# 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. Available by email and at www.waterlinenews.com.au



#### CORINELLA TO FRENCH ISLAND FERRY BARGE

The French Island Barge Company operates a vehicular ferry from Corinella on the eastern side of Western Port to the barge landing on French Island. It accommodates two standard size cars or a larger truck.

A minimum 24 hours notice is required for bookings. However, it is advisable to book as far in advance as possible, as the barge schedule and availability is limited by times and tides. As a guide, the barge runs approximately every half hour for a few hours either side of high tide. Foot passengers can take the barge but they should arrange transportation at either end as there are no other facilities.

For information about fees and to book the Barge, call 0428 880 729.

Corinella is approximately a 90 minute drive from Melbourne or about 40 minutes south from Cranbourne.

A pleasant and easy drive along the South Gippsland Highway, then continuing along the dual lane Bass Highway towards Phillip Island will bring you to a right turn into Corinella Road, at the intersection with Glen Forbes Road, with Van Steensel Timber and Hardware on the left hand corner. This is a turn that many travellers have never even noticed as they drive onward to Phillip Island or actually even realised what a jewel lay at the end of that road, or that they have just driven past and missed one of the prettiest seaside towns in Victoria.



This is why Corinella has remained a hidden treasure and is one of Victoria's best kept secrets.

Read this month's feature story on the Corinella to French Island Barge Ferry, by Geoffrey Ellis, on Page 16.

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www.waterlinenews.com.au - for PC, laptop, tablet or mobile





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  Expansion foam, Aggie pipe,
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  Treated pine sleepers, Railway sleepers.
  Pavers ( coloured & concrete )
  Letter boxes ( Concrete & Steel )
  Weed killers, Lawn seeds, Sugar cane mulch
  Shovels, Rakes and garden forks.
  And much more.
  COME IN AND HAVE A LOOK FOR YOURSELF



### The Waterline News - March

#### FROM THE EDITOR'S DESK



### Welcome to the March edition of The Waterline News.

A busy month for the area, with the March long weekend just gone, as we were going to print and Easter coming up at the end of the month which provides the area with one of the most important tourist weekends of the year.

Tourism is such an important part of living in a coastal area, and planning of events around peak times is important, and getting the message to the people just as important. That's where publications like us, with our online presence as well come into planning, as does our wide distribution network for hard copies. This picks up the sector of the market that do not have computers, email, or social media and who do not read local newspapers which they have to pay for. Widespread interest in The Waterline news has almost doubled over the last three months, with the three weeks after delivery of the February edition generating almost 100 emails from readers, community groups, and advertisers.

You will note several new advertisers in this edition and we urge you to give them your support in

return. All that remains is for me to wish you all a safe and happy Easter.

Take care on the roads, we want you all back for our April edition. If you are interested

in becoming a

sponsor, maybe sponsor a page or a segment, or become a listed sponsor, send us an email:

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#### <u>editor@waterlinenews.com.au</u> <u>Distribution Area:</u>

We distribute 1400 copies each month through Tooradin Koo Wee Rup, Lang Lang, Nyora, Loch, Kernot, Grantville, Corinella, Coronet Bay, Bass, San Remo, Newhaven, Cowes and French Island. We also send out almost 200 copies by email and all editions are available on our website www.waterlinenews.com.au

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

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#### CORINELLA RATEPAYERS AND RESIDENTS ASSOCIATION

2015 COMMITTEE. President. Lyndell Parker. Vice President. Peter Tait. Secretary. David Laing. Assistant Secretary. Wayne Maschette. Treasurer. Michael Kelzke. General Committee Members. Brian Lloyd, Faye Paddon, Jackie Tait, Jenny Bartlett, and Mark Rutherford.

Another month has passed and as I write we have passed into Autumn, with Easter looming, a very busy time in Corinella. The camping ground fills, the holiday makers flock in and the boats arrive at all hours with high hopes of a great days fishing. As everyone wants to enjoy the holiday time, and especially at peak launching times it can be a bit frustrating....but if we all be patient and respectful of each other, everyone will have the wonderful break they are hoping for. Corinella is just gorgeous in Autumn, that touch of freshness in the morning stretching into a lovely balmy day, a walk on the track or the beach is a heavenly experience! Regional Arts Victoria is sponsoring 6 Grants for Small Town Transformations of \$350.000 each, and a group of hopefuls from Grantville, Tenby Point and Corinella (myself, Peter, Wayne, Libby and Clare included) met to see if we could have a go at it. Bass Coast Shire Council have provided funding for a wonderful and creative consultant to work with our group and write an expression of interest ( which is a much more involved process than you

could imagine) ..... and if successful, the application as well. I believe there are about 90 towns with similar aspirations, but our expression of interest after many hours of hard work and brainstorming has gone in, so it's cross your fingers and wait time!!!!

The committee (our Vice President Peter Tait included) working to save our buses, and still working diligently to achieve that result, but the wheels of government are very slow, so they just keep on working hard to achieve what our community needs.

The Small Coastal Township Alliance (we are represented by Michael Kelzke, our treasurer ) deals with concerns raised by community associations in relation to the potential for development which is contrary to the valued character of the small coastal towns within Bass Coast Shire....council has been approached to consider putting aside money in the budget to implement interim planning controls until the new shire wide strategy is fully developed, approved and permanent controls are formulated and implemented in the planning scheme.

There are so many amazing, hard working people in our community who give up so much of their valuable free time to work for you and me, and the quality of our lifestyles here on the waterline, thankyou , thankyou , thankyou!

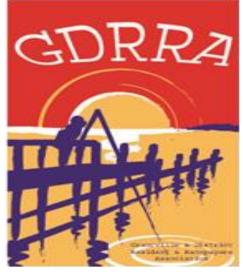
Our next meeting will be on Saturday the April 2, 10am till 12 noon, please come and be a part of leading our town into the future, we look forward to making new friends and acquaintances over a "cuppa and bickies" at the conclusion of the meeting..... Might even be a sausage or two on the "barbie" to share, new members will be warmly welcomed . Hope to see there, Lyndell. Parker, President.



f Find us on Facebook

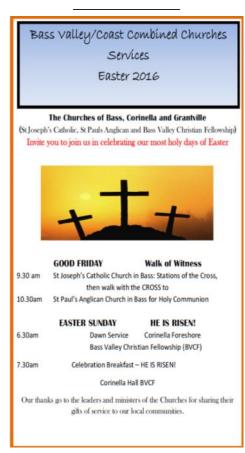
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Our Annual General Meeting was held on the 26th February 2016 and the new Committee is: **PRESIDENT:** Roger Clark VICE PRESIDENT: Kat Cox **SECRETARY:** Kathy Hopkins TREASURER: Sylvia Harris GENERAL MEMBERS: Chris Cox, Helen Zervopoulos and Vicki Clark Membership Fees: \$10 single - \$20 family Fees can be paid at the Grantville Newsagency see Sylvia Harris **Op Shop** reduced hours are 10am-3pm Monday to Friday & 10.30am-1.30pm Saturdays to further notice. Dates to remember: Mangrove Planting Day -Saturday March 19, 10.30am at Malcolm Drive.

Kathy Hopkins (Secretary)



### **Community Notes**

PIONEER BAY PROGRESS ASSOCIATION Contact pbpa@bigpond.com



It's been an interesting start to my law degree.

