

FREE

The Waterline News

Lang Lang, Nyora, Loch, Kernot, Grantville, Corinella, Coronet Bay, Bass, San Remo, Phillip Island and French Island .

Volume 2

4

December 2015

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STATE MEMBER FOR BASS



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my office if I can
assist you

talk to
BRIAN

📧 brian.paynter@parliament.vic.gov.au

☎ 03 5672 4755

📍 26 McBride Ave, Wonthaggi 3995
and 51 James St, Pakenham 3810

Authorised & Edited by Brian Paynter MP 26 McBride Avenue,
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The Waterline News - December

FROM THE EDITOR'S DESK



Welcome to the December edition of The Waterline News. This edition has been a challenge, as the first of two, 32 page Summer Reading special editions. This edition also completes our first full calendar year, which included the major mid-year change to include a French Island News section after their own Pinnacle magazine ceased production. One of the most pleasing aspects of this year's Waterline News is the quality of the contributions we have been able to present to readers, mostly from local writers. We haven't finished yet either, as we further streamline The Waterline News into being the entertaining, informative magazine that we set out to achieve. I believe we have achieved a good balance between community announcements, interesting coverage of local events, bearing in mind we are a monthly community magazine, not a newspaper, and our informative sections. The food, gardening, self-sufficiency and books, art, and writing sections, including poetry have all been well received. I would like to take this opportunity to wish everyone a very Happy Christmas and a safe and healthy New Year 2016. Thanks to all of the people who have contributed in some way during the year, to my two outstanding proof readers and to the 2000 plus people who read the Waterline News each month.

Roger Clark



Distribution Area:

We distribute 1250 copies each month through Lang Lang, Nyora, Loch, Kernot, Grantville, Corinella, Coronet Bay, Bass, San Remo, Cowes and French Island. We also send out almost 200 copies by email and all editions are available on our website

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.....

editor@waterlinenews.com.au



2015 COMMITTEE.

President. Lyndell Parker.
Vice.President. Peter Tait.
Secretary. David Laing.
Assistant Secretary. Wayne Maschette.
Treasurer. Michael Kelzke.
General Committee Members. Brian Lloyd, Faye Paddon, Jackie Tait, Jenny Bartlett, and Mark Rutherford.

CAROLS AT THE ROTUNDA CORINELLA...Friday Dec 18

8pm start for the Carols.....BYO picnic rug, drinks and nibbles...from 6pm if you want to get in the mood early and grab a good spot. We would love to see you there, with the Peace of Christmas in your heart , and the vocal chords tuned and ready to sing "Joy to the world" as we "Jingle bells" and keep a watch out for Santa!!!

Grateful thanks to Barbara Oates and the Corinella Foreshore Reserve Committee of Management for the help in making sure the evening will be a success.

Over Christmas and New Year, Corinella will be overflowing with people enjoying a fish off the Jetty, and there are always plenty of people just strolling the Jetty to check out "the catch" or just to have a chat.

The fishing season is in full swing with a constant stream of boats and fisherman, coming and going. Over the Christmas and New Year period, we keep reminding those who boat, to be patient and courteous, to, and with, each other and the residents..... It is a shame to spoil a great day out on the water, when you should just be kicking back and enjoying the Holiday season.

On Saturday the 5th of November, we had our first general meeting as a new committee, and we have had wonderful and positive feedback from many who attended. Mandy Gilchrist from Bass Coast Health gave a very enlightening talk about transport for the sick and elderly, or those who need help to attend Doctor / specialist appointments ...all those fabulous volunteers should have our grateful thanks for their time and commitment to helping others. Barbara Oates gave an interesting report on behalf of the Foreshore Committee, detailing some the various works they have on the go, including

some good community working bees. They are a very hard working Committee and Barbara announced that they are eager to take on some new members towards the end of next year. We also enjoyed an interesting and enlightening presentation by David Sowerby from Landgipps, on the impressive ideas they have about developing the Hughes Estate. The concept about the old Hughes Homestead being restored and taking on a new lease of life... as a Cafe / Bistro, set in an acre of beautiful native gardens was received with much excitement .We will watch with fascination as this wonderful old house comes back to life, and we are all going to be able to enjoy it. Tanya Hughes is going to head a sub- committee to look at the feasibility of getting a "Sports Park" in Corinella. Thank you so much to Clare Le Serve for coming along and giving us an update on issues that are currently happening in the Shire, and always so ready to be of help with answers to our questions.

As of next year we will be going to 6 meetings a year, alternating between 7 pm on a Friday evening and 10am on a Saturday morning, to allow for more people to have the opportunity to attend. At the close of the meeting, most stayed on to enjoy a bikkie and a chat, and it was a great time to make new acquaintances and catch up with old friends.

Well, time to wish each and everyone of you a joyous and blessed Christmas, and a happy, healthy, safe and prosperous New Year, from your Committee.

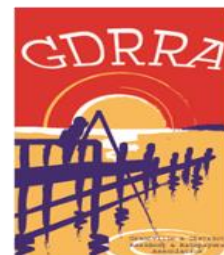
Corinella Ratepayers and Residents Association.

GRANTVILLE AND DISTRICT RESIDENTS AND RATEPAYERS ASSOCIATION

2015 Committee

President
Kylie Slink
Vice President
Kat Cox
Secretary
Kathleen Hopkins
Treasurer
Sylvia Harris

General Committee Members: Chris Cox, Ilse Mc Donald , and Julie Bartolo



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THE WATERLINE NEWS

Editor Roger Clark
 PO Box 184 Grantville 3984
 Phone 0410 952 932
 Office Hours Mon- Fri 8.30am - 4.30pm
 Email: editor@waterlinenews.com.au
 Website: www.waterlinenews.com.au
 ABN 97 395 483 268

Community Diary & Notes



If any group you are associated with has an event coming up don't forget to let us know. Deadline for all notices is the **first of each month**. The Waterline News is distributed and available online approximately the 15th of each month. editor@waterlinenews.com.au



FIREWORKS TO BRING IN THE NEW YEAR AT CORONET BAY

Down on the foreshore on New Year's Eve, we will once again have our annual fireworks show. There will be rides for the kids and fun items to purchase. For refreshment we will have our very own sausage sizzle and food stalls selling pizza, donuts, pancakes, coffee and more. If it is hot, the slushies will be just the thing. The feature of the night will be live music from the band that captivated us last Easter at the fair. It is called "Beggs 2 Differ" – a four piece band with Phil Beggs and Terry Lay on vocals, guitars, mandolins, tin whistle and harmonica, Diana Rees on piano and vocals and John Rees on bass guitar and violin. It is well worth coming to hear this group.

Things kick off around 6pm. and culminate with the fireworks at around 9.30pm. when the daylight has just disappeared. We would be pleased if you would slip a gold coin in your pocket as volunteers will be collecting donations during the night. This helps us to mount the event each year and provide something for community projects and donations to thank services like the CFA.

CORONET BAY MARKET

The January market is always a good one and we expect this one to be better than ever. On Melbourne Cup weekend there was a fantastic market planned but the weather was extremely unkind and it was declared a washout. The new foodie stalls were very well received by all who braved the tempest and we are pleased to say that that stall holders were very happy with what they saw and agreed to return in hopefully far better conditions.

The variety of foods was great and promises to be just as good in January with artisan bread, olive oils, meats and pastries, dips and dukkahs, cheeses and fresh herbs, honey, jams, chutney and sauces and more. **All of our usual favourites will still be there too including the sausage sizzle, Spinning Wheel for the best meat trays, "the Shed", lots of varied stalls, Copious Coffee and of course the Bay Café and a great raffle.**

The market kicks off at 9am so do come along on Saturday, January 2.



PIONEER BAY PROGRESS ASSOCIATION

As I sit here, 3 hours away from the Bay and reflect on the year that was. I can't help but wonder whether to write 2015 off as yet another exercise in the art of patience.

The speed of the bureaucratic process has seen us barely a step closer to realising the last "major ticket item" for the Reserve. In fact since finally securing a meeting with Council Officers in mid-October, I've received one email only last week to effectively say "We're discussing it". In direct contrast, our members have spent the year actively ensuring our co-contribution is available, namely freezing our backsides off each weekend selling wood raffle tickets.

After 2 resignations in the last few months we welcome 3 new members to the Reserve Com - all skilled in their respective field to ensure the continuation of good governance. We thank resigning members Ms Loach & Mr Sherlock for their years of service.

And so into 2016 we march- hopefully off on a good footing with the 6th Aussie Day Bash.

Wishing everyone a very Merry Christmas and prosperous 2016 from the Pioneer Bay Crew.

Zena Benbow, President



CHRISTMAS CHURCH SERVICES

St Pauls - Bass Anglican Church

Christmas Eve at 7pm

St Josephs - Bass Catholic Church

Christmas Eve Mass at 5.30pm

St Georges - Corinella Anglican Church

Christmas Day at 9am

Bass Valley Christian Fellowship

No service, join with St Georges Corinella

Bass Coast Community Baptist Church

Christmas Day—Back of Op Shop 9.30am

The Christmas Story

Combined Churches Carol Service

Memorial Park - Grantville - Sunday



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



Nurse Practitioner

DG Nurse Practitioner

Grantville Transaction Centre

Cnr Bass Hwy & Pier Rd

Grantville, 3984

Hours

Mon-Fri 8:30-4:30

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All consultations bulk billed
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5616 2222

or

0467 841 782

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Women's health
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Suturing*

Community Directory



Send us your Community Group
Notices by 1st each month
editor@waterlinenews.com.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 4.30pm at the Op Shop.
OP SHOP open Mon-Fri 10am-4pm,
Saturday 10am-1pm
Contact for service details.
Reverend Ilse McDonald 0402 065 852

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 Valley Community Centre

Mon-Thur 9am -3.30 pm
Friday 9am-3pm
Op Shop open 6 days Monday - Saturday

Bass Valley 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 5 days Monday-Saturday 5678 8357

Corinella & District Probus Club

1st Wednesday each month except January
Bert Allison 0407 339 243

Corinella Bowling Club Inc.

Balcombe Street Corinella.
Patti Scammell 5678 0191

Corinella & District Elderly Citizens Club

Monday & Thursdays at 1.00pm
Corinella Hall
Margaret 5678 0716

Corinella & District Community Centre
5678 0777 Mon - Fri 10am - 4pm
www.corinellacommunitycentre.org.au

Corinella & District Men's Shed & Woodies Group

Located in Corinella Road between Bass
Valley Primary School & JLM Pre School.
Contact Secretary: Jim 5678 0930

Corinella Foreshore Committee

Contact Barbara Oates 0427 780 245

Corinella Playgroup

Now at the Coronet Bay Hall
0-4 year olds Friday 10.00am -11.30am
Free play, activity centres, story & song
time, sensory & art activities.
\$3 per family plus a piece of fruit to share.
All children MUST be accompanied by their
parent or carer.
Christine Keeble 0413 837 597

Coronet Bay Playgroup

children 0 - preschool - Coronet Bay Hall
Mondays 10am - 1pm \$2 per family
Please bring a piece of fruit per child to
share at morning tea, coffee & tea supplied
for parents.
Craft Toys Playdough
Sandpit Songs Friends
Contact: 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

Neville Goodwin 5657 7245

Grantville Tennis Club Inc.

Contact Pat Van 5997 6221

Pioneer Bay Progress Association

Zena Benbow pbpa@bigpond.com

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

The Probus Club of San Remo

Second Monday of the month (except
January) 10am at the Newhaven Public
Hall. Visitors Welcome.
Enquiries: 5656 6581

U3A Bass Valley

Courses offered:
Book Club, Bush Painting, Creative
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Imagination, Tai Chi for Arthritis and more.

www.u3abassvalley.com

2016 ELROLMENTS 10am-12noon
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TRANSACTION CENTRE

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 -or- Vicki 5678 8734



Around the Markets & Op Shops

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

Koowe Community Market

Cochrane Park, Rossiter Rd 8am - 1.30pm

Indoor/outdoor Phone 0418 289 847

Email: info@kooweemarket.com.au

2nd Sunday

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

2nd Sunday continued

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

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, Thursday, Friday 10am - 2.00pm

Saturday 9.30am - 12.30pm

Grantville

BASS COAST COMMUNITY BAPTIST CHURCH OP SHOP



Bass Highway, Grantville

Phone

5678 8625

(Move postponed until further notice)

Contact for Church & service details

Reverend Ilse McDonald

0402 065 852

Lang Lang

Lang Lang Community Op Shop

12 Westernport Road

Monday - Friday 10am - 3pm

Saturday 10am - 1pm

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 Community Hall 5678 2277

Corinella, Paula Clarke 0418 441 046

Coronet Bay, Des Burgess 5678 0154

Dalyston, Dorothy Slade 5678 7334

Grantville Hall, Pat Van 5997 6221

Kernot Hall, Sheila Campnell 5678 8210

Loch Public Hall, Grieg Barry 0419 358 628

Kilcunda Hall, Marion 0404 135 434

Newhaven Hall, Noel Street, 5956 6122

Rhyll Hall, Ring Gen Store, 5956 9205

Woodleigh, Marilyn Hayes, 5657 7293

BASS VALLEY COMMUNITY GROUP Inc.

