newspaper for children, was born. It was launched in April out of Sydney by former Sydney Morning Herald journalist Saffron Howden and graphic artist Remi Bianchi.

And it is an actual paper. Crinkling News is printed each week and mailed out across the nation and around the world via Australia Post direct to subscribers' home letterboxes and schools.

The idea is to give children that tactile experience of news, Ms Howden, the newspaper's editor, said.

"We want Australian children to be able to hold Crinkling News in their hands, to take time with it, to contemplate the interplay between words and photographs and graphics," she said.

The paper is aimed at seven- to 14-year-olds. Its goal is to tell most of the news adults consume - without the boring or scary bits.

"We all know kids are curious about the world around them. They want to be a part of it and they want to have a say, but there are precious few ways for them to access child-appropriate news in Australia," Ms Howden said.

In its first 12 issues, the newspaper has explained climate change and constitutional recognition, championed the efforts of youngsters excelling in science, social enterprise and exploration, started a conversation about healthy eating, and covered the alarming rate of species extinction in Australia. But Crinkling News also gives its readers a chance to see their name in print.

"All our opinion pieces are written by kids. And our book and movie reviews are also contributed by children." Ms Howden said.

"It's so important for children to feel that what they think is being taken seriously. So we mix high-quality news journalism, produced by professional journalists and photographers, with kids' views.

"That way we can be a trustworthy source of information used by teachers and librarians, as well as a forum for kids' ideas."

For more information about Crinkling News, or to subscribe, go

to [www.crinklingnews.com.au](http://www.crinklingnews.com.au)





## POET'S CORNER

Submissions welcome  
[editor@waterlinenews.com.au](mailto:editor@waterlinenews.com.au)

### Six weeks at the Gateway to Hell (Pozieres 1916)

The youth of a nation still finding its way, naive to the horrors of war  
 The seeds of a nation are scattered  
 Each kept to his station through night and through day , recoiling from horrors they saw  
 Youthful ideals bruised and battered

Six weeks they would spend at the Gateway to Hell , their memories etched evermore  
 Their objective to hold while enduring the fear without end constant barrage and shell, their youthful lives rocked to the core  
 So they all stood each ensuring

The youth of a nation still finding its way, could withstand all the horrors of war  
 The holding your ground was what mattered  
 Six long weeks alone at the Gateway to Hell, enduring , not very much more  
 Those youthful ideals now long shattered

One hundred years on we now pause to reflect, on the gallant youth, sadly no more  
 Who held fast against odds unrelenting  
 We honor their valour , remember their stand, as we contemplate what was it for  
 We remember the families lamenting

The youth of a nation still finding its way, no longer naive about war  
 The horrors revealed to a nation  
 The youth of a nation that proudly now stands, our character brought to the fore  
 To stand to without hesitation

(c) Marty Boyce July 2016



### Marine Mystery

Big lump washed up on beach morphs into giant fish like a giant Murray Cod blown up way over size.  
 Almost pristine except for chomp of flesh taken from one side under gills.  
 Large luminous eyes stare upwards.  
 Among busy dog prints gleaming 'scales' like translucent ten cent pieces lie strewn beside it.  
 Photos with tape-measure fully extended – one hundred and fifty-two centimetres – help friendly fisherman identify it.  
 A mulloway – a large fish which usually sits in debris on the ocean floor – now itself debris on the shore.

Meryl Brown Tobin

Nearly fourteen Years  
 He was my friend nearly fourteen years.  
 He saw my Wedding, my first house,  
 And the arrival of my two children.



He was my shadow, my constant sidekick.  
 I laughed at his funny mannerisms,  
 And was in awe of his bravery.  
 His loyalty knew no bounds.  
 He would have walked into hell with me.

The good times we shared, to many to recount.  
 His physical endurance never failed to amaze me.  
 Tenacious, at times aggressive,  
 He would rather collapse exhausted,  
 Than concede to physical pain.

But time is un-fair between man and dog.  
 I watched as my loyal friend grew old before my eyes,  
 As I stayed relatively young.  
 No longer could he keep up, as much as he tried,  
 His legs and joints now tired with age.

And so the day came, as I knew it would,  
 When I would commit the ultimate betrayal.  
 He was joyous to see me through his age-dimmed eyes,  
 The journey in the car, exciting his senses.  
 Our last struggled walk together was short but sweet,  
 It seemed like such a long time since we had done so.