Double challenge: Mum taking a bit of time for herself (albeit long term benefit to the family as a whole). Time management issues with kids readers, spelling words etc. Then there's the ole financial dilemma... my school bag's zipper is broken I need a new bag... my shirts are too small I need new ones... and Mum needed text books to starthow do you prioritise that? On the flip side the degree itself. All of a sudden the Council's, requirements, that appeared before, to often require ridiculous safety precautions at the Park now make more sense as I learn the Laws of Torts. At the same time I can't help but wonder ,when did we (as a society) start to rely on Council's to have to think in such a ridiculous litigious manner to prove they've minimised any chance of neglect, simultaneously ceasing to be responsible for our own welfare in a public place? What have we lost as a consequence as a society? What's wrong with a scraped knee? I know my husband has been screamed at for asking kids to get out of a tree at the park- only because as a committee member he knows he has a legal responsibility to do so, not because he actually agrees kids shouldn't climb trees because he did it himself as a 5yo. Kids should be allowed to explore, just as I am, as an adult, exploring this new world. More to ponder !

Zena Benbow

#### A LOAD OF GARBAGE

A Play about the meaning of Easter.

Saturday March 19 6.00pm

At the Anglican Parish Hall. Cnr Church Street & Thompson Ave COWES.

Entry by \$5 program

Please bring a main or dessert to share.

#### South Gippsland Arthritis Support Group

# Arthritis



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





DG Nurse Practitioner Grantville Transaction Centre Cnr Bass Hwy & Pier Rd Grantville, 3984 Hours Mon-Fri 8:30-4:30 Bulk Billing All consultations bulk billed May have fees for some procedures\* For appointments phone

5616 2222 or 0467 841 782 Same day appointments available

Some of the services available

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





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**

buss valley i fields of the field	
Secretary Janet Welch 04	11 446 129

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

#### **Bass Valley Lions Club Op Shop**

Situated at the Grantville Garden Supplies Open 5 days Monday-Saturday 5678 8357

#### **Corinella & District Probus Club**

1st Wednesday each month except January Coral Smith 5678 0396

#### **Corinella Bowling Club Inc.**

Balcombe Street Corinella.	
Patti Scammell	5678 0191

#### **Corinella & District Elderly Citizens** Club

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 **Corinella Road** Visitors and new members welcome . Project requests undertaken if possible. Contact Secretary: Graeme 5678 0345

### **Community Directory**

**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 Fridav Session - Free Plav & 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: Ann

#### **Coronet Bay Adult Social Club**

Tuesday 7-10pm Coronet Bay Hall Ann

Associati	on of Vic inc.
Margot	0409 559 047
Lorrain	e 5952 2165
Libby	5678 3280
Annie	5678 8037
Aleeta	0419 525 609
Val	5659 4268
Carol	5678 8041
	Margot Lorrain Libby Annie Aleeta Val

#### **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

#### **Phillip Island Squares**

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

**Pioneer Bay Progress Association** 

Zena Benbow pbpa@bigpond.com

#### Franciska 0400 465 377 St Pauls Anglican Church Bass

5678 0341 HC at 12.30pm every Sunday followed by a shared lunch Rev Greg Magee 5952 2608

5678 0341 St Georges Anglican Church Corinella 1st Sunday each month 11.00am Other Sundays 9am Free Community Lunch Corinella Community Centre Second Friday Op Shop open Mon, Thur, Fri 10am - 2pm Saturday 9am- 12.30pm

#### The Probus Club of San Remo

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

#### **U3A Bass Valley**

Courses offered: Book Club, Bush Painting, Creative Writing, Gardening, Get Creative, Movies & Theatre Appreciation, Stretching to Improve Flexibility, Tai Chi for Arthritis and Welding.

#### www.u3abassvalley.com

Heather White 5997 6323 (PO Box 142 Grantville 3984) **U3A TAI CHI** 

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

Laura 5678 0884 -or-Vicki 5678 8734



#### 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. 0412 710 276 Contact for further details

#### 4th Saturday

**Churchill Island Farmers' Market** 40+ stalls. 8am - 1pm peter@rfm.net.au Further Information 0439 364 760

#### **Cowes Market on Chapel**

Chapel Street. 8.30am - 2pm, 30+ stalls Further information-contact 0428 603 043

#### **1st Sunday**

Jumbunna Bush Market Jumbunna Hall Further information, phone 5657 3253

#### 2nd Sunday

**Koowee Community Market** 

Cochrane Park, Rossiter Rd 8am -1.30pm Indoor/outdoor Phone 0418 289 847 Email: info@kooweemarket.com.au

#### **Rotary Club Market Wonthaggi**

Apex Park 8am - 1pm, 50+ stalls Walk to nearby Make it -Bake it Market Contact. Neville Goodwin Garry Sherrick

### Around the Markets & Op Shops

#### 2nd Sunday continued

Loch Lions Village Market May - Sept Loch Public Hall Oct - April Loch Railway Station Park 70 + stallsInformation 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 0439 364 760 Phone

#### **Tooradin Sunday Market**

9am - 1pm Stallholders wanted, \$20 includes 1 sausage & bread breakfast per stall. 0429 188 280 All Market Enquiries:

#### 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. 5997 6<u>221</u>

Contact for further details

#### 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 5672 7245 Bric a brac , cakes, & jams Friday, plus a 5672 5812 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





Open: Mon-Fri 10am-3pm Saturday 10am-1.30pm

Bass Highway, Grantville Phone 5678 8625

#### Lang Lang

Lang Lang Community Op	Shop
12 Westernport Road	1
Monday - Friday	10am - 3pm
Saturday	<u> 10am - 1pm</u>

#### 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**

Bass Valley Community Hall5678 2277Corinella, Paula Clarke0418 441 046Coronet Bay, Des Burgess5678 0154Dalyston, Dorothy Slade5678 7334Grantville Hall, Pat Van5997 6221Kernot Hall, Julie Johnston5678 8555Loch Public Hall, Grieg Barry0419 358 628Kilcunda Hall, Marion0404 135 434Newhaven Hall, Noel Street,5956 6122Rhyll Hall, Ring Gen Store,5956 9205
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Newhaven Hall, Noel Street, Rhyll Hall, Ring Gen Store,5956 6122 5956 9205
Rhyll Hall, Ring Gen Store,5956 9205
Woodleigh, Evan Jones , 5657 7275

### **Community News**



On Saturday 5 March we held our Bass Valley Autumn Festival. As a first-time event over the whole site (including George Bass Park) it was a wonderful success. A big contributor to people knowing about it and coming along on the day was the publicity we got through last month's Waterline News.

On the day, perfect weather (not too hot, no rain, not too sunny) brought in the crowds. And there was definitely something for everyone. The children's activities were well patronised with mini-golf, a princess castle and a giant slide, supplemented with face painting for all. The Hadden House Opportunity Shop did a roaring trade with everything in the shop going for half price. And speaking of roaring trade, there were almost twenty stalls selling everything from candles and tea to sculptures of assorted animals made of old car mufflers to amazing tasting sweets.

The Bass Community Centre buildings were also well used, with Devonshire Teas available in the old school room and a fascinating exhibition of Bass memorabilia in the Bass Hall. The latter owes a debt of thanks to Libby Skidmore and Tanya Hughes. The day also featured a visit from the Iwi Riders Motorcycle Club, who helped out in a number of ways.

And of course there was the music, which played from a central point in the Park and set the tone for the whole day. And why am I telling everyone about

something that has already passed? Because it will be bigger and better next year and we hope to see ALL of the Waterline News readers there then.



The line for the BBQ at the Bass Valley **Autumn Festival** 



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 aroups. 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 Most Term one activities have concluded now. Keep an eye out for the term 2 Program which will be in the mail towards the end of March. Closed over Easter **Open all School** Holidays Poter Rabbit wat Please call us, we open @ 9.30am five days a week. 7 Westernport Rd, Lang Lang 3984 **Contact Coordinators Michelle or Marg** (03) 5997 5704 llcc@langlang.net 0473 077 125

'Like' us on Facebook/bassvalleychildcare

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

#### GRANTVILLE MEDICAL CENTRE EXTENSION OPEN SOON

Work is well underway for the extension to the Grantville Medical Centre and the building should be completed by the third week of March.

