

FREE

The Waterline News

Koo Wee Rup, Lang Lang, Nyora, Loch, Kernot, Grantville, Corinella, Coronet Bay, Bass, San Remo, Newhaven, Cowes, Phillip Island and French Island.

Volume 2

6

February 2016

WESTERN PORT - A RAMSAR WETLAND OF INTERNATIONAL IMPORTANCE

Q.
What is Ramsar?

A.
Ramsar is a place in Iran, where the International Wetlands Convention was signed in 1971.

Q.
What makes a wetland of "international importance"?

A.
The Western Port Ramsar Site was listed for its importance to waterbirds. To meet the criteria for wetlands of international importance, a wetland must;

- a) regularly support 20,000 or more waterbirds,
- b) regularly supports 1% of the individuals in a population of one species or subspecies of waterbird.

Read Chris Chandler's report on Western Port's Ramsar wetlands Starting on page 15

It's all about the birds.....



"Pied Oystercatcher" - Photo by Chris Tzaros

Inside this month

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OFFICE: 5997 5515

FAX: 03 5997 5514

EMAIL: dianne@ldfs.com

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The first 25 callers will receive a free hearing screening to see if they are a candidate for the program. If you qualify, you'll receive a pair of Sonic Cheer Invisible In The Canal Hearing Aids to evaluate for up to 14 days*.

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So – call for your appointment.

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* Subject to terms & conditions

Located at Lang Lang Medical Centre, 5 Whitstable Street, Lang Lang

Other clinics located at: Drouin, Warragul, Foster, Leongatha, Korumburra, Lang Lang, Bunyip, Churchill, Traralgon and Yarram

The Waterline News - February

FROM THE EDITOR'S DESK



Welcome to the February edition of The Waterline News

Following the success of our two 32 page Summer Reading special editions, we have decided to stay at 32 pages permanently. Hard to believe that with an extra four pages there were still several items which had to be held over until next month. Community groups are again reminded to think carefully about our submission deadline, and distribution dates when planning your events.

Our deadline for submissions is the 1st of each month.

We distribute our hard copies and email editions around the 15th of each month. We are receiving more interest from the Lang Lang and Koo Wee Rup area which is great.

Most people in our distribution area get around a bit so it's nice to know what is happening in your neighbouring towns. Keep the submissions coming, the interest has been fantastic over the holiday period when we obviously picked up a lot of new readers.

If you are interested in becoming a sponsor, maybe sponsor a page or a segment, or become a listed sponsor, send us an email:

editor@waterlinenews.com.au

Distribution Area:

We distribute 1350 copies each month through Koo Wee Rup, Lang Lang, Nyora, Loch, Kernot, Grantville, Corinella, Coronet Bay, Bass, San Remo, Newhaven, Cowes and French Island. We also send out almost 200 copies by email and all editions are available on our website www.waterlinenews.com.au



CORINELLA RATEPAYERS AND RESIDENTS ASSOCIATION

2015 COMMITTEE.

President. Lyndell Parker.

Vice.President. Peter Tait.

Secretary. David Laing.

Assistant Secretary. Wayne Maschette.

Treasurer. Michael Kelzke.

General Committee Members. Brian Lloyd, Faye Paddon, Jackie Tait, Jenny Bartlett, and Mark Rutherford.

How quickly the month has passed! We have just had a wonderful family day at our Australia Day Free BBQ, lots of families coming and going all day long. It was a gloriously sunny day, we had lots of kids playing Miami golf and jumping on the jumping castle, you had to have a "fair dinkum Bonza" good day! The grandads got up a game of backyard cricket, and the grandmas enjoyed a nice cold glass of champagne, and the only better way to spend the day was behind the BBQ cooking and serving the sausages, and making lots of new friends! Thanks to Bass Coast Shire for sponsorship and to the Corinella General Store for your generosity.

We are always keen for new people to become members, it is a great way to be "in the loop" with what is happening in our town, a forum to share with others your joys and concerns, as well as meet other residents, and form new friendships. This year, we will be having 6 meetings 3 on Friday evenings at 6.30pm (to share a sausage or two) for a 7pm start, finish at

9pm And 3 on Saturday mornings, with a 10 am start, to 12 noon, finish with a cuppa and bikkies. The meetings will alternate. Meetings are the first Friday or Saturday in the month. We will be having a guest speaker each meeting and welcome suggestions if there are any topics you would particularly like to know about.

There are always people who have difficulty getting to meetings no matter when we hold them.... The Corinella And District Community Centre is holding a Floral Art Show and Fair on Saturday 20th of February, and I would encourage everyone who likes fresh flowers to attend.

If you are very lucky there might still be some tickets available for the Buffet Lunch and Floral Demonstration (\$30) by Australia's leading Floral Artist Nicole Gibson, fresh off taking a National Title in Queensland late last year to add to her many 1st place wins at the Australian National Flower Show held at the Exhibition Buildings each year. Nicole started her career as a Floral Designer in Leongatha as a teenager, and is a regular visitor to Gippsland as her Grandma is a long time Leongatha resident. All enquiries to Lyndell Parker 0422 247 490.

Following the Floral Art Show, is the Community Centre's Twelfth Annual Contemporary Art and Photography Show and Sale. The Corinella and District Community Centre is just popping with activity, come and join in the fun and see what is happening!

Corinella is a small town with so much to offer, sometimes described as the Jewel of Western Port And to we who live here it truly is! Come, see and taste life here... The best is yet to come!!!!

Lyndell Parker President CRRA

CWA BASS GROUP 62ND

Creative Arts Exhibition

9TH + 10TH APRIL 2016
Public Hall Smith Street Loch.
Member's exhibits plus craft and cooking demonstrations.
Open: Sat and Sun 10am - 4 pm.
Admission: \$3 adults, children with adults free. Morning and afternoon teas, and light lunches available.
Contact: Annie Graham 03 5678 8037



Find us on Facebook

Corinella District Community Centre

Floral Art Show & Fair

20 Feb 2016 8am - 5pm

Come & Celebrate the Creative Use of Flower & Plant Material

Floral Art Show at CDCC

- View creative floral art
- Enter your own floral art
- Junior & Senior Competitions

Fair at Harold Hughes Reserve

- Local foods
- Local produce
- Local craft

Inspirational Demonstration by Nicole Gibson
Multi Award Winning Floral Designer

Bookings & Enquiries Contact: Lyndell Parker 0422 247 490

THE WATERLINE NEWS
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ABN 97 395 483 268



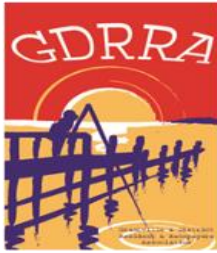
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Email: editor@waterlinenews.com
Advertising Deadline 1st each month

Community Notes

GRANTVILLE AND DISTRICT RESIDENTS AND RATEPAYERS ASSOCIATION

2015 Committee
Acting President
 Helen Zervopoulos
Vice President
 Kat Cox
Secretary
 Kathleen Hopkins
Treasurer
 Sylvia Harris
 General Committee Members: Chris Cox, Ilse Mc Donald and Julie Bartolo.



At the recent meeting of the Grantville & District Ratepayers and Residents Association, it was decided the scheduled AGM be postponed and rescheduled to **Friday the 26th of February** at the Grantville Hall starting at 7.30pm. The extension of time will give committee members extra time to re-advertise the AGM more extensively in the hope that they can attract more membership interest. 'It is imperative that GADRRA continue as a representative organization for Grantville and district,' past president Helen Zervopoulos said. 'If the Association folds due to the lack of new membership, the community will lose a potent voice. We need committed people who are prepared to be active participants at the executive level. We have built a great deal of credibility with Council over the years and it would be a great shame to lose that partnership,' she added. Many of the current executive members have held the same position for over 9 years and there is a general consensus that it is time for a new injection of energy and fresh enthusiasm.

GADRRA not only takes on issues raised by residents, it also acts as a forum for other organisations such as U3A, The Foreshore Committee, the Grantville and District Business and Tourism Association, The Pioneer Progress Association and The Ambulance Auxiliary. These other community groups get the chance to update members on what they are doing. Councillor Le Serve regularly attends GADRRA meeting and not only gives updates on what the Council is doing but takes on any issues of concern. The annual 'Christmas in the Park' event is hosted by GADRRA and members are currently working with other Waterline townships on the submission for a \$350,000 Small Towns Transformation Arts Funding Grant.

The Waterline Erosion Group and GADRRA members have been working in close cooperation with, Brian Paynter, The Grantville Foreshore Committee, Bass Valley Landcare and The Nature

Conservancy to actively address erosion along Westernport south of Malcolm Drive.

A letter box drop has been scheduled to invite community members and particularly those living in the new estates, to attend the next meeting and join up. Annual membership is \$20 per family or \$10 per single.

'If we don't get more people putting up their hand to volunteer with the Christmas in the Park event this year, there won't be a Christmas in the Park.

Everyone is welcome. Kathy Hopkins

PIONEER BAY PROGRESS ASSOCIATION

Contact
pbpa@bigpond.com



The 6th Annual Aussie Bash lived up to its prediction of providing everyone with 'a devil' of a time.

Our team of awesome women had twice the marquees up in half the time. With the new stage and marquee set up for an appreciative band the afternoon of rock proceeded without incident and left the 600 strong crowd thirsty for more at the conclusion. Smiling faces were asked to join the band for photos down the front which we're happy now form part of the National Museum of Australia's Digital Display for Australia Day 2016 around the country. The silent auction provided plenty of surprises and assisted to increase funds raised for the day up by 46%. Once approved by building and permits we SHOULD be well on our way.

The crowd appeared somewhat shocked that an event of this scale could be driven by such a small group of volunteers. I'll take this opportunity to thank Pan Van, Ms Hart, Judy Thurgood, Chloe Bickham, Simon Mumby, Tanya Noye, Britney Ames and Davey Carr for all their hard work on the day. I'm happy to report that we have a few extra names interested in taking part in happenings at Pioneer Bay- but really- I'd ask you in 2016, if you are not willing to step up to the plate and help out in your community, why do you expect others to? **Think about it.**



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

It is nearly Flu time again!



The Nurse Practitioner Clinic is currently taking names for those people who want to have the Flu Vaccination again this year. Once the vaccinations come in we will call you to make an appointment. It is expected that vaccines will start to arrive late February/early March.

