

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

5

January 2016

STEP BACK IN TIME

Step back in time with us this month as we profile the Fisherman's Cottage Museum at Tooradin, in our Summer Places to Go series on page 25.



The Museum grounds also have the original Tooradin State School building and also the old Clyde North Primary School building.



Fisherman's Cottage Museum - Tooradin



Inside this month's bumper 32 page summer reading special edition

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We have been there and we care.'*

BRIAN PAYNTER MP

STATE MEMBER FOR BASS



Please contact
my office if I can
assist you

talk to
BRIAN

📧 brian.paynter@parliament.vic.gov.au

☎ 03 5672 4755

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

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We Do Home Visits

The Waterline News - January

FROM THE EDITOR'S DESK



Welcome to the January edition of The Waterline News, our second bumper 32 page Summer Reading special.

With the new What's Inside panel on the front page, there is no longer any need for me to use the space here to do that task.

This gives me the space to mention a number of other issues which have been raised in emails from readers.

The first is the number of events, gatherings, meetings etc. that seem to happen in the community that not everyone knows about.

There seems to be a growing reliance within some groups on 'Social Media' for publicity and engaging with the public. What I have been asked to point out here, is the large number of people in the community, who believe it or not, do not have computers, ipads, or iphones, and do not engage in any form of social media. The most effective means of reaching people in this area is to ensure a mention in The Waterline News, the local newspaper, and good signs on notice boards and shop windows. Another effective way of engaging the public is through direct letter box drops which are cost effective, but not nearly as affordable as a free entry in The Waterline News.

Make sure we have the details!



Finally, I would like to raise the issue of Sponsorship, which I had not considered, but which has been suggested recently.

At the moment our only form of income is through advertising, and we try and keep a good ratio of stories and information to advertising. As a result our advertising income does not always cover our printing costs.

If you are interest 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 1250 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
Roger Clark



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.

CRRA and friends would like to wish everyone reading this a safe, fun filled, happy, healthy and prosperous New Year. We, as a community, will be striving to grow in community spirit and unity as we work together.....friends, neighbours and partners in nurturing our town in all the best ways possible.

To cap off last year, the CRRA hosted a wonderful night at the Foreshore Rotunda for our Carols by Candlelight - a great attendance by young and old , enjoying drinks and nibbles as we sang and sang our little hearts out !!!!! Jingle Bells, Silent Night, Away in a Manger and Noel just rang out into the night. Thank you Michael Kelzke for the fabulous music and leading uscan hardly wait for next year !

On the 30th of December the CRRA held a Car Boot Sale at Harold Hughes Reserve, and again people came from all the neighbouring towns to join in selling a

treasure or finding a bargain..... Or just enjoy the BBQ Sausages with onion and coleslaw or a delicious hot donut, and a nice cold drink! It was a warm, but lovely evening - and the great sense of a community just enjoying doing "something together", was in the air. An upcoming BIG EVENT happening in Corinella, is being run by the Corinella and District Community Centre, on Saturday 20th of February 8am til 5pm. A FLORAL ART SHOW and FAIR with floral artists and floral art being celebrated with competitions and a demonstration by one of Australia's leading Floral Artists, Multi Award Winning Designer Nicole Gibson, will host the Fair, showcasing local produce, food and craft, as well as a variety of other stands.

To book a stand or for details of the competition schedules phone Lyndell Parker 0422 247 490

The next 'BIG THING' in Corinella is our AUSTRALIA DAY BBQ and FUN DAY, BYO



Drinks nibbles, chairs, picnic rug, hats and sunscreen (slip, slop, slap) - we'll provide the music, a jumping castle for the kids. and you simply have to have a FREE sausage off the "Barbie" on Australia Day.... Let's get together and have FUN as we celebrate being Australians and all things AUSTRALIAN.....
Tuesday the 26th of January from 10-30am to 2-30pm.

Corinella District Community Centre
Floral Art Show & Fair
20 Feb 2016 8am – 5pm

Come & Celebrate the Creative Use of Flower & Plant Material

<p style="text-align: center;">Floral Art Show at CDCC</p> <ul style="list-style-type: none"> • View creative floral art • Enter your own floral art • Junior & Senior Competitions 	<p style="text-align: center;">Fair at Harold Hughes Reserve</p> <ul style="list-style-type: none"> • Local foods • Local produce • Local craft
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Inspirational Demonstration by Nicole Gibson
Multi Award Winning Floral Designer

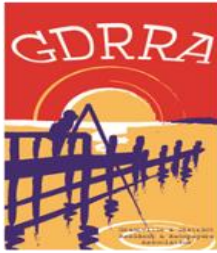
Bookings & Enquiries Contact: Lyndell Parker 0422 247 490

<p>THE WATERLINE NEWS Editor Roger Clark PO Box 184 Grantville 3984 Phone 0410 952 932 Office Hours Mon– Fri 8.30am - 4.30pm Email: editor@waterlinenews.com.au Website: www.waterlinenews.com.au ABN 97 395 483 268</p>		<p style="text-align: center;">ADVERTISING RATES</p> <table border="0" style="width: 100%;"> <tr><td>Small</td><td>6cm x 6cm</td><td>\$ 17.50</td></tr> <tr><td>Small 1.5 (Bus Card)</td><td>6cm x 9cm</td><td>\$ 26.00</td></tr> <tr><td>Dbl Small</td><td>6cm x 12cm</td><td>\$ 35.00</td></tr> <tr><td>1/4 Page</td><td>9cm x 14cm</td><td>\$ 50.00</td></tr> <tr><td>1/2 Page</td><td>18cm x 14cm</td><td>\$ 80.00</td></tr> <tr><td>Full Page</td><td>18cm x 28cm</td><td>\$ 120.00</td></tr> </table> <p style="text-align: center;">Email: editor@waterlinenews.com Advertising Deadline 1st each month</p>	Small	6cm x 6cm	\$ 17.50	Small 1.5 (Bus Card)	6cm x 9cm	\$ 26.00	Dbl Small	6cm x 12cm	\$ 35.00	1/4 Page	9cm x 14cm	\$ 50.00	1/2 Page	18cm x 14cm	\$ 80.00	Full Page	18cm x 28cm	\$ 120.00
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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.



Grantville the association is a great stepping stone to assist in making your vision a reality.
 Membership is \$10 single or \$20 family membership per annum.
Everyone is welcome.

Kathy Hopkins



PIONEER BAY PROGRESS ASSOCIATION
Contact
 pbpa@bigpond.com

Happy New Year all- as we count down to the big Aussie Bash at Pioneer Bay on Australia Day- January 26th from midday until 4pm.

A huge thank you to Cr LeServe for her successful lobbying of Council and rescue of this year's event- it almost didn't happen and the email came through at 6 minutes to sponsors deadline- onya Clare!
 So we are happy to LOUDLY & PROUDLY announce this year's AWESOME sponsors:
 Naming Sponsors: Tabro Meats & Bass Coast Shire.

Major Sponsors: Brian Paynter MP, Tomlins Liquid Waste, Alex Scott & Staff Grantville, Dandy Pre Mix, Grantville Community Committee.
 Mates Sponsors: Greg Hunt MP, Bendigo Bank Grantville, Stickland Moving, Waterfront Computers.

Remember to support these local businesses- they support you!
 We had a 600 strong crowd last year. We'd love to see more there again this year. Please remember that it is free to attend but is also the major annual fundraiser for the park here at Pioneer Bay. So leave your BBQs & booze at home, come and buy a snag or a hamburger and a can of soft drink and help us build the dunny (ha! Like that Aussie slang?)

We have the awesome talents of Scat back again to rock you. The talented local teenage artist Britney Ames doing face painting. Bring some extra cash for the silent auction- we've had some bonza items donated. Games for the kids.
Fun for the whole family!
Be there!!

We hope everyone had a lovely Christmas and our Association members would like to take this opportunity to wish everyone a very happy New Year.

On the 6th of December we held a Twilight Market in conjunction with Christmas in the Park. The event turned out to be a huge success. The Kernot Boys Band was there to entertain the crowd and the music was enjoyed by young and old alike. We would like to thank Matt from Grantville Sand & Gravel for the company's generous donation each year of sausages, hamburgers and everything we need to run the BBQ. This year the barbeque was run by the Pioneer Bay Progress Association and the proceeds raised will go towards a Multi Purpose Building/ Meeting Room at their reserve.

We are still working on getting a Fitness Station at the Memorial Park to be positioned near the children's playground. We are currently applying for some added funding to make up the shortfall and hope to have a positive outcome by the middle of 2016.

The Annual General Meeting will be held on Friday the 29th January 2016 at 7.30pm at the Grantville Reserve Hall.

If you would like to be a part of your community our association is a great way to contribute. If you have a vision for

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



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
Situating 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, Sensort & 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,
Histories of the World, Learn to Weld,
Movie & Theatre Appreciation, Music &
Imagination, Tai Chi for Arthritis and more.

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

Community News

BASS VALLEY COMMUNITY GROUP Inc.

Bass School Road Bass
Centre Manager
Roderick McIvor
Phone 5678 2277



"The object of a New Year is not that we should have a new year.

It is that we should have a new soul and a new nose; new feet, a new backbone, new ears, and new eyes. Unless a particular man made New Year resolutions, he would make no resolutions. Unless a man starts afresh about things, he will certainly do nothing effective". GK Chesterton.

Starting afresh. That is definitely the intention that we all seek to bring to a new year. And what better way to start afresh than to decide to volunteer. It is often said that the best volunteers are busy people. Being busy is not a reason to decide you cannot volunteer. One person seen as a world expert on volunteering, Stephen G Post, has found in his research that: "A strong correlation exists between the well-being, happiness, health, and longevity of people who are emotionally kind and compassionate in their charitable helping activities." Basically, volunteering is good for you.

The Bass Valley Community Group is always on the lookout for volunteers. It isn't that we don't have any. Last year for our Christmas lunch, we sent out invitations to more than sixty of our volunteers. Over fifty of them came along, and had a great time by all reports. On a week-to-week basis we have around twenty-five volunteers supporting the Community Centre.

Sometimes volunteers cannot turn up to help. This can be for all sorts of reasons. Sometimes it is planned, for example a holiday. Other times it might be due to an emergency, taking a child to the dentist for example. We always need to have someone we can call in to replace an indisposed volunteer.

And we have a very large range of activities for volunteers to be involved in at the Bass Valley Community Centre in Bass.

Outside, we have a large area of grounds to maintain: grass and garden beds, a green house and a gazebo. We need: sticks, leaves and litter swept up; grass and edges cut; weeds sprayed; garden beds planted, watered and weeded; shrubs and trees trimmed and pruned.



Inside we need volunteers to staff our Hadden House Opportunity Shop. The op shop is the main source of income for us to provide the community with the services we deliver. At the op shop, volunteers sort through the donations, sometimes finding quite remarkable things.

We had one instance where a man inadvertently took all his wife's jewellery to the op shop. Luckily she found out in time and we managed to retrieve it all. Then it is a matter of setting up the display of wares in the shop, pricing them and attending to the cash register to take sales.

We also need volunteer cooks on Mondays and Wednesdays to cook lunch for the HACC Friendship Club. This is a planned activity group made up of older people (the oldest are over 95 years old) as well as younger people living with acquired brain injuries. We provide all the ingredients and the volunteer cooks cook a wonderful lunch in our kitchen for around 15 people.