And so it ended.  
 He leaned into my chest as the drug was administered,  
 Still believing I would always be there for him.  
 And as he sagged into my arms, and let out his last sigh,  
 I just hoped he could find it in his heart to forgive me.

Now he lies in the cold hard ground,  
 The hole dug by my own hands his final resting-place.  
 A small cairn of rocks to mark the spot.

And as I stood above my dear old friend,  
 I thought back over nearly fourteen years.  
 They were good, they were grand,  
 I just hope he can understand.

Paul Wilson



## HAIKU

Thoughts un miniature  
 A haiku is untitled and unrhymed.  
 A seasonal word or reference associated with nature should appear in the haiku, and contrasting images may be used. Usually the first line stands alone while the second and third connect to give an aspect of that image.

俳句

haiku

### Coastal

sea and sky  
 shades of blue stretched  
 infinite

quiet bay anchors black rocks  
 and black swans

a girl's long hair  
 swaying in the sea wind  
 casuarinas

egret  
 tail feathers ruffled  
 faces south

kite hovers  
 on sunlit dunes  
 a moving shadow

black swans  
 beat white tipped wings  
 in rainy air

winter dusk  
 feeling the weight of cold air  
 flight of homing birds

foggy morning  
 distant boom of a ship's horn  
 magpies carolling

ship in the channel  
 slapping the breakwater  
 the rolling wake

standing on the bridge  
 thunder and shake of the traffic  
 a cargo ship beneath

leaving the island  
 churning wake of the ferry  
 along goodbye

coal-red  
 full moon's rim  
 breaks the horizon



Janet Howie  
 Haiku Group,  
 Society of Women Writers, Victoria







## THE WRITINGS OF E.E (Betty) CALDWELL

Continuing our series of writings by E.E (Betty) Caldwell, with special thanks to Maree Silver, who does all of Betty's typing for her.

### Hurry Up

Past the terrible twos, now entering the troublesome threes, he was playing up in the shoppingtown main walkway. His mother certainly was not pandering to him as she forged ahead, pausing now and then to turn and urge him to "Come On!!"

But he was displaying his independence with an insolent shrug. He was going to do things his way!

As I reached him, I paused to whisper crisply, "Hurry up! I'm right behind you!"

Startled he swung round to see the ogre who was towering over him.

"Mummy," he yelled as he raced off to the sanctuary of her outstretched hand.

Doubtless she thought his compliance had been achieved solely through her own efforts. He wasn't going to enlighten her. Nor was I.

© E E Caldwell

## SHORT STORY

### A Tale Of Two Dads

A True Story, by Ian Burns (Rhyll)



I married Teena in 1970. Jack, Teena's Dad, was a mad keen gardener.

His pride and joy were his orchids. He had a little old red brick laundry, with a fibre glass sheet roof out the back of his house in Malvern. This acted as a makeshift hothouse for all his plant cuttings, vegetable seedlings, and of course, his orchids. He had orchids of all sizes and colours, and they appeared to thrive in their makeshift environment and Jack's care.

Sadly, Jack passed away some eleven years ago, aged 97. Prior to his passing, when he moved out of his Malvern home and into care, I inherited some of his beloved orchids. At the time, we lived in Montrose, and I had quite an extensive garden. A lot of it bits and pieces, passed onto myself, my sister & brothers, from when our Mother passed away. I was very pleased to become the new "custodian" of Jack's orchids.

However, whatever I did, I could not get them to flower!

People told me orchids liked coffee grinds, put cold tea on them, give them some dynamic lifter, they like sunshine, put them in the shade. Whatever I did, no joy.

We sold our home in Montrose and moved to Phillip Island in 2013, and the orchids came with us.

I do the rounds of our garden at Rhyll every day, pruning this and that, checking on new growth....all the things a person who loves the garden does. Some twelve months ago I re-mulched the back garden.

I moved the three pots of orchids to the side fence, in amongst the Canna lilies. Recently when doing my normal garden rounds, I noticed to my surprise and delight, a flower spike had come up from the smaller of the three pots! Not only that, but the other two also had flower spikes, ten in total.