Bass School Road Bass
Centre Manager
Roderick McIvor
Phone 5678 2277



“So this is Christmas, and what have you done?” So begins John Lennon’s anthem. Interesting to think that he could write a song that is at once a protest/anti-war and yet so evocative of Christmas that it is on high rotation at all the super markets and shopping centres at Christmas.

So what have we done over the past year? And possibly of more importance, what have we not done? Generally speaking we hope that we have improved the lives of a significant number of people in our community through, in particular, our Friendship Club. And what have we not done? We know that we can never do enough to thank the people, the volunteers, who support us in our endeavours. Whether it is those who work in our Hadden House Opportunity Shop (and it’s a very big team) or the bus drivers who volunteer driving the community bus or the volunteer cooks or the massive efforts of those who work to raise funds for us...thank you all very much.

The Bass Valley Community Centre is getting ready to wind down for the year. We won’t be closed for long over the festive season, but we are taking off after Wednesday 23rd December and coming back on Monday 4th January 2016. The Hadden House Opportunity Shop will be open right through, with the exception of Sundays and public holidays. The Community Bus Service will run its last trip for the year on Tuesday 23rd December. It will be back picking up people starting Tuesday 5th January. So remember, if you would like to be picked up from your home anywhere in the Waterline area and taken to Wonthaggi and back, just give us a ring on 5678 2277. Tuesdays and Fridays, it only cost \$15 for door-to-door service.

And talking of next year, keep Saturday 5th March 2016 clear in your diaries. We are planning our second annual (much bigger and better this year) Bass Country Music Day for that day. Keep your eyes peeled for further information closer to the time.

We’ve already got some great acts booked and we are planning to have entertainment for everyone.

We wish all in the community a very happy and relaxed festive season and look forward to catching up with everyone again in the New Year for a great year in 2016.

CORINELLA RATEPAYERS AND RESIDENTS ASSOCIATION INC.
ABN 29 089 567061

Carols by Candlelight
Corinella Foreshore Rotunda
Friday, 18th December 2015

6.30pm - 9.30pm Family Picnic (BYO picnic rug, drinks, food)
8.00pm - 9.30pm Carols Singing (BYO blankets, chairs)

Glowstick Candles will be for sale
1 for \$3 or 2 for \$5
Electronic candles only

Location: Rotunda/Picnic area
off The Esplanade, Corinella

Santa will be visiting!
Children's Centre
Christmas Raffle Draw

**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

Corinella & District Community Centre
Spread your wings and fly with us

**Adult and Community Education
Neighbour House**

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- Communication Classes
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- Health Services and Medical Room
- Workplace Accredited Training
- Venue for Hire
- Waterline Community Bus for Hire

www.corinellacommunitycentre.org.au
Call: 5678 0777 E: coord@cdcc.asn.au
48 Smythe Street, Corinella
Office Hours: 10am - 4pm (Monday to Friday)

LANG LANG COMMUNITY CENTRE

Public Internet Access to all members.
Ipad Tuition.
Lifestyle classes including: Yoga, Pilates, Cardio, Walking group and Line Dancing.
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
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
lcc@langlang.net



CHRISTMAS – Don't Spoil It with poor food handling

Christmas is a time of religious reflection, family gatherings, gift giving and a time of good food and drink shared with others. While not trying to dampen your spirits at this time, it is a fact that food poisoning and stomach upsets are a common occurrence at this time of year and they are generally the result of poor food handling in the home and of course over-eating. You may think that the occasional stomach upset is no big deal and most of the time that is true, however, it can have much more serious implications.

A common culprit for 'gastro' problems is the bacteria *Campylobacter* which causes diarrhoea, stomach cramps and sickness (gastroenteritis). Eating contaminated food is the most common cause of *Campylobacter* infections and it is

commonly found in raw or undercooked poultry. You may have read reports from the UK and Europe last year that put the level of *Campylobacter* infection in chicken purchased at the supermarket at 70%. It would be naïve to think that Australian poultry is free of this same bacteria. Fortunately, when poultry is properly cooked, the bacteria is killed, however handling the raw poultry on the kitchen bench means the bacteria can be spread to other foods and utensils so it is important to properly clean any surfaces and your hands before handling other foods that may not be cooked. Also, keeping the cooked Christmas Turkey for too long before consuming it or leaving it on the kitchen bench in warm temperatures or in a fridge that is not cold enough can also increase the risk of *Campylobacter* and other bacterial infections.

Other possible sources arise from poor personal hygiene such as not washing ones hands after going to the toilet or after handling animals. Domestic pets and farm animals as it happens are frequently infected with *Campylobacter*.

Campylobacter infections are a cause of a rare but debilitating auto immune disease called 'Guillain-Barre Syndrome' and a lesser known variant called 'Miller Fisher Syndrome'. First symptoms usually appear two or three weeks after the initial 'gastro' problem. These diseases cause a person's own immune system to produce antibodies that attack the person's nervous system with devastating results that can last months, years or may never go away and may be life threatening. Tingling sensations, muscle weakness or even paralysis, blurred vision, poor balance and coordination with sloppy or clumsy walking, loss of deep tendon reflexes with a knee and ankle jerking effect, difficulty swallowing and abnormal facial expression with inability to smile or whistle are all symptoms of the disease. There is no medical cure although there are some therapies than can relieve some of the symptoms.

So don't spoil your Christmas by treating food safety lightly, make sure you handle, cook and store food correctly.

Finally, however you celebrate Christmas or whatever meaning it holds for you, both I and the doctors and staff at Grantville Medical Centre and Wonthaggi Medical Group hope that you have an enjoyable and safe time over the Christmas and New Year break.

John Turner
MAAPM, B.Social Welfare, Master
International & Community
Development
Business Manager
Wonthaggi Medical Group

SNAKE BITE

As the warmer weather approaches, so does our snake population and we all need to be aware around rubbish and long grass.



Gippsland has approximately six different species of snakes, these include:

Eastern Tiger Snake

(Highly Venomous)

Red Bellied Black Snake

(Highly Venomous)

Brown Snake

(Highly Venomous)

Lowlands Copper Head

(Highly Venomous)

White Lipped Snake

(Mildly Venomous)

Bandy Bandy Snake

(Mildly Venomous)

Most people have a mutual respect with snakes and keep their distance, snakes will only bite if you block their escape or disturb their habitat.

If you are unfortunately bitten, DO NOT run for help, lay still and summon help, Call 000 and ask for ambulance.

First Aid treatment for Snake Bite

Correct first aid treatment for snake bite is known as the pressure immobilization method. It works by limiting the spread of venom throughout the body.

Start by placing a small gauze dressing over the puncture/bite marks, this allows any venom that is left on the skin near the bite to be collected and tested by the hospital, this enables the most appropriate anti-venom to be given.

Place a broad crepe bandage over the affected area usually an arm or leg, roll the bandage around the limb overlapping as you roll up the full length of the limb towards the heart. DON'T remove the bandage until the patient gets to hospital.

What is Anti Venom

Snake Venom is collected from snakes through a process called "milking". Small quantities of snake venom is injected into a horse, which is able to produce enough antibodies to neutralize the effect of the venom. Blood is taken from the horse, which is spun in a centrifuge, enabling collection of the horse blood serum. This is then stored as anti-venom and used when needed.

NEXT MONTH - We will look at Heat Stress, Heat Stroke, Sun Burn and Dehydration.

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





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BENEFITS OF REIKI.

Gayle Mattsson

There are many wonderful benefits of Reiki. Reiki is a very simple process, but

usually produces quite profound effects. The main purpose of reiki practise is not only to heal diseases, but also to promote a positive mind and healthy body so that people can experience joy in life.

However, reiki does not promise a miraculous cure from disease. Conditions that have taken years to manifest in the physical body cannot be cured in a few sessions. The person has to want to be well and will probably also need to make some lifestyle changes so that the source of stress and negative emotion (dis-ease) does not recur. It takes time for the Physical, Emotional, Mental and Spiritual bodies to be brought back into balance.

What are the Benefits of Having Reiki Treatments?

Reiki unlike many modern day remedies works directly on restoring the balance on all levels and works directly on the problem and condition instead of just masking or relieving symptoms. Some of the benefits of reiki are as follows:

- Dissolves energy blocks and promotes natural balance between mind, body and spirit;
- Increases energy levels;
- Creates deep relaxation and helps the body release stress and tension;
- Clears the mind and improves focus;
- Accelerates the body's self-healing ability;
- Aids better sleep;
- Reduces blood pressure;
- Helps relieve pain;
- Assists the body in cleansing itself from toxins;
- Supports the immune system;
- Helps spiritual growth and emotional cleansing;

Promotes creativity; and Compliments medical treatment.

The great thing about reiki is that one does not have to be ill to experience the benefits.

Reiki can be a great benefit to many conditions by helping you deal with the pain, release emotions attached to the symptom and assist in healing the ailment.

Some of the many conditions reiki can treat are as follows:

- Migraines;
- Asthma;
- Skin conditions;
- Flu/Colds;
- Ulcers;
- Arthritis;
- Anxiety;
- Back problems;
- Depression;
- Low Self Esteem;
- Poor Self Confidence;
- and many more;

When Can You Have a Reiki Treatment?

- Reiki does not have to be a stand alone treatment. The great thing about reiki is that it can also be used:
- When you are not ill but want a relaxing treatment;
- When you just want a pick me up or to boost your energy levels;
- When you are on medication;
- When you have cancer or chemotherapy;
- When you are going for surgery (before, during and after)
- When you have plaster of paris;
- When you are in hospital;
- When you are pregnant or trying to become pregnant; or with other complimentary therapies.




CHRISTMAS GIFT SPECIAL

Gayle is offering a Reiki and crystal healing Gift Certificate special for \$60 Call Gayle now to purchase a gift certificate for that special person, in time for Christmas.



Soul Nurturing

Reiki Practitioner & Crystal Healer

The health benefits of Reiki:

- Deep relaxation
- Accelerates the bodies self-healing abilities
- Reduces blood pressure
- Relieves pain
- Supports the immune system
- Removes energy blocks, adjusts the energy flow of the endocrine system bringing the body into balance and harmony

Gayle Mattsson Mob: 0411 174 393
Phillip Island



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GIPPSLAND JAZZ

Sunday December 20
Bass Room
Ramada Resort, Cowes.
2pm



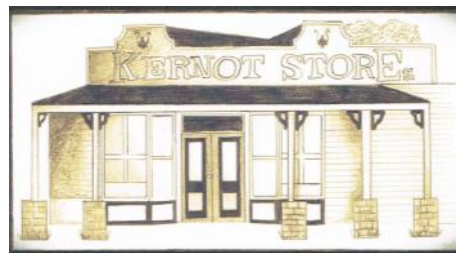
attract good audiences every 1st. Saturday of the month at 7pm. at the Coronet Bay Hall, Gellibrand street. No matter what style of music you like there will be something to your taste. You can bounce along to rock or shed a tear with heart rending folk, or just have the troubles of the day flow away with beautiful classical music and poetry. Truly the best value entertainment around, it's just a gold coin to enter and supper is provided.

Sunday December 13
The South Gippsland Soc.
Inverloch Jazz Club



No Jazz in December or January.
Resume on Sunday February 14.
Neville Drummond 5674 2166

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Simply send your name and address on the back of an envelope to PO Box 184 Grantville, 3984 Email: Win A CD to editor@waterlinenews.com.au

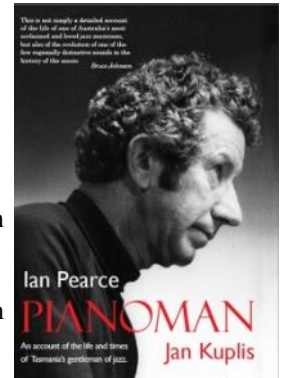
Congratulations to Katrina Sluga from North Geelong who is our November CD winner. Your CD is in the mail



Commencing in our January edition will be a regular column reviewing CD's from the massive Australian Jazz Museum Collection.
www.ajm.org.au

BOOK REVIEW

Ian Pearce
PIANOMAN
by Jan Kuplis



Jan Kuplis has written an account of the life and times of Ian Pearce which covers all aspects of Ian's musical life from his teenage fumbblings with the cornet to the practised touch of the consummate jazz pianist and composer. It documents the various influences and events in his life and traces his personal and musical development through his bohemian period and the halcyon days of the Bell Band, to his creative works and international performances – all enhanced by previously unseen photos and material from more than fifty first-hand interviews which reveal much of his philosophy and ideas and, here and there, a few private thoughts. **AJM**

"Ian Pearce was quite possibly the most respected and loved jazz musician in Australia. Remembered as a shy, genial musician who would rather hide behind an upright piano than parade his talent up front, Ian's contribution to jazz was, nevertheless, vast and his importance as a consummate musician in his own right indisputable.