It is expected that shortly afterwards a new pathology collection service will start, operating three times a week from the new premises . The service will be provided by Gippsland Pathology which is part of Dorevitch Pathology Services and which also provides pathology services to the Bass Coast Health Hospital in Wonthaggi. The new facility also provides a room for Allied Health services and nursing services such as diabetes education and chronic disease management.

It is over two years since Wonthaggi Medical group started its service at

# Grantville Medical Centre





#### 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



Grantville and today we can boast that we have provided more than 20,000 medical services in that time. The clinic has both a male and female doctor as its permanent doctors; they are Dr George Mariajoseph (5 days a week) and Dr Neda Beikaee (2 days a week). We hope that by the end of this year there will be two doctors at the clinic at all times.

It is also our intention to establish a regular monthly obstetrics and women's health clinic in the near future.

When Grantville Medical Centre was opened, our practice made a commitment that the services would be sustained and grow over time. Today, with the clinic extension and the increasing doctor's consultation hours we are keeping our promise to the local Waterline communities. John Turner Business Manager Wonthaggi Medical Group

#### WRONG NUMBER

Phillip Island Reiki practitioner Gayle Mattson has been advertising for the last couple of months in The Waterline News with the wrong phone number in the ad. Please note her correct number is

0499 373 643

Soul Nurturing Reiki Practitioner & Crystal Healer



#### <u>The health benefits of Reiki</u> Deep Relaxation

- Accelarates the bosies selfhealing abilities
- Reduces Blood Pressure
- Relieves Pain
- Supports the immune system
- Removes energy blocks, adjusts the energy flow of the endocrine system bringing the body into balance and harmony

Gayle Mattson 0499 373 643



#### Cardiac arrest

#### What is a Heart Attack ?

A heart attack is when the blood flow to the heart is reduced, causing a lack of oxygen to the heart muscle.

The patient may present with chest tightness, shortness of breath, nausea or vomiting.

What is a Cardiac Arrest ?A Cardiac Arrest on the other hand is when an artery to the heart becomes blocked, causing the heart muscle to die and stop working. It is trigged usually by an electrical malfunction in the heart that causes an irregular heart beat (arrhythmia). With the pumping action disrupted the heart cannot pump blood to the brain, lungs and other organs. The patient then loses consciousness and has

I ne patient then loses consciousness and has no pulse.

#### What is CPR ?

Cardio Pulmonary Circulation (CPR) All the cells in your body require oxygen to survive. They also require a good supply of nutrients and the rapid removal of waste products.

Oxygen and nutrients are carried around the body in your blood, which is pumped by your heart. The purpose of CPR is to keep oxygenated blood flowing around the body to keep the vital organs alive.

How can I help someone who has collapsed.

You can use the mnemonic DR ABC

**DANGERS** To yourself, bystanders and the patient ?

**RESPONSE** Does the patient respond to your commands?

**AIRWAY** Is the air way clear OR blocked? **BREATHING** Is the patient breathing? **CIRCULATION** Does the patient have a pulse? Once you've found someone isn't breathing, you should call an ambulance and start CPR by administering 30 compressions, interlock your hands and place them in the middle of the persons chest and push down, continue at a rate of 100 compressions per minute, after 2 minutes check for a pulse in the neck (Carotid) and any return in breathing. If not continue both compressions and breathing at 30 compressions to 2 breaths until an ambulance arrives.

Listen to the Ambulance call taker, they will assist you whilst an ambulance is on the way. Anyone can do CPR, Paramedics would rather you have had a go, than not. **NEXT MONTH WE WILL LOOK AT DIABETIES - HYPOGLYCAEMIA** 

### & Lifestyle

**Cardiac** ArrestAmbulance Victoria run both FIRST AID courses and 4 Steps for Life programs for the community, if you are interested please call their Community Relations Department, or the Grantville & District Ambulance Auxiliary. Secretary: Shelly 0417 593 497

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

#### LANG LANG COMMUNITY FAMILY MEDICINE

BULK BILLING (TO ALL ELIGIBLE MEDICARE CARD HOLDERS)

#### SAME DAY APPOINTMENTS AVAILABLE

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

Easter Hours: Sunday March 27 & Monday

March 28



8.30am - 1.30pm Patients can book in advance or on the day.



#### EXPANDED SERVICES

Black Fish Medical clinic (See page 32) is very pleased to welcome Dr Donna Swedosh to their consulting rooms in Koo Wee Rup.

Dr. Donna Swedosh Clinical Psychologist BA(Hons)Psych, DPsych (Clinical)



Dr. Swedosh has advanced training and experience in clinical care, having previously worked in both public and private mental health settings. She has a special focus on trauma-informed therapy with evidence-based somatic techniques, and promotion of wellbeing. In her therapy Dr Swedosh uses Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), Interpersonal Therapy, Mindfulness and Sensorimotor Psychotherapy, to tailor therapy to suit individual client needs With her elimical healteranud accounts

With her clinical background, sessions with clients usually comprise of assessment, and subsequently treatment of concerns and diagnosable disorders, such as adjustment to life changes, grief/loss; depression, anxiety, bipolar disorder, personality disorders.

Donna is a Medicare service provider, and welcomes new referrals, working closely with general practitioners and psychiatrists. She is also registered with the Access to Allied Psychological Services (ATAPS) program, which offers extended care provisions for those who qualify. Dr. Swedosh is passionate about the equitable delivery of psychological services, and strives to keep treatment



accessible to all her clients. Donna is available for appointments at Black Fish Medical Clinic every Thursdays from 18th February 2016.

#### Six Tips for Better Mental Health

#### I. Build relationships

Having good relationships with other people is the most important factor contributing to a sense of *wellbeing*. This can include family, friends, workmates and others in the community. Investing time and energy in your relationships can lead to great benefits for all involved.

#### 2. Exercise and stay healthy

Exercise has been shown to increase wellbeing as well as reduce symptoms of depression and anxiety. Good physical health is related to better mental health so a healthy diet, avoiding excess alcohol or drugs and regular check ups with the doctor can all help.

#### 3. Develop gratitude

Count your blessings. Try keeping a gratitude journal and write down three positive things for each day. This can lead to increased wellbeing.

4. Identify and use your strengths We all have different strengths and weaknesses but finding out what you are really good at and using those talents can increase wellbeing.

#### 5. Create flow

Flow is the state of being so highly involved in an enjoyable activity that you lose track of time. This usually happens when the level of challenge is about right for your level of skill. Flow can happen during work, hobbies, creative arts or sports.

#### 6. Give to others

Making a contribution to the community, however small, increases social wellbeing. Many people feel a sense of contributing through meaningful work, but this could also mean volunteering, helping a neighbour or doing small acts of kindness. Enjoy Take some time to do the things you really enjoy. Pleasant events can lead to positive emotions that can cancel out negative feelings.



#### Audiology and Sleep Clinic

Hearing Assessments & Hearing Aid Trials'
 Hearing Aid Adjustments & Repairs
 Sleep Studies - Home Based
 CPAP Trials, Evaluations & Service

Lang Lang Medical Centre 5 Whitstable St, Lang Lang Call: 5625 5155 "Conditions Apply

#### Nici Marshall MASSAGE THERAPIST

"Your Back In Safe Hands" \*Therapeutic \*Deep Soft Tissue \*Myofascial Release

facebook.com/nicimarshall 0488 665 051 nicit1968@hotmail.com

91 Acacia Rd, Grantville Vic 3984

### Entertainment



#### Phillip Island Jazz Club

Sunday March 20 Bass Room Ramada Resort, Cowes. 2pm - 5pm





The New Orleans Swamp Dogs, is a recently formed Traditional/Dixieland Jazz Band. Although originally a 'spin off' from the New Orleans Connection Jazz Band, it has now claimed its own right in successfully playing at jazz clubs, festivals and venues across Melbourne and Regional Victoria.