I had assumed the spirit of the orchids had passed on when Jack had, but they had decided otherwise.

My own Father passed away just over 12 months ago (Dad was 95). Once again, I inherited a plant both he and Mum loved, a "Bird of Paradise" lily. Dad had it growing near the front gate of his house at Chadstone. I planted it in our Rhyll garden over three years ago when we moved onto the Island permanently.

Well it appears 2016 is the year orchids and Bird of Paradise lilies have decided it's time to shine! My Bird of Paradise has six flowers, magnificent in their bright orange, red and blue.

As I sit on my front veranda, gazing over the garden, in my mind I can clearly see the faces of Les and Jack, smiling as their favourite plants come into bloom....



quotes

Life is like a novel. It's filled with suspense. You have no idea what is going to happen until you turn the page.

~ Sidney Sheldon, Novelist

thoughts

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# Sports & Leisure

## FISHING with Craig Edmonds



Southern Bluefin Tuna over 100kg's were caught over the last 10 days or so and while this would be nothing out of the ordinary if I was talking about Portland I'm not, they were actually caught outside the western entrance off flinders. not considered the normal catch for around these waters it's actually surprising what is out there when you go looking. For some weeks now we have had some very big schools of pilchards offshore but there wasn't really anyone out looking for tuna until recently and the result is, depending which rumour is true 20, 10 or 4 all over the 100kg. I can say with confidence I know of 4 as for the rest, while possible I haven't spoken to the anglers or seen any photos. Several people have told me of sounding some good size arches on the balls of bait but not being set up to do much about it. There hasn't been any smaller tuna reported and the models that are there will need more than the average snapper gear to catch them. They will also require plenty of fuel and time driving around the ocean. From all the reports find the pilchards, find the tuna, which makes sense because that why they will be here, following the food. Don't just expect to head out and find birds working because a few people have told me they have found the pilchards deep and not on the surface. The tuna we know about have all come from a similar depth around 40m of water but with the week of winds we have had I wouldn't be surprised to see something come back from wide of Pyramid Rock or around Cody banks next week.

Back to the normal reports and calamari, whiting with a few reds make up the majority this week and while not a lot of quantity some quality amongst them. the snapper reports have been spread out this week from up past Temby Point to Cowes and most spots in between. No one reported a bag full but the snapper reported were all around that 5kg mark and I did hear of one much bigger taken off spit point. Everyone's story was much the same with plenty of undersize gummies, plenty of cod

and other rubbish and no pattern to when they caught their snapper. Most people put in a whole session for only one snapper and then nothing. A few told me they were getting some good pictures on the sounder when they caught the snapper but there seemed to only be one in the school that was hungry. The water is still reasonably cold, around 12deg and there is plenty of weed around. The water seems to have cleaned up a bit which is probably due to the rain slowing down in the hills. A few more hot days and no doubt the reports will improve but for now quality bait and berley will go a long way to increasing your chances. Land based and we have had more reports already from Newhaven jetty than we had for the entire season last year. All of the reports have come from the middle of the night and I think it's a simple as people fishing early enough this year whereas last year people started much later.

Whiting reports have improved this week and while some are still struggling I have a couple of customers that haven't had any trouble getting into double figures the last 3 times they have been out. The whiting seem a bit fussy still and you will still need a few moves to get a feed but I am not getting as many complaints about leatherjackets as I was a month ago. The best place seems to be below the bridge in Cleeland Bight fishing into the evening and fishing just off Ventnor also in the evening. There were reports from all the other usual spots with a couple of reports of some very small whiting around reef island.

Calamari reports have been steady from both the boats and the land again this week with the sizes all over the place. The sizes are all mixed up and most that caught good numbers had some very small, average and a couple of larger ones in the esky. In Cleeland Bight they were a bit patchy at times but I am also getting some reports of large couta and pike from the same area which always seems to make the calamari a bit timid. I had a couple of reports during the week from customers that were fishing for whiting off Cowes of large schools of small calamari swimming along in the current. One customer described it as

something out of national geographic with thousands of calamari all the same size swimming past the boat.