On Monday, Tuesday, Wednesday and Friday our community bus is out and about. It is either taking people to the Centre for our Friendship Club (Mondays and Wednesdays) or picking people up from where they live in the Waterline area (Tuesdays and Fridays) to take them into Wonthaggi to shop or whatever other business they have in town. All the driving of our twelve seater bus is also done by VOLUNTEERS.

We have other volunteer opportunities too. Including volunteer tutors who support us through leading activities such as the Computer Club and the Genealogy Club. We are always happy to support people with good ideas as to what additional activities can be run at the Centre.

Volunteers work in the office also, assisting with the large number of administrative tasks we need to undertake.

So... if you feel like getting involved in something that is ...highly associated with greater health and happiness. Or an activity that leads to you being...happier, healthier and sleep better than those who don't volunteer... please give us a ring on

5678 2277

Phillip Island Community and Learning Centre



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

Corinella & District Community Centre

Spread your wings and fly with us



Adult and Community Education Neighbour House

- 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)

LANG LANG COMMUNITY CENTRE



Public Internet Access to all members.

Ipad Tuition.

Lifestyle classes including: Yoga, Pilates, Cardio, Walking group and Line Dancing.

Playgroup and Hey Dee Ho for the littlies.

A variety of Patchwork groups.

Men's Shed Group.

Secretarial Support Services including: Photocopying, typing and scanning.

Book Exchange

Small offices for hire

Centrelink Agent with dedicated computer.

Medicare Claim Service

Please call us, we open @ 9.30am five days a week.

7 Westport Rd, Lang Lang 3984

Contact Coordinators Michelle or Marg

(03) 5997 5704

llcc@langlang.net

**The Centre reopens Thursday
January 21 for enquiries,
bookings and payments.
Term 1 Flyer will be distributed
from January 21
Activities resume first week in
February**

8 HEALTHY REASONS WHY ALL OVER 60's SHOULD EAT EGGS

Alexandra O'Brien



By including eggs in your diet you are doing yourself more good than you might be aware of. While eggs have drawn a lot of flak because of their cholesterol content, the fact is that eggs actually offer a number of health benefits that are especially good when you're over 60.





Grantville Medical Centre
2/1524 Bass Highway,
Grantville

For Appointments Call
(03) 5678 8029

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

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

www.wonthaggimedical.com.au



1. Keeps you feeling full

If you eat an egg for breakfast it can keep you full for a longer period of time. This will prevent you from your mid-morning snacking. As eggs have many essential nutrients that your body requires, coupled with the high satiety index, consuming eggs for breakfast is a great way to start the day off.

2. Boosts iron intake

If you suffer from frequent headaches, irritability and fatigue, you may be suffering from iron deficiency. Visit your doctor and get your blood tested. If you have low iron levels, you will benefit from eating eggs. They contain a form of iron known as heme iron, which can easily be absorbed by the body and can help treat anaemia.

3. Helps with weight control

As eggs have a high satiety index, if you include eggs in your diet – especially for breakfast – you will feel full for a longer period of time and thus less likely to reach for snacks. A study conducted by the Louisiana State University found that people, who consumed two eggs, toast and jam for breakfast, stayed full for a longer period of time compared to people who ate bagels, yoghurt and cream cheese for breakfast.

4. Promotes brain health

Eggs contain a nutrient called choline. This nutrient has been known to improve memory.

5. Keeps bones healthy and strong

Eggs are abounding with Vitamin D – important for calcium absorption and also for maintaining the bone health. By helping in calcium absorption and maintaining health of bones, eggs play a crucial role in keeping osteoporosis at bay.

6. Good for hair and nails

Keep your hair bouncy and nails strong by consuming eggs regularly. Eggs not only contain amino acids, but also contain many important vitamins and minerals that help maintain the health and appearance of your hair and nails.

7. Boosts immune system

Eggs are one of the few foods with naturally occurring Vitamin D. This vitamin plays a vital role in strengthening your immune system and making your body more resistant to common ailments. Eggs also are replete with Vitamin A, which is an essential vitamin for enhancing the working of your immune system.

8. Reduces inflammation

The choline present in eggs helps to reduce inflammation in the body. There is evidence to show that chronic inflammation increases the chances of developing Type 2 diabetes, Alzheimer's disease and osteoporosis.



HEAT RELATED ILLNESSES

Peter Shearer

Heat related illnesses can be prevented by keeping cool, avoiding vigorous physical activity and drinking plenty of water.

NEVER leave children or pets in parked cars.

Heat Stress occurs when our body is unable to cool itself enough to maintain a healthy temperature (36.5 C – 37.5 C).

Normally the body cools itself by sweating, but sometimes sweating isn't enough and the body temperature keeps rising.

Heat illnesses can range from mild conditions such as a rash or cramps to very serious conditions such as heat stroke which, if left untreated will kill.

People most at risk include people over 65 years, those living with NO air conditioning, babies/ young children, pregnant mothers, people who are physically unwell especially with heart disease, high blood pressure or lung disease (COPD).

Symptoms of Heat related illnesses

Babies may show signs of restlessness, irritability and fewer wet nappies.

Older people may become lightheaded, confused, weak or faint.

Heat cramps – Muscle pains or spasms (reduced fluid and salt)

Dizziness /Fainting – Reduced blood flow to the brain.

Heat Exhaustion – Can develop into Heat Stroke, signs include paleness, sweating, rapid heart rate, muscle cramps (usually in abdomen), headache, nausea, vomiting and dizziness.

Heat stroke is when the body temperature rises above 40 C and the bodies symptoms start to shut down. The person may stagger, appear confused, have a seizure, collapse and have loss of consciousness. Symptoms of heat stroke may be the same as for heat exhaustion, but the skin may dry with NO sweating.

If conscious increase fluid intake.

If unconscious (place the patient on their side and clear their airway).

CALL AMBULANCE on 000

Paramedics are able to give the patient intravenous (IV) fluids prior to transporting the patient to a hospital.

**REMEMBER FOR EMERGENCY
AMBULANCE CALL 000**

**Peter Shearer 39241 | Paramedic
Educator Grantville**

**Ambulance Victoria | Gippsland Region
Ph: 5678 8671 | Mobile 0437 172 177**

Fax: 5678 8987 Email:

peter.shearer@ambulance.vic.gov.au

SIXTY SOMETHING - The benefits of Tai Chi

Starts at 60 reader Fran Spears writes.....



Hello sixty somethings. As a chronic sufferer with breathing problems, I will try anything that helps me breathe more freely. A fellow Tasmanian SAS member informed me of a place she knew about that had Tai Chi lessons. After meeting this lady and hitting it off, we decided we would both check this place out.

It is in a community centre run by the Hobart council. I have mentioned this place in a previous article. Anyway, Debbie and I headed off to see if Tai Chi was all it was cracked up to be. Hey, you see people doing it on the sidewalk, the beach and in halls, people of all ages so it can't be that hard right? How wrong we were. It is incredibly hard if you happen to be uncoordinated like me, with one foot and leg bigger than the other. Although, I don't think two perfect feet would have made much difference. We had a great time though and being women who don't give up easily, we headed off the following week and are now committed to giving it our best shot.

What I really want to tell you about is the lady who takes the classes. Her name is Jill. Jill doesn't actually do the Tai Chi moves anymore but supervises the rest of us and has someone who knows what they are doing to show us. Jill is 84 years old. Yes guys, she's 84.

I asked Jill how long she had been doing Tai Chi. Jill, who was a school teacher for many years, has been practicing Tai Chi for 30 years! She loves golf and tennis and her favourite tennis player is Roger Federer. She uses a walking frame now but her mind

is still sharp and if we go off track a bit too much, the school teacher in Jill kicks in. Believe me, we are back on track in no time.

She describes Tai Chi as gentle but powerful exercise for the mind, body and emotions. I asked her if she believed it was good for breathing and she said it was extremely good for anyone with breathing problems. It also has benefits for arthritis sufferers and just about anybody.

That brought me to the question of men. In a class of over twenty people, there were no men. Jill says men think it is a "sissy" way to exercise. She has not seen many men using this form of exercise over the years, which she says makes them "silly" as it works just as well for men as women. Jill says this form of exercise does indeed help your overall health and once you get the hang of it, you should try to practice for 10 minutes daily.

Jill is a remarkable lady. Time has slowed her down physically but this hasn't stopped her. She says she loves conducting these classes, she loves the interaction. I asked her how long she planned on taking these classes. "Forever?" I asked. "Oh no, not forever," she replied, but I had the feeling I was going to see her for a long time to come.

In the meantime, Debbie and I will give it our best shot every week, meet new people and at least enjoy our coffee and chat afterwards.



www.startsat60.com.au

Tai Chi

For those living with Arthritis Medical studies show that Tai Chi reduces pain, helps to prevent falls, improves mobility and balance.

We are seeking expressions of interest from those that would be interested in taking part in a weekly session.

If we have enough interest we will be commencing a session in term 2.

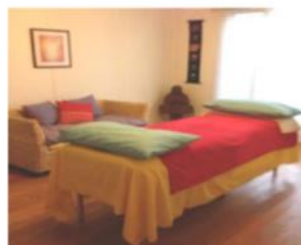
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Ramada Resort, Cowes.
2pm - 5pm



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As the name suggests, Miss Brigid & Her Mixed Nuts' style is mixed (not salted) and these talented musicians move freely from jazzy blues to bluesy jazz, with a dash of Latin, a sprinkling of funk and a generous twist of comedy.

Music is a great way to connect with others. You can sit back, listen, have a laugh or get up and have a boogie . . . whatever your preference, the one guarantee is you will have a great time. Oh, and be warned, they often get the audience to join in with a song or two.

Miss Brigid & Her Mixed Nuts – line up for 17 Jan 2016

- Vocals “Miss Brigid” Brigid DeNeefe
- Guitar Alex Yarosh
- Keys Jonathan Wade
- Bass Doug Kuhn
- Drums Taleb Taleb

If you have not seen this outstanding entertainer be at the Bass Room at Ramada Resort Phillip Island, 2128 Phillip Island Rd, COWES from 2 – 5PM for an experience you will never forget.

Entry costs for Jazz Club Members is \$15.00 and visitors \$18.00

Enquiries: Robin Blackman 0432 814 407

Moe RSL Moe-Latrobe Jazz Club

The Moe-Latrobe Jazz Club welcomes 2016 with the



Sugarfoot Ramblers, on Friday Jan 29.

Enquiries: Bruce Lawn 5174 3516

Saturday February 6

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.

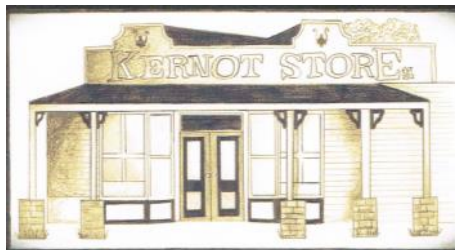
Sunday February 14

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Details: Neville Drummond 5674 2166

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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 December CD winner, Gabrielle Stavrinidis, from Westmeadows, who said she picked up a copy of The Waterline News at the information centre in Cowes, loved the magazine and decided to enter. Well done Gabrielle, your CD is in the mail.

CD REVIEW



In our first CD review from the Australian Jazz Museum's massive collection we have a double CD set which is must have for anyone who was around in the 1960's.