This 'entertainment focused' group of musicians are attracting an ever increasing following wherever they perform, which has resulted in great reviews from both dedicated jazz fans and audiences who just want a good night of happy jazz. With a vibrant jazz line-up of: Ian Hellingstrumpet, Paul Ingle- trombone, Leonid Grigoryan clarinet/saxophone, Clint Smithbanjo, and Simon Vancam -string bass, individually these experienced musicians are certainly no strangers to the jazz world but collectively they provide a new sound and 'great base for some mighty fine Dixieland and Traditional style jazz'. The band's recent successes have included being appointed as 'resident' band at Café Vita located at the Springvale Botanical Cemetery, where they regularly perform at their Sunday Jazz Sessions and other corporate and private functions. Enquiries: Robin Blackman 0432 814 407

South Gippsland

South Gippsland Jazz Soc. Inverloch Jazz Club Neville Drummond 5674 2166





#### Moe-Latrobe Jazz Club Friday April 8 8pm 11pm Le Hot Jazz

Les Fithall, Lindsay Flint, John Hawes, Will Purcell, Steve Riley and Robert Woods An outstanding night of hot trad jazz. Dinner before the show at Banjos on Albert. Bookings for dinner 5127 1007 Enquiries: Bruce Lawn 5174 3516

#### Saturday April 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.

#### **KERNOT FOOD & WINE STORE**



Friday & Saturday nights, and Sunday afternoons .

Live music at The Kernot Store. For details on who is performing and to book a table:

Call Julie on 5678 8555

#### WIN A CD

For your chance to win a fabulous Australian Jazz CD 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

<u>editor@waterlinenews.com.au</u> Congratulations to our February CD winner, Imelda Styles, from Edithvale,

#### **CD REVIEW**



#### Yarra Yarra Jazz Band – At the Ricky Tick Club – (Cat # YAR 658)

Maurie Garbutt (trumpet), Roger Janes (trombone), Paul Martin (clarinet/tenor sax), Paul Finnerty (guitar), Don Heap (bass) and Lynn Wallis (drums).

Tracks: Bourbon Street Parade, I Can't Begin to Tell You, Every Where You Go, Fidgety Feet, I'm Just a Gigolo, My Gal Sal, Victory Bounce,

Memories, In Spain They Say Si Si, One More Chance, Five Foot Two, Pallet On The Floor, Prairie Moon, Silver Bells, Mamma Don't Allow. Top of Form

#### Price: \$25.00 plus postage

I would like to thank Ken Farmer for providing these special memories. I don't even remember the Ricky Tick Club, but it was 34 years ago.

There are not many recordings of the Yarra's from 1973 to 1976. Later in 1976 the whole band minus Morrie moved to Sydney.

After listening to the music again I'm glad to have been part of it.

It will never happen again, imagine being paid enough to live off it full time?

Paul Finnerty

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

#### www.ajm.org.au

Are you having difficulty tuning in to 103.1 3BBR-FM? You can now hear your favourite programs through our streaming service. Find the link at: <u>www.3bbrfm.org.au</u>



West Gippsland Community Radio Inc.

Cover tailored specifically for over-60s. The best holidays come from peace of mind. For more information call **1800 622 966** 

### & Lifestyle LOOK WHO'S COMING TO GRANTVILLE

This story begins with a family holiday to Vietnam and Cambodia for The Bickham family of Grantville.

Taking our girls to a third world country was something we wanted them to experience, we had travelled to Vietnam 5 years prior.

This trip we also travelled to Cambodia. In Sapa, near the Vietnam/Chinese border we met a fellow traveller. Bill.

In conversation he told us that he had been offered a 17 year old village girl to bring home to Australia for a slave for \$400 US by her mother.

The shocking revelation of this statement just cemented our thought and desire to help somehow and someway. The girls were saddened to hear what we already knew went on in these countries. Human trafficking is a part of every day life !!! In Cambodia you can by a construction worker for \$700 use him or her to build your house then just sell them.

Girls in these countries do not have a chance of bettering themselves unless their families can pay bribes for them to get employment.

My husband, Lee was having a conversation with our guide about the sad plight of girls in his country.

Panah gave Lee the example of his own sister.

At 23 Chanthy was lucky enough to be the youngest of 8 and has been able to get educated at university with a double degree in Banking and Finance with help of the whole family.

Her simple dream is to work in a bank, but this will never happen in her country as she is female and cannot pay gratitude (bribes). A cashier in a hotel or café would be more likely which would pay \$150 a month, not enough to live on.

Over the last 5 months we have sponsored Chanthy at the Australian Language School. Her English is coming along very well. She works so hard she deserves a chance. She now has her passport and has applied for her Visa to visit our beautiful country. Our family is her sponsor.

We hope that we can improve her English so she can study accounting in Australia. Even a low level certificate here would help her chances in Cambodia.





Lee Bickham with Chanthy ( Jonty ) in Cambodia

If we can make a difference in her life and show our children how easy it is to help someone not as fortunate as us in our beautiful country we will be pleased. Hopefully Chanthy will be here soon, please say hello to her.

#### Sally Bickham, Grantville



Bi

#### EASTER MARKET – EASTER

**SATURDAY March 26 9am. to 1pm.** Easter Saturday is the Coronet Bay market and it is always a popular with lots of stalls that now include a new fresh food section including breads, oils, wine etc. There is "the shed" where many quality unwanted items becomes someone else's treasure. You don't need to have breakfast before you come because the Bay Café is still producing the best bacon and egg

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

sandwiches and Copious Coffee will be there for that essential shot. For morning tea there are scones, cookies and more, then at lunch time, delicious healthy wraps or sausage rolls, dim sims and chips. Not forgetting the community sausage sizzle. All of this goes on to the beautiful strains of mandolin and guitar from "No Strings Attached". And don't forget the good old fashioned spinning wheel with the traditional meat tray prizes - they really are fantastic value. There is a great raffle on the go that is going to be drawn the following day at the Beach Fair, with terrific prizes. As usual at our Easter market, there will be Laughing Clowns that are particularly popular with the kids.

#### BEACH FAIR - EASTER SUNDAY March 27 10am – 3pm

The ever popular Coronet Bay Easter Beach Fair is on again - thirteen years of its traditional rural quality and family activities. FREE animal farm, races for kids and family, Sand Castle competition, pony rides and Best Dressed Dog competition and how can you have Easter without a Bonnet Parade? The ever popular Futsal will be on again, so come along and give the World Game a go.

Of course the kids will want some more contemporary amusements with such things as a Bouncy Castle, Go Karts, a Giant Slide, Laughing Clowns and Shooting Gallery etc. If art is your thing, there will be an outdoor Art Show in which local artists exhibit and sell their work.

Although not related to Easter, anyone who hasn't been to Coronet Bay for some time may like to see our sculpture trail that depicts the township's story from its earliest origins. These sculptures are small and installed on seats and tables and there is a children's section set within rocks all designed and beautifully crafted by David Murphy and funded by the Shire of Bass Coast.

And you can't have a good old fashioned rural fair without stalls so a great range will be on offer. For wine lovers there will be quality wine from Purple Hen wines. All wines can be purchased by the glass or bottle to accompany your lunch. Also of course there will be a good range of food available as well as a coffee cart. To supplement the local community sausage sizzle, pizza, paella, donuts and more.



### **RECIPES** Gluten-free pizza with cauliflower base



This gluten and dairy-free pizza lets you enjoy all of the taste of regular pizza with none of the carbs. Plus, it's not hard to make at all.

- Makes: 8 slices
- Ingredients:
- 1 medium cauliflower head
- 1 tbsp olive oil
- 2 free range eggs
- 3 tbsp coconut flour (not to be confused with
- desiccated coconut)
- desiccated cocont
- Salt and pepper
- Tomato paste
- Grated mozzarella (omit for dairy-free option)
- Cherry tomatoes
- Kalamata olives
- Sliced mushrooms
- Fresh parsley, chopped

#### Method:

Preheat the oven to 200°C.