If you would like your name placed on the list, please call 5616 2222



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

Hours
 Mon-Fri 8:30-4:30

Bulk Billing
 All consultations bulk billed
 May have fees for some procedures*

For appointments phone
5616 2222
 or
0467 841 782
Same day appointments available

Some of the services available

Fluvax	Immunisations
Men's Health	Prescriptions
Referrals	Skin Checks
Wound Care	Women's health
Dressings*	Ear syringing*
Lesion removal*	Suturing*
Treatment minor illnesses / infections	

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

Coronet Bay, Corinella & Surrounds Playgroup (0-4yrs)

Come and enjoy the fun at Coronet Bay Hall
39a Gellibrand St Coronet Bay
Mondays and Fridays 10am—12noon
Monday Session - Free Play
Friday Session - Free Play & Activities
(Sing Songs, Story Time, Sensory & Art
Play and more)
Please bring \$2 per family and a piece of
fruit.
NB: \$5 Annual Membership per family, and
ALL children are to be accompanied by
their parent or carer.

Contacts: Franciska 0400 465 377
Ann 5678 0341

Coronet Bay Adult Social Club

Tuesday 7-10pm Coronet Bay Hall
Ann 5678 0341

Country Women's Association of Vic inc. Bass Group.

Coronet Bay	Margot	0409 559 047
Cowes	Lorraine	5952 2165
Glen Alvie	Libby	5678 3280
Grantville	Annie	5678 8037
Lang Lang	Aleeta	0419 525 609
Loch	Val	5659 4268
Woodleigh Vale	Carol	5678 8041

Grantville & District Ambulance

Auxiliary
Contact - Shelly 0417 593 497

Grantville & District Business & Tourism Association

President Neroli Heffer 5678 8548

Grantville & District Ratepayers & Residents Association

Secretary Kathleen Hopkins 5678 8327

Grantville & District Foreshore Committee

Roger Hayhurst 0416 061 400

Grantville Recreation Reserve Committee

Pat Van 5997 6221

Grantville Tennis Club Inc.

Contact Pat Van 5997 6221

Lang Lang Playgroup

(0-Preschool) Thursdays 9.30am
Lang Lang Community Centre \$2 per child
Fruit platter for snacks. Fun activities and
outings. Contact Crystal 0473 077 125

Phillip Island Community Art & Craft Gallery Inc.

Cowes Cultural Centre Thompson Ave
Open every day 10am—4pm
All Enquiries Call Aleta 0419 525 609

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
Writing, Gardening, Get Creative,
Movies & Theatre Appreciation, Stretching
to Improve Flexibility, Tai Chi for Arthritis
and Welding.

www.u3abassvalley.com

Heather White 5997 6323
(PO Box 142 Grantville 3984)

U3A TAI CHI

Why not give the U3A Tai Chi for Arthritis
a try? Coronet Bay Hall 9.30am Tuesday
Gentle exercise, good company and a cuppa.
Further information:
Laura 5678 0884 -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



Open:
Mon-Fri 10am-4pm
Saturday 10am-1pm

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, Julie Johnston 5678 8555

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, Evan Jones 5657 7275

BASS VALLEY COMMUNITY GROUP Inc.

Bass School Road Bass
Centre Manager
Roderick McIvor
Phone 5678 2277



The Bass Valley Community Centre is gearing up for its community day on 5th March. The Bass Valley Autumn Festival will include some wonderful performers. There will be local favourites, such as the Kernot Country Boys, as well as some that you may not have heard before. There will also be rides for the children and a range of food and market stalls for all. The Bass Valley Community Group held a country music day last year at around the same time. Those who were there loved it so much we thought we should make it an annual event. So that's what we are doing. We'd love to see you there. Wear a big hat.



On another matter, we would very much like to encourage people of the Waterline area to book a ride on our bus. The bus goes to Wonthaggi on Tuesdays and Fridays. Give us a ring on 5678 2277. It only cost \$15 to ride from your door, into Wonthaggi and back. And more than that you can meet new people on the bus. They may well be long-term neighbours that you haven't met before, or new ones just moved in. Climb aboard and in a few minutes you'll be parked outside of Woolworth's in Wonthaggi. Pick up time is around 9:30 am and you'll be back home around 2:00 pm. It's a great day.

Corinella & District Community Centre

Spread your wings and fly with us



Adult and Community Education
Neighbour House

- Computer Classes
- Art and Craft Classes
- Communication Classes
- Strength Training for Seniors
- Support for Community Groups
- Public Internet Access
- Community Food Pantry
- Photocopying, faxing, scanning and laminating
- 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)

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

Volunteer with the Bass Valley Children's Centre Inc.



Have some fun with us!

We need helpers to organise:

Raffle Prizes and
Cent Night Prizes

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

The Bass Valley Children's Centre needs you!

Email fundraising@bvcc.org.au to pledge your help or call 0431 937

514 (Tanya) or send us a message via the Bass Valley Children's

Centre Facebook page: [bassvalleychildcare](https://www.facebook.com/bassvalleychildcare)

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

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

...so they need lots of helpers ☺☺☺☺☺

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

'Like' us on Facebook/[bassvalleychildcare](https://www.facebook.com/bassvalleychildcare)

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



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

February 17 - March 6 5 weeks

Fun-Key-Yoga for children over 2
Animated, noisy and fun, designed to develop balance, strength, body awareness and coordination. Cost \$30 paid in advance.

February 20 10.30am

African drumming workshop with Drumbeat facilitator. All Ages
Adult \$25, Child (Under 15) \$15
No experience necessary.

February 25 1.00—2.30pm

Healthy Yummy Tummies. FREE hands on workshop to help us make healthier choices in our lunch boxes. Not just our kids lunches but adult lunchboxes too. Healthier eating doesn't mean boring, come along and learn from Joann. Bookings necessary for catering.

March 2-9-16 7-9pm

First aid Cert II, Cost \$175.
CPR only March 2 Cost \$55
Bookings and payment essential

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

Having a glass of sparkling water today? It could be doing you damage



We can be forgiven for thinking drinking a glass of sparkling water is the same as drinking tap or filtered water – after all they look the same, except for the bubbles! But

did you know that fizzy water is not actually benefiting your health? Even when it's unflavoured, fizzy water contains carbonic acid, which gives it bubbles. That acidity can gradually wear away tooth enamel. The good news is, it's a relatively weak acid. And if you like to add some flavouring, such as SodaStream, this can bring the pH down, making the beverages even harsher on tooth enamel. One 2007 study in which researchers exposed human teeth to flavoured sparkling waters for 30 minutes found the waters to be roughly as corrosive as orange juice. "It would be inappropriate to consider these flavoured sparkling waters as a healthy dental alternative to other acidic drinks," that study concluded.

"For an average, healthy person, carbonated, sugar-free beverages are not going to be a main cavity-causing factor", Andrew Swiatowicz, a dentist in Wilmington, Delaware told Atlantic. "If you are at all concerned, you can always dilute the carbonated water with regular water, or even just swish with regular water after".

So how can you tell what will be bad for your teeth and health? Always read the ingredient list and keep a look out for additives, like sodium and sugar, to avoid negative consequences for your teeth and body. Be aware of the differences between fizzy waters:

Club soda (carbonated water)/sparkling water contains sodium.

Soda water is very similar to club soda, but there is a notable difference between the two. Unlike soda water, mineral-like ingredients are added to club soda to enhance the flavour. If you look on the list of ingredients, you'll likely see potassium bicarbonate and potassium sulphate listed.

Tonic water contains added sweeteners and flavours.

Flavoured sparkling water may have added citric acid or natural sweeteners, along with caffeine and sodium.



Grantville Medical Centre
2/1524 Bass Highway,
Grantville

For Appointments Call
(03) 5678 8029

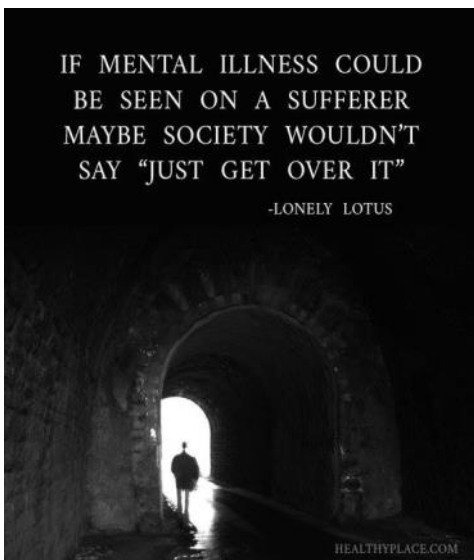
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DROWNING

This time of the year most people look to either swimming pools or beaches to get relief from our summer heat.

What is Drowning?

Drowning is defined as respiratory impairment from being under liquid. It can be classified as fresh or salt water.

FRESH WATER DROWNING

Fresh water drowning causes water to fill a person's lungs, and enter the blood stream quickly causing blood cells to swell and burst. The lung fills with water stopping oxygen from moving through the blood stream, causing the person to stop breathing and go into cardiac arrest.

SALT WATER DROWNING

In salt water drowning the lungs fill with salt water which draws blood out of the blood stream and into the lungs. This liquid build up in the air sacs stops oxygen from reaching the blood.

Young children are more likely to drown in fresh water, while older children and adults seem to drown in salt water. Drowning victims who are alert and oriented when they arrive in the emergency department usually make an excellent recovery.

If the patient is confused and unconscious, recovery depends on the length of time under the water. With early rescue and treatment, full recovery is possible.

The younger and healthier the patient, the better the prognosis. The colder and cleaner the water is, the better the prognosis.

Finally if a person is pulled from the water and is NOT breathing and has NO pulse IMMEDIATELY commence CPR at a rate of 30:2 and call for an AMBULANCE on 000.

Next month we will look at Cardio Pulmonary Resuscitation

REMEMBER FOR EMERGENCY AMBULANCE CALL 000

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Ambulance Victoria | Gippsland Region
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& Lifestyle

Cheer for performance with a free trial of the New Sonic Invisible Hearing Aid

Whilst many hearing aids have advanced features to help people cope in difficult situations, most require wearers to consciously assess the changing environment and then select between pre-set programs by pushing a small button on hearing aids.

But the fully-automatic Cheer™ seamlessly selects optimal settings to best suit the listening environment, in both quiet and noisy situations. Sonic Cheer™ has Blue Tooth connectivity to wirelessly connect to mobile, home/office phones and television.

Deanne Winger, a special needs educator, finds this aspect particularly beneficial:

"I just love the automatic features, I don't have to fiddle with buttons - that means conversations with my two granddaughters are so easy, then I can listen to music which is crisp and clear - it's such a joy."

Cheer™ is part of the unique range of hearing aids featuring noise reduction systems that are clinically proven to assist wearers to understand speech in noise situations.