His original compositions span the musical spectrum from orchestral pieces to jingle writing and his jazz performances – solo and ensemble – are well documented. But Ian was not just a jazz pianist, he was an all-round jazz expert with a prodigious knowledge of the genre and of its exponents.

His legendary fifty four-year musical partnership with Tom Pickering is part of Australian jazz history, but there is so much more to Ian, both as a musician and as a person, that is revealed in the book."

Jan Kuplis

KUP 691 \$50.00 plus postage. Available now from the Australian Jazz Museum shop.....

www.ajm.org.au



CHRISTMAS BREAK-UP Featuring YEAH YEAH



Playing Jazz, Blues, R&B and Soul Yeah Yeah bring together years of experience with some hip musical sensibilities to play a cross section of classics, standards and some cool choices. A collective helping of countless gigs in both Australia and abroad (and festivals ranging from Melbourne Jazz to overseas) sees Yeah Yeah put on a cool show that highlights the band's musical sensibilities, tasty song selection and soloists. Yeah Yeah features the vocal talents of Simone Gill backed by a quality line up of players well versed in a range of styles. Primarily playing as a 4 piece band Yeah Yeah also expands to larger lineups for some added instrumentation when needed. Live, there's a sense of taste and musicianship that'll satisfy the critics whilst whipping up some grooves that'll get the punters swinging. With nods to anyone from Etta James to Ray Charles to Manhattan Transfer and Nat King Cole Yeah Yeah pride themselves on a cool set list that can encompass anyone from the casual listener to the jazz die hard.

At the conclusion of the day our usual Christmas BBQ will take place. Everything is provided. Please contact Robin 0432 814 407 or Jill 0417 416 300 by 16th December to assist with the catering requirements
Enquiries: Robin Blackman 0432 814 407

Moe RSL Moe-Latrobe Jazz Club

There is no Jazz function at Moe in December and they kick off 2016 with the Sugarfoot Ramblers, on Friday Jan 29.
Enquiries: Bruce Lawn 5174 3516



Saturday January 2

Coronet Bay Hall 7 - 11pm
Coronet Bay UNPLUGGED continues to



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& Lifestyle

PHILLIP ISLAND JAZZ FESTIVAL STUDENT ENCOURAGEMENT AWARDS



Pictured here with their encouragement award certificates are L-R Sean Coleman, Emma Volard, Brittney Taylor and Emmett Dempsey, with Jazz greats who performed at the festival, L-R Rod Gilbert (Syncopators), Mark Elton (Licorice Allsorts) and Paul Furniss (Licorice Allsorts).



Sean Coleman is a year 7 student at Newhaven College.

He has been a member of the College since 2014. He has been learning the Cello this year and has become a valued member of the College's Middle School

String Ensemble. And a valued member of the music program. He has shown exceptional commitment and dedication to succeeding and wanting to be the best he can at his music.



Emma Volard is a year 11 Student at Newhaven College.

She has been a member of the College since 2013 and has been a participant in the Instrumental Music Program and Major

School productions since joining the College. She is a member of the Newhaven College Band "Parallel Parking"

She has shown wonderful leadership skills and sets a good example for all students.

Emma is a wonderful ambassador for music at the College.



Brittney Taylor is a year 7 student at Wonthaggi College.

Brittney began her musical journey in year 7 at Wonthaggi Secondary College by learning the clarinet and joining the Junior Concert Band. She is a keen band member who practised regularly and attended all rehearsals. She progressed through the Concert Band ranks and now, in her final year of school, plays first clarinet with the Senior Concert Band. Brittney also commenced playing the saxophone and is a much valued member of the school's Big Band. As well as her many school musical commitments, Brittney has been a regular member of the orchestra for the Victorian State Schools' Spectacular. After her year 12 studies Brittney hopes to study music at tertiary level.



Emmett Dempsey is a year 7 student at Wonthaggi College.

Emmett began playing the saxophone earlier this year when he came to Wonthaggi Secondary College as a year 7 student. He has joined

the Junior Concert Band and with his regular practising habits and rehearsal attendance has become a highly regarded and valued band member. Emmet hopes to become a primary school teacher later in life. As well as being an emerging musician, Emmet is also a dedicated soccer and cricket player.

Phillip Island Jazz congratulates all the recipients of the "Encouragement Awards" and wishes them well in the future.

Jill Boyce



You can never, ever outsmart a pensioner



A pensioner approached a parking officer placing a ticket on a windshield.

"You lot are all the same!" she said. "You can never just give a pensioner a break. Pack of heartless bastards."

The officer, clearly not in a good mood, wrote out a second ticket – this time with an even heftier fine – and placed it on top of the first. "Anything else you'd like to add?" he asked, smugly.

"Absolutely!" says the pensioner. "Your mother worked in a fish market! You smell like you were born under the filleting bench!"

"That's it!" says the officer, scribbling madly into his book. "This is every fine I can think of!" he shouted, jamming a huge wad of papers under the wiper.

The pensioner shrugged, turned and walked away.

"Where are you going?" shouted the officer. "Home," she replied with a giggle. "I don't own a car".

Jack Playing Golf

Toward the end of a particularly trying round of golf, Jack was the picture of frustration. He'd hit too many far shots. Finally he blurted out to his caddie, "I'd move heaven and earth to break a hundred on this course." "Try heaven," replied the caddie. "You've already moved most of the earth."

Phillip Island App Radio
A community based radio App is now available to download in Google play and the App Store, or visit their webpage: www.phillipislandappradio.com



Phillip Island App Radio



The Jazz Club - 12-2pm Saturdays.



Are you having difficulty tuning in to 103.1 3BBR-FM?



West Gippsland Community Radio Inc.

You can now hear your favourite programs through our streaming service. Find the link at:

www.3bbrfm.org.au

Food

RECIPES

Lemon and herb chicken schnitzel

Melody Teh



Forgo the classic schnitzel for this lemon and herb version that packs a punch of flavour. It's quick to whip up too, so dinner will be ready in no time!

Serves: 2

Ingredients:

- 2 chicken breasts
- ½ cup plain flour
- Salt and pepper, to season
- 1 cup breadcrumbs
- 1 cup grated Parmesan cheese
- ¼ cup finely chopped fresh parsley
- ¼ cup finely chopped fresh mint
- ¼ cup finely chopped fresh thyme
- 1 lemon, rind finely grated
- 2 eggs, lightly beaten
- 1 tablespoon olive oil

Method:

- Place chicken breasts between two sheets and pound with meat mallet or rolling pin until chicken is around one centimetre thick.
- In a bowl combine flour and salt and pepper. In a separate bowl combine breadcrumbs, cheese, lemon rind and herbs. This will be the crumbling mix.
- Dust chicken in seasoned flour, dip in egg wash, then coat in crumbling mix.
- Heat oil in large frying pan. Add chicken and fry schnitzels for 2 to 3 minutes each side, or until golden. Drain on paper towel. Serve with lemon wedges and side of vegetables.



www.startsatsixty.com.au

Gorgeous gluten-free "naked" raspberry cake

Starts at Sixty Writers



When you're avoiding gluten and sugar, it can be hard to find a truly delicious cake for a special occasion. Gluten-free cakes are often quite dry and insubstantial, but this fabulous recipe changes all that.

If you have two 18cm cake pans, you can speed up the baking process by baking both cakes at the same time. After that, it really is a case of cutting them in half and slapping them together with the sour cream filling. Sprinkle with raspberries, a superfood in their own right, and you have a show-stopping cake that ticks all the boxes.

SERVES 6-8

Ingredients:

- 5 eggs, separated
- 150ml pure maple syrup
- 400g light sour cream
- 1 cup (150g) gluten-free flour
- 2 tsp gluten-free baking powder
- 250g raspberries, plus extra, to serve
- Basil leaves, to serve

Icing:

- 500g light sour cream
- 2 tbs pure maple syrup
- 1 tsp vanilla extract

Method:

Preheat the oven to 180°C. Grease an 18cm round springform cake pan and line the base and side with baking paper.

Place the egg yolks and maple syrup in a large heatproof bowl over a saucepan of gently simmering water and, using handheld electric beaters, beat until light and fluffy.

Remove from the heat and stir in the sour cream. Sift over the flour and baking powder, then fold until combined.

Place the egg whites in a clean bowl and, using a balloon whisk, whisk to stiff peaks. Fold one-third of the egg white into the egg yolk mixture to loosen, then fold in the remainder.

Spread the base of the prepared pan with 2cm batter, then scatter over 50g raspberries. Bake for 15 minutes or until a skewer inserted into the centre comes out clean.

Turn out onto a wire rack to cool completely.

Repeat the process with the remaining batter and raspberries, re-lining the pan each time, to make 5 cakes.

For the icing, place the sour cream, maple syrup and vanilla in a bowl and beat until combined.

Place one cake on a serving plate and spread with icing, then top with a second cake.

Repeat process with the icing and cakes, then thinly spread the remaining icing around the outside of the layered cake.

Top with extra raspberries and basil leaves to serve.



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More Community News

COUNCIL ELECTS NEW MAYOR

Bass Coast Shire Council elected Cr Jordan Crugnale as its new Mayor at a Statutory Meeting last month.



Cr Crugnale said being elected to the role of Mayor was an honour and a role she wouldn't take lightly.

"I'd like to thank my fellow Councillors for their support. I believe the role of Mayor, by its very nature, means showing commitment to and being a voice for all the community.

I promise to show leadership, continue our strategic direction as a Council and work collaboratively with Councillors, staff and the community to achieve our priorities. I look forward to representing Bass Coast Shire as Mayor. "I'd also like to take this opportunity to acknowledge Cr Brown for her hard work and inclusive leadership over the past 12 months. She has grown in the role and lead us through some challenging issues," Cr Crugnale said. Cr Bradley Drew was elected Deputy Mayor. Cr Brown said her year as Mayor had been hard work, but extremely worth while. "It has been a privilege and a great experience to serve as the Mayor and represent our wonderful community. I value the opportunity I was given and now look forward to supporting the new Mayor over the next 12 months."



COUNCILLOR'S MESSAGE



It has been a busy year at Council and throughout the Leadbeater Ward.

I would like to wish the community a very merry Christmas and a safe and happy new year.

I will be on leave from December 24 through to January 25, please call Council on 1300 226 278 or email Council directly at: basscoast@basscoast.vic.gov.au for anything urgent.



Merry Christmas wishes to you all, and a big thank you to all those in the community.

Councillor Clare Le Serve.

FEDERAL MP's MESSAGE

Merry Christmas to all of the dedicated readers of The Waterline News – it is hard to believe it is that time of the year again. Congratulations to Roger (Ed), and all of those working behind the scenes, on another successful year.

Having small children really makes you appreciate the Christmas spirit and the hope, expectation and excitement it brings. I know my two are already counting down the sleeps until Santa arrives.

I have been working closely with the Phillip Island Health Action Group, Bass Coast Health, Bass MP Brian Paynter and the Bass Coast Shire to develop a community plan for a health centre at Cowes since securing \$2.5 million in last year's Federal Budget. Work has already started on the medical hub and I look forward to providing further updates as work progresses on this vital project.

The Government has committed \$3.157 million to fix nine dangerous black spots in the electorate, including \$91,000 for a section of Gurdies-St Helier Road from Jade Road to 390m west of Nyora-St Helier Road in Woodleigh.

I am fighting hard to secure funds for the Bass Valley Integrated Children's Centre. I have had many meetings and discussions with the group over the years and will continue to work with the committee and provide any assistance I can to ensure this

valuable facility becomes a reality.

I'm also committed to ensuring nurse practitioner Deb Garvey remains practising at the Grantville Transaction Centre. She does a fantastic job and provides a vital service for many local residents.

Local residents may have also noticed the tremendous work that has been done by the Green Army team across the Bass Coast. The young men and women who worked on this project did a fantastic job and should be commended for improving our local environment.

In my electorate of Flinders I am privileged to have many older residents who dedicate an inordinate amount of their own time to assisting others in the community and I would like to honour their service by inviting people to nominate a worthy older resident for a Flinders Seniors Award.

The awards recognise the many seniors who make an impact, whether it is through working at an op-shop, reading at a local school, carrying out environmental work or helping with organisations such as meals on wheels. To obtain a nomination form, please contact my office.

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

4/184 Salmon Street (PO Box 274) Hastings 3915

Email: greg.hunt.mp@aph.gov.au

Tel: (03) 5979 3188

Website: www.greghunt.com.au

Greg Hunt, MP



LOCAL POLICE NETWORK

San Remo Police, Station Commander Bruce Kent.

I would again like to bring to the attention of our community that we are entering the period of opportunists where we cannot become complacent regarding the security of our property. Every year our property thefts sky rocket due to the dregs of society taking the opportunity to enter our unlocked vehicles or take our boating equipment from our front lawn. Let us make an effort to restrict these people from entering our castle to take our property for which we have worked so hard for to earn the money to purchase. To everyone, have a great Christmas and happy New Year.