This is the second release in the series and I would imagine most people of the era already have the first issue which was also a double CD.

This new release, titled More EP's of the 1960's features:

- Barnard's Ape Men (Bob that is).
- The Paramount Jazz Band.
- Frank Traynor's Jazz Preachers (with Roger Bell).
- Varsity Five plus Two.
- Yarra Yarra Jazz Band (featuring Judy Jacques, vocal).
- The Jazzmakers.
- Ian Orr's Jazz Band.
- Sny Chambers Band (extremely rare recording, featuring Alan (Sny Chambers, Dave Ranjin, Dave Robinson, Tom Arrowsmith, John Cavanagh, Brian Carter and Don Boardman, with Helen Violaris providing vocals), Gary Dartnell Jazz Men.
- And 17 tracks from the Ballarat Jazz Messengers featuring names including, Col Hutcheon, Gary Rice, Graeme Vendy, Dave Hines, Peter Gallen, Ron Rosser, Diana Gilbert, Mal Jennings, Bic Cole, Bruce Barber, David Campbell, Neville Stribling, Geoff Thomson, Ian Coots, and Bob Moore.

All this for just \$25.00 plus postage

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www.ajm.org.au



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& Lifestyle

PERSONALITY OF THE MONTH



Coralie Knight, pictured here with her late husband Ziggy who died last year. Coralie Knight tells her own story.

Working at 103.1 3BBR FM Community Radio in Drouin has been an interesting journey and yet another page in my very full and varied life, having worked for the majority of my working career as a self-employed artist potter, plus as a Catering and Housekeeping Manager in Aged Care and as a cafe Head cook. Currently I'm working full time as a Sales Consultant in retail in Warragul but have plans to return to my lovely studio...to resume the life of an artist potter on my beautiful 5 acre property set in the rolling hills of the picturesque Ellinbank countryside.

My sojourn into community radio began just over 6 years ago when my late husband Ziggy overheard me chatting to staff in the kitchen of the cafe where I was working as Head cook. He thought my voice suited radio and the rest is history...we worked together on our Jazz programs, "All Stars Jazz Festival" and "Trad Jazz @ Oak Street", for 5 1/2 years...We were married prior to Ziggy's death from cancer last year.

I have found working on radio a wonderfully stimulating and rewarding experience. I feel privileged for the opportunity to get to know many talented musicians by attending the multitude of Jazz events that abound in Victoria...Melbourne is renown as the Jazz capital of Australia. I have travelled far and wide to places such

as Norfolk Island and Lord Howe Island to attend Jazz Festivals.

My knowledge and appreciation of Jazz has increased enormously since I have had my own radio program and I'm fortunate to have great people to work with on air, such as Robin Blackman and Jill Boyce from the Phillip Island Jazz club, plus Marg Hendrie and Alan Clark from the Victorian Jazz Club and Moe-La Trobe Valley Jazz Club.

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If you have any questions, email Peter Cowden at cowdenpeter@gmail.com



No food on the plane



103 passengers and only 40 meals got loaded on a INDIA to US flight.

The Airline had messed up, and the crew was in a fix. However, one smart flight attendant has an idea. About 30 minutes into the flight she nervously announces, "I don't know how this happened but we have 103 passengers and only 40 dinners."

When the passengers muttering had died down she continued, "Anyone who is kind enough to give up his/ her meal so that someone else can eat, will receive free unlimited liquor during the entire duration of the flight."

Her next announcement came an hour and a half later, "if anyone wants to change his/ her mind we still have 40 dinners available!"



Husband's Mobile Phone

A Wife checks husbands mobile and finds all girls numbers saved in the following order:

New Bird, Neighbour Bird, Old Bird. Upstairs Bird, Insurance Bird. College Bird and Super market Bird Finally she checks her name and it was saved as...



Angry Bird

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Phillip Island App Radio

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



Phillip Island App Radio



The Jazz Club - 12-2pm Saturdays.



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



West Gippsland Community Radio Inc.

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

www.3bbbfm.org.au

Food

RECIPES

Main Meal

Sweet potato, roasted pumpkin and mushroom lasagne



This roasted pumpkin, sweet potato and mushroom lasagne is a great twist on the traditional meat lasagne. It's also good for you – it's low GI and filled with fibre and sodium. Not to mention it's packed full of flavour and is easy to make.

Serves 4

Ingredients

200g pumpkin, diced into 1cm cubes
200g sweet potato, diced into 1cm cubes
1 large sprig rosemary
2 cloves crushed garlic
500ml skim milk
1/2 onion
1.5 tbsp plain flour
125g cottage cheese
100g sliced mushrooms
1/2 sliced shallot
25g grated reduced fat cheese
120g dried lasagne sheets
pepper to taste

Method

Preheat oven to 200 degrees
Mix pumpkin, sweet potato, rosemary, garlic and pepper in a bowl
Place on a greased tray and bake for 20 minutes until golden
Scald milk with onion and let sit for 10 minutes. Dilute the flour with a little water, add to the milk, simmer for 5 minutes and add the cheese.
Spray lasagne dish with cooking oil and add a layer of lasagne sheets. Add 1/4 of the sauce and 1/4 of the pumpkin, potato, mushroom and shallot. Continue until all ingredients used.
Sprinkle with grated cheese. Bake for 35-45 minutes and rest before serving.

Dessert

The 3-ingredient Japanese cheesecake that everyone's been talking about



Everyone's been talking about this recipe lately and now we bring it to you in all its three-ingredient glory.

If you want an easy dessert that's easy to prepare and tastes great, you'll be blown away by this!

In the last few months, this recipe has gone psycho online, with nearly 6 million views on You Tube.

Ingredients

3 eggs
120g white chocolate
120g cream cheese

Method

Preheat the oven to 170C. Separate the eggs. Place the whites in a large bowl and keep them in the refrigerator in preparation for the meringue.

Break the chocolate into pieces and place it in a large bowl. Melt the chocolate in a double boiler over hot water (60C). Add the cream cheese and melt them together.

Remove the bowl from the double boiler, add the egg yolks, and mix well.

In a large bowl, whip egg whites with an electric mixer until firm peaks form (to make a meringue). *If it's thick enough, you can turn the bowl upside down without it sliding out.

Add 1/3 of the meringue into the cream cheese batter and blend well with a spatula. Then add the rest of the meringue 1/2 at a time and mix well.

Rub some oil/butter on parchment paper to prevent cracking. Line the round cake pan with the parchment paper. Pour the batter into the pan and drop the pan lightly on the counter to raise the air bubbles out of the batter.

Place the cake pan on a baking sheet. Pour some hot water into the baking sheet.

Bake at 170C for 15 minutes, 160C for 15 minutes, then stop the heat and bake with the remaining heat for 15 minutes.

When it is done, place the cake pan on a wire rack to cool completely. Brush with apricot jam syrup, add whipped cream and/or dust with powdered sugar if desired.

This recipe was first published by www.startsatsixty.com.au



Why not send us your favourite recipe?

editor@waterlinenews.com.au



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More Community News

Welcome to 2016 in Bass Coast

Cr. Clare Le Serve



Many of you may have made New Year's resolutions, some may still be on track and others may have changed their minds, but I hope everyone enjoyed the festive season and are looking forward to 2016, which will be another busy year for Council. We will be delivering on our Waste

Management Strategy, Economic Development Strategy, Natural Environment Sustainability Strategy and many other policy and strategic positions. We are looking forward to consolidating the last few years of work and achieving good outcomes for the community. We will be asking for people's comments and we value your input, we can't do it without you! The Council's Noticeboard is a great weekly update on the latest news and events happening at Council as seen in Council's Weekly Bulletin in local newspapers. Please check back weekly for updates on the Council's website www.basscoast.vic.gov.au and monthly CEO reports.

Council's Coastell magazine is also a way to keep up-to-date, providing information on local issues and events including Council services and activities, key local issues, information on roads, traffic and parking, building and planning tips, environmental information, community and economic development projects, leisure and recreation facilities.

There will be a Council Election in 2016 with some changes for residents; there will be changes to Wards and Councillor numbers which is a State Government directive, and further information will be made available later in the year on the Council's website for the community. Council contacts: Call 1300 226 278 or Email: basscoast@basscoast.vic.gov.au or head to the Customer Service Centre at the Grantville Transaction Centre, 1504-1510 Bass Highway, Grantville Monday to Friday between 8.30am to 1.00pm or 1.30pm to 4.30pm, or contact Cr Clare Le Serve, Leadbeater Ward Councillor by calling 0448 083 286 or by emailing clare.leserve@basscoast.vic.gov.au



SERENADE AT SUNSET CANCELLED

The Committee of Serenade at Sunset has big plans for this event; an enhanced performance is being organised, better staging and new infrastructure at our Grantville Reserve home.

The Committee believes that for this important event to be sustainable in the long term these significant improvements are vital.

We remain committed to providing a high quality professional music event at an affordable price to people who may not otherwise have the opportunity to experience this type of musical entertainment either due to cost or distance from where such productions are more readily available.

All of this however requires significant funding and at the moment the amount required is beyond the realms of our current finance, so with regret the Committee has decided not to stage the event next year, that is 2016. It is a case of short term pain for long term gain. If we are to accomplish long term aims and sustainability we need to get the fundamentals right.

This is indeed an important event as it assists young music students financially and with experience – we want to do more for them. It brings to us people from other regions thereby assisting tourism and as such local business – we want more visitors to come.

All in all it is a vital part of reinvigorating Grantville and the Waterline Region; an issue that is dear to the heart of the Bass Coast Shire Council.

Underpinning this we have the Serenade philosophy that the people of this region deserve a high quality event at prices they can afford. But low ticket prices must be subsidised.

To do these things we need to get it right and that needs finance, so we are in negotiations with a Federal Government Department for a very significant grant and at this early stage they are very enthusiastic. We are also discussing sponsorship with local businesses that are keen to support the event and our philosophies.

We would like to take this opportunity to thank those who have supported the event this year through sponsorship especially the Bass Coast Shire Council who can see the potential of this event for the community and business. The Council has supported this event both financially and with other resources. Further important sponsors are RACV and Grantville Business and Traders Association.

So again we regretfully announce that there will be no event for 2016 but will look forward to a great performance in 2017.

Barry Hutton

TRANSFORMATION GRANTS

Over the next few months, a group of local residents and artists will be working to develop an exciting arts project to involve a broad range of people connected along the waterline between Grantville and Corinella. With this idea, we seek to attract funds from Regional Arts Victoria's Small Town Transformation grants. The grants ask small towns to think big about how they could address local issues with a creative idea. The following is a statement of our area of exploration. We are yet to find the actual idea that we will submit and we invite interested people to get in touch and be part of the projects development or to just stay informed as the project progresses.

"In this waterline place between Grantville and Corinella, our community witnesses a constantly changing environment. The tide is high then low, traffic passes through, soil is washed from the land to the sea, and seasonal plants and birdlife, like residents and weekenders, come and go. Once the land was inhabited by enormous wombats, echidnas and kangaroos; prehistoric creatures which are long gone. We share a shifting history with these creatures, with the indigenous people, the colonial explorers, the holiday seeking visitors and the residents of past and present. With this project we will acknowledge and explore the impermanence of our habitation on the edge of the water, as a connecting force between us."