Larry Lea, a construction manager, is quick to confirm his Sonic hearing aids work so effectively for him:

"I can speak with people close to my noisy equipment and my Sonic hearing aids cancel out the noise. For the first time in years I feel like I am in control of my environment - so I am really happy." Sonic Cheer™ is discreet and cosmetically appealing, most people will not even realise that someone is wearing them.

See full details on how to get a free trial of the new Sonic Invisible Hearing Aid on Page 2.



NEW KOO WEE RUP MEDICAL CLINIC

Black Fish Medical Clinic is a Bulk Billing Family GP service that has recently opened in Koo Wee Rup Regional Health Services premises at 215 - 235 Rossiter Road, Koo Wee Rup.

Dr Ferghal Armstrong is the lead GP. Dr Ferghal graduated from Queens University in Belfast and is a fellow of the Royal Australian College of General Practitioners. He specialises in Dermatology and has a diploma in Gynaecology and Obstetrics. Dr Ferghal and his wife Jacqui, who manages the practice, live in Bayles.

Dr Patrick Steele also grew up in Belfast and graduated from St Andrews University in Scotland. He says: "I look after troublesome daily complaints to life threatening emergencies for all ages, building skills from diagnosing to long term disease management. My specific interests include chronic disease management and symptom control to enable best quality of life for irreversible conditions. I am passionate about encouraging and enabling lifestyle modifications such as smoking cessation and weight loss. My skills in emergency and acute medicine will assist me in

managing more patients closer to home with the assistance of the allied health services based here in Koo Wee Rup, and utilizing relationships I have made with many specialists when working at local hospitals".

The clinic opens from 8.30am to 8.30pm Monday to Friday, Sat 10am to 4pm and Sunday 10am to 2pm. Dorevitch Pathology is available on site.



RECEIVE FRIENDLY, CARING, PROFESSIONAL SERVICE AT BLACK FISH MEDICAL CLINIC.



See full details of all services on Page 31

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Phillip Island



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Phillip Island Jazz Club

Sunday February 21
 Bass Room
 Ramada Resort, Cowes.
 2pm - 5pm



The Ivy Stone Assembly

The Ivy Stone Assembly blends musical textures of 1950's Rhythm and Blues, Soul, Blues and Classic Jazz to create a unique infusion of melody, roots rhythms and urban grooves.

The Ivy Stone Assembly seeks to connect with the audience through honest performance, individual and band improvisation and meaningful song interpretation. They aim to entertain and involve an audience but at heart it is about sharing stories in word and music.

A casual glance at their song list reveals well known tunes such as Route 66, Too Close For Comfort, Me and Mrs Jones, Black Coffee and Son Of A Preacher Man. Entry costs for Jazz Club Members is \$15.00 and visitors \$18.00

Why not arrive early for a bite of lunch in the Numbers Restaurant which is now open from midday.

Enquiries: Robin Blackman 0432 814 407

Moe-Latrobe Jazz Club



Friday February 26 8pm

Barry Hanley's "Riviera Jazz Band."
 Dinner before the show at Banjos on Albert.

Enquiries: Bruce Lawn 5174 3516

Saturday March 5

Coronet Bay Hall 7 - 11pm
 Coronet Bay UNPLUGGED continues to attract good audiences every 1st. Saturday of the month at 7pm. at the Coronet Bay Hall, Gellibrand street. No matter what

style of music you like there will be something to your taste. You can bounce along to rock or shed a tear with heart rending folk, or just have the troubles of the day flow away with beautiful classical music and poetry. Truly the best value entertainment around, it's just a gold coin to enter and supper is provided.

South Gippsland Jazz Soc.

**Inverloch Jazz Club
 Labour Day Weekend
 March 11-14**



Inverloch Jazz Festival

Bands appearing include, Shirazz, Mike Field (Canadian award winning trumpeter), Honkytonk's Boogie Band, The Royal Navy's Admiral's Own Jazz Band and Big Band, Beck Rewired, Mojo, Pippa Wilson and her Festival band, Sarah Maclaine's Jazz 'n' Champagne, B3 Madness, Sassy Sisters, The Tony Gould Trio plus Imogen Manins and so many more of Melbourne's finest musicians.

Friday 7.30 - 10.30pm

Saturday 10am - 11pm at 4 venues

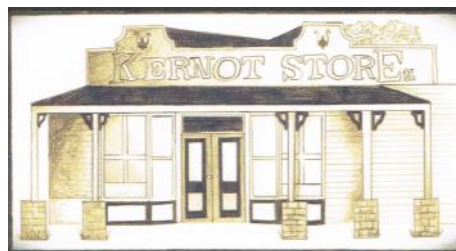
Sunday - Church service 10am.

Live Jazz 4 venues 11am - 11pm.

Full details from the Inverloch Jazz Festival website, Early bird tickets available.

**http://www.inverlochjazzfestival.com/
 Neville Drummond 5674 2166**

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WIN A CD

For your chance to win a fabulous Australian Jazz CD featuring John Gill playing the music of Scott Joplin, Jelly Roll Morton and Fats Waller, simply send your name and address on the back of an envelope to PO Box 184 Grantville, 3984 , or you can Email: Win A CD to



editor@waterlinenews.com.au

Congratulations to our January CD winner, Emily Pendlebury from Glen Forbes.

Well done Emily, your CD is in the mail.

FRENCH ISLAND MUSIC

French Island band, "Coast Road" has released a CD of eight original songs called The Other Island.



The Other Island is also the first track on the album, a song poking fun at mainlanders who have no idea where French Island is, even though it is one of the largest islands in Victoria and only an hour's drive from Melbourne. It is also a song about home, and what that means to all of us.

The Other Island was recently selected by the Bass Coast Pickers to be filmed for their Songcatcher project which seeks to capture and present original acoustic music that presents a slice of life in the Bass Coast area.

All eight songs on The Other Island contemplate different aspects of living in a small community on an island:

It is a country/folk/blues album, influenced by Stephen, an artist and guitarist/vocalist, who has lived on the island for over 25 years; Majella a vocalist, who has been Stephen's neighbour for half that time and who spent many years singing in pop/rock bands; and Jim, a great guitarist who continues to work in the industry and is a regular visitor to the island.

Order your copy by emailing Majella, majella@writeme.com. Only \$12 plus \$3 postage and handling.

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& Lifestyle

CD REVIEW EXCITEMENT PLUS!



For anyone who has seen Marion Lustig's band "Sweet Ade" perform live, news of the arrival of their first recording will be met with as much excitement as the band creates whenever they play.

Sweet Ade was created by recorder player extraordinaire, Marion Lustig, to honour the music of the late, great Australian multi-instrumentalist, Ade Monsborough (1917 - 2006).

Often known as Ade, Lazy Ade, or Father Ade, Ade Monsborough, was a central and popular figure in Australian Jazz for more than half a century.

His versatility saw him play clarinet, saxophone, valve trombone, trumpet, piano, violin and recorder, for which he was most popularly remembered.

He was also a vocalist of some renown, and was one of the pioneers of Australian trad jazz, along with brothers Roger and Graeme Bell and their many friends.

He continued to tour with the Bell band until 1952. Over the years he also played in bands with Dave Dallwitz, Len Barnard and Frank Traynor as well as leading his own bands.

He recorded prolifically, so much in fact the discography, compiled for the AJM contains 58 pages of his recordings. He was awarded an OAM for his services to music in 1992.

Joining Marion on this fantastic collection of Monsborough favourites are, Peter Mason, Janet Arndt, Lisette Payet, Charley Farley, Joy Kenyon and Richard Opat.

This is a must have for all Australian trad jazz lovers.

\$20.00 plus postage

Available now from the Australian Jazz Museum shop.....

www.ajm.org.au



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Careful what you wish for !



A State Government Employee sits in his office and out of boredom, decides to see what's in his old filing cabinet. He pokes through the contents and comes across an old brass lamp. "This will look nice on my mantelpiece," he decides, and takes it home with him. While polishing the lamp, a genie appears and grants him three wishes.

"I wish for an ice cold beer right now!" He gets his beer and drinks it. Now that he can think more clearly, he states his second wish.

"I wish to be on an island where beautiful women reside." Suddenly he is on an island with gorgeous females eyeing him lustfully.

He tells the genie his third and last wish:

"I wish I'd never have to work ever again." POOF! He's back in his government office.

Discrimination



A middle-aged frumpy couple return to a Mercedes dealership where the salesman has just sold the car they were interested in to a beautiful, leggy, busty blonde.

"I thought you said you would hold that car till we raised the £75,000 asking price," said the man. "Yet I just heard you close the deal for £65,000 to the lovely young lady there. You insisted there could be no discount on this model."

"Well, what can I tell you? She had the ready cash and, just look at her, how could I resist?" replied the grinning salesman.

Just then the young woman approached the middle-aged couple and gave them the keys.

"There you go," she said. "I told you I would get the dope to reduce it. See you later, dad."

Never mess with the old uns !



Meaning of dreams

On the morning of her birthday, a woman told her husband, "I just dreamed that you gave me a diamond necklace. What do you think it means?"

"Maybe you'll find out tonight," he said.

That evening, the man came home with a small package and gave it to his wife. She ripped off the wrapping paper and found a book titled -

"The Meaning of Dreams."
???



RECIPES

How to make the perfect poached egg

www.over60.com.au



Creating the perfect poached eggs at home is no easy feat, but if you dream of perfect teardrop-shaped eggs with runny yolks the folks from famed Australian restaurant Three Blue Ducks have just the step-by-step recipe for you. Here's their recipe for the perfect poached egg from their cookbook *The Blue Ducks' Real Food* by Mark LaBrooy and Darren Robertson.

Ingredients:

- 100 ml white vinegar
- Fresh eggs
- Salt flakes and freshly ground pepper

Method:

Boil 5 litres of water in a large saucepan, the narrower and taller the better. This is what creates the perfect shape: as the egg descends to the bottom, it cooks on the way down, hardening the outer proteins and making the teardrop shape.

Add the vinegar and turn the heat down so the water is no longer boiling but still rippling a little. If you put the eggs in while the water is boiling, the rage of the boil will destroy them. Stir the water in a circular motion to form a whirlpool.

Carefully break open an egg and place it gently just shy of the centre of the pan – this will give the egg a bit of a spin on the way down and slow its journey, guaranteeing enough strength in the outer layer of white to support its weight once it reaches the bottom.

Once the egg starts to lift from the bottom of the pan (this will take about 11-12 minutes), bring it to the surface with a slotted spoon. Check with soft hands to see if it is cooked to your liking – some people like their eggs

runnier than others. If it's too soft, place it back in the water for another minute or so. When you're happy with the way your egg is cooked, drain on some paper towel, season heavily and serve immediately.