Bruce Kent

Glenn BIRT | Acting Senior Sergeant
31580 | Wonthaggi Police Station

Emergency Dial 000

History

NOELENE LYONS WRITES ARE YOU GOING TO SYDNEY FOR YOUR XMAS HOLIDAYS ??

Do you enjoy visiting places of Australian History.....then there's a place called MORTUARY STATION.- Regent Street, Redfern

It is located just metres from Australia's busiest transport interchange, thousands of passengers passing it daily.....but this little known Sydney railway station holds many spinechilling secrets. Located in Regent Street, Sydney and locked away. It looks more like a church than a train station, yet it has located many thousands of people to their final resting place.

This railway building, otherwise known as Mortuary Station, was designed for the one purpose – to carry Sydney's dead to their final resting place.

The station opened in 1869 and “trains” would arrive at the station, mourners could buy a ticket, there would be a small ceremony, the family would board the train and the coffin travelled ‘FREE’.

The train was first class – wooden train with chairs for the mourners and a purpose built wagon to hold the coffins.



Mortuary station, just outside Central station in Sydney, in its funeral heyday. Source: News Limited
Designed by James Barnett, the building, with its Gothic arches and soaring roof is deliberately ecclesiastical in nature to show due respect for its important cargo.
Sculptors, Thomas Duckett and Henry Apperly worked on the elaborate carvings that were a feature of the stations. Although

the railway buildings were designed to look like a church, both in structure and in the symbol elements that adorned them, they were never used as places of worship..... With so many of the recently dead having passed its platform, have there ever been any other worldly encounters at Mortuary? 160,000 commuters pass Mortuary Station every day, but because it looks like a church, do they realise what its history holds? The last trains that ran funeral processions all but ceased in the late 1930's. The service was briefly revived during World War II during petrol rationing. The last railway timetable was recorded in 1947

On the 3rd of April, 1948 the service was officially terminated and the rails were pulled up. The spur was recorded as closed on the 29th December 1948

By 1938, the car was proving more popular as funeral transport. Mortuary station's original role began to wind down and it became, variously, a platform to dispatch animals, a parcel depot and, for a time, a pancake restaurant called the 'Magic Mortuary'.

In the 1980s, the station was heritage listed with Neville Wran unveiling a \$600,000 refurbishment in 1985 restoring it to all its ghoulish glory. Today, it celebrates not death but life.

“We cherish the building, we look after it because we know it's a big part of our history and we want the community to enjoy it as much as we do.”



Mortuary Station – Redfern 1871

WHAT HAPPENED TO SHERWOOD?

Following on from last month, we have been able to find out a little bit about Sherwood.

Author Graham Patterson says in his latest book, **Coastal guide to nature and history 2**, in the section on his walk from Blind Bight to Tooradin.

“The railway didn't quite reach Tooradin in 1888. The closest it came, avoiding the inlets near the coast, was the station at **Sherwood.**”

Graham led us to the Fisherman's Cottage Museum in Tooradin where we found a photo of the old Sherwood Hotel in 1907. The description under the photo says the photo was donated to the museum



by Richard Poole in January 2003.

The Sherwood Hotel was destroyed by fire in the 1950's. Its site was the Tooradin-Baxter intersection with the South Gippsland highway.

Pictured are the proprietor, George Poole, flanked by his two daughters Kate and Amy. The small boy on the horse, second from right is believed to be Alfred George Poole, late of Berwick. Alfred was born at the Sherwood Hotel in 1899 and was the son of Kate. Richard is Alfred Poole's son.

George Poole, with his two brothers, Frederick and Thomas immigrated from the UK in the 1850's. The three brothers were all prominent in the development of large tracts of land from Lyndhurst to Lang Lang in the latter half of the 19th Century.

Many thanks to Polly Freeman, Gerry, Beverley and Peter at the Fisherman's Cottage Museum. Why don't you pop in one Sunday afternoon (12-4pm) and have a look, you'll love it.



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French Island News



The French Island News

FRENCH ISLAND COMMUNITY ASSOCIATION

French Island Community

Association

Tankerton PO

French Island

Victoria 3921

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 PLANS

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 (though we plan to try at a future date). In the meantime, whether its 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



French Island Community Association

Notices for the French Island section of The Waterline News should be sent to:

editor@waterlinenews.com.au by the 1st of each month.



CFA Training

Sunday, December 6

10am - 12 noon at the FI Fire Station

FOFI Project Days

Third Saturday of every month



10.00am ferry from Stony Point. Meet in Tankerton jetty carpark at 10.15am. On-island transport provided. BYO binoculars, water, hat, sunscreen & mozzie repellent. No experience necessary! Contact Murray Bouchier on 9876 1410 at least one week prior to confirm participation.

French Island Cricket Club 2015/16 Fixtures

One game completed
Day 2 second game this weekend

Date: Dec 12/19
Place: Wilson Reserve, Mornington
Against: Mornington

Date: Jan 9
Place: French Island Cricket Oval
Against: Somerville

Date: Jan 16/23
Place: Ballam Park
Against: Long Island

Date: Jan 30/Feb 6
Place: French Island Cricket Oval
Against: Mt Martha

Chris Chandler has sent us a note asking us to print an apology after the gremlins got into his story on Cricket - A Thompson Story, last month.

Both mistakes relate to the group photo caption. The premiership was 1959-60, not 1963-64.

Secondly, Eric Easy in the photo ... His Mother was Ethel Thompson, not his wife!

The French Island Hall Committee with support from FICA invites you to their NEW YEAR'S EVE - Community Celebrations. Thursday Dec 31.



Family Picnic from 2pm at the cricket ground—novelty races, guessing games, raffles etc, Ice Creams and scones for sale.

Evening festivities in the hall from 8pm featuring "The Medley Boys"

Admission Adults \$25, 13-17years \$10, Under 12 Free.



French Island Landcare

Landcare Nursery

Volunteers are always welcome at the nursery on Wednesdays from 10am to noon.

Contact: Terri on 0413 088 527 or filandcarenursery@gmail.com



FRIENDS OF FRENCH ISLAND NATIONAL PARK

President & editor: Geoff Lacey. Secretary: Meredith Sherlock (3/11 Raymond Ave, Frankston 3199; ph. 9770 5229; heresproof1@gmail.com)



French Island Feature

TORTOISE HEAD, French Island

Graham Patterson



Few people visit Tortoise Head these days, but in the past it was a lot busier.

Tortoise Head is a prominent basalt headland joined to the south-western corner of French Island. It was formed by lava from volcanic activity around fifty million years ago, which also created most of Phillip Island. You can see Tortoise Head clearly from Phillip Island and from the western shores of Western Port. It is now part of the French Island National Park and Parks Victoria discourages visitors, especially between November and April when mutton-birds and other seabirds are breeding there. Access on foot is awkward. There are stories from old fishermen who said they could once sail their boats between Tortoise Head and French Island but that's hard to believe – the earliest survey maps show them to be connected.

A midden of oyster shells at the south end of Tortoise Head is evidence of the earliest visitors – Boon wurrung people would paddle their canoes across to French Island seeking mutton-birds and swan eggs.

The first pastoral lease covered the whole of French Island including Tortoise Head. It was granted to brothers William and John Gairdner in 1847. In the 1860s, a customs post occupied Tortoise Head and the Revenue Officer, Alfred Keen, built a cottage with a garden, a reservoir and a stone jetty. He was forced to leave in 1865 after a dispute with the Lands Department over tenure. After that, the land was used for farming by a succession of owners. There was a homestead and other farm buildings. A child of one of the farmers, John MacKenzie, died and was buried on Tortoise Head in the 1870s.



Remains of a chicory kiln.

The Government bought the land in 1917 and set up the Victorian Farm and Marine Training School for boys. It operated briefly but was closed in 1918. Most of the buildings were demolished in the 1920s, leaving just a few remnants to remind us about the past. Now the nesting seabirds have returned and Parks Victoria, Friends and Landcare groups are working to allow indigenous vegetation to regenerate. One task has been removing pine trees which threatened to proliferate.

Reference:

Ruth Gooch Frontier French Island Prahran Mechanics Institute Press 2006.



Felled pine trees

Photos by Graham Patterson

Graham Patterson's Books

Do you love walking along the beach?
Would you like to delve deeper into nature and history?

Do you live near Port Phillip or Western Port?

Do you visit the Mornington Peninsula, Bellarine Peninsula, Phillip Island or French Island?

If you do then you will certainly enjoy Graham Patterson's **Coastal guide to nature and history 2**.

This is the second volume of Graham's work which takes you kilometre by kilometre around the entire coastline from Point Lonsdale to San Remo.

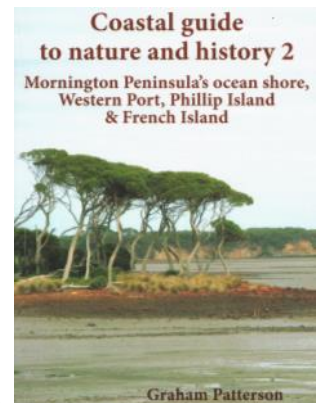
The author has walked the 580 kilometre shore and has researched the stories which lie behind the features you will see.

Some parts of the coast are not as easy to reach and the maps and advice in these books will help you find them.

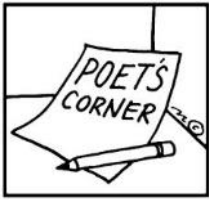
The latest book encourages us to discover the wonderful coastline of Western Port and its islands, and brings its natural and cultural heritage to life.

Graham's words, photographs and maps communicate his enthusiasm to his readers, and it will increase their awareness and appreciation of Western Port's irreplaceable natural values and the urgent need to protect them for future generations.

If you love where you live and only buy one book this year this should be it. \$30, available from the Grantville Newsagency and French Island store. Also direct via www.coastalguidebooks.net.au



French Island



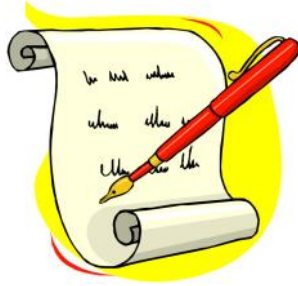
FRENCH ISLAND POET'S CORNER

Contributions welcome
 editor@waterlinenews.com.au

ELUSIVE JOE BLAKE

Paula! Look. There's Joe Blake!
 His name would instantly
 Jolt me alert and awake -
 Searching behind every tree
 For a glimpse of his face
 Where seen could he be
 It seemed everywhere I'd go
 Others his did recognise, see
 And readily know.
 Oh why, Oh Why
 Not introduce me.

We had much in common
 Roaming wild and so free
 Breathing in bush
 Gum-scented air.
 High on a cliff he's climb -
 He'd also be there!
 His running pace was
 Really so fast -
 My stamina he's
 Always out last.
 What! a top guy,
 Ideal gentleman, quiet and shy
 My boisterous young noise



Just didn't appeal to the boys -
 Must have Must have scared
 him away -
 To meet me, he never did stay.

I grew to a woman
 Never meeting Joe Blake,
 Stunning macho man
 And proposals they make.
 I gave them all the slip.
 Their suggestions
 Nearly scored a fat lip.

I finally married a quite shy man
 Came to French Island
 Just like we planned,
 Already married, much too late
 To meet past ideal,
 The perfect Jo Blake,
 And was shocked to find, Many
 years too late,
 That they all meant
 "Watch out. That there's a
 SNAKE!"

Paula Seymour, November 2015



PERSEVERANCE PRIMARY SCHOOL WINS BIRD SEARCH AWARD



Perseverance Primary School received the annual Birdsearch Shield as part of the 2015 Western Port Biosphere Lifesearch, with 51 bird observations.

The Western Port Biosphere Lifesearch encourages schools, individuals, and the community to record bird and animal life within the Western Port Biosphere Reserve. You can find out more about Lifesearch at:

<https://www.biosphere.org.au/get-involved/lifesearch>

The individual winner Kayla Trezise is also from French Island. Kayla registered 47 individual sightings of the Orange-bellied Parrot.

The coordinator at Perseverance Primary School is Anj Baird:

Baird.andrea.a@edumail.vic.gov.au

Congratulations to Kayla, and all the students at the Perseverance Primary School on French Island, and their coordinator Anj Baird on their win in these awards.

Thanks to Karen Sprey from biosphere.org.au for sending us the details of Kayla and the school's award win.