Contact Jessica Wilson by email to register your interest and keep in touch

jess@jessicawilson.com.au

Libby Skidmore

LOCAL POLICE NETWORK

**San Remo Police,
Station Commander
Bruce Kent.**



Wonthaggi Police have become aware that youths have been loitering in a bush area of the Wonthaggi Wetlands during the afternoons and nights.

Enquiries revealed that persons are lighting campfires on top of a large disused concrete footing and also leaving rubbish along with shopping trolleys from Coles. The location is medium density bushland with large amounts of dry leaves etc, on the ground, which could fuel a bushfire. Police will patrol the area heavily to deter this behaviour.

Suspicious behaviour of any type should always be reported to police, better to be safe than sorry.

Glenn BIRT | Acting Senior Sergeant
31580 | Wonthaggi Police Station

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

History

LOCAL HISTORY

Libby Skidmore

In December 1834, there landed on the eastern shores of Western Port, the pioneers of the oldest rural industry in Victoria. As a result of their toil, the first cargo exported overseas from any place within the limits of what is now Victoria was shipped from Western Port in the earlier part of 1835, before the first settlers from Tasmania had set foot on the shores of Port Phillip. One day in December, the schooner 'Elizabeth', built and owned by John Griffiths, of Launceston, and commanded by John Hart, landed 20 bark strippers, a team of bullocks and a dray at Red Point, near the site of the settlement formed in 1826 by a party from Sydney under Captain Wright and abandoned a few months later. The country abounded in magnificent wattle trees, which Hart describes as the largest he had ever seen, and so great was the quantity of bark obtained by the strippers who remained at western port until April 1835, that it was found to be worthwhile to charter a vessel to load for London.

John Griffiths had employed these men and the 'Elizabeth' in whaling operations out of Portland and he thought it better to employ them stripping bark than risk losing them to opposition whaling operations for the following whaling season. Phillip Island and the Western Port coast were well known to sealers who had built primitive huts, while they harvested the seals for oil and skins. Hart and the crew turned bark strippers until enough had been collected to load the 'Elizabeth'. Then they left the wattle barkers to continue the work while they took the load to Sydney. In Sydney Hart chartered the 306 ton ship 'Andromeda' to load bark at Western Port for London. With John Thom the mate of the 'Elizabeth' on board as pilot the "Andromeda" arrived at Western Port in April 1835 and took on board a load of bark which was afterwards sold in London for 13 pounds a ton. This bark was Victoria's first export to go overseas direct. After taking on her cargo 'Andromeda' went to Launceston

to get customs clearance. There was a chance at that time of Victoria becoming a dependency of Tasmania and Launceston had a monopoly of the earliest trade from Portland and Western Port. The Sydney authorities however bestirred themselves and Tasmania's political ambitions came to naught.

Hart returned to Launceston and sang the praises of this new country around Western Port to John Griffiths and to the agent of the sale of the bark Mr Connelly and to the company in the billiard room of the Cornwall hotel which included John Pascoe Fawkner and John Batman, the early settlers of Melbourne. Hart spoke in the highest terms of the land and the grass and the stands of wattle trees. He saw the advantages of this new land beyond his own country.

In part from an article in The Argus December 28, 1918 by T Dunbabin In the archives of the Bass Valley Historical Society.

Thomas' Map of Lost Place Names for Port Phillip

Kate Follington



On his first morning camped with the Bunurong tribe, in July 1839, William Thomas (Aboriginal Protector from 1839 – 1849) noted in his journal that while reading his morning Psalms the admired Aboriginal hunter Poleorong (known as Billy Lonsdale) poked his head through Thomas' tent. Poleorong insisted on sharing his bread, tea

and sugar with the new protector, and had built Thomas a fire the night before.

Despite disease rapidly decimating the Aboriginal people living around Port Phillip Bay in the 1830s, Thomas decided to set up camp with the local tribes he was employed to protect.

William Thomas was brought from England to be employed as one of four assistant protectors of Aborigines for the Port Phillip District of Australia, from April 1839 until 1949. Thomas kept detailed diaries of his expeditions of the area, observations of camp life, the death of Aboriginal people by massacre and disease.

Capturing Memory

One of the tasks of the assistant protectors was to gather information about the customs and languages of the Aboriginal people of the Port Phillip District. The result were some government records of Aboriginal languages and geography, including this map of the Westernport District made by Thomas in 1841, no doubt informed by the time he spent living with Aboriginal communities. The map is a record of his understanding of the original place names, geographical features and land use of the area, including his record for the Aboriginal name for Port Phillip, more commonly known as Nerm or Neerim.

Short-Lived

The protectorate was short-lived. The huge social and economic changes brought about by the gold rush coincided with a lack of policy for Aboriginal people. The consequences were dramatic with only 2,000 Aboriginal people remaining by the 1850s. Records and reports from this period are held at the Public Record Office of Victoria. Its main holdings are records created by the office of Chief Protector of Aborigines, Image: A map of Westernport District made by William Thomas, Assistant Protector of Aborigines, in 1841. The map identifies both Aboriginal and European names.

Written by Kate Follington, Contributions by Tsari Anderson.

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French Island News



The French Island News



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

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



CFA Training

Sunday January 17

Sundays February 7 and 21



French Island

Australia Day Market

Sunday January 24 10am- 2pm

Lots of wonderful home made products

Fresh produce and great food for sale

Bring friends and family.

Stall holders book your stall with Glenys, only \$5.00



French Island Cricket Club

January 16/23 v Long Island at Ballam Park

Jan 30/Feb 6 v Mount Martha at Home

February 13/20 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

The next outing is Saturday January 23 where FOFI members will be counting shorebirds as part of the Western Port Wader Survey, now in its 41st year.

Shorebird counters also go to Stockyard Point, Pioneer Bay, Yallock Creek and Reef Island etc, three times a year to count waders.



VALE MURRAY BOURCHIER

Murray Bouchier, born 1933, died January 2016.

A great walker, naturalist, photographer and bird watcher, Murray was passionate about the bush. He took a lively interest in French Island, being a dedicated member of the Friends of French Island group (FOFI). Murray died after a 5 year battle with myeloma.

The Bouchier name is remembered in Western Port through Bouchier Channel, near Tooradin; named after Murray's uncle, who was a fisherman.



French Island Landcare

Landcare Nursery

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

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

FRIENDS OF FRENCH ISLAND NATIONAL PARK



President & Magazine Editor Geoff Lacey

Secretary: Meredith Sherlock 9770 5229

Correspondence to 3/11 Raymond Avenue

Frankston 3199

Email: heresproof1@gmail.com

French Island Tributes

MICK DOUGLAS: May 1953–September 2015



L-R Geoff Lacey, Mick Douglas, Vicitor, Martin O'Brien (back to camera) and Bett Mitchell. Photo Andrew Hollis

On 10th October family and friends came together to commemorate the life of Mick Douglas, who had been ranger on French Island from 1986 to 2013.

He had an intimate knowledge of the island and great rapport with our group.

I first met Mick on French Island around 1995 when helping to organise FOFI activities. It was obvious that he had a great love of his work as a ranger and that he enjoyed engaging with people. Working with him was always a delight.

Mick was very gifted as an environmental manager. He always seemed to notice new things in the French Island environment before other people were aware of them. As an example, around 1995 he noticed that a striking change was taking place in some of the island forests and woodlands. The dense, healthy understorey had begun to die away and 'fall over', leaving a more open understorey dominated by grasses, sedges or bracken.

This phenomenon led me to realise that French Island was experiencing a remarkable ecological development that needed to be investigated. The character of the forests was changing. I was soon to start writing up part of the ecological history of the island and Mick's observation was a key insight that guided my work.

Along with Mick's keen insight into detail, he had a sense, perhaps we could say a poetic sense, of the wholeness of the environment—how everything held together. And he had a sense of adventure, generally finding real excitement in the work we were doing on any given day.

Mick once told us that when he first came to work on French Island in 1986, he planned to stay five years. But he soon had second thoughts. He said: 'French Island is vast. It had the feeling of a real wilderness. And it was such a challenge. I felt a kinship. And I love to see how ecologies work, how they're stitched together.'

Of Mick's many projects on the island I will single out two. The first was focused on the very important bird site, Rams Island. For a long time this site was protected just by a broken-down fence and cattle could still get out there. So Mick organised the new Coastal Protection Fence all along the coast near Long Point, with the cooperation of the adjacent landowners. This was completed around 1998.

Then he organised FOFI to do a big planting of Drooping Sheoak and Coast Boobialla on the coastal slopes outside the fence in 1999. We followed up with further plantings, together with Landcare, in subsequent years. And the trees are now thriving.

Another great project was the West Coast Walking Track. Mick made sure that this would be a really interesting track, from which walkers could enjoy beautiful and varied scenery while keeping well clear of the sensitive shorebird flocks on the beach.

FOFI members and Mick really enjoyed working together. He said

it was good to have us coming over each month and making a difference. Before he retired, Mick scanned all our old newsletters onto a disk, so that they could be a resource for the future. Mick was a great photographer too and his pictures have often featured in FOFI News.

We enjoyed Mick's competence and dedication, his warm friendship and his delightful and rather wicked sense of humour. Working with Mick was a wonderful and creative experience. And along with Mick we were all drawn more deeply into the adventure of observing and restoring the ecology of French Island—while experiencing its beauty and wonder.

Geoff Lacey

FRANCES GARNER: Feb. 1932–Nov. 2015

On Friday 27 November, family and friends gathered to farewell Frances Garner, who died aged 83.

Frances was a founding member of FOFI, attending the inaugural meeting on Saturday, 18 February 1984. No one can quite remember now what (or who) brought her to the island, but for the next thirty years her love of French Island and her loyalty to the Friends group were unwavering.

In the early days the committee was rather an ad hoc affair, with Frances listed as Secretary, Activities Coordinator, Acting Editor and Vice-President at various times. She officially took over compilation of FOFI News in November 1994, helped by her sister Loris, and continued until March 2008 when the role was formally handed over to Geoff Lacey, who had been assisting with layout since 2004. Frances was FOFI's President from 1999 to 2015, and most of our Annual General Meetings were held in her pleasant courtyard garden in Frankston (with her daughter Megan always providing a wonderful supper).

Frances Garner was one of the funniest people I knew. She wrote much of FOFI News in the mid 1990s and her pieces were always witty, self-deprecating and humorously observant of human nature. Even though she complained of an 'inability to recognize any bird smaller than a pelican', she could in fact write up our activities very well, and even in her nonsense one can glean the fierce intellect that enabled her to produce an outstanding PhD in History at Monash University in the 1960s.

Frances managed to combine a sometimes alarming lack of interest in her own welfare with a strong stubborn streak. These two traits combined in perhaps her most memorable moment on the island in November 1994 when, against all advice, she announced she was taking a shortcut by leaping across Brella Creek. Instead, she dropped vertically into the muddy morass. No one could have described the event better than Frances herself:

"Light relief was provided by intrepid and/or mad Activities' Coordinator taking a plunge into the murky depths of Brella Creek, but the rest of the party soldiered on and were kind enough to put up with her presence on the return trip".

Although Frances did not own a car, she managed to get to the island almost every month for many years, sometimes bringing her young grandchildren. She adored her family and her dogs; she loved the beach, the sun, sailing and cricket. She was a wonderful friend to me. Frances had a very soft voice, but this belied her strong views on fairness, compassion and social justice. It came as no surprise to learn that she had been a member of the Communist Party in the 1950s.