In a food processor, whiz the cauliflower until it becomes similar to bread crumbs. Transfer the cauliflower to a frying pan with the olive oil and cook for about 10 minutes on a medium heat, stirring constantly. When cooked and mushy-like, take off the heat and transfer into a big bowl. Add the eggs, coconut flour and salt and pepper to the cooked cauliflower and mix well.

Tip the entire cauliflower mixture onto a lined oven tray.

Using your hands, form a pizza base (round or square is up to you) about 1cm thick. Bake in the oven for about 10 minutes, or until golden.

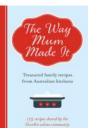
Remove from the oven, spread the base with tomato paste then top with the mozzarella,

### Food

cherry tomatoes, olives and mushrooms. Bake in the oven for a further 10-15 minutes, but keep an eye on it so it doesn't burn.

To finish, top with fresh parsley and enjoy with a glass of your favourite wine.

Written by Anisa Kazemi. First appeared on Stuff.co.nz. Have you ordered your copy of the



Over60 cookbook, The Way Mum Made It, yet? Featuring 178 delicious tried-and-true recipes from you, the Over60 community, and your favourites that have appeared on the Over60 website, head to the abcshop.com.au to order your copy now.



#### **Frozen Mars Bars Mouse**



#### Ingredients

Vegetable oil spray 6 x 60g Mars bars 600ml thickened cream 3 eggs, separated 50g dark chocolate, melted, to drizzle **Method** 

1.Spray a 1-litre terrine mould with oil. Line with plastic wrap, leaving long sides overhanging. Roughly chop 4 bars and place in a heatproof bowl with 300ml cream over a pan of simmering water (don't let bowl touch water) until melted, then stir to combine. Cool slightly, then whisk in remaining cream and egg yolks.

2.In a separate bowl, beat eggwhites with electric beaters until stiff peaks form. Fold into chocolate mixture. Pour into terrine, folding in wrap. Freeze overnight until firm. To serve, dip mould briefly in warm water, then invert onto a platter. Chop remaining bars, scatter over terrine and drizzle with melted chocolate.



Kernot Food & Wine Store Paul and Julie Johnston

#### Open

Thursday & Sunday 9.30am - 8.00pm Friday-Saturday 9.00am - 10.00pm Breakfast & Lunch Thursday to Sunday Wood Fired Pizza Thursday to Sunday Dinner Menu Friday & Saturday [Winter opening times may differ] Live Music Friday Night & Sunday Lunch



1075 Kernot-Loch Road Kernot, Victoria 3979 03 56 788 555 kernotfoodandwinestore@gmail.com facebook: Kernot Food and Wine Store

#### **BASSINE SPECIALTY CHEESES**

at 2125 Bass Highway Bass OPEN 10AM to 6PM Friday - Sunday Come along and try our soft cheeses from our own cow's milk - Brie - Camembert -Coulommiers - Fetta - Halloumi - Ricotta Also you should try the milkshakes mmm...delicious!





Vouchers available for purchase

143 Marine Parade, San Remo, Vic 3925, Tel: 5678 5020



### More Community News

#### VEERUP REGIONAL HEALTH SERVICE



235 Rossiter Road, Koo Wee Rup. Vic. 3981 Ph: 03 5997 9679 Fax: 03 5997 1248 Email: gregorys@krhs.net.au Website: www.kooweeruphospital.net.au

KRHS is a small 72 bed public hospital servicing outer south east Melbourne and adjacent rural areas. We provide a range of centre and community based services: Acute Care, Early Parenting Unit, Respite and Residential Aged Care, and Community Health. Outpatients, Pathology and Specialist Medical Services. KRHS is a member of the 'International Health Promoting Network' and 'Global Green and Healthy Hospitals'

#### Sustainable Living Festival



February, for the Hewitt Eco House and Community Garden Open Day as part of the 2016 Sustainability Festival.

Sustainability Officer/Building Biologist David Rasmus was available to take people for guided tours through the house demonstrating the various features of a sustainable home and living in a way which reduces our own environmental footprint. The house is open on Tuesdays for self-guided tours from 10am - 2pm. The Community Garden is open everyday. Seasonal vegies are available for a donation either by working





#### The Natural Healthy Weigh

A weight management self-help group designed to support people who wish to maintain, gain or lose weight and support you to achieve your goal realistically without having to resort to fad diets





ol program for no extra charg e, have a look, have a cupps a chat or call George 7 1648 for more information.



**CFA NEWS** With Michelle Fulwell **Animals and Fire** Preparedness One of the many

questions we were asked following the fires in January was "What do I do with my animals?" Our animals are part of our family we all want to make sure they are safe in the event of a fire. In order to help in these circumstances CFA has partnered with an Australian-first project that aims to provide better protection of horses and other companion animals during bushfires. The National Equine Database (NED) has been developed by CFA volunteer Jenna Kelley, founder of the Walking Forward Disaster Relief Team and works by linking equine owners with property owners who have the capacity to temporarily house animals during bushfires and other emergencies.

By networking through the database pet owners in bushfire prone areas can establish plans to move their animals to a nominated safe place on days of predicted peak fire danger. NED can also store animal identification details and other records to help prove ownership. The database launched in mid-February and can be accessed at www.tepscon.community. SCAM ALERT

There have been reports throughout the state of community members receiving phone calls asking for donations for their local fire brigade. The callers are reportedly requesting credit card details. This is a hoax and is not in any way authorised by either the brigades or the CFA. If you have had a call requesting a donation to a brigade please report it to your local police station.

#### **4X4 & UTE SHOW'N'SHINE**

Kernot-Grantville Fire Brigade are currently organising their third 4x4 & Ute Show'n'Shine on Sunday 17th April 10am -2 pm. This is our major fundraiser and is looking to be bigger and better than ever this year with trade stalls, food stalls and a kidzone. As well as the raffle we will have an auction with some fantastic items up for grabs including a two day 4WD driving course, UHF radio's and a two day MX5 car hire!!! Entry is only \$10 per vehicle and a gold coin donation for spectators. You don't need a flash show car with trophies for roughest 4x4, feral ute and best work/trade ute so come along, have fun and help us raise some money to go towards new equipment and infrastructure!!! You can find more details at: https://www.facebook.com/kernotcfa/



#### LOCAL POLICE **NETWORK** San Remo Police, **Station Commander** Bruce Kent.



Friday 4/3/2016: Wonthaggi Police executed a Drug warrant at an address in Campbell Street, Wonthaggi. A large amount of Cannabis Plants and a Hydroponic growing system was seized. A 45 year old Wonthaggi man was released pending a court appearance.

Unlawful Assault: Thompson Ave, Cowes Sunday 6/3/16: (2) x males were assaulted via a group of up to (5) unknown males after leaving a local Licensed Premises. Cowes Police are Investigating.

Aggravated Burglary - Saturday 5/3/2016 - Lynnes Rd, Jumbunna. An unknown male attended a Jumbunna address and entered uninvited and assaulted (2) occupants being a 49 yr old male and 45 yr old female. No one was injured in the assault and Bass Coast detectives are Investigating.

#### Andy O'BRIEN

Senior Sergeant 31580 Wonthaggi Police Station **Emergency Dial 000** 

www.police.vic.gov.au

#### THE FIRST VICTORIAN SHIP BUILDERS



The men who were the first shipbuilders in Victoria were James Clark Smith and his son Marmaduke who,

# together with three crewmen rebuilt their vessel the Caledonia in Western Port during 1835.

James was born in England about 1775 and became an officer in the British Navy. By 1812 James had left the navy, married and fathered six children. He became a merchant and carried goods to Cape Town.