Editor's Note

It is now nine months since we were contacted and told that the French Island Pinnacle was closing, and asked if there was anything we could do to incorporate some French Island news in The Waterline News. We kicked off in April by adding an extra four pages to incorporate French Island and give it a presence. We hope that we are giving you what you wanted? People on this side of the channel have certainly warmed to the French Island Segment. Let us know what you think. editor@waterlinenews.com.au

ABOUT KOALA HUGS

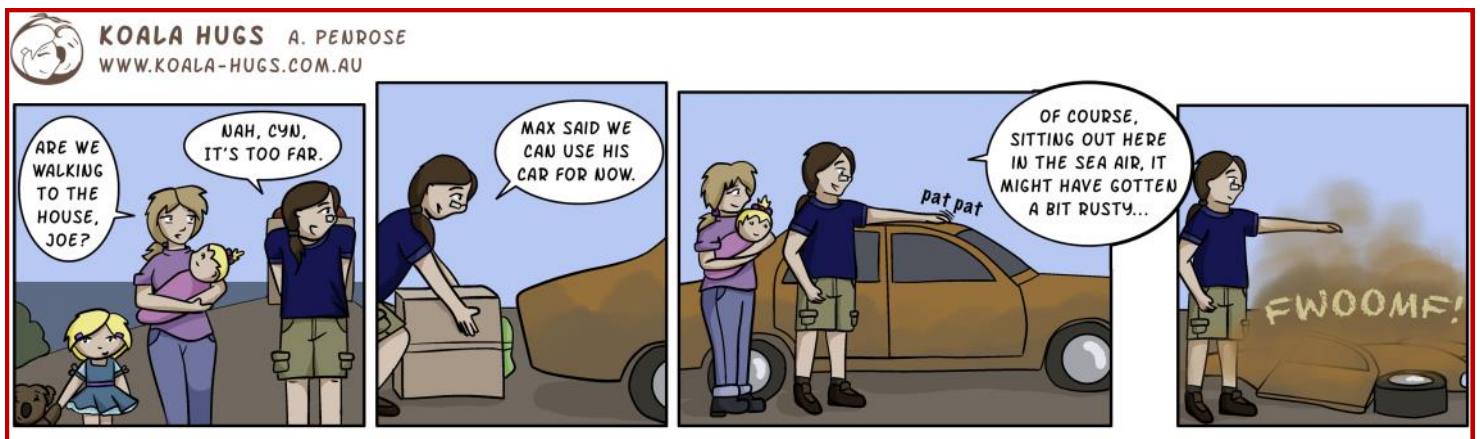
Koala Hugs follows the adventures of a flat, koala teddy bear and his family on a small island where there are hundreds of real koalas. Koala Hugs is written and illustrated by Amanda Penrose, an Australian artist, storyteller, and web designer. Send her an email. She'd love to hear from you!
amanda@dd.com.au

Flatty, Koo, Saffy, Cyn and Joe would like to wish everyone a very Happy Christmas & Safe New Year 2016



The adventures of a teddy bear koala on French Island, by Amanda Penrose

5



Special Feature

EROSION PREVENTS

Dr. Tim Ealey

There are many ways to prevent erosion 1 A Wall.

This is very expensive and unless constructed sensibly will be destroyed.

2 Geotextile barriers

*Sandbag sized containers of geotextile material can be filled with sand

These are expensive, The structure next to the Grantville jetty cost \$40,000. Maybe somewhat effective..

Huge geotextile sausages such as are at Jam Jerrup are unattractive but could be effective. Extremely expensive. Not better than mangroves ultimately. One mangrove retains as much sand as a huge sausage.

3 Half tonne granite boulders

Beloved by DNREL are effective but unattractive and extremely expensive. \$100,000 per Km. Not typical of saltmarsh habitat.

4 Rows of standing poles.

Not very effective. Tested by Melbourne Water.

5 Concrete rubble waste

Excellent, costs nothing, shown to be extremely effective at Caldermede Hated by green members of DELM. and others. Can be hidden by vegetation.

6 Mangroves

By far the best BUT will take at least 5 years to be extremely effective. If water movement is slowed down by 50% its erosive capacity is reduced by 10 to the sixth. It can be seen at Grantville how mangroves can collect sand and at Pioneer Bay how the shore is extended by mangroves which germinated in 1986; the same year the smashed wall was built. At Jam Jerrup one mature mangrove collected more sand than a huge geotextile sausage.

Suggestion

Mangroves can be purchased for \$3 each if available. Three rows one meter apart and at metre centres are required. However, I can show how to transplant seedlings successfully from Pioneer Bay. I am happy to work with any group.

I suggest we protect the worst parts with a concrete rubble bund for protection while mangroves grow. If desired the concrete rubble can later be taken to the tip if residents require, once the mangroves are established. This would require Coastal Management Approval and would be administered by the Grantville Foreshore Committee.

Trial Bund

This would require Coastal Management Approval and would be administered by the Grantville Foreshore Committee.

Grantville erosion is continuing to cause concern. Mangroves we have planted may take at least 7 years to affect the situation.

I suggest we build a trial bund of about 100m long. At the same time we plant 300 plants from Kooweerup Secondary which are the best available. I am talking to Mick Dortman about a permit under the Coastal Management Act which we will need and with Derek Hibbert about Shire interests.

The bund will be about one meter high and gently sloping towards the sea. We will get costs of suitable materials and select the cheapest. Soil, crushed rock or concrete rubble will be priced. It is expected that concrete rubble will be the cheapest. It works extremely well at Caldermeade where it is already becoming covered with salt marsh plants.(see pic) A modest layer of soil will ensure plant cover. After mangroves are established it can be easily removed if residents wish. However I believe it will be barely visible by then.



This picture shows Concrete rubble forming an effective wave barrier, at Caldermeade.

Tim suggests we would not need one this big.

If this idea works, further funds would be sought to extend the idea.

Dr Tim Ealey is also carrying out experiments growing Salt Marsh plants (Sarcocornia) on concrete rubble.

Mangroves will not invade the beach. If they do, get permission to remove them. Mangroves are extremely important but NOT sacred or endangered, in fact they are increasing.



Mangrove trapping more silt than expensive geotextile barrier at Jam Jerrup.

Dr. Tim Ealey

Interesting Comment

Well known and respected author, Graham Patterson, who has walked the coastline 580 kilometres from Point Lonsdale to San Remo, says in his latest book.

“The shoreline at Grantville is under frequent attack from the sea. The impact has been most serious where there are no mangroves.”

Graham has a feature article on Tortoise Head, on French Island, of page 16 in this edition, and we will be featuring some interesting excerpts from his book -

Coastal guide to nature and history 2

Over the next few months.

Graham's book costs \$30 and is available from Grantville Newsagency and the French Island store.

Editor.

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Local Business News



BASS VALLEY COMPUTERS - SALE

Bass Valley Computers are having a huge clearing sale, so if you are in the market for a bargain, give Ed a call now.

PC 1: Summary Acer Tower/Desktop case
Operating System Windows 7 Home Premium
64-bit SP1
CPU Intel Pentium E5200 @ 2.50GHz Wolfdale
RAM 4.00GB Dual-Channel DDR3 @ 399MHz
(6-6-6-15)
Motherboard Acer EQ45M (CPU 1)
Graphics 1024MB ATI AMD Radeon HD 5450
Storage 465GB SATA ST3500418AS
Disk Device (SATA)
Optical Drives HL-DT-ST DVD-RAM GH40F
SCSI CdRom Device
Audio Realtek High Definition Audio
Price \$200.00 ONO 6 Months warranty RTB

PC 2: Summary Thermal Tower Case
Operating System Windows 10 Home 64-bit
CPU AMD Phenom II X6 1100T Thuban 45nm
Technology RAM 16.0GB Dual-Channel DDR3
@ 669MHz (9-9-9-24)
Motherboard ASRock 980DE3/U3S3 R2.0
Graphics 1024MB ATI AMD Radeon HD
7700 Series
Computer Storage 1863GB Hitachi
HDS5C3020ALA632 ATA Device (SATA)
232GB Samsung SSD 850 EVO 250G
Optical Drives BLU Ray HL-DT-ST
BDDVD RW CH12LS28 ATA Device
Audio Realtek High Definition Audio
Price \$780.00 ONO 6 months Warranty RTB

PC 3 Summary Tower case
Operating System Windows 10 Home 64-bit
CPU AMD Phenom II X2 555 Callisto 45nm
Technology RAM 8.00GB Dual-Channel DDR3
@ 669MHz (9-9-9-24)
Motherboard Gigabyte Technology Co., Ltd.
GA-880GM-UD2H Graphics 1024MB ATI
AMD Radeon HD 5450
Storage 111GB Samsung SSD 840 Series SATA
Disk Device (SSD)
931GB SAMSUNG HD103SI SATA Disk
Device (SATA)
Optical Drives LITE-ON DVDRW LH-18A1P
ATA Device
Audio Realtek High Definition Audio
Price: \$500.00 ONO 6 Months Warranty RTB

PC 4 Summary Dell slim Tower/Desktop with
Small foot print Case Operating System
Windows 10 Pro 64-bit
CPU Intel Core 2 Duo E7500 @
2.93GHz Wolfdale 45nm Technology

RAM 4.00GB Dual-Channel DDR3 @
531MHz (7-7-7-20) Motherboard Dell Inc.
0G785M (CPU) Graphics Intel Q45/Q43
Express Chipset (Dell) Storage 119GB
SAMSUNG MZ7TE128HMGR-000L1 (SSD)
Optical Drives HL-DT-ST DVD+-RW
GT10N SCSI Cd Rom Device
Audio High Definition Audio Device
Price \$400.00 ONO 6 months Warranty RTB

PC 5 Summary Tower Antec Case
Operating System: Windows 10 Pro 64-bit
CPU: Intel Core 2 Duo E6600 @
2.40GHz Conroe 65nm Technology
RAM: 4.00GB Dual-Channel DDR2 @
399MHz (6-6-6-18) Motherboard: Gigabyte
Technology Co., Ltd. GA-N680SLI-
Graphics: 1024MB ATI AMD Radeon HD
5450
Storage: 465GB Western Digital WDC WD50
00KS-00MNB0 SATA Disk
223GB SSD KINGSTON SV300S37A24
Optical Drives: DVD+-RW AD-5170S SSATA
Cd Rom Device
Audio: Realtek High Definition Audio
Price \$635 ONO with 6 Months warranty RTB

PC 6 Summary Tower Case ANTEC
Operating System Windows 10 Pro 64-bit
CPU Intel Core 2 Quad Q8200 @
2.33GHz Yorkfield
RAM 4.00GB Dual-Channel DDR3 @
533MHz (7-7-7-20)
Motherboard Gigabyte Technology Co., Ltd.
EP41T-USB3

Graphics 1024MB ATI AMD Radeon HD
5450 Storage 223GB SanDisk
SDSSDXPS240G (SSD)
1863GB Western Digital WDC WD20EZR-
00D8PB0 SATA Device
Optical Drives BENQ DVD DD DW1640 ATA
Device
Audio Realtek High Definition Audio
Price \$460.00 ONO 6 Months warranty RTB

PC 7 Summary HP All in ONE Touch Screen
23.5"/59Cm
Operating System Windows 10 Home 64-bit
CPU Intel Core i3 2120 @ 3.30GHz
Sandy Bridge 32nm Technology
RAM 4.00GB Single-Channel DDR3
@ 665MHz (9-9-9-24)
Motherboard PEGATRON CORPORATION
2AC3 Graphics HP Touch Smart
(1920x1080@60Hz) 1024MB ATI AMD Radeon
HD 6450 Storage 223GB KINGSTON
SV300S37A240G SCSI Disk Device (SSD)
Optical Drives HP DVD A DS8A8SH SCSI Cd
Rom Device Audio IDT High Definition Audio
CODEC
Price \$788.00 6 Months Warranty RTB

8 Summary HP EliteBook 14"/36Cm Screen
Operating System Windows 10 Pro 64-bit
CPU Intel Core i7 2720QM @
2.20GHz Sandy Bridge 32nm Technology
RAM 6.00GB Dual-Channel DDR3 @
532MHz (7-7-7-20) Motherboard Hewlett-
Packard 161C Graphics 1024MB ATI AMD
Radeon HD 7400M Series (HP)
Storage 238GB MTFDDAK2 56MAM-1K1
SSD Disk Device Optical Drives HP DVD
RAM GT50N SCSI Cd Rom Device

Audio IDT High Definition Audio
CODEC
Price \$540 ONO 6 Months Warranty RTB

9. Quantity 6 Desktops Case with 17" LCD
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64-bit SP1
CPU: AMD Athlon 64 X2 3800+ Windsor
90nm Technology
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332MHz (5-5-5-15)
Motherboard: Hewlett-Packard 0A64h (XU1
PROCESSOR) Graphics: 1024MB ATI AMD
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People & Places

RSL LIFE MEMBERSHIP HONOUR FOR LOCAL WWII VETERAN



Clive Ringshaw

Small rural towns are notorious for many things, one is that it is virtually impossible to keep a secret about anybody or an event that is to be held

more than two days after it has been decided to have one.

Lang Lang RSL sub-branch had such a problem as it is only a small traditional sub-branch. The function they wanted had to be moved to the Palace Hotel as it was the only place in town that could comfortably cater for seventy people and had to be booked early due to the organizer forgetting about the Melbourne Cup activities. To compound the problem three special guests were invited who also came from rural areas as did other guests who came from far and wide.

On November 1, 2015 seventy people including Mr. "Hyrum" Ristrom (immediate past President of the Kanimbla Association), Mr. Steve Cunningham and Mr. Nevin Phillips, welcomed Mr. Keith Brown, (President of Lang Lang RSL sub-branch through the doors of the Palace; who said small towns cannot keep a secret, Keith thought he was to attend another function at Inverloch.