OVER60SIXTY

Fluffy lemon yoghurt cake with syrup

Starts at Sixty Writers



Everyone has a favourite lemon dessert recipe, whether it is a classic lemon tart or a delicious lemon meringue pie. However this lemon cake makes use of yoghurt and makes it extra fluffy. The lemon syrup leaves even the biggest sweet tooth satisfied. Serving 10 people this recipe is a great way to take advantage of lemon season.

Ingredients

- 3 eggs
- 220g (1 cup) caster sugar
- 2 lemons, juiced, plus 2 teaspoons finely grated lemon zest
- 300g (2 cups) self-raising flour, sifted
- 280g (1 cup) Greek-style yoghurt, plus extra, to serve
- 125ml (1/2 cup) vegetable oil
- Lemon syrup
- 2 lemons, zest peeled into strips
- 110g (1/2 cup) caster sugar
- 80ml (1/3 cup) lemon juice

Method

You will need to grease and line a 22cm spring form cake pan with baking paper and preheat the oven to 180C.

Whisk the sugar and eggs with an electric mixer for 4 minutes. They should look pale and creamy before adding the lemon juice and zest. Once added, whisk for a further minute.

Stir in the flour, oil and yoghurt and stir

until smooth. Then spoon into the cake pan and place in oven for 45 minutes or until a skewer can be inserted and removed crumb free.

To make the syrup, place the lemon zest into a saucepan filled with boiling water for approximately 1 minute. Drain the water and set the zest aside. Combine the lemon juice the sugar and the 2 tablespoons of water into the same saucepan. Cook over a low-medium heat, stirring until the sugar dissolves. Allow the syrup to simmer for 3 minutes or until it has thickened up. Return the zest to the pan and the result should be approximately 1/2 a cup of syrup.

Using a skewer, poke 15 holes into the top of the cake. Carefully pour the hot syrup over the cake and it should sink into the holes. The cake will absorb the syrup and add small amounts of syrup so as not to overload the cake too quickly. Stand the cake in the pan for 30 minutes. Release the cake from the pan and drizzle any remaining syrup and serve with a scoop of Greek style yoghurt.



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More Community News



Kooweerup
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Ph: 03 5997 9679 Fax: 03 5997 1248
Email: gregorys@krhs.net.au
Website: www.kooweeruphospital.net.au

About KRHS

Kooweerup Regional Health Service (KRHS) is a small 72 bed public hospital which provides services to Outer South Eastern Melbourne and adjacent rural areas e.g. Local government areas of Casey, Cardinia and Bass Coast. KRHS provides a range of centre and community based services:

Acute Services (general medical, rehabilitation, palliative care)

Early Parenting Unit, lactation support and family focused programs including psychology

Residential Aged Care – ageing in place includes a 14 bed secure dementia unit

Respite care – emergency and planned, including care for people with dementia.

Community Services (General Practise Medical clinic, Health promotion, district nursing, diabetes management, respite, and aids for people with disabilities)

Outpatient Care (allied health - social work, physiotherapy, dietician, diabetes care, continence advice, occupational therapy, podiatry).

Pathology and Specialist Medical Services.

Kooweerup Regional Health Service is a Health Promoting Hospital reorientating its services to become increasingly responsive to the needs of the community. Support is provided for community engagement through healthy living initiatives for example the Community Garden and Men's Shed.

Computer Classes

2016

Start Friday 5th

February

Enrol now

Classes are held in the Koo Wee Rup Men's Shed, 215 Rossiter Road, KWR.

Friday mornings suit absolute beginners at 9.00am and the more advanced at 10.00am.

Bookings essential as places are limited to 5 per group. Please phone Geoff 5997 1974, or Brian 5997 9687



Weightzone

Is a self weigh-in group that's open to everyone and supports people who are aiming to lose, gain, maintain and achieve a healthy weight.

Health professional guest speakers come throughout the year to assist members.

Meet in the Hewitt Eco House Community Room 215 Rossiter Road, Koo Wee Rup. Mondays at 10.30am. \$2.00 per session.

For more information call George 5997 9258



CFA NEWS Michele Fulwell



Three fire brigades service the Waterline area. Bass, Corinella and Kernot-Grantville.

All three brigades are fully volunteer. The brigades train once a week to maintain the high standards expected of a professional emergency service and respond to incidents including house fires, bush fires and motor vehicle accidents.

Volunteers also assist with raising community awareness. One of their major tasks is assisting people to understand their risk. Two meetings have recently been held in Grantville to discuss fire preparedness and how community members can help themselves.

The best thing anyone can do to help themselves and volunteer brigades is to have a fire plan. Understand your risk, decide what actions you will take and when, discuss this with your family and follow through on your plan.

This process can appear difficult in our area with many older and/or isolated individuals living in an area with poor transport links but this is where our strengths as a community come into play. Check on your neighbours and see if they have a fire plan and what it is. When you know a high fire danger day is expected see if those neighbours need assistance with their fire plan and follow your own.

One of the more common questions is whether you will be told to evacuate in case of bushfire. The bottom line is no – as firefighters we are busy fighting the fire. Kernot-Grantville has two fire trucks, one based at Grantville, the other at Kernot to cover 120km² although we will have support from neighbouring brigades there won't be a truck free to door knock and tell you to leave.

Never under estimate your own senses – take a few minutes to check outside to see if everything is alright on high fire danger day.

The best ways to keep up to date are to download the Fire Ready App, book mark www.emergency.vic.au, follow CFA or Vic Emergency on Facebook or twitter and have the Victorian Bushfire Information Line number 1800 240 667 handy.

To find out more about fire plans visit www.cfa.vic.gov.au

IN AN EMERGENCY DIAL 000

Helping a way of life for humble Neville



HIS resume barely has any more room but Neville Goodwin will have to make space for his latest accomplishment: a Medal of the Order of Australia (OAM). The Woodleigh farmer has been contributing to the district, Bass Coast Shire and beyond since he and wife Lyn moved to their farm in 1980 with children Wayne and Rachelle.

Mr Goodwin received the national honour on Australia Day – in recognition of his longstanding service to local government and the community of the Bass Coast. “I feel quite humbled by it. They do not hand a lot of them out, do they?” he said. “I thank the people who think I'm worthy of it and I just have to continue to try and honour what the medal stands for.” With such a broad and consistent contribution to the community, it was little wonder Mr Goodwin was named Citizen of the Year in Bass Coast Shire in 2012 and mayor emeritus of the state's peak local government body, the Municipal Association of Victoria.

Mr Goodwin will receive his OAM at Government House in April or May.

LOCAL POLICE NETWORK

San Remo Police,
Station Commander
Bruce Kent.



Stay Alert

Local area police are still concerned about the number of break ins and thefts associated with motor vehicles.

All residents are reminded once again to keep all motor vehicles locked at all times, even when you are at home, parked in your own driveway.

And, do not leave valuables in motor vehicles, no matter where they are parked.

One unfortunate Coronet Bay gentleman learned the hard way recently when all of his work files were lost when his laptop was stolen from his car. Don't be next! Glenn BIRT | Acting Senior Sergeant 31580 | Wonthaggi Police Station

Emergency Dial 000
www.police.vic.gov.au

History

JOHN BOULTBEE.....JOURNAL OF A RAMBLER.

By the 1800's sealing was a well established practice in Western Port. Seals were harvested for oil and skins and the export market was thriving. Gangs of men under a captain and boat crew had favoured places along the coast and the islands of Bass Strait. These crews were based in Tasmania and were often lawless gangs of rough men who chased seals relentlessly. Often gangs were left on likely places while the ships chased further seal colonies. Some gangs were left for months and occasionally left entirely. One gang in southern New Zealand were left stranded for seven years when the ship they were waiting for sank in a storm on its way back from Sydney.

"We shortly afterwards arrived and anchored in Western Port in the passage between the main and Phillip Island, a distance of 1 mile across. Here we saw a smoke on the beach and shortly after 3 men and their dogs made their appearance. They proved to be persons who had been landed several months ago on the seal rocks at the end of the island. They had been led to expect the return of the vessel in a fortnight's time, having only 12 days supply with them. After waiting anxiously a considerable time, eating seal and drinking what brackish water they could find, they contrived a canoe of dried skins they crossed to Phillip Island just in time to save themselves, the canoe having become absorbed in water"

However John Boulbtee chose to be left! John Boulbtee was born in 1799 in Nottinghamshire. He and his brother Edwin came to Australia on the "Woodlark" John worked around Hobart town for about a year and then applied to Governor Arthur for a land grant. This grant was denied and John 'desperately situated' decided to join a schooner the "Sally" bound for Bass Strait on a sealing voyage.

He came to Western Port in 1824 and wrote about his experiences in his journal. "I was completely tired out with continual

hardships, heightened by the disagreeable proceeding of the rascals on board, hunger stricken and disconsolate, I determined to go ashore and rather live alone. I told the skipper that I would sooner die than submit to such unkind treatment as I had experienced. Seeing me thus decided he gave me 6lb biscuits, 4lb pork some melon seeds and cabbage seeds. I went on shore glad to be rid of as great a set of scoundrels as ever formed a crew"


John Boulbtee wandered across Phillip Island. He planted his melon seeds which were later found growing luxuriantly. He was desperate for water and finally sucked a brackish pool through a straw made from feather quills. "the water was of a mineral kind, and caused a looseness in my bowels and a feeling of languor so that I walked with difficulty" He reached the mutton bird rookery and tried to cook a bird over a small fire, however he fell asleep and the fire spread throughout the rookery. He ate limpets and wild berries which made him sick. He was 2 months on Phillip Island starving and alone

John left Tasmania in June 1825 after recuperating at his brother's farm. He was still adventurous and tried many occupations from farming to piloting and even more sealing. He died in 1854 in Ceylon aged 55 years. His journal which he had kept all his life found its way back to family in England. However his headstone reads, "John emigrated after a life which gave little satisfaction to his relatives"

Libby Skidmore
Bass Valley Historical Society




 Rotary Club of Koo Wee Rup-
Lang Lang presents
'Scots on the Swamp'
 Harewood Historic House Charity Open Day
 3300 South Gippsland Highway, Koo Wee Rup
 (East of Tooradin Airfield)
Sunday 6 March 2016, 10 am - 3 pm
 Entry: \$10 adult, \$8 concession, \$5 child, \$25 Family of 4
 Victoria Police Pipe Band, Shetland Pony Show, Crafts, Scottish Fiddlers & Dancers, Jaguar Car Club, House tours, Scottish Breeds, Lunch, Teas & more....
 Proceeds to the Koo Wee Rup Hospital Palliative Care Unit
Information
 Bruce Thomas 0418 500 667, John McCready 0422 489 265
www.harewoodvic.wordpress.com

BASS VALLEY HISTORICAL SOCIETY
DINNER MEETING
MARCH 4, 2016

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French Island News



The French
Island News



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
Sundays February 21
March 6 and 20

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
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

French Island Cricket Club

February 20 Day 2 v Tyabb at Tyabb

February 27 v Langwarrin at Langwarrin



FOFI Project Days

Third Saturday each month

10am ferry from Stony Point, meet in Tankerton

On-island transport provided. BYO binoculars, water, hat, sunscreen & mozzie repellent.