Frances was also exceptionally brave during her long illness, displaying a tenacity to live that was sometimes heartbreaking to witness.

Her family plans to scatter her ashes on French Island, and I am sure we will hear her spirit singing in the saltmarsh and forest.

Meredith Sherlock



French Island

FRIENDS OF FRENCH ISLAND NEWS

October 17: Sea-Eagles revisited

Our activity for October was a return to the White-bellied Sea-Eagle nesting site. This site was visited last month and it appeared that the usual nest site had been abandoned. Our objective was to try to locate the birds and to determine whether they had established a new nest.



Sea Eagle and Raven
Photo Wal Mitchell

Despite eight pairs of eyes and some very high tech equipment we were unsuccessful in locating a new nest. A single bird was seen regularly flying up from the forest cover and Scott, Martin, Richard and Peter braved the thick woodland to search the area but the nest site eluded them.

An impressive aerial bombardment by a Raven was interesting to watch as the Sea-Eagle and the Raven sparred in mid air.

We were beginning to think that the lone female had possibly lost her mate but towards the end of the afternoon we were relieved to see the smaller male perched on a dead eucalypt.

During lunch we enjoyed close views of Tree Martins collecting mud for nest building. So intent were they on the task in hand that they seemed unaware of us and some good photos were obtained.

The question of the nest site was unresolved but we were rewarded with sightings of many bush birds. The list comprised Yellow Robin, Mistletoebird, Grey Shrike-thrush, Silveryeye, White-browed Scrubwren, Striated Pardalote, Grey Fantail, Crescent Honey-eater, New Holland Honeyeater, Wedge-tailed Eagle, Kookaburra, Golden Whistler, Grey Currawong, Shining Bronze-cuckoo, Fan-tailed Cuckoo, Brown Thornbill.

Our final stop was to the store to replenish Meredith who had been without coffee and lunch throughout the day! Many thanks to Scott Coutts for providing transport and assistance.

Bett Mitchell

SPRING BIRD RECORDS

Highlights this Spring include rare French Island breeding records for two falcon species.

Australian Hobby:

A pair were seen attacking a raven on a farm near Mt Wellington on 3 October. Two days later, a Hobby was seen entering an old raven's nest high in a pine tree nearby. The young could be heard making begging noises from the nest. Adults were seen coming and going to the nest several times through October, with the loud begging calls of the young heard each time.

Peregrine Falcon:

On 28 September we saw a male Peregrine calling loudly whilst perched on a dead tree on the edge of a south coast cliff. The bird flew short distances, calling all the time. On 16 October, the female was perched in the same tree, also calling loudly and not leaving the area. She flew up to and perched in a tall dead tree in the forest, next to an even taller tree which had a stick nest high in the branches. This appeared to be an old raven's nest. She did not leave the area. During two more visits in November, both birds were still at this site.

Blue-winged Parrot:

Blue-winged Parrots are rarely seen in summer in Western Port. So it was interesting to see a bird fly out from the forest edge at Blue Gums on 16 October. A pair was seen feeding in grassland at Long Point on 11 November. On 25 November, one flew out of the exact same patch of forest at Blue Gums. Later in the day, a pair was disturbed feeding in paddocks 400 m north.

Olive-backed Oriole:

Several calling at Overpass Road forest on 10 October.

Varied Sitella:

A feeding party near Mt Wellington on 10 November. This is the third group I have seen on the island in 2015.

Satin Flycatcher:

Two territorial pairs have been calling from the same forest on the corner of Mt Wellington and McLeod Roads since October. The territories are about 100 m apart.

Chris Chandler

ABOUT KOALA HUGS

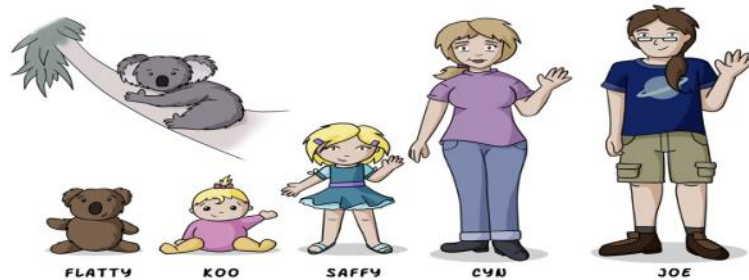
Koala Hugs follows the adventures of a flat, koala teddy bear and his family on a small island where there are hundreds of real koalas.

Koala Hugs is written and illustrated by Amanda Penrose, an Australian artist, storyteller, and web designer.

Send her an email.

She'd love to hear from you!

amanda@dd.com.au



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

5



Environment

OH POOH - ITS GONE



Dog off leash area's signage was officially unveiled on the 1st of January in Corinella at The Beach St entrance to the beach.

By January 3 the sign had been illegally removed.

So much for all the community consultation that had gone into that decision, someone clearly disagreed.

If the tide is high you can access the off leash area from the O'Connor Rd end.

Dogs must be on lead at all times in other areas of the reserve.

Always carry a poo bag and most importantly use it. (it's the law) Please respect fellow beach users.

Committee hope to have the pedestrian access from the toilet block toward the jetty completed by March (weather permitting) this project has been supported by a successful grant application for \$35,000 from Coastal Environments Program - Public Access and Risk 2015/16 A 2015/16 Boating Safety and Facilities Program application for \$18,000 to create a master plan for the jetty precinct has been successful. Consultants will provide an overview and suggestions for upgrading the amenities in the area including launching facilities and parking. We are hoping that the first draft will be completed by the end of April.

Looks like a busy year coming up. Happy New Year to All.

Barbara Oates, Secretary
Corinella Foreshore Committee of Management Inc.

LETTERS



Climate Change

Thousands of Climatologists support the concept of climate change. None of those opposing it are climate scientists. However the climate is so variable it is frustrating to study. I recall years ago when the Melbourne branch of the Bureau of Meteorology first installed their weather radar. One of the meteorologists told me that they had detected a violent storm over Geelong which would cause havoc when it reached Melbourne. This is what the banner headlines proclaimed as the storm split into two. One half went behind the Dandenongs and the other half went out to sea, and the sun shone brightly on Melbourne.

Despite all this sort of variability their models are valid, and it is a worry.

The Indian Ocean has heated up nearly one degree. ONLY one degree you say, BUT that is the equivalent of hundreds of volcano's erupting. It is an incredible amount of heat energy, causing a great increase in evaporation. The weather moves from west to east so where does the water come down?? Poor old Queensland.

The Indian Ocean surface gradually flows south and when it cools is heavier than the surface Antarctic fresher water that sinks under it. I remember when I was an oceanographer, chucking a bucket over the side of the Antarctic Research ship Discovery and also from the H.M.A.S Australia, checking the temperature to locate that point which is called the Antarctic Convergence. The warmer water sinking goes down further south now and helps melt the ice; at a faster rate.

All the Indian Ocean heating combines with the current El Nini situation and two bad things will happen. We will have a bad drought; pity the farmers; and in a few years we will not be arguing whether or not to have a desal plant, but where to put the next one. The other really worrying thing is that satellites tell us Victoria is drying out more than ever before. If we get widespread

thunderstorms and no rain we could get a fire storm right across the state. The Sea level rise is real but would not be too bad. However, the increased violence and frequency of storms with spring tides will damage our coast, and some properties.

Dr. Tim Ealey

National Landcare grants improve the natural environment across Port Phillip and Western Port

Red Hill and the surrounding area is one of many sites that will be rehabilitated by local Landcare groups with the assistance of the Australian Government's National Landcare Programme.

Red Hill South Landcare will be involved in weed removal to improve the habitat of the Powerful Owl and Grey-crowned Babbler.

I'm delighted that 12 local groups will share \$269,337 in grants under the National Landcare Programme.

Grants will ensure vital rehabilitation work is carried out as well as the minimisation of the threat of rabbits and foxes.

The habitat of the Southern Brown Bandicoot will be significantly improved through the eradication of rabbits in the Langwarrin Woodlands and Northern Western Port.

The Mornington Peninsula National Park in Flinders will benefit from weed eradication. Phillip Island will benefit from revegetation works and enhancement of wildlife corridors.

Peninsula Gardens Bushland Reserve near Rosebud will benefit from the reduction of foxes and rabbits on adjoining properties. The National Landcare Programme assists local Landcare and other community-based groups to restore and protect natural assets so the local community can enjoy the long-term benefits of a healthy environment.

The grants are administered by the Port Phillip and Westernport Catchment Management Authority to help local groups carry out important on-ground work and address some of the crucial environmental issues facing the region.

Hon. Greg Hunt, MP Flinders

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(Cup Day)

Saturday February 20

Saturday March 19

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

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This initiative is funded by the TAC and managed by the
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Local Business News

THE OLLIEMAX TEAM

Simon and Christine Keeble moved to Corinella in 2014.

They chose the gorgeous seaside town as a quiet sea change after spending 3 years on the Island and realizing they wanted to be in a more rural, quiet location with a community feel. Corinella fitted the bill for the whole family.

Olliemax Pty Ltd is an amalgamation of their children's names, Olivia and Max.

They are their inspiration and the reason for their business, so Simon could spend more time at home instead of the crazy hours he has spent in the past commuting to Melbourne 5 days a week. They have a

10m3 tipper, a skid steer with a 1,000 kg lift and a laser level, and can do everything from site clearing, cleaning and levelling, to trenching and boring. They are fully licensed and insured and pride themselves on their customer service. Their motto is, "How Can We Serve You?" Because they believe, their mission is to make our customer's visions a reality in the most efficient, cost effective and professional manner. If you have a question, or wonder if we can help, just give them a ring on 0432 281 778 and let them know how they can serve you.



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People & Places

IN FOR THE LONG HAUL

Chances are that if you do something well for a long time, no one is going to notice.

That's certainly not the case with Red Cross though. On Thursday 10 December, three long standing members of the Woodleigh Vale branch of Red Cross received recognition of their exemplary and extended service.



Pictured here Dot Garry received her long service bar for her 40 years service from Branch Chairman Sheila Campbell.



Bronwyn Wilson receives her long service bar from Sheila for her 30 years of service.



Sheila presented Val Blackmore with a certificate of appreciation for seventeen years as branch treasurer. The award ceremony took place at the Old Deli restaurant in Dalyston and all attending branch members later enjoyed a most pleasant lunch together.

Les Ridge



LANG LANG SCOUTS



The 1st Lang Lang Scout Group recently received a generous donation from the Lang Lang RSL, Lang Lang RSL Ladies auxillary and a member of the RSL.

These much needed funds will go towards our hall renovations and restoration project. We have also received generous support from the Rotary Club of Koo Wee Rup / Lang Lang and the Lang Lang Memorial Hall Opportunity Shop. We are endeavouring to restore the Scout Hall to its former glory and have a hall that can continue to provide an exciting program for the youth of our district. Did you know that Scouting has been in Lang Lang for over 80 years!

The 1st Lang Lang Scout Group has a special relationship with the Lang Lang RSL. In the photo the Lang Lang RSL Sub Branch Secretary Jean Hayden presents 1st Lang Lang Scout Group Leader Scott Hamilton with the generous donation. On behalf of Scout Group we say thank you to all of our generous supporters! 1st Lang Lang Scout Group - Prepare for Adventure - Prepare for Life.