He experienced severe commercial and legal difficulties which were to follow him for the next twelve years, Court cases and judgements for and against him dominated his life. He avoided Cape Town and travelled from England to Australia. In 1823 he purchased a third share in the brig Brutus and left England with his son Marmaduke as his first officer. They reached Hobart in August 1823 and sought cargo for the return trip to London, again avoiding creditors Smith set off for Sydney where the Brutus was impounded. James and Marmaduke got away with most of the cargo despite the ship being under guard in port. They sold their third share in the Brutus and returned to Hobart.

In Hobart in 1824 James gained knowledge of sealing, the Bass Strait islands and the land around Western Port from conversations with the sealing captains. He bought a seven ton sloop, the Caledonia,

### History

fitted her out, stocked her with a large quantity of stores and bought a whale boat. The Caledonia was registered in the name of Marmaduke Smith in January 1825 and set sail almost immediately. The vessel sailed north and entered Western

Port. James stated that the ship was "so crank and infirm as to be in danger of sinking" and it was necessary to seek shelter in Western Port and effect repairs. They chose not to repair the ship but to rebuild and enlarge it. They selected a spot where the beach was sandy and clear of the mud which would make the job difficult. The site of the camp is not known but it is probable that the beach near Rhyll where there was a well made by sinking a barrel into the sand was chosen. The site was well known to the sealers of the area and James would have been told of it. The stores were unloaded and a camp site set up, local timbers were felled and the work commenced. It took nine months for the Caledonia to be cut in half and rebuilt. The Caledonia was now 45 feet long, 22 tons and two masted, a mighty change from the seven ton sloop that had left Hobart Town. A puzzle for James' creditors!

The ship builders were happy with their choice of Western Port as the site of their activities

They stated that "it was one unvaried scene of verdure and fertility, equal in beauty to an English park, finely watered and abounding in game of all descriptions" James Smith said that he was "induced by that heavenly climate to sojour there during the winter for the sake of his health".

The first Victorian ship builders lived well

on kangaroo, swan eggs "fish of the highest perfection" and a "most excellent beverage" made from tea-tree leaves.

#### Libby Skidmore

From a paper written by Dr Ken Morris Bass Valley Historical Society

**Editor's Note:** Libby tells me there is plenty more to this story so look for more next month.

#### **OUR HISTORY** by Noelene Lyons INVERLOCH PIONEER CEMETERY



The Inverloch Cemetery Trust have located all the burials and names of each un-marked grave (no headstones) and the Cemetery Trust would like to try and locate the descendants of each un-marked grave and is offering them the availability to place a small plaque on each concrete paver which marks these graves.

If you have a family member that you know / think is buried in Inverloch Pioneer Cemetery please Contact Noelene (Trustee).

Phone 56724739 email noelene@dcsi.net.au



### French Island News



#### FRENCH ISLAND COMMUNITY ASSOCIATION

French Island Community Association Tankerton PO French Island Victoria 3921 <u>secretaryfica@gmail.com</u>



#### **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** 

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



**CFA Training** Sundays March 20 April 3 and 17

#### FRIENDS OF FRENCH ISLAND

President Chris Chandler Secretary: Meredith Sherlock Phone 9770 5229 Email: secretary@fofi.org.au www.fofi.org.au

#### **FOFI Project Days**

March 19 April 16 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. Meredith Sherlock Phone 9770 5229 Email: secretary@fofi.org.au

#### French Island Visitor's Guide Book Launch

Saturday March 19 at 1.00pm French Island Eco Inn Finger food provided, drinks at bar prices. RSVP by March 12 to <u>dineenc@optusnet.com.au</u> Phone 0418 147 687



#### French Island Easter Market

Sunday March 27, 10am to 2pm Inside FI Community Hall Stall holders: Please contact Glenys at the FI General Store to book your space for only \$5. Lots to see and do.

#### French Island Community Tip

Working Bee When: Tuesday March 22 Time: 10am - noon Contact: Linda on 0413 919 607 Come along and help keep this essential service tidy and safe. Everyone welcome. BYO water, gloves, hat, and sunscreen.



#### Landcare Nursery

Volunteers are always welcome at the nursey on Wednesdays and Thursdays From 10am - 12 noon. Contact Terry on 0413 088 527

filandcare@gmail.com

### French Island

#### CORINELLA TO FRENCH ISLAND FERRY BARGE Geoffrey Ellis



They didn't stay for a second winter; on December 12, 1826, a party of soldiers and convicts arrived on the edge of present day Corinella. A few convict made bricks are all that remains. A small cairn memorialises their fifteen month settlement.

The Pier in Corinella nearly went the same way. After the decline of the professional fishing fleet it deteriorated to the point where Parks Victoria was allocated money to remove the lower landing. This galvanised the community into action. Extra funds were raised for restoration.

On a cloudless day I lean on the Pier railing and watch a large jelly fish meander along the shoreline. The sea grass here was almost wiped out when truckloads were removed to insulate houses in Melbourne. From the fifties through to the mid seventies all the dry sea grass was harvested from the beach. This removed nature's buffer and the



sand was swept away by the tide; fish numbers in the bay were cut through loss of breeding grounds.

At the Corinella General Store, Barbara Oates, the owner, finds time to talk about Corinella. The store is a short walk to the Community Centre and the History Trail; together they form a hub for the community. The store provides information, hot food, coffee, fuel and the thousand things people forget to bring on holiday. A short drive away, The Pier is now a fine place from which to view Western Port Bay and consider the history of the area.

Barbara, a lifelong resident, is doing everything that she can to protect the heritage of Corinella. She provided the basis of the interpretive signage at the History Trail and is custodian of much that has become history.

Amongst her many roles Barb handles daily enquiries for The Barge, a vehicular ferry that takes trucks or cars from the sands of Corinella to the sands of French island. And return. Sounds simple but there's a lot more to it than that. We flick through the photos that tell the story.....

"Ken Gartside launched the first punt or barge from Tooradin in 1946. Before then residents of French island would use their own boats to come across. Everything that was needed to build the Prison Farm on French Island needed to be loaded into boxes then loaded onto the Hinemoa, a gentleman named Bob Palmer owned that....."

When we come to the present day barge, Barb puts me in touch with Roy Cox. He's a busy man who graciously relates some of his experiences of the Barge.

Raised on his parent's French Island farm, Roy took charge of The Barge when the loading point was changed from Tooradin to Corinella. This shortened the route to two miles (from eight) enabling many more trips per day. Roy was16 years old but dairy and beef farming had taught him to handle responsibility. Ken Gartside proved Roy's nautical competency by informing the T.R.B. that he had a car licence. Roy's first day on the Job was November 10 1969.

Endlessly crossing the waters between Corinella and French Island might seem like an ideal career but there's plenty of work involved. "The vessel can do up to eight return trips a day. Even if

you only do 5 there's always something going on." Roy operated The Barge 7 days a week for 33 years, solo at first but with another fellow eventually rostered on to provide some respite "....you started in the dark and finished in the dark. Before mobile phones they'd be ringing you at ten o'clock at night.....at least now they can make bookings while you're operating," he laughs. In the middle of those 33 years Roy took some months off to go shark fishing; a change rather than a holiday.

Roy started on Pegasus 3 which sank in 1988. "It was hard to keep going. It leaked so bad that the Fire Truck had to come and pump it out. It ended its days when it slowly sank at the Prison Jetty. It was taken away for scrap when the Jetty was removed. It could be part of your car," Roy jokes, "...and its replacement was christened Mosquito Creek."

Roy Cox hasn't actually stopped operating The Barge. He is part owner with four other people. To meet their responsibility to fellow Islanders and give the current crew time away, he fills in when there isn't another person available. "You can't just tie it up," Roy explains. "If there was no barge everything would stop; you couldn't get a car or truck to the Island, let alone fuel ......" The biggest hurdle to finding replacement crew are the two main job requirements: live on French Island or in Corinella and have an M5 Master's Licence," Roy is only half joking. Hundreds of four hour days are required to M5 certification which qualifies the holder to take a vessel into the treacherous waters of Bass Strait. Government regulation mandates M5 certification to operate The

Barge even though the vessel isn't licenced to leave Western Port Bay.