No Experience necessary.

Contact 1 week prior to confirm.

Geoff Lacey 9489 4784



Junior Landcare

Clean up Australia day

Sunday March 6, 10am - 12noon

Tankerton Jetty

Come along and help clean up around the jetty and

parking area.

Contact filandcare@gmail.com for more information.



French Island Visitor's Guide Book Launch

Saturday March 19 at 1.00pm

French Island Eco Inn

Finger food provided, drinks at bar prices.

RSVP by March 12 to

dineenc@optusnet.com.au

Phone 0418 147 687

The original "Visitor's Guide to French Island", first published in 1993, has been rewritten. In full colour this new edition includes information for visitors to assist them in enjoying this special place. The book has been developed with the support of many islanders, with input from flora & fauna and Parks Victoria.



FRIENDS OF FRENCH ISLAND NATIONAL PARK



President & Magazine Editor Geoff Lacey

Secretary: Meredith Sherlock 9770 5229

Correspondence to 3/11 Raymond Avenue

Frankston 3199

Email: heresproof1@gmail.com

French Island

WESTERN PORT – A RAMSAR WETLAND OF INTERNATIONAL IMPORTANCE

Chris Chandler



In 1982, Western Port was listed on the Ramsar Convention of Wetlands of International Importance. 59,297 Ha of Western Port was listed as the Ramsar site, which includes all of the intertidal mudflats and channels, as well as part of the coastal fringe of mangroves and saltmarsh.

Q. What is Ramsar?

A. Ramsar is a place in Iran, where the International Wetlands Convention was signed in 1971.

Q. What makes a wetland of “international importance”?

A. The Western Port Ramsar Site was listed for its importance to waterbirds. To meet the criteria for wetlands of international importance, a wetland must;

a) regularly support 20,000 or more waterbirds,

b) regularly supports 1% of the individuals in a population of one species or subspecies of waterbird.

Western Port regularly supports more than 10,000 waders (shorebirds) from 37 species over summer, the majority of which migrate from breeding grounds in Siberia. In addition to waders, the bay regularly supports about 12,000 Black Swans, as well as up to several thousand ducks, ibis, herons and egrets. Many of these birds breed around Western Port, although some of the ducks and egrets breed on inland waters.

Western Port also supports more than 1% of the world population of the following species;

Eastern Curlew (up to 3.4 % of world population)

Pied Oystercatcher

Red-necked Stint



BIRD ROCK - high tide roost with Pelicans, Pacific Gulls and a Pied Cormorant swimming.

Photo - Terry Martin

Pied Oystercatchers and Red-capped Plovers are indigenous shorebirds which nest on our beaches. Sadly, they are often attacked by foxes, or disturbed by people and dogs on beaches. French Island is fox-free, and with few people and dogs on the beaches, it provides a safe breeding place for about 85% of the Pied Oystercatchers in Western Port.

At low tide, 40% of Western Port is exposed mudflats, which is where the shorebirds and waterbirds feed. When the tide comes in, the birds congregate at high tide roosts, where they can safely wait for the tide to fall again. There are 12 main roosts in Western Port, where the majority of the shorebirds and waterbirds congregate. BirdLife Australia members have been counting birds at high tide in Western Port since 1973. Three times a year, teams of bird counters assemble at the 12 roosting locations on a nominated high tide, so that a census can be made of most of the shorebirds in the bay.

The French Island LandCare Ramsar Project

Since 2013, the French Island LandCare Group has received government funding for works to protect and improve the Ramsar coastline of French Island. These works have included coordinating with National Parks staff to trap feral cats (about 900 cats have been trapped so far), control of weeds which threaten the coastal fringe and fencing of the shoreline and saltmarsh to prevent stock access. In addition, some community education activities have been organised to show French Islanders the Ramsar values which surround the island. The most recent of these was a cruise aboard the ‘Kasey Lee’ (from Wildlife Coast Cruises) on Saturday 9 January. Fifty one islanders boarded the cruise at Tankerton jetty at 9 am for a three hour exploration of the south coast of French Island. We were fortunate to have an experienced skipper at the helm, as he was able to take us into Blake’s Channel, close to the south-west shore of the island, and within viewing distance of important bird roosting sites, such as Tortoise Head, Bird Rock, Rams Island and Chilcott Rocks. We cruised the whole south coast of the island as far as the old prison settlement at McLeod. From Red Bluff to Point Leschenault, we sailed close to the beautiful forested coastline of the French Island National Park, an area which was once owned by the State Electricity Commission (SEC), who purchased it in 1967 for Australia’s first nuclear power station site! Fortunately, conservation groups fought to prevent the industrialisation of the island, and this forest was transferred to the national park. (cont. page 17)



Chris Coulson and Jack Treziase looking intently for birds on the Ramsar Cruise.

Photo - Terri Coulson

French Island

The Ramsar Wetland, continued



Zoe and Acacia Coulson enjoying the Ramsar Cruise

Since 1967, it has been known as the site for a nesting pair of White-bellied Sea-Eagles, which for many years was the only pair along the Victorian coastline, west of Wilson's Promontory. In 1980s, Sea-Eagles were still being shot by fishermen who said, "They eat the fish"! Thankfully attitudes have changed towards eagles and they have been allowed to breed in peace for the last 25 years, at least. The result is that now there are five breeding pairs of Sea-Eagles around Western Port, including three pairs on French Island! As 'Kasey Lee' came close to Point Leschenault (the barge landing), we were privileged to have close views of an adult Sea-Eagle in their favourite perch tree over the rocky shore. Some of the islanders had not seen a Sea-Eagle before. Later, as we passed Rain Point, on the way to McLeod we saw another Sea-Eagle perched in tree on the cliff face.

We saw the most birds gathered at the high tide roosts of Bird Rock and a reef on the west coast near Chilcott Rocks. We saw flocks of Pied Oystercatchers, curlews, pelicans, cormorants, gulls and terns on the roosts. The cruise was a good opportunity for islanders to observe shorebirds and other waterbirds up close, and to learn about the importance of the waters surrounding French Island for thousands of birds.

Chris Chandler



French Island Poet's Corner

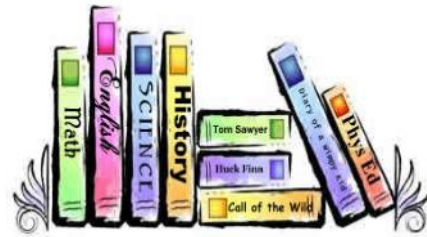
Submissions Welcome
editor@waterlinenews.com.au

HELPLESS AND POOR

In beauty you lie there
So helpless frail and so weak
Unable to move and speak
Totally dependent on others' care
Our eyes meet
Lock and stare
And I see your love
And acceptance mirrored there -
Your countenance shining bright -
With beauty of god's love you flow -
Not to be pitied, you just glow!

As able-bodied
I head out that door
I know it is you who are rich
And I who am poor
As in god's great love
And peace you flow
Richly blessing all those
You see and know

Paula Seymour 8.11.2015



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Environment

WPSP VOLUNTEERS WORK IN THE RAIN TO PROTECT GRANTVILLE COASTLINE



Twelve members and volunteers from Western Port Seagrass Partnership spent low tide on Friday 29 January at Grantville Foreshore Reserve continuing efforts to revegetate the eroded coastline.

This day was a part of a three year grant funded program that is using innovative methods to arrest erosion as well as reduce nutrient and sediment levels. Seagrass has declined in the eastern arm of Western Port since the 1980's. This is an attempt to provide natural protection to the waterways and coastal environmental values.

During this Summer, local residents have assisted to collect mature mangrove seeds off mature plants. These are now being propagated in nurseries for future seedling plantings later this year. Last Friday's efforts used an approach of direct seeding to help them take root in protective PVC pipes. These have been specially engineered to increase flow through of tidal movements and mitigate effects of storms during the year.

An important aspect of this overall revegetation project is the recording of

scientific data for the entire process. This includes seed collection to seedling growth through to planting in the mud. Locations at Grantville and Lang Lang have been chosen due to their need for cliff protection and sediment reduction.

The next planting is scheduled for April this year with further efforts later in 2016. Interested persons are very welcome and should register on the Western Port Seagrass Partnership website: See address above.

Ian Stevenson
Chairman
Western Port
Seagrass
Partnership.

Media Enquiries:

Doug Newton
Secretary
Western Port Seagrass Partnership
info@seagrass.com.au
www.seagrass.com.au
mobile: 0437 982 029



ANNUAL BOAT TRIP

Volunteers and members.

Upcoming Event:

The Western Port Catchment Committee is affiliated with the Biosphere and has met for over 13 years to explore topical issues and share knowledge on a broad range of environmental initiatives. In the past, an annual boat excursion has been offered to all community and agency interests to provide a first-hand experience. To extend that popular trend, our next trip is scheduled over high tide on Tuesday 8 March between 9.30am and 2.30pm. The route will depart from Tooradin on the 'Tidemaster' then cross the tidal watershed in the East Arm down to Grantville and south-east French Island. Knowledge will be shared between all those on board with inclusion from speakers on topics such as seagrass, mangroves, turbidity, migratory and local bird research, geomorphology and climate change. All costs for the day including lunch will be kindly covered by the Biosphere Foundation.

Please email any expressions of interest to the Committee's Executive Officer Ian Stevenson on ian@biosphere.org.au

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Tuesdays or Saturday to view the
pennant matches from our veranda with
a view.**

Saturday February 20

Saturday March 19

Saturday April 9

Follow & Like us on our Facebook page
Corinella Bowling Club on Westernport
or search for [www.facebook.com/
CBC.Westernport](http://www.facebook.com/CBC.Westernport)

Group Bookings are available for all meetings. Contact Secretary
Bev Carmichael 5678 7585 Email: woolamai@outlook.com

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News

GLOBAL GEMS GRANTVILLE

Our jewellery consists of rings, necklaces, bracelets, earrings and pendants.