Thanks to all who are involved in all of the groups mentioned. Thanks also to Scott and especially Travis Davidge for all of the work putting together the project. The kids will definitely appreciate the upgrade to the hall. Thanks again for supporting your local scout group and community.

Peter Hayden



THE TRAIN OF LIFE



At birth we boarded the train and met our parents, and we believe they will always travel on our side.

However, at some station our parents will step down from the train, leaving us on this journey alone.

As time goes by, other people will board the train; and they will be significant, i.e., our siblings, friends, children, and even the love of your life.

Many will step down and leave a permanent vacuum. Others will go so unnoticed that we don't realize they vacated their seats.

This train ride will be full of joy, sorrow, fantasy, expectations, hellos, goodbyes, and farewells.

Success consists of having a good relationship with all passengers, requiring that we give the best of ourselves. The mystery to everyone is: we do not know at which station we ourselves will step down.

So, we must live in the best way, love, forgive, and offer the best of who we are. It is important to do this because when the time comes for us to step down and leave our seat empty we should leave behind beautiful memories for those who will continue to travel on the train of life.

I wish you a joyful journey on the train of life. Reap success and give lots of love!

Lastly, I thank you for being one of the passengers on my train.

(By the way, I am not planning to get off the train anytime soon but if I do, just remember I am glad you were one of the passengers on my train).

Author Unknown





POET'S CORNER.

Submissions welcome
 editor@waterlinenews.com.au

I Leave the City of Tears

(farewell to Budapest 1944)

How Strange you are
 how different you are
 Still you are my everything.

My tearful, beautiful
 heart stealing
 mysterious city.

Distant horizons,
 moors bathing in
 an ocean of light,
 waiting for me.

I walk with stumbling steps
 my head is heavy, grieving,
 sadness covers me.

Glistening waves
 of old Danube,
 they are waiting for me there.

The West is calling
 and I walk away.

Judy Bartosy

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

Helpless and Poor

In beauty you lie there,
 So helpless, frail and so weak,
 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
 And in God's great love
 And peace you flow
 Richly blessing all those
 You see and know.

Paula Seymour, 2015



Who was that man

When I first laid eyes on
 him as he sipped his soup
 alone

There was something quite
 familiar was it someone I
 had known?

There seemed to be an aura that wafted out
 to all

A something indefinable, an off repelling
 pall

Yet strangely I was drawn to him
 Was there was something I should share
 To ease the load that pressed him
 To show him someone cares
 The sad mosaic of his face depicted troubled
 days

The life of loss and hardship that followed
 all his ways
 I had but hardly said a word, nor had he
 heard my name
 When from the opening in his face a mighty
 torrent came

The lines and creases in his face of doubt
 and fear and shame
 Poured out and piled around him to
 emphasize his pain
 I shared a poem with him how music eases
 pain
 But words kept flowing from him such
 comfort seemed in vain

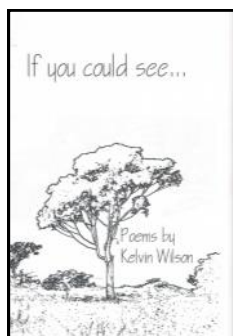
At last I had to leave him his words were
 pouring still
 I guess he did not realize t'was his words
 that made him ill
 And as I left him sitting there with all his
 thoughts expressed
 It seems I saw him pack them back, inside
 his tortured breast
 And as he packed each nurtured thought
 back in its special place
 It deepened the mosaic lines of pain upon
 his face

Who was that man I knew him but could not
 quite recall?
 Or did I see him recently in the mirror on
 the wall?



Kelvin Wilson

Written as a result of a conversation with an
 84 year old man who was eating alone in an
 Adelaide restaurant on Father's Day 2004



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

**Available direct
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Kelbarb2@gmail.com

Night Run

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



Night Run

Foetal-Curled on bed
 she runs along the beach
 as she has many nights before
 Running, running
 she won't look around
 He might be coming after her

She loves him
 doesn't know why she runs
 just that she must
 She knows she needs space
 to rid herself of tension
 so she can sleep

He presses into her back
 caresses her thigh
 She runs harder
 He kisses her neck
 Faster, faster she runs
 She won't turn around, she won't

'I love you' he whispers
 She turns around
 His lips seek hers
 She starts to melt inside
 Lets him get rid of tension
 the way he knows best

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

Freedom

Above rugged peaks
 mighty condor swoops and glides
 through freedom of sky

Flags of all nations
 unfurling in unison
 peaceful the message

On war-conquered fields
 through stubble of ripened wheat
 red poppies linger

Tree ferns fringe cool stream
 shadows move o'er grey washed stones
 platypus at play

**Dorothea Trafford Lavery
 Haiku Group
 Society of Women Writers, Victoria**

PHILLIP ISLAND COMMUNITY ART & CRAFT GALLERY

The Phillip Island Community Art & Craft Gallery was setup more than twenty five years ago, initially in "The Cottage" in Cowes and the last fifteen years it has been located in the Cowes Cultural Centre.



It is a true Community Art & Craft Gallery, where anyone who is a resident or rate payer of the Bass Coast Shire can become a member. Membership entitles to you put your work in the Gallery in exchange for you doing one day's duty in the Gallery per month. We are open 7 days a week.

The gallery has a membership of around 40 local arts & crafts people who do the most amazing original arts & crafts, the gallery is a display of those arts & crafts and all items are for sale at very reasonable prices.

The Gallery has such a wide variety of talent so on display you will find; original drawings, water colours, oils & acrylics along with photography and mixed media Art. We have woodcrafts, knitters, sewing enthusiasts, jewellery makers and silversmiths, recycling crafters, basket weavers, paper artists and card makers, candle makers, glass artists, felters and other general hobby crafters.

Aleta Groves

Phillip Island Community Art & Craft Gallery Inc

**In the Cowes Cultural Centre
Thompson Avenue**

Open everyday from 10.00am - 4.00pm.

**Always looking for new members to display & sell their Art & Craft Work
Enquiries welcome call Aleta on
0419 525 609**



BOOK REVIEW

"Six Months in Wonderland" is a true story.

Wonderland is a beautiful area of rain forest under the shadow of Mt Wellington in Hobart, the capital city of Tasmania,

Australia's island state.

A rustic, 3 storey house, surrounded by tall eucalypt trees and bustling with native wildlife is the setting for a new beginning for Gail and her two teenage daughters. Bats in the ceiling, leeches in the yard and a soap eating rat in the bathroom make lateral thinking and humour a survival necessity.

There is plenty of adventure in this book. Gail's upbringing included peacocks regularly landing on the roof of the family home and experiencing the horrific 1967 bushfires. Gail experienced a number of "narrow misses" – she missed the Granville train disaster in Sydney by 24 hours, a change of plans prevented her family from being at Port Arthur on the day of the massacre, and a trip home saved her from death or injury from the boiler explosion at Mt St Canice.

Faith versus religion is a major theme in this book. Gail's experiences in church life range from the humorous to the abusive. "Six Months in Wonderland" is a journey from fundamentalism to freedom. Gail's varied work history provides times of drama and humour. Dodging the knife throwing of a "delinquent girl", working with the drugged, violent and mentally challenged and having a murderer in her violin class are just some highlights.

Teenage romance, love in a boarding school, first marriage, children, separation and divorce, finding love for the second time and a mid-life wedding illustrate strategies for finding and surviving love. Useful tips from Gail's life include; retrieving contact lenses from a drain, how a student nurse should not clean thermometers, increasing biceps while making bread, how to write a thesis while bringing up a baby, cosmetics from the kitchen and finding your dream man.

This is a Tasmanian book with universal themes. Wonderland is a place and also an attitude – an attitude of hope, love and humour.

"Six Months in Wonderland" was written by Gail Foster of Hobart, Tasmania in Australia and published by 40 Degees South Pty Ltd in 2011.

Gail lives locally in Hobart.

gail@gailfostertasmania.com



DECEMBER EVENTS



Every Friday evening in January from 6-8pm.

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January 23-26

Inverloch Classic Wooden Dinghy Regatta

The 2016 Inverloch Classic Wooden Dinghy Regatta is almost here, so dust off that wooden dinghy sitting in the garage, finish off any restoration work and bring it along for a long weekend of fun. Although the Regatta is about classic wooden dinghies, it also provides a focus on the wider seaside history and heritage of Inverloch. This year the heritage feature will be 'World's Fastest Indian' rider Burt Munro and Indian Motorcycles.

Interestingly, motorcycle racing in Inverloch predates motorcycle racing at Phillip Island and Burt Munro was racing in Inverloch at the time when Len Morris was developing the Moth in Inverloch. Events include Invitation Races on Saturday and Sunday, display on the beach and the Regatta Race on the Monday and a display of boats in the park next to the yacht club on Tuesday. Social functions will include a barbeque with club members on Saturday evening and presentation dinner Monday evening.

sgycinverloch.com.au

January 24

Kilcunda Lobster Festival

A festival for the whole family on the beautiful Kilcunda foreshore. Win a lobster on the famous spinning wheel! Enjoy the market, the carnival rides and amusements, live music, food, drinks and more.

Foreshore Car Park, Bass Highway, Kilcunda

www.kcda.org.au



Special Historical Feature

A WATERLINE MYSTERY

Geoff Ellis

Last year, while cleaning out his Grantville shed, Allan George found something that doesn't belong to him. In the



bottom of a box was a Dead Man's Penny that commemorated the death of John Andrew Cunningham. This plaque had been issued to the soldier's Father, William Cunningham, of Malvern, in May, 1923.

Allan enlisted the aid of Roger Clark. The pair made extensive investigations, even featuring the Penny in the Waterline News, Roger's free (and online) newspaper that covers the Waterline towns of Bass Coast. As members of the Grantville Cemetery Trust they are custodians of the past. So far, no link to the present day has emerged.

As the Great War entered its third year the British government undertook to individually honour those who had given their lives for King and Empire. After much consideration, a bronze plaque and a memorial scroll were designed. However, due to the war effort these weren't produced until the trenches fell silent.

Eventually they decided to present the plaques and scrolls to the families of every person who died between August 4, 1914, and April 30, 1919 "whilst in military service in the battle grounds of the theatres of war and in the dominions as a result of sickness, suicide or accidents in the Home Establishments, or as a result of wounds incurred during their time in military service".

Next of kin of each fallen soldier and nurse from The Great War were sent a reply-paid envelope and a form to fill in and return. This information was used to compile a list of recipients of the Memorial Plaque, which soon acquired the nickname of Dead Man's Penny.

The scrolls were printed from wooden blocks in London. Production of the plaque eventually settled in the Royal Arsenal, Woolwich. "He" was amended to "She" for a short production run. Six hundred were

issued to the next of kin of women who died directly from their involvement in the war. The 306 British and Commonwealth military personnel who were executed following court martial were excluded.

Each plaque had the person's name stamped into the design. This was typeset by hand each time one was minted so, although mass produced, they took some time to make. The Honour Roll of the Dead was so long that manufacture dragged on into the 1930s.

The plaques did not list the person's rank or decorations. This was done to preserve the equality of each sacrifice.

The reactions of the recipients varied greatly. Some of the plaques and scrolls were framed or mounted in larger memorial artwork. Most sat forlornly on mantle pieces and piano tops until their loved ones faded into history. Many were simply placed in a drawer or a suitcase full of pain. It's difficult to define the emotion attached to these reminders of the departed. Many families had more than one to contemplate.