Increasing the difficulty of finding a replacement operator is the lack of government funding for this essential service to French Islanders.

Loads are many and varied. "Fuel, fertilizer, cattle, building material, everything for the shop and always on the back of a truck." Quite a few Koalas leave the disease free sanctuary on French Island via The Barge. Roy keeps the passenger list confidential but, when Bob and Lynne Minogue owned a farm on French Island their daughters often travelled on The Barge. "They were nice people".

Roy talks about the many trips it took to get the equipment and people across for Confest, the Dr Jim Cairns lead festival that promoted alternative lifestyles, including nudism. Another memorable cargo was the equipment for the film Summerfield that was shot on Churchill Island starring Nick Tate and Bud Tingwell. As you read this, The Barge is likely to be somewhere between Corinella and French Island, keeping the Island connected to the mainland.



The Memorial Cairn pictured above is situated near the entrance to the Settlement Point Walk.



### French Island

#### So how do you get on board The Barge?



The website tells you to book as far in advance as possible but at least 24 hours notice is required to get a spot.

When I ring, Michelle Bass is helping people disembark as she answers the phone.

Michelle has been deckhand on the Barge for around a year. Crew duties include keeping track of the bookings. The most unusual cargo that she has encountered was a half built house. The Barge runs six days a week (Seven at peak times), - Thursday is maintenance day - and it can only operate "when there is enough water under it" so the work stops three hours before low tide. The day I spoke to Michelle, 11.30 am was the cut off point but they had already done a full day's work. As well as Michelle and four other deckhands there are two captains. Tony

Groombridge is in charge the day that I make my enquiries.

#### How much does it cost ?

Michelle runs me through charges for the return trip: "A car is \$200, Trucks? That varies, a twenty foot tray top starts at around \$440. Motorbikes aren't allowed on the Island but if a farmer took an ag-bike across that would cost \$50." In the year she's worked on the Barge there have only been a couple of pushbikes and walk on passengers pay \$10, which is cheaper than the Ferry. Michelle warns me that walk on spots are limited as the vessel is licenced to carry 12; two cars with passengers could leave no spots.

The number to ring is: 0428 880 729.

#### TRIBUTE TO MURRAY BOUCHIER

(February 1933–December 2015)

I first met Murray in the mid 1990s on the Western Port wader surveys. He soon joined FOFI (Friends of French Island)as well and some years later became our very capable activities coordinator.



Murray's interest in nature, and birds in particular, began when he was a boy. In fact he told me that when he was about 14 he and a friend used to ride their bikes from Hughesdale, where he lived, to Sherbrooke Forest in the Dandenongs where they camped in the bush.

Murray and Wilma were married in 1960 and they built their own house at Park Orchards. This is adjacent to a patch of beautiful bushland. Murray became a key member of an action group that succeeded in having this land dedicated for conservation as the 100 Acres Reserve. This was officially opened in 1980.

Murray's conservation interests were very broad. For example, in the early 1980s he took part in the successful blockade against the proposed Franklin River dam in Tasmania. Besides conservation he was politically astute, with a passion for justice and the plight of the oppressed.

On our many FOFI activities I learned that Murray was a very accurate bird observer, good at counting the flocks of waders and very good at recognising all the bird calls. He was also an excellent photographer, and his work includes a number of photos of birds on nests.

I worked very closely with Murray after he joined FOFI and we usually travelled in his car from Ringwood, always stopping for a cup of coffee at Hastings. He was easy to work with, being adventurous, down to earth, and always ready to see the funny side of things. When setting up photo points, he once asserted that I had

him hammering the stake into the ground while I did the easy work of taking the photos and notes. On another occasion, I was interviewing a local resident and taking notes while Murray was busy spotting a new bird for the island - the Weebill.

He was a renowned optimist. He was even convinced that one day we would find the Striated Fieldwren on French Island - in some patch of unexplored saltmarsh.

I went with Murray, and often other FOFI members, to a number of Friends Network and Field Naturalists conferences. We particularly enjoyed the field trips.

At the funeral service on 5th January at St Gerard's Church, Warrandyte, Phillip Bourchier noted that his father 'did not use technology a lot, always meaning to learn. The fact was, he was too busy living his life, in seeking the first hand experience and exciting others about it. He lived life to the full.'

**Geoff Lacey** 

#### FRENCH ISLAND POET'S CORNER

Contributions are welcome, not only for Poet's Corner, but we also welcome short stories, general information stories, photos, in fact anything you want to tell us about life on French Island. Since the closure of "The Pinnacle"

The Waterline News has provided the space for French Island to have its own section.



#### Wherever

Wherever you go My heart with you Will go. Whenever your soul Tries to reach mine My soul will reach across And touch yours. Through space and time And your heart will be At one with mine. As my body will know I am one with you Wherever you go.



**Paula Seymour** 

#### FRENCH ISLAND FERRY

The French Island Ferry is a ferry service which runs between Stony Point in Mornington Peninsula and Cowes on Phillip Island, via French Island.

#### The ferry departs from:

Stony Point Jetty on the Mornington Peninsula (Stony Point Station is a short walk from the jetty) Tankerton Jetty on French Island Cowes Jetty on Phillip Island

Fares

Tickets are available at the Stony Point kiosk, and also on board the ferry.

Please note: the French Island Ferry is not a myki ticketed service.

#### The following fares apply:

Adult: one way - \$13.00, return \$26.00 Child\*: one way - \$6.00, return \$12.00

Pensioner/concession: one way - \$8.00, return - \$16.00 Bicycle (additional cost): one way - \$4.00, return - \$8.00

\*Children aged under 4 years travel free.

\*Child fares are available for children aged from 4 to 12 years old.

For more information, see the French Island Ferries website http://interislandferries.com.au/fi\_costs.php

### Say 'NO' to RAZ at The Gurdies

I don't usually take an active part in protests of any sort – I am one of the silent majority. But the Council's proposed rezoning of The Gurdies under Amendment C140 has roused the sleeping dragon in me. I make my objection to the Council's proposed rezoning of The Gurdies on the basis of three points.

The first is the very real threat to the natural beauty and solitude of The Gurdies Nature Conservation Reserve (NCR). The Council's proposal to rezone The Gurdies from 'farming 'to 'tourist activity' would in the council's words provide an opportunity for tourism development that maximises its exposure to visitors passing through the precinct en-route to Philip Island and beyond. The proposed rezoning would permit development of such things as high quality boutique accommodation, restaurants, cafes linked to cellar doors, trail rides, golf courses and more. Of course, the Council has made assurances

that tourist development would not detract from the landscape, would nestle into the landscape, be subservient to the landscape. But just how this would be achieved when areas of bushland may need to be removed to make way for the development has not been addressed.

Council has also stated that any future tourism development would be of modest scale, relevant to land size and surrounding uses. Does this mean that if a developer was able to purchase a large enough area of land, the size of the development might also be increased from 'modest?

It's imperative that The Gurdies not be turned into a mini-version of Philip Island with its tourist noise, rubbish, traffic congestion and tourist activities like mini golf courses, caravan parks, adventure parks, etc. Our Gurdies should be protected against such development because the first tourist activity to plant its feet in the Gurdies bush will be the start of its

### Letters

destruction - and once development has started can never be undone. The second reason for my objection to the proposed rezoning is the certain decline in the wonderful variety of native animals, birds and reptiles that an increase in tourist activity would mean. The Gurdies NCR is home to 18 species of mammals, 130 species of birds, 15 reptile species and 340 identified plants, including 54 types of orchids. There is a critical 'wildlife corridor' which passes between The Gurdies NCR and the Hurdy Gurdy Creek NCR. Already the lives of many of our native animals and reptiles are destroyed every day by the mindless speedsters that use the Gurdies - St. Heliers Road. If the Council's proposed rezoning goes ahead, the animal road kill must increase substantially with the increased traffic, not to mention the increase in traffic accidents that would occur on our very narrow roads. And my third reason is in relation to Council's response to the more than 50% of The Gurdies residents who have written objecting to the proposed rezoning - not to the general concept of the C140 amendment - but to the application of the amendment as it applies specifically to The Gurdies -but as we are few, our voices appear to have gone unheeded.