These come in a wide range of gemstones which include Amethyst, Ruby, Emerald, Sapphire, Citrine, Onyx, Turquoise, Moonstone and more.

Most pieces are exclusive, but some can be re-ordered, unfortunately this does take approximately 6 weeks.

We pride ourselves on sourcing our jewellery though fair trade, which means we are told there is no slave labour in the mining of the gemstones and of the artisan that make and manufacture the pieces. Global Gems source the gemstones and making of the jewellery from all over the world.

One off, open day!!!

I would like to invite you all to the opening of Global Gems Grantville.

Come and browse our gemstone and silver jewellery. Exclusive Pieces.

Purchase on the day! !! (cash only)

Some pieces can be re-ordered, unfortunately will take 6 weeks.

Perfect present, spoil yourself, or that piece you need to go with that outfit.

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After this opening day I will be doing party plan.

Booking welcome, great hostess rewards. Markets in the Grantville area starting in the spring.

Also private viewings by appointment only.

COME HAVE A LOOK, enjoy some good company, you never know who you might bump into.

Have some nibbles, coffee, tea and wine.

Open event so please share this event with family and friends and bring them along on the day.

**Saturday February 27, 10am till 7 pm
24 Alma Crescent, Adams Estate.**

Anne Forbes

TRADES & SERVICES DIRECTORY

Next month we are looking at starting a **FREE trades & services directory section for small businesses.**

The Directory will give you a two line listing likes the ones below at no cost, but you must register by email and ask to be added,

editor@waterlinenews.com.au

NYORA

Southern Cross Earthworks

Terry 049 222 232 Leah 0410 562 288

LANG LANG

Lang Lang Eyecare

Kaye McCraw Phone/fax 5997 5525

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- Make friends
- Play games
- Make and create
- Listen to stories
- Explore nature
- Dance, climb, balance and jump
- Learn about preschools, early childhood and community services, activities and events
- Have fun

Would you like to know more about supported playgroups in your area?

Please contact the Family Resource Centre at Bass Coast Health on 5671 3278 or email Lynda.jobling@basscoasthealth.org.au



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POET'S CORNER.

Submissions welcome
 editor@waterlinenews.com.au

MEMORIUM

His plane crashed into a New Guinea mountain. The plane, and the dead co-pilot, were found. He was missing, found dead, and was buried.

We loved the sky because of you,
 Loved the plane, were glad you flew.
 Then - ! felt with you the mountain's blow.
 Knew the terror, touched the fear.
 We could not hold your hand
 But we were there...

You woke to life, laughed relief,
 Saddened by your friend's decease.
 Felt each bone, touched and poked,
 Prodded – looked – laughed aloud.
 We felt it all, unharmed with you
 We felt it too, were glad you flew...

With you we lit the fires, set the beacon,
 Watched the skies, began to weaken,
 Counted endless days and timeless nights
 Alone with bird and bush and fear.
 We felt it all - once we knew
 And wished that we could be there too...

We kept in touch as best we could,
 and prayed and begged to God you would
 come back to us – and waited still,
 quiet, as they searched your long long trail
 Quiet we watched, quiet we prayed
 Until at last you would be saved.

With you we ached the last brave mile
 With you we fought His final smile
 Then - ! When as a child you fell asleep
 And closed your eyes in last relief
 We did not hold your hand
 But we were there.

Dulcie Stone

MISSING

A reflection from the
 Australia Day breakfast at
 Kernot 2005



There are some who are not with us
 On Australia Day today
 The former generations are passing on their
 way
 The empty chair, the quiet house
 The voice that is not there
 Will we forget the things they did?
 While their contributions share

They're missing. Shall I name them?
 You know just who they are
 Their contribution to this place
 Is known both near and far
 Heart grafted to community

February 2016

Helped others weak and strong
 The legacy they left us
 Is ours to pass along

To those who knew and loved them
 The evidence clear shown
 The church, the hall, the tennis courts
 The school that's now a home
 A thousand other little things
 You see around the farm
 A dam, a fence, a gully cleared
 The building of a barn

And there are things you cannot see
 Like help at harvest time
 Like helping cut and stacking wood
 The loan of horse and plough
 The cooking and the cleaning help
 When times were very tough
 And though today we think it odd
 The loan of cow and calf

The loaning of a cow and calf
 May sound quite strange you
 But milk and cheese and butter
 Will keep you going through
 And help to thicken gravy
 In watery rabbit stew
 When times are tough
 As they sometimes are
 And you don't know what to do
 It's having neighbours just like you
 That's helped to get us through

You may not see your name here
 For that is my intent
 To write a poem long enough
 To list the deeds as meant
 I fear that you would tire of it
 The task on which I'm bent
 Just know this poem honours them
 Whose labours not recorded
 Are in this poem recognized
 Posthumously awarded.

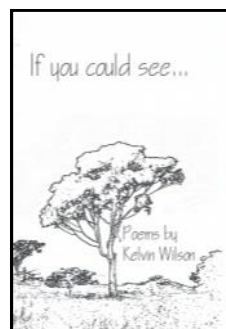
They're missing. You can name them?
 You know just who they are
 Their contributions to this place
 Are known both near and far
 Heart grafted to community
 Helped others weak and strong
 The legacy they left us
 Is ours to pass along

Kelvin Wilson

**This is another Poem
 from Kelvin's book...
 If you could see...**

**Available direct from
 Kelvin**

Kelbarb2@gmail.com



Wonthaggi

**Another in a series of poems about
 'People' by Meryl Brown Tobin, from her
 book - Walk In The Forest.**

Wonthaggi. 'Place of wind and rain'
 here come storm clouds cone again - and
 again
 1909, the tent town days
 began the town's quick-growing phase
 In the 'Place of tug along or pull'
 'Thaggi miners' lives were full
 Deep they dug for precious coal
 Far, far beneath the earth
 millennia before Wonthaggi's birth
 the fossil forest had developed
 and now at last it could be gathered

In '68 when mines did close
 miners suffered ill-wind blows
 But their town, it would not die
 for 'Thaggi people still did try -
 a living yet was there to make
 even if only for bread not cake
 Now, with population on the climb
 it's certainly a better time
 for business and tourism, a vote for each
 with life in country and by beach

Meryl Brown Tobin

HAIKU

Thoughts in miniature

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

俳句

haiku

Simplicity

Before midday heat
 women chatter washing clothes
 on smooth river rocks

Busy city square
 old man stands among pigeons
 scattering breadcrumbs

On long blade of grass
 an alert praying mantis
 sips cool morning dew

Quietly flowing stream
 silver trout jumps in sunlight
 fisherman casting line

**Dorothea Trafford Lavery
 Haiku Group**



**Society of
 Women
 Writers,
 Victoria**

BOOK REVIEW

Changing Lives Changing Times
by **Dulcie M Stone M.B.E.**
Pub Spectrum Publications Pty Ltd 2015



Dulcie Stone works as an education professional and a published fiction and non-fiction author. She is also a member of the Editorial Committee of Inclusion, the professional journal published by the Australian Institute on Intellectual and Developmental Disabilities which is the publication arm of Inclusion Australia, the national and leading voice on issues of importance to people with intellectual disability in Australia.

“Changing Lives Changing Times” is dedicated to Dr Dennis William Maginn who died in 2009. Dr Maginn was psychiatrist superintendent of the old St Nicholas Hospital and Co-ordinator, Intellectually Deficiency Services under the Mental Health Authority Victoria. He is probably best known for his objective and sensitive contribution to improving the lives of children assessed as having severe intellectual disability and their carers.

“Changing Lives Changing Times” is Dulcie Stone’s most recent contribution to the on-going public discussion about how to provide appropriate services to those in our community with intellectual and developmental disabilities, particularly but not only children. In this book, she reviews her involvement in many of the changes that have occurred in Victoria over the last, say, 50 years in education and developmental programs provided for people diagnosed with severe disabilities and in creative writing programs for the general community. Accordingly, it is an appropriate forum to acknowledge Dr Maginn’s life and work and his influence on community attitudes to intellectual and developmental disability.

“Changing Lives Changing Times” Is distributed on behalf of the Australian Institute on Intellectual and Developmental Disabilities.

Dr. Jane Hendtlass

The book is FREE to anyone who is interested. Simply contact Dulcie Stone.
dulcie.stone@exemail.com.au

NO ARTISTIC EXPERIENCE REQUIRED AT PAINT & SIP ‘PLUS’

Paint & Sip in Coronet Bay, now provides a NEW monthly Saturday afternoon session called Paint & Sip ‘PLUS’.

Why ‘PLUS’..? At the Friday evening Paint & Sip sessions, everyone creates the set monthly painting, However at Paint & Sip ‘PLUS’ you get to choose your own painting from an inspirational catalogue or you can BYO ideas. Facilitator and artist/teacher Chris Petrie, individually guides you through the painting process. In around three hours, you’ll take home your own finished masterpiece.

Run from a cozy home studio in Coronet Bay, Paint & Sip sessions provide a fun, non-judgmental and supportive atmosphere to help release your inner artist. “Paint & Sip and Paint & Sip ‘PLUS’ are not only unique lessons in how to paint; they are shared creative experiences. It’s just incredible to see what everyone is capable of achieving and the positive vibe that builds in the studio is absolutely contagious”, say Chris.

“A Paint & Sip PLUS session commences with a few unique drawing lessons that build confidence and provide the skills to let you get creative”, says Chris. “Too often people tell me they’d like to have a go, but don’t think they’re creative enough. I say they are and I help them achieve the results”, Chris adds.

BYO drinks for a little creative courage. All materials, equipment and bop-along-music supplied. Just bring the curiosity to discover your creative potential and be prepared to have lots of fun.

Places are limited so book early because there’s just one session per month. Go to www.paintandsipcb.com.au for session details and as Chris likes to say “... let’s get creative!”



FORTHCOMING EVENTS

Until February 28

Gippsland Art Gallery’s collection of Aboriginal artworks and artefacts.
Gippsland Art Gallery, Sale.
www.gippslandartgallery.com

February 27 - 28

Berwick Show Akoonah Park, Berwick.
Adults \$20, Conc. \$15, Kids Under 10 free.