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**Contact Jacquie Carter – 5678 0596  
Enid Johnston – 5678 0118**



## That's The Thing About Fishing and Corinella Angling Club

### School Holiday Clinic

Corinella Pier 18/9/2016 10am to 1pm  
TTTAF and Corinella Angling/Boating Club Kids Family Fun Fishing Day  
Fishing starts 10 am to 1pm. Corinella Club will join us during the clinic to help and have BBQ with us afterwards. It is a free clinic gold coin donation for BBQ if can afford it

It will be held on Corinella Pier  
On the day, bait and fishing rods will be provided if needed. Please let us know ones that do not have rods. Any age is welcome but must be accompanied by a parent, guardian or responsible adult for whole event. There will be a sausage sizzle (snags on bread) available for a gold coin donation. All involved with TTTAF, myself, Nui and the team, are experienced fisherman who will make this a great time for all children involved, males or females.

Like always there will be 3 major prizes and all kids will win something for just being there, we have the TTTAF Champion on the Day Medallion for the biggest or most fish caught.

**Glenn Cooper**



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# On the Road - Places to go

## Tyabb



Once in the heart of the apple growing industry, Tyabb has been transformed during recent times into Victoria's antique mecca.

Most of the town's main street features quality antique stores, while just around the corner the former 1914 apple coolstore has been converted into Australia's largest antique centre – Tyabb Packing House Antiques & Craft Village. More than 90 dealers operate from within the building, but evidence of its former use is still readily apparent. An extensive craft village is located at the rear.

Tyabb has its own airfield and flying school, where light aircraft frequent. The Tyabb Air Show is run at the airfield every second year in March.

## Balnarring

Balnarring is situated around 10 kilometres south-west of the major centre of Hastings. Balnarring's shopping village is located 2 kilometres inland and includes a supermarket and a good selection of speciality shops.

The Balbairooro Community Wetlands border the commercial centre, and include a lagoon and walking trails. Balnarring Beach features sweeping crescents of coastline and a foreshore reserve which offers safe swimming along sandy stretches of the coast. Merricks Creek joins Western Port at Balnarring, forming a narrow peninsula of land which is traversed by walking paths and footbridges around the shallow creek. One of the most scenic parts of Balnarring Beach is around Cliff Road which is situated on a bushy headland. A walking track winds its way down the cliff face to the sandy beach below, offering spectacular views along the coast. A large selection of wineries are located in the rural inland section of Balnarring and neighbouring community of Merricks. Just to the east of Balnarring on the coast in neighbouring Somers are the Coolart Wetlands. This nature reserve surrounds the historical Coolart Homestead which was built in 1895, and includes a lagoon where thousands of Australian white ibis nest every year, plus attractive picnic and BBQ areas.

Western Port Tourist & Visitor Information Centre

**Phone: 03 5909 8409**  
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## L2P LEARNER DRIVER MENTOR PROGRAM

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This initiative is funded by the TAC and managed by the Wonthaggi Neighbourhood House. For further information contact:  
L2P Coordinator: Veronica Dowman  
(03) 5672 3731 | 0467 590 679 | basscoastl2p@hotmail.com



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# Self Sufficiency



food and being appreciated for what we have created. Making butter, cheese, yoghurt and bread were essential household food skills.

## For further information:

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[www.theshoppe.com.au](http://www.theshoppe.com.au)

## The Much Maligned Plastic Shopping Bag - I Love It

For a number of years now, plastic shopping bags have drawn the ire of environmentalists who believe they will single-handedly bring about the end-of-the-world.

Plastic shopping bags are lightweight, keep your stuff dry and scrunch up into a tiny ball for easy storage.

I think a lot of people would be shocked to know that plastic shopping bags are arguably a better environmental choice than paper.

You'd be right to argue that paper bags produce less litter, but plastic bags require significantly less energy and water to make. Not only that, but they also produce less greenhouse-gas emissions.

### Suggested uses for Plastic shopping bags:

1. Place plastic grocery bags in bathroom bins for use as a bag liner.
2. If you have a broken arm or leg, you can use plastic bags to help keep the cast dry while taking a bath or shower.
3. Plastic bags are also great for disposing of dirty nappies.
4. Line your cat's litter box with them.
5. Speaking of pets, plastic bags are perfect for picking up dog and cat poo.
6. Use them in your luggage to keep your wet clothes separate from your dry clothes, and your clean clothes from dirty ones.