Each Australian delivery of the penny was accompanied by a form that the recipient was obliged to sign and return to acknowledge receipt. These were then added to the military dossier of each of the fallen Australians. The dossiers are available online at the National Australian Archive.

John Andrew Cunningham is with his fallen comrades in Syria. He is one of over 60,000 Australian servicemen who lie in foreign fields. Roger and Allan want to return the plaque to the family who lost a son. If you can help, Email Roger, editor@waterlinenews.com.au.

A moment's peace

On November 11, 1918, Edward Honey, an Australian journalist working in London, was appalled by the dancing in the streets that erupted when the Armistice came into effect.

He considered that it showed a lack of respect and empathy for soldiers at the front emerging from four years of hell. As someone who had served in the early part of the war, he recalled the blessed relief afforded by infrequent pauses in the remorseless exchange of artillery barrages on the front line.

considered that moments of quiet reflection would be more in keeping with the wishes of troops in the trenches.

After much deliberation, Honey wrote to the London Evening News, in May 1919, under the pen name of Warren Foster. In consideration of the anniversary of Armistice Day he asked for "Five little minutes only. Five silent minutes of national remembrance. A very sacred intercession. Communion with the Glorious Dead who won us peace, and from the communion new strength, hope and faith in the morrow. Church services, too, if you will, but in the street, the home, the theatre, anywhere, indeed, where Englishmen and their women chance to be, surely in this five minutes of bitter-sweet silence there will be service enough."

This letter started a conversation but did not, in itself, create the annual observance. On October 27, 1919, Sir Percy Fitzpatrick forwarded to King George V a suggestion for a moment's silence to commemorate the fallen.

The King later declared "... on the 11th hour of the 11th day of the 11th month, there may be for the brief space of two minutes a complete suspension of all our normal activities so that in perfect stillness, the thoughts of everyone may be concentrated". There is no evidence to connect the original letter with Fitzpatrick but the King invited Honey to Buckingham Palace to witness a rehearsal for the Armistice Day commemoration centred on the inaugural two minutes of silence. Trials of a five-minute silence had been unsuccessful. at the time,

Sir Percy explained his proposal thus:

"It is due to the women, who have lost and suffered and borne so much, with whom the thought is ever present.

It is due to the children that they know to whom they owe their dear fought freedom. It is due to the men, and from them, as men. But far and away, above all else, it is due to those who gave their all, sought no recompense, and with whom we can never repay - our Glorious and Immortal Dead."

Edward Honey died in 1922, aged 37. He is buried in Northwood Cemetery, North West London. There is a monument for him near the Shrine of Remembrance in Melbourne.

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On the Road



PLACES TO GO Summer Series No.2 TOORADIN

Tooradin is a town in Victoria, Australia, 57 km south-east of Melbourne's central business district. Its local government area is the City of Casey. At the 2011 census, Tooradin had a population of 1359.

Situated on the South Gippsland Highway, Tooradin is really the gateway to what I consider to be the Waterline area, where the highway follows the coast, firstly the South Gippsland highway, then the Bass Highway.

The small township of Tooradin is situated on Western Port and makes an ideal stopping point for those journeying between Melbourne and Phillip Island.

Tooradin's commercial centre is spread out along both sides of the South Gippsland Highway and includes a selection of cafes, take-away outlets, restaurants, a hotel and supermarket.

Flowing through Tooradin is the tidal channel of Sawtells Inlet which meanders through pleasant parkland north of the highway. South of the highway, the inlet flows into Western Port. The eastern shore of the inlet caters for water enthusiasts and visitors with a boat ramp, jetty, a reserve with picnic and BBQ facilities, a boardwalk and a coastal lookout which provides panoramic views over the surrounding mudflats and mangroves. A wooden footbridge spans the inlet just south of the highway, with the sculpture of a Dolphin fish located on the western shore near the Tooradin Hotel. This sculpture was originally used as part of an aquatic display for the 2006 Melbourne Commonwealth Games. North of the highway, Sawtells Inlet forms what resembles a lake surrounded by parkland, with walking tracks and a footbridge.

Tooradin is a popular fishing spot. There is a fish market operating opposite the main jetty and nearby is an original fisherman's weatherboard cottage which now operates as a museum, showcasing items of local history.

Four kilometres east of Tooradin on the

South Gippsland Highway is the town's airfield which offers scenic flights and skydiving. The airfield's restaurant is open to the public and specialises in seafood. A few kilometres further east on the highway at the Bunyip River are fresh food stalls, a picnic area and the Swamp Lookout Tower which offers views over the surrounding farmland.

The Fisherman's Cottage Museum



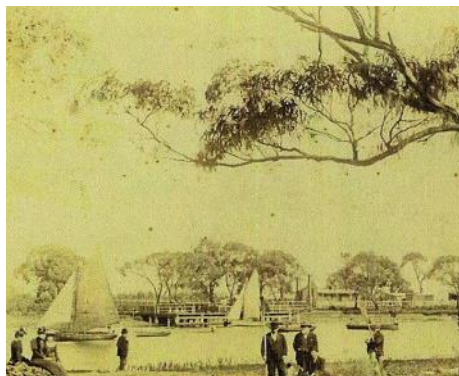
One of Tooradin's treasures is the Fisherman's Cottage Museum, run by the Cranbourne Shire Historical Society.

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

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

Contact the Museum on (03) 5998 3643

The Society collects material on the history of the old Shire of Cranbourne, with an emphasis on the history of the towns of Cranbourne, Tooradin, Dalmore, Cannons Creek, Warneet and Blind Bight. The collection reflects the area's farming and agricultural history and Tooradin's history as a fishing port.



The museum, is situated in the 1873 Fisherman's Cottage, which is a rare surviving example of the many fisherman's houses that once lined Sawtells Inlet. The battle to save the building from demolition was the catalyst for the establishment of the Historical Society in 1968.

Many local families have donated furnishings and household items to the Museum and the Cottage still receives donations from early families of material of local historical significance.

Other exhibits are housed in the Tooradin North School building behind the Museum. This was originally erected at Monomeith in 1925. After it closed in 1933 it was shifted to the Tooradin North site where it was opened in 1935. The building served the Tooradin North community until it was closed in 1971 and it was relocated to Tooradin in 2005.



The Society meets on the 4th Thursday of each month, from February to December., at 8.00pm at the old Shire Offices, Sladen Street in Cranbourne, or at the Fisherman's Cottage Museum. (Ring to confirm location). All correspondence regarding the Society should be sent to 13 Mickle Street, Tooradin, 3980.

Thanks to Polly Freeman and the volunteers at the Museum for their assistance with this story.

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Trivia and Lifestyle

QUIZ?

HOW WELL DO YOU KNOW AUSTRALIA?



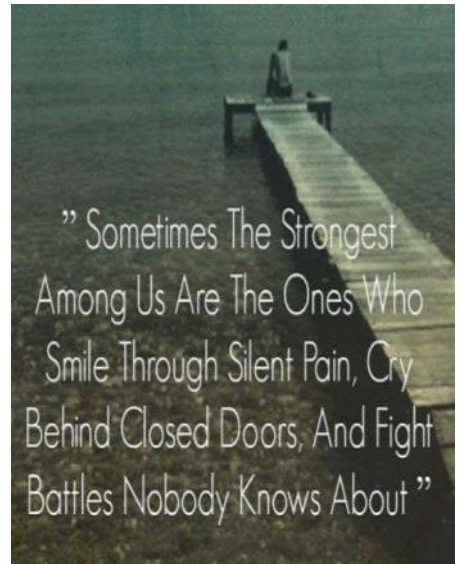
1. Where would you find the 'Big Banana'?
2. In which year did Burke and Wills set out from Melbourne to cross the continent from south to north?
3. Who started the Royal Flying Doctor Service?
4. In 1809, who became the first Postmaster of New South Wales?
5. Claimed to be buried near Warrnambool is which 400 plus year old ship?
6. Which dancer gained notoriety for using a horse whip on the editor of The Ballarat Times after they printed an unflattering review of her act?
7. In which town would you find the oldest continually used bridge in Australia?
8. What was the full name of Prime Minister Ben Chifley?
9. Which Australian city is nicknamed 'The Silver City'?
10. Who was Australia's first Labor Prime Minister?
11. On which Australian Decimal

12. banknote did a portrait of Henry Lawson appear?
13. In which Queensland town was Waltzing Matilda first performed?
14. Within the borders of which state is the Principality of Hutt River Province located?
15. In which year was the Batavia wrecked off the coast of West Australia?
16. Name the most easterly point of mainland Australia?
17. What song finished second to 'Advance Australia Fair' in a 1977 referendum to choose a national song?
18. Awarded in 1960, who was the first Australian Of The Year?
19. What was the first Album to sell more than one million copies in Australia?
20. What is the common name of Ornithorhynchus anatinus?
21. How many people died in the Newcastle earthquake of December 1989?



ANSWERS

1. Coffs Harbour, NSW. 2. 1860. 3. The Reverend John Flynn. 4. Isaac Nichols. 5. The Mahogany Ship. 6. Lola Montez. 7. Richmond, Tasmania. 8. Joseph Benedict Chifley. 9. Broken Hill. 10. John Christian Watson. 11. \$10. 12. Winton. 13. West Australia. 14. 1629. 15. Cape Byron. 16. Waltzing Matilda. 17. Sir Macfarlane Burnet. 18. *'Whispering Jack'* by John Farnham. 19. Playpuns. 20. 13.



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Self Sufficiency

WAYS WITH FRUIT

Part 1



Various methods for preserving fruit including: syrups and cordials; jams, jellies and conserves, curds and butters, freezing, candying and crystallizing, pickles and chutneys.



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

fully - nothing was wasted or taken for granted. Homes had big backyards with an array of vegetables, fruit trees, herbs, chooks, etc.....a sharp contrast to today’s ‘consumer’ way of life. Preserving food so that it was not wasted and could be appreciated all year round was vital to every household. Many of the food products we buy today have their origins in those food preservation techniques: jams, sauces, baked goods, dried food, pickled food, canned foods, smoked, salted, cordials, fruit juice, fermenting (wine), distilling, even yoghurt and cheese, were all techniques for preserving or prolonging the keeping time of food so that it could be appreciated for longer or, in some cases, all year round. This series covers various fruit preserving techniques such as condiments, jams, jellies, cordials, fruit cheeses and more.

The advantages of preserving naturally are many: it's chemical free and more nutritious (compared with commercial offerings); it is often cheaper and certainly more resourceful; and it's great for the planet in that it involves less waste (from commercial processing); uses recycled containers and utilises produce that may well be discarded or considered 'excess' and relegated to the rubbish or compost bin. And lastly, it's an absolutely wonderful thing to be able to enjoy the fruits from your very own tree all year round via a range of homemade products for the whole family (and friends) to enjoy!

Syrups and Cordials



Involves extracting the juice from fruit,



adding sugar and preserving it to make cordial or fruit syrup as a base for milkshakes, fruit drinks, flavouring for desserts, cereals, etc. The procedure is very similar to bottling fruit in that the juice is heat sterilized and the bottles sealed to prevent contamination - and so that the cordial lasts some months.