March 13

Narkoojee Long Lunch in the Vines.
220 Francis Rd, Glengarry.
www.narkoojee.com

March 13

Opera by the lakes, 12noon - 4.30-pm
Nyerimilang Heritage Park.
www.gippslandopera.org.au

April 9-10 Loch Public Hall

CWA Creative Arts Exhibition 10am - 4pm
Admission \$3 Children free with adult.
Enquiries - Annie Graham 5678 8037



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- Create your own painting in a 2.5hr session •
- Step-by-step process • All materials supplied •

Call Chris: 0400 789 700 or book online at
www.paintandsipcb.com.au



FISHING with Craig Edmunds

January has gone already and hopefully so will the inconsistent weather. The weather

started off perfect for the holiday season and so did the fishing but both soon turned off like a tap. Apart from not being able to get out to fish the eight days of east south east winds seemed to turn the fish off for a couple of weeks. Things have improved and we should now see some calmer autumn weather during February which will mean plenty out chasing kingfish. There have been some very good reports from those diving around pyramid rock and a couple of very respectable ones caught by those under the water. Those above the water haven't had as much luck with only a handful of just size ones caught. Pyramid rock, pinnacles and Cole point the best spots with live bait, stick baits and x-rap 20's the best lures. There have been several very good gummies offshore, mostly from about 45m of water east of the entrance. Flathead also have been good from the same areas on the days with less swell but tough when there is a bit of swell.

If it wasn't for the calamari there wouldn't be too many fishing from the jetties with one of the poorest Januarys, we have seen. Everybody has a theory but I think it's as simple as the fish weren't there when people were fishing. We did get the odd report of pinkies and trevally from Newhaven jetty, some respectable whiting and flathead from the beach at Ventnor. And with enough people fishing someone always seems to catch a salmon or two from the beaches at Woolamai and Kilcunda. Calamari by far have been the best of the land based catches and when we had a tide change and light change during the month it wasn't a surprise to hear 60 plus were taken from the San Remo jetty.

In the bay the whiting were very patchy early in the month but have improved and are now decent in size and length. The best spots have been very early morning in

Clelland Bight with the top end around Dickies Bay and Reef Island during the afternoon into the evening. There are still plenty of toadies and leatherjackets but perseverance will pay off. Garfish are now showing up in the same area with the last of the run out tide the best. Snapper are all but gone with only the odd larger one being caught. There are plenty of pinkies on the corals but you will go through a bit of bait to find size ones. Gummies have been far better offshore this season so far but we did see some reasonable size ones in the bay over the full moon. To keep up to date with fishing reports like us on Facebook Jims Bait and Tackle.



Surprising Superfoods You Should Be Feeding Your Dog... Part 1

Dog food is intriguing, worrying and often confusing isn't it? It's easy to believe that our dogs must only eat kibble and treats created by manufacturers in order to stay healthy.

That's simply not true though and to dispel the myth read on to learn some smart fresh doggy superfoods to keep your dog healthy, naturally!

Dogs can maintain a fantastic level of health and well-being when they have the right diet. Vitamins, minerals and enzymes are all part of keeping that canine immunity high and

the organs within your dog's body healthy and happy. The food that your dog eats literally creates the cells within his body, so give him good food at every opportunity, to prevent illness and promote excellent health. So let's take a look at 7 of the most effective fruit and veggie doggy superfoods to create a healthy internal environment for your dog:

1. Green Beans

Green beans are an absolutely fantastic way to boost the vitamin content of your dog's diet. They have Omega 3 fatty acids (a perfect brain power boost) plus vitamins A, C and K. Dark green vegetables are also full of Iron and Calcium.



2. Carrots

Carrots are naturally abrasive and perfect as a daily treat for cleaning the teeth. They also contain beta-carotene which is great for the eyes along with a generous dose of Vitamins A, C and K. High in fibre too, for easy toileting, the humble carrot is an all-round crunch of doggy goodness.



3. Pumpkin

Soft and sweet pumpkin is a great source of A and C, beta-carotene, calcium and zinc. It is also high in fibre and lightly steamed your dog will love it.



4. Apples

Apples are fantastic training treats when chopped into tiny crisp squares. They bring fibre and Vitamins A and C to the dog's diet. Your dog can also have an apple chunk snack to clean those teeth as the flesh of the fruit has a natural cleaning action to remove old food from in and around the dog's teeth. It's important to remove the core and pips from an apple if you are feeding it to your dog. They are the only unhealthy area of this wonderfully healthy snack.



Next Month - Bananas, Sweet Potato, Celery and an extra bonus tip.

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On the Road



PLACES TO GO Summer Series No.4 Fish Creek Hotel



The iconic Fish Creek Hotel (1939) is a magnificently imposing Art Deco building located in the heart of Fish Creek.

It is the closest hotel, bistro and motel to the natural beauty of Wilson's Promontory.

A place to stay.

Couples getaway packages are now available.

Leave the world behind and travel to South Gippsland, ride the rail trail, walk the Prom or just sit on the sofa and relax.

Packages include 2 nights accommodation, 2 course dinner both nights (i.e. entrée and mains or mains and dessert), sparkling wine on arrival and a 3pm late checkout.

Guests choose from an extensive menu including vegetarian and gluten free options.

Packages start at \$280 per couple.

A great catch

The Fish Creek Hotel is now serving breakfast on Saturday and Sunday mornings from 7.30am to 9.30am.

"The Big Breakfast" Pancakes, smoked salmon House made hollandaise. Croissants, Muesli, Omlettes. Freshly ground coffee from the barista.

Bar Open

Mon - Fri 11.30am till late

Sat- Sun 11.00am till late

Pool tables open 7 days.

Lunch 7 days

Drinks

There is always an extensive range of beers available on tap, including White Rabbit Dark Ale, Grand Ridge Pilsiner, and the small batched Dirty Granny Cider from Matilda Bay.

All these and more are on tap ready to be enjoyed on their own, or with a meal in the bar, the bistro or outside in the beer garden. They also have on hand an extensive range of top shelf drinks, Scotch single malts, Irish whiskies, bourbons, cognac, vodkas, tequilas gins, rums, and Rutherglen ports and muscatel aged in small oak barrels (min 10 years).

Fresh Espresso Coffee.

Madame Flavour teas.

Get in touch

The Fish Creek Hotel is situated at 1 Old Waratah Road, Fish Creek. 3959
Phone (03) 5683 2404
Fax (03) 5683 2550
Email bigfish@fishcreekhotel.com.au

Recommendation.

My wife and I had the pleasure of being invited to spend Christmas Lunch at the Fish Creek Hotel with family recently. The three course lunch was magnificent, including seafood entrée, a great range of meats and vegetables for lunch and traditional Christmas pudding. The service was outstanding considering the large number in attendance, with the staff still having time to explain all the courses in detail, especially to the kids. Great attention was also paid to vegetarian and gluten free dietary requirements. We would have no hesitation in recommending the hotel to anyone for a great weekend day trip, and intend paying another visit shortly with friends.

Roger Clark



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Part 2 Making Jams



Jams, conserves and jellies are, quite simply, various ways to stew fruit preserved in sugar. The end product (i.e. jam, conserve or jelly) depends on the consistency and texture of the fruit-sugar mixture.

Jams are pulped fruit cooked with sugar. And jellies are jams with all solids removed to produce a 'thick juice'. The vital component in fruit which enables jams, jellies and conserves to consolidate to a thick consistency (as opposed to syrups and cordials which are more of a fluid consistency) is 'pectin'.

Pectin is present in all fruits, however, depending on the type of fruit and it's ripeness, the amount of pectin can vary considerably. This will, of course, influence the resulting consistency of the jam, jelly or conserve. With the help of acid in the fruit pectin is released during the cooking process.

Pectin content of common fruits

High Pectin fruits are: green apples, black currants, plums, most citrus fruits (lemons, limes, Seville oranges, grapefruit).

Medium Pectin fruits are: apricots, sweet oranges & mandarins, raspberries, blackberries

Low Pectin fruits are: rhubarb, pineapple, peaches, cherries, pears, strawberries, figs.

Testing for pectin

If unsure here is a way to gather a general idea of the pectin content of the fruit: After fruit has simmered during the initial stage of the jam-making drop a teaspoon of the fruit mixture into 3 teaspoons of methylated spirits. If a firm 'blob' of fruit forms the fruit is medium to high in pectin. If the fruit does not form a 'blob' or disperses into the methylated spirits it is a low pectin fruit.



Adding Pectin (and acid): This can be done in one of three ways:

1. Adding lemon juice.
2. Combining high and low pectin fruits together (such as high-pectin plum with low-pectin raspberry or high-pectin apple with low-pectin rhubarb).
3. Adding commercially produced pectin.

Sugar Content: Sugar is the preserving medium for the jam – medium to high pectin fruit requires equal quantity of sugar to the fruit. Lower pectin fruit requires only $\frac{3}{4}$ the sugar to the quantity of fruit.

Jam-Making Procedure

1. Prepare the fruit: Wash the fruit (slightly under-ripe fruit is best). Remove any bruised or contaminated fruit. Remove skins if necessary, seed/remove stones, core, etc.

2. Releasing the pectin: Place fruit in large saucepan and cook with a little water to initially soften (stew) the fruit and release the pectin.

3. Add the sugar: Cool slightly then add the required amount of sugar and (if required) pectin and lemon juice. Always make sure the sugar has fully dissolved before reaching boiling point.

4. Setting the jam: Stir the mixture well. Slowly bring to the boil and continue simmering (up to half to one hour) until the jam reaches the required consistency (see below).

5. Pouring into containers: When the jam is ready remove from the heat, allow to cool for a short while then pour into clean (preferably sterile - see page 23) storage jars. Seal the jars with screw top lids (ensure the jam is still hot when sealing so that a vacuum forms in the jar to ensure the jam will not contaminate over time). Sometimes melted wax or cellophane and rubber bands are used as a means of sealing the jam.

Storage: Jams store up to 6-9months. If mould forms on top of the jam discard it.

How to test jam for consistency:

To test the produce to determine if it is sufficiently



cooked, place a little jam in a saucer. When it has cooled, push it with your finger - if it wrinkles it is ready. If it remains 'runny' it requires more cooking.

Fig Jam: Slice 2 kilograms figs and slice and core 500 kilograms green apples. Place in saucepan with the juice and rind of 3 lemons. Simmer until tender. Add 2 kilograms sugar, dissolve, boil mixture rapidly until it gels when tested – about 15–20 minutes boiling time should be sufficient. Pour into sterile jars and seal.

Plum Jam: Wash 1 kilograms plums, cut in half and remove stones. Boil with 4 tablespoons water and juice of a lemon until soft. Mash with a spoon. Add $\frac{3}{4}$ kilogram sugar, dissolve, simmer for 15-20 minutes. Test for thickness (see above) - when ready pour into sterile jars and seal.