7. When traveling with a suitcase, plastic bags can also be used to protect your shoes from scuffs — or keep stinky shoes from affecting your other clothes. Also good for separating perfume, toothpaste and other things that might leak.

8. Use them to carry your lunch to work.

9. If the forecast calls for frost, you can protect plants by placing a plastic bag over them the night before.

10. Great for defrosting meat, simply place the meat in a plastic bag, along with a paper towel.

11. Wrap your paint brushes and rollers in plastic bags to keep them from drying out if you're taking a painting break.

12. Plastic bags can be used as cheap disposable gloves for handling unpleasant things.

13. If you're house-sitting, use plastic bags to hold their mail until they return.

14. Nothing is better for tossing out mouldy fruit or stinky food

15. Plastic bags can be used to coat chicken or beef with flour prior to cooking.

16. When you're working the garden, try wrapping some plastic bags around your knees to not only keep them dry and clean, but also provide a little extra cushiony comfort.

17. Oh, and while you're busy tending to the yard, don't forget you can also use plastic shopping bags to collect those smaller yard clippings.

18. Hopefully, you've also kept a few extra plastic bags in the car and near your home's front door for storing those muddy shoes.

19. You can use plastic bags to store Christmas wreaths and decorations.

20. Do the kids have a GI Joe? Plastic grocery bags make great parachutes for them!

Kayley Harris



<https://www.fiftyupclub.com/>

## Old Time Kitchen Skills



Food is the source of our survival. And the source of food is the Earth. Amid the modern-day wave of fast

food, processed and packaged commercial offerings we tend to forget this simple fact.

In times past food was precious – our ancestors struggled with food shortages and lack of resources to grow food (such as water, land, climate, 'man-power', etc.).

Everything was appreciated and used fully, nothing was wasted or taken for granted.

Homes had big backyards with an array of vegetables, fruit trees, herbs, chooks, etc.....a sharp contrast to today's

'consumer' way of life.

There was a simple appreciation for what the Earth and Mother Nature provided and the resources, time and skills required to bring the food to the table.

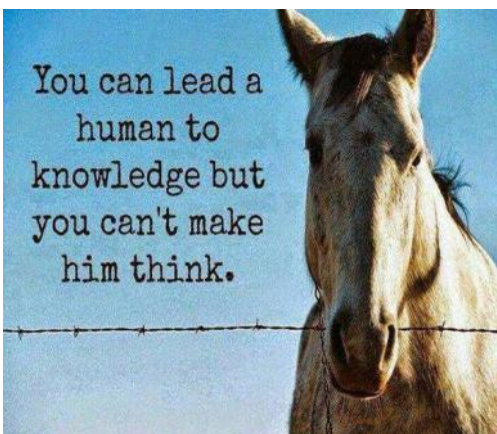
People were aware of the type of food they were consuming and what it contained – no additives, no preservatives, no chemicals, just real flavour and real food.

In contrast today's society has disconnected from its 'food roots' and become dependant on commercial offerings and mass production.

In the process sacrificed such things as taste, nutrition and the wholesome component of food.

## Practical Kitchen Skills

Vital food preparation skills that were once a part of every household and passed down through family generations are being lost. With it an appreciation for the simple practical things in life, the joy of preparing



## Greg Hunt

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# Trivia and Philosophy

## QUIZ?

- Who turned all he touched to gold?
- What grows in a paddy field?
- Who became an actor after being the most decorated American soldier in WWII?
- What are Kynthos, Siphnos, Santorini and Miyonos?
- What European city is Karl Marx buried in?
- What organ did Aristotle think the blood cooled?
- What is the traditional unit of measure for a racehorse's height?
- What ocean is almost exactly half the size of the Pacific?
- Who led the Argonauts in search of the Golden Fleece?
- What are the four major blood types?
- What Dr. Seuss character steals Christmas?
- What was a Gattling gun?
- What tools do you use to crewel?
- Who said "He that is without sin among you, let him cast a stone"?
- Where were the Olympic equestrian events held when all other events were in Melbourne in 1956?
- What country was the setting of

- "You only Live Twice?"
17. What was Rembrandt's last name?
18. What mammal ranks next to man on the evolutionary scale?
19. Where is Gorki Park?
20. What four tastes can a human distinguish?