Upon entering the main function room, Keith saw Hyram, Nevin and Steve were sailors with whom he had served with on HMAS Kanimbla (RAN Landing Ship Infantry) during WWII in the Pacific one of whom he had not seen for many years.

More was to come. Mr. Gus Moore acting as the MC, after making sure Keith had been seated and a liquid refreshment was in hand, introduced Councillor Graeme Moore of Cardinia Shire Council, Mr. Ray James (President Trafalgar RSL sub-branch), Mr. Kevin Moon (President of Korumburra RSL sub-branch), Mr. John Camilleri (Vice President Koo Wee Rup RSL sub-branch), Mrs Dallis Cole (President of the Lang Lang RSL Women's Auxiliary), Mr. Murray Watson (President Cardinia Ex-service and Friends Social Group) and representatives of Melbourne and South Eastern Legacy.

Councillor Moore then proceeded to give a short bio about Keith Brown's life, who still thought he was there for a reunion, and then presented Keith with his Life Membership to the Returned and Services League of Australia Certificate with the following Citation: "Keith Douglas Brown was mobilised by proclamation and reported for duty with the Royal Australian Navy 6th December 1942 and was demobilised 30th April 1946 after serving within the Pacific

Theatre. He joined the Returned Services League of Australia as a Service member December 1, 1946.

During continued service with the RSL, Keith held the President's position of the Korumburra sub-branch 1970-1972 and Lang Lang sub-branch 1987 and from 2004-2015. Notwithstanding, other various positions: on executive committees and as a committee member. Keith has always lived within the rural community from Warragul to Lang Lang and has gained the highest respect from everyone he has had dealings with for his tact, initiative and dedication to the Veteran and rural communities at all levels

The Cardinia Shire Council, South Eastern Legacy Group and Lang Lang Primary School, all as one commend Keith for his caring and compassionate manner promoting Mateship and Remembrance and for the assistance given freely on issues relating to the RSL and Returned Servicemen and Women of the area. Particularly to the involvement and education of the younger generations, regarding ANZAC Day and Remembrance Day, both at the Cenotaph and school services. Keith also demonstrates his leadership qualities with his involvement of the Lang Lang sub-branch Women's Auxiliary and the continued longevity of a small traditional sub-branch. He is always involved in the organising and selling of ANZAC, Legacy and Poppy badges thus keeping up the traditions of the RSL and enabling the sub-branch to achieve above expectations of fund raising whilst at all times working within the Spirit of the RSL Charter.

When speaking with the children or older folk of the community they always say "Keith Brown; He is the RSL man". That in itself is a legacy within his community." Graeme then asked everyone to charge their glasses and proposed a toast to Keith. This was followed by not a timid "Hear, Hear" but three lusty cheers as befitting a past member of the Royal Australian Navy.

After Keith regained his composure, with a smile bigger than the West Australian coast line, he regaled the guests about some of his experiences with his shipmates ("partners in crime" so we were advised-no names Steve), including the time they were running late to re-join their ship and "borrowed" a tram to make it on time.

Much to the chagrin of the Captain; who awarded him seven days stoppage of pay for their initiative. At the end of the formalities Gus asked Mr. Ray James if he would be kind enough to recite The Ode, bringing closure to that part of the day.

A pleasant afternoon was then enjoyed by all thanks to the catering staff of The Palace and live music by Brain Candy who sang

well-known songs of the era including a soul searching rendition of: "And The Band Played Waltzing Matilda".

Who said a Rural Community cannot keep a secret?



"Partners in crime" Shipmates of HMAS KANIMBLA 1943-45L-R: Mr. Nevin Phillips, Mr. Keith Brown, Mr. Steve Cunningham and Mr. "Hyrum" Ristrom

THE CYCLE STARTS AGAIN

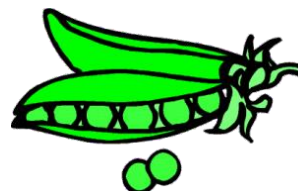
Kel Wilson

Well the cycle starts again. Spring with its variations, from hot and humid to the weather has turned grey and drizzly that we now experience.

The pea paddocks have browned off even though other paddocks around are still green, tractors are ploughing, turning the brown grass under. The grey Loam now colours the pea paddocks though their are patches of clod with a crew cut of grass sticking up. . Today the pea growers are ploughing again. There is another tractor with a rotary hoe turning the rough clod into fine tilled soil ready for planting.

Guys creek has dried to damp soil and the occasional billabongs with water-grass growing out from the banks Ploughing is complete. Planting, complete. The pea paddocks which provided for water birds during winter are now host to crows and magpies who are delighted to share in man's provision of peas on the menu. One day in a row of warm weather seems to be the pattern for this November. In fact this feels more like December weather which is often wet and cool with occasional sunny stretches.

Thin rows of pea plants are now emerging. Tentatively reaching out for the sunlight starting another season, another harvest. The cycle goes on.



THE WRITINGS OF E.E.CALDWELL



This is the final in the current series of writings of E.E (Betty) Caldwell. We look forward to the hope of getting some more of Betty's work next year, Thanks Betty.

END

It is perhaps accurate to say that everything has a beginning and an inescapable end. We know that the world commenced spinning in orbit long, long ago.

Although many a foreteller of doom has predicted its demise at a particular time no one has any real knowledge of how it will occur.

Sometimes when everyone acknowledges a final conclusion, there is a loophole left by fate seemingly to mock mankind's feeble efforts.

In 1485 Richard Plantagenet became the last English king to die in battle, He bowed out and the Yorkist house have way to the rule of the Tudors. That would appear to be the end of Shakespeare's villain and his hideous, malformed body. Whether or not he arranged the murder of his two young nephews will probably never be decided, but he was quite efficient in handling his country's trade and finances during his limited time in the top job. It lasted only two years and with his death at Bossworth Field, the story of Richard the Third ended ...

That is until the recent discovery of his body beneath a concreted carpark. Thus interest in history's much maligned character was revived. Without a great deal of pomp and ceremony, Richard has been accorded the belated honour of a decent burial at Leicester Cathedral.

This is the end of England's last Plantagenet King.

Or is it

E.E Caldwell 2015



POET'S CORNER

Contributions always
Welcome
editor@waterlinenews.com.au

The Bear

I roam the wild forest at large
eat the berries all I can
the Bear I am

Rocky mountains give me shelter
up in the wild places hidden away
I was hunted and still I am

Catch fish in cold clear waters
gather honey feed my young ones
I bask in the mid-day warmth

When winter comes I'll hide away
sleep through the cold and snow
until spring comes again

I amble through green pastures
I swim in chugging brooks
and climb trees for fun

I am a solitary bear
except for the time when I roll and play
with my family and a few good friends.

Judy Bartosy

Published in From Silver Pines to Blue Gums,
Seaview Press, Adelaide, 1997

Red Gums

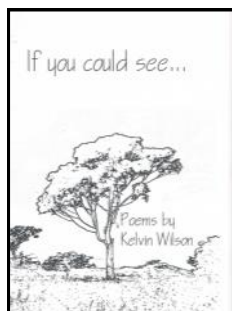
Across the open western plains
The solid Red Gums roam
Their shady branches lifted high
Their feet hug sandy loam

They tend to follow the river's brink
Near to the water's course
In the plains if you think you will find a link
They're still close to that vast resource

A gnarled and twisted old man tree
Grasping at a mullock heap
Its hungry mouth sucks in a drink
From its taproot growing deep
They have shade for the way and wood for the fire

But don't you dare camp under
For their limbs are tall and they often fall
Would you risk that I wonder?

Kelvin Wilson



Red Gums is one of almost 20 poems in Kelvin Wilson's book of poems titled: "If you could see" Which is only available for purchase direct from him.

kelbarb2@gmail.com

Open Day at the Boys' Home

Polished by generations of boys
glossy banisters glinting in sun
usher me upwards, to my past.
I see my strong Digger father
with gun, kit ready for war
then exhausted from
effects of mustard gas
lying prematurely in his coffin.

At Boadicea
my mother battles to keep
our Soldier Settlement farm going.
She cannot cope
the government takes it back.
We shift to Melbourne.
Deep in grief, despair
she sends me to the boys' home.

I look up.
Churchmen's faces leer down.
I hate him and him and him.
I snarl, 'Hateful pigs!'

'What's wrong?' my wife asks.
Like a brutalized puppy
I snuffle into my handkerchief.
'I can't do this.'
I turn, blunder downstairs
burst into sunshine.
'It was a bad idea coming here,' I say.
'I'm never coming back!'

Meryl Brown Tobin

In memory of Lou of Grantville, Vic

BOOK REVIEW

Thoughts in Miniature is a small book of Haiku - Poetry.

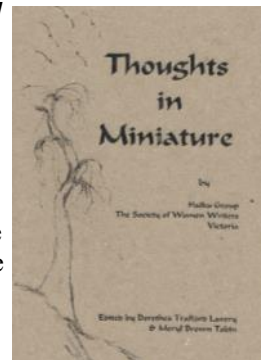
In this book, five of the most recognised exponents of the fine art of Haiku, offer the reader pristine and seemingly effortless pieces for your reflection and enjoyment.

The five poets are: Dorothea Trafford Lavery, Rhona Fahey, Meryl Brown Tobin, Janet Howie and Rebecca Maxwell.

The reason we are talking about this book today, which was first published in 2003 and reprinted a year later, is that commencing in January we will be publishing a selection of Haiku poems from these great poets.

It is a great privilege to have access to their work so start looking forward to it, now.

Editor



Writing

PERSONALITY OF THE MONTH

Wendy-Jane Sheppard
Portrait Artist



Wendy-Jane's story is one of creativity that is filled with a passion for drawing and painting the portraits of the animals and people she has met throughout her life, which is filled with love and empathy for those who have been a part of her journey. As a child Wendy-Jane lived near Bradbury in the Adelaide Hills. It was an idyllic childhood as she drew and painted pictures surrounded by a menagerie of animals, which included dogs, cows, sheep and donkeys.

Wendy-Jane began her professional artist career in her late 20's and was very successful painting landscapes in her own unique impressionist style that resulted in her winning many awards. At this time Wendy-Jane was also nominated and honoured by being made a Fellow of the Royal South Australian Society of the Arts. This was soon followed by Wendy-Jane being nominated and holding the position of President of the Royal South Australian Society of the Arts.

Wendy-Jane undertook her Bachelor of Visual Arts with Honours at the University of South Australia, which was the catalyst for her to significantly alter the focus of her art practice to portraiture and in particular portraits of animals.

Wendy-Jane is a current member of the Portrait Artist of Australia and a significant portrait painted by her, of Edna Louise Shaw, hangs permanently at the James Cook University, Library in Townsville, Queensland.

The style of Wendy-Jane's portraiture is Traditional and Photo Realist. She aims to go beyond the simple replication of the photographs that she uses to create her distinctive and exceptional portraits. She aspires to capture the personality and characteristics of the individual animal or person and achieves this through very careful observation as well as discussing with the client their relationship with the subject of the portrait and this results in the finished portrait portraying the very essence of the unique individual.

Wendy-Jane has undertaken many portraits commissioned by clients over her 28-year artist career. Her primary focus in recent years has been the drawing and painting of greyhounds, in addition to the portraits of many other animals.



Wendy-Jane five years ago adopted two beautiful greyhounds, brothers Buddy and Leo from Greyhound Safety Net, a wonderful organisation of dedicated volunteers finding forever homes for retired greyhounds. Wendy-Jane was immediately inspired by Buddy and Leo's physical characteristics as well as their gentle and benevolent dispositions and devoted herself to drawing and painting greyhounds and this quickly extended to being asked by other people to draw and paint portraits of their greyhounds.

"I am so lucky to be able to combine my two passions; my love of drawing and painting with my love of greyhounds"
Wendy-Jane Sheppard, 24-11-2015

A selection of Wendy-Jane's many portraits can be viewed on her Facebook page Wendy-Jane Sheppard and Art Wendy-Jane Sheppard as well as on her website www.wendyjanesheppard.com



These are just two examples of Wendy-Jane Sheppard's outstanding works.

DECEMBER EVENTS



Footsteps

Artworks by Russell and Carol Monson from their walks in June 2015 on the iconic West Highland Way in Scotland. This 152 kilometre walking trail through craggy highlands, past vast lochs and across wild moors inspired Russell and Carol to pool their talents in a photographic, textile and mixed media exhibition. As well as this the gallery has an ever-changing exhibition of Laurie Collins' sculptures and the sculpture garden develops month by month. Red Tree Gallery at Laurie Collins Sculpture Garden, Jindivick. www.lauriecollins.com.au

December to January

Leongatha Art and Craft Society Inc Celebrating emerging local artist Kellie Smith, whose charming grey lead portraiture will be available for viewing and purchase. In addition, gallery members display their craft. Gallery open weekdays 10-5pm (closed Tuesdays) and Saturday 10-2pm. Leongatha Gallery Corner McCartin Street and Michael Place, Leongatha.