Rose Petal Jam: Place 500g fresh red rose petals and 850grams sugar in a heavy-based saucepan. Add two tablespoons lemon juice and half a cup of rosewater or water. Bring slowly to the boil and continue boiling gently for about 10 minutes – stirring occasionally. Continue simmering until the jam has reached correct consistency (see above). Pour into sterile jars and seal.

Apricot Jam: 1 kilogram fresh apricots, 500g sugar, grated rind & juice of a lemon. Wash apricots, remove stones and cut into halves/quarters. Place in large saucepan. Bring to the boil. Add sugar and slowly bring mixture to simmer (to allow sugar time to dissolve fully) - stirring frequently so that it does not burn. Add lemon juice and rind. Continue simmering until jam is correct consistency (see above). While still hot pour into clean & sterile jars and seal ready for storage or immediate use. Other fruits can be substituted for the apricots.



Next Month:

Making Conserves, Jellies, Marmalade, Fruit curds, butter & cheeses.

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QUIZ?

1. Name the lead singer of the band Stone Roses, who went on to pursue a solo career?
2. In which part of the human body would you find the Pons?
3. The Sukhoi 34 was the first fighter plane in the world to have what installed?
4. The computing term Bit, derives from which two word term?
5. What is the correct title for the building in London, which is known as Canary Wharf Tower?
6. Which gemstone symbolises a 40th Wedding Anniversary?
7. What colour is the Jubilee line on the London Underground?
8. Which golfing trophy is contested between the USA and a Rest of the World Team which excludes European players?
9. In which sport would you compete for the Leonard Trophy?
10. In which sport might you come across an event known as a "Madison"?
11. How many different time zones are there around Planet Earth?
12. Found in March 2004, what is the

Trivia and Lifestyle

13. name of the disputed 10th planet, found in our solar system?
14. In mythology, who was Sedna?
15. What was the name of the pretender to the throne, who was executed in 1499 after trying to overthrow Henry VII?
16. Who wrote the book 'Moonstone'?
17. Who was the first Prime Minister of Britain in the 20th Century?
18. Who was the chief conspirator in the Gunpowder Plot?
19. The Babbington Plot was aimed at which Royal?
20. In which year did Captain Cook first land in Australia?
21. Which US President lived at the Hermitage?

ANSWERS

1. Ian Brown. 2. Brain. 3. A Toilet. 4. Binary Digit. 5. No 1 Canada Square. 6. Ruby. 7. Silver. 8. Presidents Cup. 9. Bows. 10. Cycling. 11. 24. 12. Sedna. 13. Goddess of Marine Life in the Underworld. 14. Perkin Warbeck. 15. Wilkie Collins. 16. Lord Salisbury. 17. Robert Catesby. 18. Elizabeth I. 19. 1770. 20. Andrew Johnson.

THINKERS WANTED

The Philosopher's Zone

Let me be crystal clear: if you've faced a tragedy and someone tells you in any way, shape or form that your tragedy was meant to be, that it happened for a reason, that it will make you a better person, or that taking responsibility for it will fix it, you have every right to remove them from your life.

Grief is brutally painful. Grief does not only occur when someone dies. When relationships fall apart, you grieve. When dreams die, you grieve. When illnesses wreck you, you grieve. So, I'm going to repeat a few words I've uttered countless times; words so powerful and honest they tear at the hubris of every jackass who participates

in the debasing of the grieving:
Some things in life cannot be fixed.
They can only be carried.



FB/DavidAvocadoWolf

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Federal Minister for the Environment, Greg Hunt.

It was a privilege to attend Australia Day activities across the electorate and particularly to

welcome our newest Australian Citizens who took the pledge of allegiance to this country and its people. Watching the new citizens take the pledge and receive their citizenship certificates is a special occasion.

These people have a diverse range of backgrounds and circumstances that have led them to adopt Australia as their home. Some have fled war zones or suffered personal hardship before coming here; others have chosen Australia for its freedoms and opportunities. Whatever the reason, it is our duty to welcome them as our neighbours and treat them with respect. It fills me with a deep sense of pride when I think about how welcoming we are in Australia and I look forward to meeting these citizens and sharing their journey. Australia Day is a time for us all to reflect on what it means to be Australian, what we value about living here and to celebrate how lucky we are to live in such a prosperous and free nation.

It is also a time for us to commit to making Australia an even better place in the future. As people return to work and children return to school it is a good time for us to reassess our goals for the year ahead and to map out a strategy to achieve them.

I wish everyone a safe and prosperous year ahead and look forward to working collaboratively with the community on various projects to make our region a better place to live, work and enjoy.

I would also like to thank all the life savers at Woolamai Beach Surf Life Saving Club for the rescues they have performed this season and their ongoing dedication to keeping our waters safe.

The club has recently received \$5,000 in funding through the Coalition Government's Beach Safety Equipment Fund to purchase new rescue tubes and inflatable rescue boats.

The heartbreaking incident of the two drownings at Cape Woolamai is a tragic reminder that we all need to take care around water.

We need to teach our children and visitors how to identify dangers in the water and to impart on them the importance of always swimming between the flags at patrolled beaches.

The Australian Water Safety Council has an aspirational goal to reduce drowning deaths by 50 per cent by the year 2020; it's something our government supports and I know everyone who uses our beautiful beaches would like to assist in helping to achieve this goal.

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

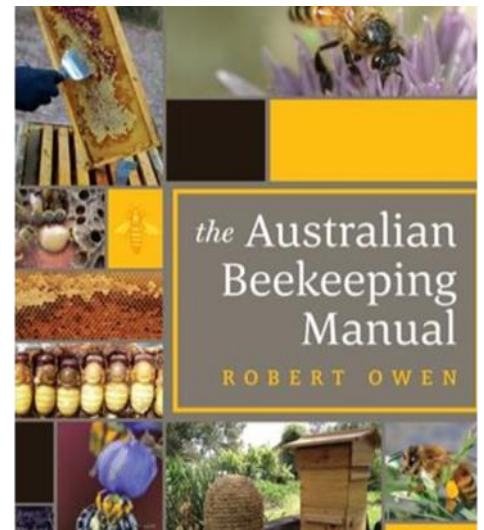
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Greg Hunt, MP

Federal Member for Flinders

BOOK REVIEW The bee's knees:



The Australian Beekeeping Manual

THE Australian Beekeeping Manual with its colour photographs and illustrations would not look out of place on the coffee table. Yet, it is unlikely to make it there, let alone to a bookshelf.

It will, more than likely, live in a glovebox or backpack so it can be consulted outdoors or in the workshop as a ready reference for beekeepers.

Consider the photos on page 44 that show how to repair damaged veil mesh with a hot glue gun to prevent an encounter with an angry worker, or the photos explaining how to inspect a hive, and illustrations that show how to reverse a two-brood box hive in which bees might have gravitated to the top box over winter.

Cont. P29



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& Outdoors

Book Review continued

Buyers of the hardback will probably have honey-stuck pages before long but the pages are glossy and can be wiped clean. While it is suitable for novice beekeepers and those contemplating a hive or two for the backyard, it also has good instructional material and links to resources for experienced beekeepers.



Author Robert Owen was born in Wales and was first exposed to beekeeping on a farm as a child. He took up beekeeping seriously 14 years ago in Melbourne.

He began writing three years ago and pitched the book idea to Exisle, a publisher which had recently reissued a New Zealand guide to beekeeping. Once the manuscript was complete, he set about photographing or illustrating everything covered in the book.

Owen, who also runs a beekeeping supplies business, said local information was needed because of floral and seasonal variation. But, he says, customers often asked for tools or chemicals from US guidebooks, which were inappropriate.

In somewhat of a call to action, Owen also challenges novices to exhibit their own honey, saying beekeepers in their first year can produce better quality honey than a neighbouring commercial apiarist.

GLENN MULCASTER THE WEEKLY TIMES
JANUARY 14, 2016



SEVEN PLANTS THAT ARE NEARLY IMPOSSIBLE TO KILL

Melody Teh

Not quite blessed with the green fingers your gardening friends have? Not a problem. With these plants, you can enjoy the beauty of plants without the hassle.

www.oversixty.com.au

1. Aloe vera

A hardy plant that is equally happy living outdoors in warm climates or a pot indoors



2. Mother-in-law's tongue

Commonly known as mother-in-law's tongue, snake plants are happy to be ignored for long stretches of time and thrive in shady areas.



3. Cacti

The cacti is the ultimate low maintenance plant. If it can survive desert condition, it will be able to survive anything.



4. Geraniums Not only will these produce beautiful blooms, they're hardy, drought-tolerant and easy to care for. All you do is deadhead and pinch back as needed.



5. Bromeliad

These comes in a wide variety so you're sure to find a look you like and best of all, they require little attention.



6. Maidenhair fern

An attractive and resilient plant, maidenhair ferns do like to be well-watered but if you forget, it's a plant that can easily be resurrected. Just cut back two to four centimetres from the base, give it some water and fertiliser, and it will come back to life.



7. Four o'clock flowers

This old-fashioned plant is easy to grow and much tougher than it looks. It's both drought-tolerant and low-maintenance



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BRIAN PAYNTER MP

STATE MEMBER FOR BASS



Please contact my office if I can assist you

talk to
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CONTACT

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5997 1819

reception@blackfishmedicalclinic.com.au
www.blackfishmedicalclinic.com.au



Be prepared for power outages

This summer, electricity businesses will be modifying their powerline safety settings on Total Fire Ban or Code Red days to reduce the risk of bushfires. This may result in a temporary loss of power if a fault occurs.

Households and businesses should consider the need for back-up power if they are highly reliant on electricity. Remember power outages can also affect phones, radios and water pumps.

- Have a battery-powered radio and spare batteries or a wind-up radio available to hear alerts and warnings in case power fails;
- Have a landline with a cord, a fully charged mobile phone as backup and a spare battery and;
- Have a non-electric pump available that can be operated from an alternative water supply such as a swimming pool, concrete or metal tank, or dam.

If you lose power, contact your electricity distribution business on the "Faults and Emergencies" number or website shown on your most recent electricity bill.

Be prepared.

For further information please visit
energyandresources.vic.gov.au/power-outage-guide



KNOW YOUR RISK.

FIRE DANGER RATINGS TELL YOU HOW BAD A FIRE WOULD BE IF ONE STARTED.

This summer, it's up to you to check Fire Danger Ratings daily. You could be at risk of uncontrollable fires on Severe, Extreme and Code Red days.

STAY INFORMED.

To check Fire Danger Ratings
visit emergency.vic.gov.au
call **1800 240 667**
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