### ANSWERS

*1. King Midas. 2. Rice. 3. Audie Murphy. 4. Greek Islands. 5. London. 6. The Brain. 7. The hand. 8. The earliest form of Machine Gun. 9. Jason. 10. A, B, AB, O. 11. The Grinch. 12. Needles. 13. Sweden. 14. Japan. 15. Stockholm. 16. Japan. 17. van Rijn. 18. The Ape. 19. Moscow. 20. Sweet, Sour, Salt, Bitter.*



**New Computer Classes Enrol Now**  
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Classes are held in the Koo Wee Rup Men's Shed, 215 Rossiter Road, Koo Wee Rup. Friday mornings suit absolute beginners at 9.00am and the more advanced at 10.00am. Bookings essential as places are limited to 5 per group. Please phone Geoff 5997 1974, or Brian 5997 9687



### LESSON OF TIME - KARMA

When a bird is alive.. It eats Ants.  
When the bird is dead.. Ants eat the bird.  
Time & Circumstances can change at any time. Don't devalue or hurt anyone in life. You may be powerful today. But remember. Time is more powerful than you! One tree makes a million match sticks... Only one match stick needed to burn a million trees... So be good and do good.



A woman visited a modern-art gallery. One painting was bright blue with vivid orange swirls and the one hanging next to it was black with lime-green splotches. The artist stood nearby, so as politely as she could, the woman said to him, "I'm sorry, but I just don't understand your paintings." "I paint what I feel inside me," the artist replied. "I see," the woman replied innocently. "Have you tried Alka-Seltzer?"

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# Greg Hunt says



**Greg Hunt  
MP  
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Website: [www.greghunt.com.au](http://www.greghunt.com.au)

As we head into spring and the weather starts to warm up, it is nice to be able to take some time out to appreciate what a beautiful part of the world we live in. I've had the pleasure of visiting Phillip Island recently – I love getting over to this side of the electorate, especially if the sun is out. Looking out over Western Port Bay as I drive over to the Island always puts a smile on my face and reminds me how lucky I am to be in this job.

I was on the Island to announce federal grants for Newhaven College and Phillip Island Village School through the Capital Grants Program.

Newhaven College received \$1.4million for new senior school facilities for Years 10-12. This school has grown phenomenally since moving to its Phillip Island Road site and is to be congratulated for what it has achieved.

Phillip Island Village School in Ventnor received \$25,000 to carry out a masterplan for the future development of the school, which opened at the start of this year.

With 22 students now enrolled from prep

through to grade four, it offers an alternative education experience for children on the Island and has been incredibly well supported by parents and the broader community.

Eleven community groups are also benefiting from funding through the latest round of the Stronger Communities Program.

I am delighted to have been able to award a Stronger Communities Program grant of \$7,727 to Dalyston Hall for the installation of four reverse cycle air-conditioning units. This will be a welcome addition for all of the community groups that use this facility. These small contributions make an enormous difference to our grass-roots community organisations, which are providing vital services to residents. I look forward to getting out to all the corners of the electorate in the coming months and meeting residents about a host of issues.

**If I can be of assistance to you in any way please feel free to contact me:**

*Greg Hunt*

## LETTER TO THE EDITOR

IS THE AUSTRALIAN / ABORIGINAL FLAGS FLYING AT YOUR CEMETERY????

When the burial of a military deceased person is being buried.

Like most cemeteries probably not.....WHY NOT???

I asked the Council who referred me to the RSL.

I approached a local RSL Branch Member . Their response was.....well flying the flags on a military burial day is done by VOLUNTEERS, and these are getting fewer each year.

The procedure is / or should be:

On the day of a Military Funeral – including Australian / Aboriginal Military burial. The Australian Flag / Aboriginal Flag either or both are raised at sunrise and then lowered to half mast. When the funeral is completed, the flag/ s are then raised for the balance of the day. Just before sunset the flag/s are lowered, but are NEVER to touch the ground and put away. If you are wanting the flag /s to fly 24hrs you need a permanent spotlight to shine on the top of the flag pole.

If the Military Service is for a cremation the Flags are draped over the coffin for the service and removed at the Crematorium. I was also told that it is the RSL who are to supply a flag pole at all cemeteries in Australia.