December to February

Annette Spinks Wave Exhibition The 'Wave' series is inspired by Annette's love of the ocean and beautiful surrounds in Inverloch. Annette Spinks Art Studio and Gallery, 60 Dixon Street, Inverloch. 0418 555 222 www.annettespinks.com.au

December 5 to January 27

Sculptures at Lucinda There will be close to 20 invited artists from near and far displaying their wonderful sculptures among the vines over the holiday season this year. Beginning with a twilight opening on December 5 from 5:30pm, Lucinda Estate Vineyard is then open on weekends throughout December. From the New Year it will be open daily for tastings, pizzas and amazing sculptures. Contact Bob Hickman on 0439 303 244 or the vineyard. Lucinda Estate Winery 108 Parr Street, Leongatha www.lucindaestate.com.au

Special Historical Feature

LEADBEATERS POSSUM

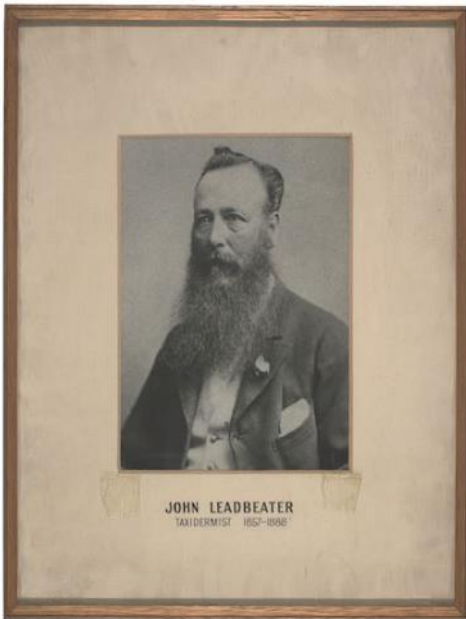


Elizabeth Skidmore

In July 1867 a specimen of a little possum was found near the village of Woodleigh on the Bass River. The possum is a dark grey to brownish creature measuring up to 40 cm from nose to tail tip. It has a double

brownish pattern near its eyes and ears, a dark stripe down its back, white undersides and a tail that enlarges toward the tip.

The Director of the National Museum named this possum Leadbeater's Possum after John Leadbeater who was employed by the museum to collect specimens of birds and animals for the museum. John Leadbeater came to Australia about 1853 after the death of his father also John who was an ornithologist and collector with an established family business in London. It was said of him that he was "well known at home and abroad for his love of science"



John Leadbeater established a natural history business in Australia. They collected specimens for the London company on a

large scale and sent them preserved in spirits for anatomical examination as many were new to Britain and Europe. It is probable that this firm employed members of the Peters family of Corinella to collect specimens and this prompted Leadbeater to come to Corinella himself.

William Peters settled at Deep Creek at Grantville and later selected land at Corinella.

This property called "Mimosa Park" was between Coronet Bay and Corinella. The prime activity of the Peters family was to collect preserve and mount examples of animals and birds. I am told that there are still specimens in the Museum with cardboard tags with Peters written on them. They would camp in the bush and forests of the Bass Valley and snare birds and animals. These must not be damaged by shot or traps for proper stuffing and mounting. They would carefully select areas where the animal or bird was known to frequent and be in waiting for this one to be caught.

John Leadbeater would have known of the Peters families work in this area. He also acquired land in the Corinella area.

Leadbeater was a man of outstanding skill and his work for the museum in mounting displays was of a "high standard of specimens exhibited"

After the discovery of the possum in 1867, there were no more findings and the possum was thought to be extinct. However in 1900 a mounted specimen was discovered and in 1909 another mounted possum came from a gold miner at mount Wills in East Gippsland. Another specimen came from the KooWeeRup area in 1915. Despite extensive searches these five were all that was found between 1867 and 1961.

In 1961 a small but active colony was discovered near Marysville. Other small colonies have since been discovered but as it has a very restricted distribution and careful requirements for habitat and food sources it is to be hoped that captive bred colonies can be established in both new and old growth forests of Mountain Ash on the steep slopes of the Gippsland mountains before it is too late for this small but vital emblem of our shire and state.

Elizabeth Skidmore

Experience is the hardest kind of teacher. It gives you the test first and the lesson afterward.

Oscar Wilde

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On the Road



PLACES TO GO Summer Series No.2



National Vietnam Veterans Museum
25 Veterans Drive
Newhaven

5956 6400
10am - 5pm
Mon - Fri

When you visit the National Vietnam Veterans Museum, be prepared for an authentic experience.

From the moving Light & Sound show, through the new galleries showing the experience of veterans in the Vietnam War, in themed exhibitions changing every three months, and to the words of the veterans themselves, the NVVM provides visitors with a fascinating, emotional, rewarding and educational journey through the tumultuous years of the Vietnam conflict. The museum mixes remembrance and reflection with a unique museum environment dedicated to the heritage and legacy of Vietnam veterans.



A huge collection of artefacts, both large and small, interpreted with information, imagery and audio (using our fantastic InfoWand devices and touch screens) will keep you, your family and friends engaged for the length of your visit. Guided tours are available for groups and schools.

The National Vietnam Veterans Museum has an extensive collection of artefacts and objects, both large and small, collected over almost 20 years. Many items have been donated by veterans and family members. Others have been gifted from other institutions like the Australian War Memorial or the RSL or acquired by the museum commercially. From helicopters to images, from our tank to a letter home, everything in the collection is important. The collection has grown from small beginnings by donations to the original travelling 'museum' trailer, to donations now to a relatively more sophisticated collection process today, albeit one still largely dependent on volunteers. Like any collection, items received must be receipted, assessed, accepted into the collection or declined, acknowledged, cleaned, stored and or displayed. This process might seem simple but actually requires many hours of work for the simplest of items. Added to the need for conservation and preservation is the need to rotate items which are on display to protect them from the ravages, over time, of light and ultra violet rays, dust and other environmental hazards.

As well, the requirements of presenting exhibitions which use the museum collection also places large demands on the volunteer collection team.

Last of all, the need to steadily improve and refresh the exhibits seen by the public also require not just volunteer work time but also funds to upgrade display cases, lighting and exhibit development. So there is always much to be done just to keep up with these demands. For example, the museum is currently working on a brand new lifesize diorama exhibit showing a Viet Cong tunnel system, but often changes in the collection include simple things like adding a new digital picture frame or changing the position of an item to a more appropriate space.



THE NUIT DAT CAFÉ

Nui Dat Café at the National Vietnam Veterans Museum



The Nui Dat Café is located at the National Vietnam Veterans Museum on Phillip Island. Dianne Keady is the owner of this flourishing business. Popular with locals, volunteers and visitors, Dianne provides a variety of scrumptious treats with a friendly face and a winning smile. 'I believe in freshly baked, wholesome food, using local produce where possible' says Dianne. Visitors and locals rave about the delicious home baked lemon cake, the café's signature dish. Customers often remark 'It's one of the best kept secrets on the Island.' The daily specials currently include homemade pumpkin soup with a cheese and chive scone or roast beef and salad rolls which are so popular she can hardly keep up with demand. 'Good Country Cooking' was a comment recently made on Trip Advisor. The menu includes baked potato with the lot, veggie salad burger, toasties, Di's beef, bacon, salad burger with chips and a variety of cakes and slices. The Devonshire Teas with freshly baked scones, jam and cream are super popular with groups and Dianne has a separate menu designed to cater for larger functions, including Probus clubs, seniors groups and school groups. Kids can enjoy mini beef pies with chips or a fruit and cheese plate and don't forget the old fashioned milkshakes with a range of flavours! Of course the coffee is really good too! Nearly forgot – a new addition to the menu, on Thursdays only, Sushi rolls. Outside catering on request, just ask Dianne for a quote. The Nui Dat Café is a great place to relax, with good music from the 60's and 70's in the background. Enjoy the atmosphere with the Museum on the doorstep. 25 Veterans Drive, Newhaven off Phillip Island Rd behind the Heliport. Enquiries: Dianne

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Trivia and Lifestyle

QUIZ?

1. What date is St Stephen's Day?
2. In Charles Dickens' novel A Christmas Carol, who was Scrooge's dead business partner?
3. The song White Christmas was first performed in which 1942 film?
4. London's Trafalgar Square Christmas tree is traditionally given by which country?
5. In the song The Twelve Days of Christmas, '...my true love brought to me nine...' what?
6. Name the original eight reindeer from the 'Twas the night Before Christmas' poem?
7. Which Christmas carol includes the lyrics '...To save us all from Satan's power, when we were gone astray..?'
8. The character Jack Skellington appears in which 1993 Tim Burton film?
9. What colour are the berries of the mistletoe plant?
10. In the inspirational 1946 film, It's a Wonderful Life, what's the name of George Bailey's guardian angel?
11. What are the names of the three wise men said to have brought gifts to the baby Jesus?

12. What is New Year's Eve called in Scotland?
13. What Christmas item was invented by London baker and wedding-cake specialist Tom Smith in 1847?
14. In what year was Band-Aid's Do They Know It's Christmas the UK Christmas chart-topping record ?
15. Which modern country is St Nicholas's birthplace and hometown ?
16. Who wrote How the Grinch Stole Christmas?
17. From which country does the poinsettia plant originate?
18. Who is officially credited as the author of Auld Lang Syne?
19. How many points does a snowflake have?
20. What is the name of the cake traditionally eaten in Italy at Christmas?

ANSWERS

1. December 26. 2. Jacob Marley. 3. Holiday Inn. 4. Norway. 5. Ladies Dancing. 6. Comet, Cupid, Dasher, Dancer, Prancer, Vixen, Donner and Blitzen, (or Dunder and Blixem). 7. God Rest Ye Merry Gentlemen. 8. The Nightmare before Christmas. 9. White. 10. Clarence (oddbody). 11. Balihassar. 12. Hogmanay. 13. Christmas Cracker. 14. 1984. 15. Turkey. 16. Dr. Melchior and Casper (or Gasper). 17. 12. 18. Melchior and Casper (or Gasper). 19. 12. 20. Panettone.

The Philosopher's Zone

A Beautiful story with moral.....

A very poor man lived with his wife...One day, his wife, who had very long hair asked him to buy her a comb for her hair to grow well and to be well-groomed.



The man felt very sorry and said no. He explained that he did not even have enough money to fix the strap of his watch he had just broken. She did not insist on her request. The man went to work and passed by a watch shop, sold his damaged watch at a low price and went to buy a comb for his wife. He came home in the evening with the comb in his hand ready to give to his wife. He was surprised when he saw his wife with a very short hair cut. She had sold her hair and was holding a new watch band.

Tears flowed simultaneously from their eyes, not for the futility of their actions, but for the reciprocity of their love.

MORAL: To love is nothing, to be loved is something but to love and to be loved by the one you love, that is EVERYTHING. Never take love for granted.

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Self Sufficiency

7 amazing bicarb cleaning recipes for around the home



It's getting closer and closer to Christmas and now's the time of year we want to have our house looking ship-shape for our guests.

Before you go out and buy cleaning products for the big spring clean, simply look in your cupboard! You can make some amazing cleaners at home with bicarb and a couple of extra ingredients. Here's 7 of the best recipes we've found. Which will you try?

1. Laundry booster

Restore those colours and give your laundry a boost by adding half a cup of bicarb soda to your wash cycle. It'll also make your clothes so soft.

2. Drain cleaner

Got clogged or smelly drains? This is an easy fix. Simply add a cup of bicarb soda to any drain and let it sit for an hour. Then, boil 2 cups of vinegar and dump it down the drain. Run hot water and your drain will no longer smell. Easy!

3. Oven cleaner

This is where the magic will be happening this Christmas, and the last thing you want is dangerous chemicals seeping into your cooking. Clean your oven by dusting the inside with a light coat of bicarb soda. Spray vinegar over the top of it until it begins to fizz. Leave the solution in for at least four hours and then wipe with a damp cloth.

4. Make a surface scrub

For effective cleaning of bathroom tubs, tile and sinks, all you need to do is sprinkle bicarb soda lightly on a clean damp sponge and scrub as usual. Rinse thoroughly and wipe dry. Add coarse salt to the mixture to make it a bit more abrasive if you need to.

5. Deep-cleaning cleanser

This works on any bathroom surface – it cuts through soap scum and mildew as well as any commercial bathroom product and costs just a few dollars. All you need is 1/5 cup of bicarb, 1/2 cup liquid soap, 1/2 cup water and 2 tsp white vinegar. Simply combine this together in a squirt or spray bottle and apply to your surface.

6. Carpet cleaner

Get those stains out of your carpet before the family arrives by mixing bicarb soda and liquid soap in a bowl. Dilute with water and add the vinegar. Stir the mixture with a fork until any lumps have been dissolved. Pour the liquid into the bottle. Shake well before using. Squirt on area to be cleaned. Scrub

with a nylon-backed sponge. Rinse off with water. Keep cap on between uses. Rub light carpet stains with a mixture of 2 tablespoons salt dissolved in 1/2 cup white vinegar. Let the solution dry, then vacuum. For larger or darker stains, add 2 tablespoons borax to the mixture and use in the same way.