Basic Procedure

1. The juice is extracted from cooked or fresh fruit via either a juice extractor, sieve or fermentation (Fermentation is the technique of placing crushed fruit in a bowl, covering and standing for 24 to 36 hours. The top of the fruit ‘ferments’ enabling the fruit juice to be strained off for syrup or cordial making) or double-boiling (Double-boiling is the process of heating and mashing the fruit in a double boiler saucepan in order to extract the fruit juices).
2. When the juice has been collected, sugar is added at a rate of approximately 500grams per 500mls of juice (depending on taste) and thoroughly mixed to dissolve the sugar.
3. Storage bottles (clean recycled bottles with screw on caps are best) are sterilized in boiling water for 15 minutes. Then filled with the fruit syrup to within 3cms of the bottle tops. Lids are loosely secured – to allow for expansion of the contents when sterilised.
4. Sterilisation involves standing the bottles in a pan of water deep enough to reach the

top of the bottles. Bring the water slowly to the boil and continue boiling for 20 to 30 minutes. Remove the bottles. Tighten the lids. When stored in a cool, dark environment the cordial will last for at least 12 months.

Easy Homemade Lemon Cordial

(The high acid content of lemons helps preserve the cordial - it's a quick and easy way to make cordial)

3 cups sugar, 3 cups water, juice of 12-15 lemons, rind of 3 lemons (grated)

Method: Dissolve sugar in water in saucepan on stovetop. Add juice and rind. Simmer 5-10 minutes. Leave to cool slightly – pour into clean storage bottles. Use as a cordial base by diluting to taste (about 1 part cordial to 10 parts icy water). Store undiluted cordial in fridge - use within one month.

Homemade Sugarless Lemonade

(Many people have asked for a lemonade recipe without sugar. Although I'm not one for chemically orientated additives - I do understand as I too, take care to keep my sugar level under control).

Combine juice of 12 lemons with 6 cups cold water. Add 30 sachets sugarless sweetener (or equal quantity loose sweetener). Mix well.

To be served undiluted with added crushed ice - but on tasting you may prefer it diluted to taste.



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GROWING CITRUS TREES

Part 2

Jennifer Stackhouse



How to grow citrus trees in pots

You no longer do you need a big, old-fashioned backyard to have citrus on hand. Plant breeders have brought citrus trees into the 21st century. No longer do you need a big, old-fashioned backyard to have citrus on hand. With new dwarf varieties, you can grow productive citrus trees in pots even on a sunny balcony.

Lots a' Lemons and Dwarf Eureka, both lemons, suit pots.

For a small lime try Dwarf Tahitian or one of the Australian native limes. Citrus splitters are multi-grafted citrus with both lime and lemons (and other combinations) on one plant and are ideal for large pots. Mandarins, cumquats and calamondins also make good potted plants. As citrus are productive in winter there is a good range available now at the nursery.

To get the most from your potted citrus give it regular care and attention. One thing that is essential is sunlight. Citrus need full sun which means placing them in the sunniest part of your garden or balcony. As they fruit during winter, make sure the spot is sunny in winter.

Getting Started

Select a large pot to grow your citrus and put the pot into its final position before you begin to fill it with potting mix. Pots that are suitable must have several large drainage holes in their base and be elevated slightly off the ground. This can be achieved by raising the pot on pot feet or bricks. Don't skimp on potting mix. Buy a good quality potting mix that meets the Australian standard (look for ticks of approval on the bag) and make sure you have enough potting mix to fill the pot to within about 4cm of the rim (to allow space for watering). For a large pot – that is one that's over 40cm in diameter – you'll need several bags of potting mix.



Modern potting mixes provide good drainage, but for a plant that's going to be in a large pot for a long time it is best to add about 10 per cent soil to the potting mix, combining it well. This prevents the mix from slumping – that is diminishing in the pot so the plant is sitting well below the top of pot. Water the plant in well, firming it in to the potting mix.

On-going care

Potted citrus need to be watered two to three times a week. In very hot or windy weather, particularly if this type of weather

occurs when your tree is in flower or forming small fruit, it may need daily watering. Always make sure the water soaks into the potting mix and doesn't simply run through without soaking in.



Citrus also need to be well nourished. The best way to provide all the nutrients they need is to use a complete citrus food. This should be applied in small amounts once a month from August to mid autumn. Water the pot well when applying any fertiliser. To avoid pest problems, regularly spray new growth with horticultural spray oil such as Pest Oil. This treatment controls citrus leaf miner and aphids along with sap suckers like spined citrus bugs.

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& Outdoors

6 surprising beauty uses for Aloe Vera

Naomi Cotterill



You may have smeared it on your skin to help soothe sunburn but did you know that aloe vera has a myriad of other beauty uses? Naturally antibacterial and packed with vitamins and minerals.

Aloe Vera packs a powerful punch in these 6 nifty beauty ideas.

- To remove eye make-up – Forget chemical laden cleansers, aloe vera makes a simple, soothing eye makeup remover.
- As a shaving lotion – Antibacterial, naturally slippery and moisturising, aloe makes the perfect shaving balm.
- As an icepack – Soothe bug bites, burns or rashes with an aloe ice cube. Fill your ice cube tray with pure aloe and freeze for when you need them.
- As a face wash – Mix 1 tbsp aloe with 1 tsp almond milk and 1 tsp lemon juice and use to thoroughly cleanse all skin types.
- As a facemask – Blend aloe vera gel or juice with cucumber and an egg white for a hydrating face mask you can leave on overnight.
- For dry, cracked feet – Mix together ½ cup oats, ½ cup polenta or corn flakes, 4 tbsp aloe vera and ½ cup moisturiser. Massage all over feet then rinse with warm water.



Home Made Fly/Insect Spray

Flies certainly are annoying little things, especially when they bother you and/or your animals.

One of our family members has horses that are constantly being bothered by flies during the summer. We found a great recipe and asked her to put it to the test! It's 100% natural, easy to make, it's much cheaper than the toxic commercial brands and it is also better for the environment.

After Heather's tried the recipe this was her recommendations. "I'm so happy with it, it worked great! It's maybe not as strong as commercial brands so just use it more regularly. It is definitely worth it if you think about all of the horrible chemicals you are stopping from getting on your animals, yourself and into the environment.



Just apply the spray as needed. Now my horses aren't bothered from the flies and I don't have to worry about spraying all those horrible chemicals on them". Great thanks Heather! She also found another great use for it below!

What You Need

- 500ml Spray Bottle
- 1 cup Vinegar
- 2 Tablespoons Dish Soap
- 1 teaspoon Emu Ridge Eucalyptus Essential Oil

What To Do:

In an empty spray bottle, add all of the above ingredients. Fill the rest of the bottle up with water and put the sprayer lid back on and give it a shake! Easy, all done! You can use any type of vinegar, organic apple cider vinegar generally smells nicer, but they all do the same job in this case. Before you spray the animal, gently shake the bottle so that all of the ingredients are

incorporated. Spray directly on the animal where you want to prevent insects. If you are spraying around eyes, cup your hands over the animal's eyes to protect them when you spray. The dish soap helps the mix to stick and stay on the animal longer!

Another handy hint from Heather: "The little ants drive me crazy sometimes, they love to get into our horse feed, especially when I mix molasses into it. I found this recipe is also a good solution to that problem. Just spray around the food bowl/container and your animal's feed will be free of those pesky ants". That's great we know that Eucalyptus oil is a deterrent to any insect!

This recipe can also be used on other animals besides horses such as cows, sheep, goats, dogs etc. However don't use it on cats they lick too much.

We are really glad that we can share this recipe with you. It not only works for flies, it will also deter other pesky insects like mosquitoes, fleas, ants.

To our Eucalyptus Oil, as well as many of our other great products, visit our Online Store and keep an eye on our blog for other great ideas!

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DIY Fly/Insect Repellent

Ingredients:

- 500ml Spray Bottle
- 1 cup Vinegar
- 2 tablespoons Dish Soap
- 1 teaspoon Emu Ridge Eucalyptus Essential Oil

Combine all the ingredients, add water and shake. **EASY!**

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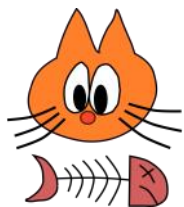
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Pets and Pet Care

Crepuscular Cats

If you venture out at dusk on any night you will find pussy cats you did know existed lurking everywhere.



This is because they are crepuscular feeders, who like many animals feed at dawn and dusk.

Many fish are like this. Just as the sun dips below the horizon snapper and whiting start biting (unless they don't) They may have been laughing at us all day and sneering at our bait BUT as the sun goes down they can't resist.. The same at dawn but I only got up that early once. It was awful.

This raises the issue of curfew for cats. Just after dusk birds are settling to sleep and are easy prey SO keep your cat in after dusk... A good noisy bell can help during the day. The best bells are obtainable at fishing tackle stores.

Tim Ealey

Why you shouldn't feed your pet table scraps

Melody Teh



Don't cave into those big brown puppy eyes! If you feed your furry friend scraps from the dinner table, you could be unwittingly sending them to an early grave. Pet obesity is on the rise with vets seeing an increasing number of obese animal in the last few years. However, many owners remain unaware their pets were on the heavy side or that pet obesity was even a problem.

Roy Morgan Research found that 42 per cent of Aussie dog owners were feeding their pooch table scraps, with many people underestimating just how fattening the food is for our pets. For example, one sausage

for a nine kilogram pooch is the equivalent of a person eating three hamburgers. Similarly, one biscuit for a small animal is like us demolishing the entire biscuit packet!

Zara Boland, a clinical vet, told the Daily Mail: "By feeding scraps and human food treats to our pets we are literally shortening their lives as well as accelerating them towards a range of adverse health conditions associated with malnutrition and obesity.

Yet simply by ensuring nutritionally balanced and tasty meals, we can demonstrate our love and commitment to them."

However, not all people food is bad for our pets.

Kristina Johansen, a dog nutritionist, says, "Vegetables such as green beans, baby carrots, broccoli, zucchini or any other dog-safe crunchy vegetable are excellent treats, as are some fruits such as apples, pears, bananas, and melon."

She recommends pet owners "avoid treats that are high in fat and calories such as cheese, sausages and peanut butter, and feed them smaller treat portions".

5 simple rules every dog owner should be using

Emma James



When it comes to keeping your dog in line, it's important to remember that your dog is always learning from you, whether you are in training mode or not. Thus, management by physically preventing your dog from behaving badly when you're not able to focus on him/her – is essential. It's also really important to ensure the environment your dog lives in provides structure – structure is what dogs respond well to and

will give him/her the best chance at being trained the way you'd like. Be sure to reward your dog when he/she does what you want. Dogs are not silly; they'll quickly learn what they're supposed to do.

- Every time you start a communication with your dog, don't interact with him/her unless he/she is calm and polite. This is especially important when you first come home. If your dog is being wild or noisy, ignore him/he by pretending he/she is not there.
- When playing fetch be sure to use the commands "sit", "down" or another authority before throwing each ball.
- Every time you give your dog food or water it's also important to say "stay" or "leave it" before freeing them to go and get it.
- When you're headed out for walk don't indicate the walk in any way, just start running your dog through his/her commands. Reward each correct response. After the last one, say, "Good dog! Want go for a walk?" and go get the leash. This is the ultimate reward.
- Be consistent! Your dog continues to learn throughout its life so it is important to continue to reinforce their behaviours at all times.

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