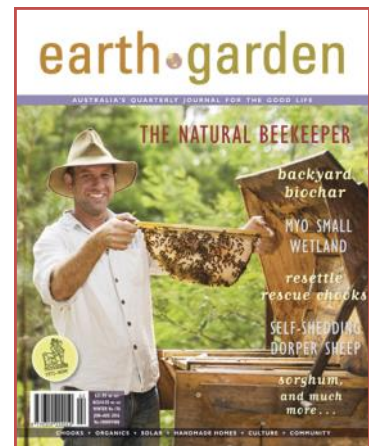
I do hope the RSL will have the flags flying at all cemeteries on National Remembrance Days.

These flags are to remember our fallen in ALL WARS to to date.

Our Cemeteries hold many Military Personal who gave their lives for us today.

**They should be remembered at our Cemeteries.**

Name & address withheld by request



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## UNDERSTANDING YOUR GARDEN Part 7 Improving your soil consistency



### How do you improve your soil?

This is actually quite a complex question because, although I have explained loam, I have still only explained it in a basic way. There are other considerations in actually making a good loam or turning your damaged soil into loam. You need to make sure the pH levels are right for what you want to plant. You have to make sure you have enough fertiliser or nutrients in the soil for your plants to do well and then, of course, you have to make sure it is a good mix as described last month.

### What is the problem with soils that have too much sand?

The positive to soils with a lot of sand is that they drain water really well. The problem is that fine and coarse sand are not very good at keeping any water in place to be accessible for your plants to use. Overall, if your soil has too little clay to absorb moisture, it won't matter how much you water your garden, it won't keep enough water for your plants to access. Sand also allows nutrients to leech away with the water, meaning that your plants don't have access to the minerals that they need to grow in a healthy manner. Nutrients get locked in by clay because it is sticky. This makes it accessible to your plants whenever it is needed. However, if you have sandy soil, not only is there not enough clay to hold the nutrients in, but the water will drain

through faster, often washing the nutrients down through the soil with it.

### Fixing sandy soils

Generally speaking, if you pick up the soil in your hand and it runs through your fingers really quickly, you need to add some clay particles. This does not mean you go out and buy a big wad of clay and throw it into your garden, the process is a little more refined.

The best way to improve sandy soils is to regularly add lots of organic matter, such as manures and composts. These will enable your soil to lock in nutrients and allow your plants to once again get what they need. Also apply a general, all purpose fertiliser to the mix. I prefer slow release fertilisers because these allow the nutrients to be added to your soil over time, as it improves.

To really improve your sandy soil, add a 30L bag of manure per square metre every 4-6 weeks. Make sure you dig it in to the existing soil, allowing the sand to mix with the organic matter. Adding some minerals to your sandy soil is also often a good idea. Most local nurseries will be able to point you in the right direction as to what minerals you should add in your area, they generally know what it is lacking.

### What is the problem with soils that have too much clay?

As you can probably guess, the problem with clay soils is the opposite. Clay soils absorb and keep a lot of water which can actually cause plants problems. Though roots need to have access to water, they don't like to be immersed in water (unless they are water plants) as they need to be able to breathe. Soils with too much clay can also dry out, or almost bake during hot summers. If the clay has effectively baked, it is no longer able to absorb as much water. Now, clay can be moistened again if it gets enough water, but plants require nutrients on a regular basis and not just when the clay soil has been re-moistened. They need to be able to access water as required.

Clay based soils do a good job of keeping

nutrients, but they often lock them in so well that it becomes difficult for plants to access because the clay holds on to them so well. Also, as clay particles are often very small, when there is too much clay it can pack together really tightly. This can limit the growth of roots which, again, will limit access to water and nutrients for your plants.

### Fixing clay soils

If you have the opposite problem, you pick up your soil and it just sticks really thick to your fingers or it is very hard to dig into your soil because it seems rock hard, you likely have too much clay. This might seem strange but the way to fix a clay soil is very similar to sandy soils, add organic matter. Organic matter in this instance helps to break apart the clay particles, allowing roots to penetrate deeper and allowing the clay to once again absorb water and nutrients, providing your plants roots access to what they need. Once again, this process requires time and effort. With clay soil you need to till it in deeper, really mix up and break up the soil so that the organic matter can interact best with the clay in the soil.

James Middleton

Next Month: PH Testing and improving the water situation in your soil.



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