7. Clothing stain remover

A combination of bicarb and water mixed together to form a paste, then put on to clothing stains. Let it soak in for a while then wash as normal.

Have a go and let us know how you get on.
editor@waterlinenews.com.au



NATURAL HAIR CARE

Pam Marshall

'Hair-care' is my favourite topic! After years of dandruff problems using commercial shampoos and thinning hair later in life (and pointless medical checks and blood tests looking for possible causes) I came to the realisation that the chemicals in commercial preparations were my worst enemy. When I used commercial hair colouring products my hair fell out and thinned even further. So the warning signs had always been there. I now no longer use chemical preparations on my hair and use a soap-based home-made shampoo containing rosemary and lavender to stimulate hair growth (which people make and take home during my Natural Hair & Body Products Workshop). Occasionally for something different I make up a lemon-based bleach to enhance the fairness of my hair – see e-book No. 71 - Natural Hair Dyes and Colours for recipe – its cheap and easy to make. As a result my hair and scalp have greatly improved - and although the hair that I lost some years ago has not fully grown back - there has been no further hair loss and the dandruff and itchy scalp issue have become something of the past.

What are the best natural hair & body alternatives?

Pure soap - Most commercial shampoos are detergents - common grease strippers that

remove all the natural goodness from the scalp and hair. Good quality soap is gentler and contains less chemicals. Make up and use soap based shampoo that contains natural oils to enhance hair health.

Eggs - High in natural protein it has been known for centuries that eggs are one of the best mediums for enhancing hair health and lustre. Remember 'egg-creme shampoo' from days gone by?

Cider vinegar - A natural anti-bacterial hair rinse and conditioner.

Almond Oil - Oil added to shampoos is a natural hair conditioner and 'de-tangler'.

Oatmeal - Older generations believed that natural hair oils were essential for healthy hair and scalp. To avoid 'over-washing' the hair and removing all the natural oils a 'dry shampoo' was used as an alternative.

Oatmeal - when rubbed into the scalp - would absorb the excess oil which can then be brushed out - without stripping the hair and scalp of all its natural oils.

Herbs - Fresh is always best. A simple infusion of fresh garden herbs and water - cooled and strained - used as a hair rinse - imparts the healing properties of the herbs into the scalp to heal and rejuvenate.

Lemon - A natural bleach - straight from Mother Nature - that is gentle, safe (and cheap!).

Rice-flour - A talc alternative this is not mined - taken from the earth's resources. Rice-flour (and corn-flour) are similar to talc in texture and do much the same job. Unlike talc they also do not contain added chemicals (such as to prevent caking).

For more information..... e-Book No. 14 - Natural Hair Care. Offering lots of hair-care options. Includes numerous natural recipes for shampoos, conditioners, rinses, herbs for hair care, specific hair problems: dandruff, oily hair, baldness, graying hair, frizziness. Covers dry shampoos, hair spray and hair setting lotion. Price: \$12.00

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GROWING CITRUS TREES

Part 1

Linda Ross



Maximise the orange, lemon and lime harvest from your garden or balcony.

I cannot imagine life without citrus... without zesty fresh juices full of vitamin c, more-ish lemon delicious puddings, a squeeze of lime in a soda or a Corona, or hot water with lemon to kick start my mornings. Life would be so very bland without these things.

Citrus trees are some of the easiest fruit trees to grow in your backyard. Their popularity is deserved: they are ornamental yet productive, have handsome shiny green leaves and fragrant flowers, and they add wonderful flavours and zing to cooking. Equipped with my growing tips, you should be harvesting box loads in no time at all.

Position

Citrus plants love sunshine – five hours a day is required for maximum fruiting. Planting them in a north-facing, warm and sunny position is best. In cooler climates, grow them alongside a sunny wall, where radiated heat will warm them; alternatively, bring pots inside during winter. Citrus plants like water, but any water must drain away quickly and not pool in the root

zone. to prevent this, before planting, dig a hole in a potential planting spot and fill with water; if it takes more than 30 minutes to drain, the drainage is inadequate. mound the soil or choose another spot.

Growing guide

Sunshine, quick-draining soil, airflow, infrequent deep watering and seasonal feeding are the keys to citrus success. In cold climates, plant the tree in spring when the soil has warmed up; in warm areas, trees can also be planted in autumn. Good soils improved with well-rotted cow manures, potash, blood and bone or a handful of garden lime each year will produce regular and reliable crops. Planting on mounded soil will prevent drainage problems, collar rot and fungal diseases. Citrus trees have shallow feeder roots that need protection with mulching (the mulch shouldn't touch the trunk) and feeding with citrus food and organic pellets throughout each season. mature trees need two kilograms each of fertiliser and citrus food applied to the drip line each season. Start young trees off with 200 grams of food and build up the amount as they grow. When grown as a garden tree your citrus should be trained into four main branches. Open up the centre of the plant to increase airflow, and cut back shoots to a few buds after fruiting. Prune the young shoots to create bushiness. Choose a citrus grafted onto a rootstock suitable for your local environment and soil type. Trifoliata rootstock creates a dwarf tree, which is cold tolerant and resistant to collar rot, so ideal for heavy soils and cool areas. Citrange rootstock makes a faster-growing, taller tree, intolerant of poor drainage, so is ideal

for coastal areas.

Citrus in small spaces

Do you want to grow citrus but don't have the room for big trees? One solution is to train your citrus flat against a warm, north-facing fence, a technique known as 'espalier', but what I call my 'gin and tonic wall'. Plant them at 1.2-1.5-metre intervals, about 30 centimetres from the fence. Tie the stems to horizontal wires along the fence and place the wires about 20 centimetres apart. This way the trees don't encroach on the garden, but provide an evergreen screen to hide the fence. Growing a range of varieties along the fence means there's always fruit ready to help kick off 6pm drinks.

Potted citrus



Everyone with a spot of sun can grow citrus in a pot, but be aware they need constant care, feeding and watering to produce a healthy crop. Half wine barrels (or pots of a similar size) and quality potting mix are needed.

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& Outdoors

Potted Citrus, continued

Choose a citrus grafted to dwarfing rootstock Flying Dragon. Potted citrus needs root pruning at least every three years. This entails pulling the tree out of its pot, cutting five centimetres off the roots all around the root ball with a bread knife and replanting into the same pot with some fresh potting mix and citrus food. This will make all the difference to the number of fruit you will get the following season.

Flying Dragon is a dwarfing rootstock that limits the growth of the tree, but not the fruit, and is ideal for pots.

Orchard planting

Those with more room can afford to plant a mini-orchard. The trees should be planted at two-metre intervals on mounded soil and grass should be kept well back from the trunk to avoid collar rot.

Pruning

Citrus trees don't need pruning to fruit well,



but they may need pruning to fit in your backyard. Old trees benefit from a hard 'renovation' prune every 5-10 years after fruiting: remove dead wood, rubbing branches and inward-facing branches, and reduce all other branches by at least half. Removing the interior branches will open up the tree into a vase shape and get more light and air into the tree, thus reducing the risk of disease.

Troubleshooting

Yellowing leaves are a sign of iron deficiency, cold temperatures or lack of feeding. Feed with blood and bone, citrus food, iron chelates and sulphur simultaneously to combat this problem. Citrus leafminer is a little insect that makes small tunnels in new leaves; deter them and a range of other insects, such as sooty

mould, scale and mealy bug, by spraying fortnightly with Eco Oil from spring until autumn.

Bronze orange bugs start life as a green nymph in spring, when control is easiest; use Eco Oil or Confidor. Citrus gall wasps lay eggs inside the outer branches, causing a deformed branch lump; treat by removing all branches affected with galls

Part 2 in January - How to grow Citrus trees in pots.



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A WINDOWSILL GARDEN FOR BEGINNERS

NaomiCotterill



If space is at a premium in your home, a windowsill garden may be the perfect way to bring the outdoors in and add colour too.

Setting up a windowsill garden can be quick and inexpensive with the added bonus of it being a great activity to do with family and/or your grandkids. Here's how to do it.

Pick your space – Try and choose a windowsill with plenty of access to sunlight and airflow. Sunlight doesn't need to be

direct or constant but a few hours each day will create ideal conditions. It's also worth choosing somewhere that isn't going to be difficult to access and won't be overrun by pets or grandchildren.

Choose your containers – The beauty of a windowsill garden lies in the options you have. Assess your space and what you think you might like to grow then choose containers accordingly. Bright colours and patterns and non-traditional planting vessels can all add the appeal.

Which plants? - There are plenty of options for what to plant on your windowsill garden. Herbs are a great choice, especially for a collection that is located near your kitchen. A healthy herb garden is fantastic for the foodies amongst us and will save money at the supermarket. Thyme, mint, tarragon and basil all do well in small pots inside. Succulents are another great choice – eye-catching and low maintenance; succulents are the perfect choice for a decorative window garden. Some don't even require sun! Look out for the jellybean plant, string of beads plant or anything from the Echeveria family. Alternatively, speak to the staff at your local nursery.

Plant maintenance – While your window sill garden will be extremely low maintenance it does pay to remember a few things. Turning and/or rotating your plants regularly, ensuring access to fresh air, protecting plants from indoor elements like air vents and regular watering will keep things happy and healthy for the long term.

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Pets and Pet Care

SUMMER PET CARE



Even for us humans, the Australian summer can be unbearable- especially when temperatures soar over 35 degrees. Air conditioners are a necessity, cold drinks and swimming in a pool

or beach provide us with some relief, but it's important to spare a thought for the wellbeing of our furry family members who are also struggling to keep cool!

Here are a few helpful tips that can ensure our companion animals avoid heat stroke this summer:

*Ensure that you pet always has access to water both inside and outside the house. It's important to make sure that you have several bowls available to them, just in case one is tipped over or dries out. A good tip is to put ice blocks in them to keep the water cold. You can even freeze containers of beer or chicken stock for outdoor animals

*Avoid walking your pet during the heat of the day. Remember that animals have sensitive pads on their feet that can also get burnt on hot roads and footpaths. A good alternative is to walk them early in the morning or later in the evening when the ground has cooled down.

*Be careful not to over exercise your pet. Animals get dehydrated easily as they cannot sweat. You can also get a collapsible water bowl for long walks to ensure you pet has lots to drink.

*Make sure that you have shaded areas in your backyard to provide protection from the sun. Animals get sunburnt too and are susceptible to skin cancer so pet friendly sunscreen can help keep your pet safe Paddling pools are a great way for animals to keep cool- just be sure to supervise your pets as some animals are not great swimmers (and make sure they have floaties if needed). Also make sure you hose your pet down after swimming in chlorine, salt or chemically treated waters and avoid them drinking it. Water spay mists are also good- especially for birds if

they like it

*Another great idea is putting trays, ceramic tiles or towels in the freezer and then providing these to your pets to lie on. You can even wipe them down with cold wet towels. Even most cats will allow this when the weather hits extreme temperatures.

*Allow outside pets inside to cool down in front of the air conditioner or fan.

Never leave any animal in a hot car even for a few minutes. Heat stroke can occur quickly- (within 6 minutes) particularly for those with flatter faces like bulldogs, pugs and Persians. Even with the window down the heat inside a car can rise from 30-60 degrees in just 10 minutes!

*Know the warning signs of heat stroke- excessive panting, salivating, disorientation, diarrhoea, vomiting and fatigue can all be signs your pet isn't coping with the heat. Older animals and those overweight can be more susceptible to heat stroke.

*Feel free to trim your dogs coat but do not shave them completely. Dogs coats help protect them from the sun and regulate their body temperature.

*Never let your pet chew on dead fish they find at the beach- they may be poisonous- especially blow fish

If you think that your pet is suffering from heat stroke

Cool them down immediately with a cool bath or hose them down

Once wet-dry them in front of a fan or air conditioner

Take them to your nearest vet (keeping them cool on the way there) animals can have internal bleeding or organ failure and can still be at risk of death hours or even a couple of days after suffering heat stroke.



**Meet Stanley
One of Oz Catz
Boarding, owner
Nola Kim's lucky
Family members**



THE PERFECT PET



If you needed a good example of how retired greyhound make the perfect pet you won't find a better one than this.

We still have four lovely greyhounds on our list, one is a younger pup, getting to close to 2 years of age.

She is a beautiful pup who is never going to race because she's only around 23kg so she will probably make a good pet. Needs to be de-sexed and taught how to walk on the lead, wear a muzzle and all, that won't take long.

The long school holiday break is a good time to get the kids a dog as they have a fair time to work with it before they have to go back to school.

We have two other girls, who have just finished racing. They are a bit headstrong at this stage so require a strong adult presence, but I believe they will settle down and would make lovely pets.

Then there is an older, completely relaxed, do anything you like, who would be suited to an older couple.

If you are interested in adopting a greyhound, or have any questions please do not hesitate to contact me. **Roger Clark**

editor@waterlinenews.com.au

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