So although the Council's proposed rezoning of The Gurdies may directly affect only a handful of residents, The Gurdies NCR is a magical area and is there to be enjoyed by all Bass Coast residents. A small group of residents has united to form the 'Say NO to RAZ at The Gurdies' group. We would welcome your support, so please join us to persuade our Council of the need to exclude The Gurdies from their rezoning plans.

You may contact Nola Kim on 5997 6414 or Liz McDonald on 5997 6130.

Nola Kim 260 Gurdies – St. Heliers Road, The Gurdies

#### THE PRICE IS NOT RIGHT

I recently drove to Cranbourne and back in a morning.



Wonthaggi ULP 115.9 Cpl Bass ULP 96.9 Cpl (34km away from Wattle Bank by the shortest route) Tooradin 91.9 Cpl (e10) 19km up the road from Tooradin ULP was 90.9 Cpl with a voucher. A medium sized tanker holds around 30,000 litres. Assuming everything else is equal, it either costs over \$160 per Km to get a tanker from Bass to Inverloch. Maybe the driver goes into overtime ? My car has a 42 litre tank and gets 10km to the litre. If I could get to Bass on the last drop I would save \$7.98 per tankful but spend 6.78 to save it. Every litre left in the tank would deprive me of 19c in savings. So it isn't worth an hours drive. I wonder if somebody in a green office building does the same calculation before they ring their outlets each morning. Bizarrely, at the Petrol Station next to Cranbourne Shopping centre ULP was 124.9 Cpl. while the Petrol Station 3km distant at Thompsons Road was 94.9 Cpl (less 4c with voucher). I think some one in Cranbourne wanted a quiet day.

#### Earth Garden - On sale now





### Sports & Leisure

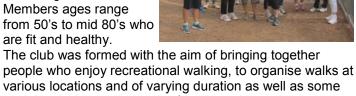


**CORINELLA BOWLING CLUB Inc.** 2015/16 SEASON 22 Balcombe St Corinella. T: 5678 0497.

FRIDAY TWILIGHT Fun at five ALL AGES WELCOME! JUNIOR BOWLS/ACTIVITIES too Neat casual dress, bare feet, thongs or flat soled shoes required. Coaching and bowls provided. Food and drinks available. Contact: Phil Wright - 5678 0813 Cliff Scammell - 5678 0191 We invite you to visit our club on Tuesdays or Saturday to view the pennant matches from our veranda with a view. Follow & Like us on our Facebook page **Corinella Bowling Club on Westernport** or search for www.facebook.com/ **CBC**.Westernport

#### **BASS COAST STROLLERS**

The Bass Coast Strollers Club was formed in May 1998, for retired and middle aged persons interested in participating in walks around the Bass Coast region of Victoria. Members ages range from 50's to mid 80's who are fit and healthy.



social activities, and to make friends and encourage and support each other.

The club is NOT for the "hard core" bushwalker, with weekly walks ranging from The Gurdies on Westernport, to Inverloch.

Walks are held each Monday and commence at varying locations, with two walks offered, a short option of around 4kms and a longer option of at least 8 kms for those wishing to extend themselves.

Camps outside the region are offered during the year for interested members.

Long serving U3A Histories of the World presenter David Holmes has just taken over as co-ordinator for the group and he can be contacted for all details on 5678 0033. Email: dhapl@bigpond.com



**Diamond Grill Doors** 

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**Richard Johnson** 

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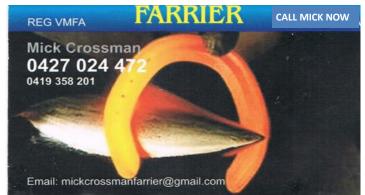
Woolamai Picnic Races



Saturday March 19 **Saturday April 9** 

The Sports and Leisure page is being reformatted next month. If your club would like to be included, contact the editor now. **Contact details** below.....

#### PUT THE DATES ON YOUR CALENDAR NOW



Group Bookings are available for all meetings. Contact Secretary Bev Carmichael 5678 7585



### Local Business

### A message to our community from Maru Koala Animal Park



Last month a video went around social media showing a close-up of one of our wombats incorrectly stating that she was kept confined in a cage and the author encouraged viewers to not visit Maru, to try to get us shut down and to post poor reviews.

As a carer of animals if I saw the 30 second video I might initially be distressed too, but my response would be to find out more and ask questions. Sadly this was not the response of most and many did post poor reviews on TripAdvisor and Facebook in response to this video and only a handful contacted us directly by email, which did not include the person who originally posted the video.

So how did this confusion come about? The wombat in question has a raised sleeping den that has a wire front for visitors to view her through and a concrete floor to allow for thorough cleaning. This wombat is affectionately known to us as 'MaMa' and is one of the original animals at Maru, around in the days when Ruth and George Heffer were still running the business and is around 25 years old. The video only shows a small portion of the wombats inside den and sleeping area which does have a wire front for visitors to view the animal, but allegations that this wombat is kept in a cage and banging her head against the wall are incorrect. This wombat can freely come and go from her sleeping den into her outside enclosure which is dirt based and does allow for digging, foraging and natural behaviours, but the video does not show this. This much loved wombat has been with us

over 25 years and does on occasion display

a stereotypic behaviour learned before she arrived at Maru, where she goes through the motions of digging but in the air, despite having access to dig in dirt outside, she does not hit her head against the wall. We have made numerous attempts in many different ways to cease this behaviour but none have been successful. It is the opinion of veterinarians who have examined her that this behaviour is not doing her any harm and her general health, wellbeing and condition are very good, despite her very old age. Maru also operates a separate Wildlife

Hospital and Shelter and we have rescued, hand-reared, rehabilitated and returned to the wild countless animals ourselves including orphaned wombat joeys. None of this work is seen by the public as those animals are kept separate from our Maru animals in a secure quarantine area. As a family run business that has been operating for 30 years it is heartbreaking that some people who are not fully informed would think that we have anything but the welfare of our animals and conservation of wild animals through education of visitors at heart. Maru is a way of life for us more than a business and we are passionate about the care of our animals.

Ian Heffer (owner/director) and wife Neroli Heffer (manager).

### LOOKING FOR SOLAR POWER?



Sunscape Electrical are a local company who provide the Bass Coast region with

high quality solar power systems, at an affordable price. Sam and Melanie Leighton have been working in the solar industry for over eight years, and moved to Lang Lang four years ago to raise their children on a farm, and to be closer to the beach so Sam can go surfing after work. They are both passionate about the renewable energy sector and want to provide affordable options for home and business owners to help us reduce our reliance on fossil fuels.

They are very professionally run for a small business, and believe in good old fashioned customer service and hard work. You can be sure you will not be getting a shonky system, as Sam is a member of the Master Electricians (with 20 years in the trade) and he is the one who installs the system directly.

They also have a wide range of experience, having installed over 1000 systems around Victoria. These range from small start up 0.5kW systems, to large 100kW for commercial factories. They also install offgrid standalone systems, and battery storage for hybrid systems, which appears to be the way of the future!

See their ad on page 31 then for more details visit their website

www.sunscapeelectrical.com.au

#### WELCOME ANN MARIE

Ann Marie O'Brien has lived in Grantville for 3 years and has just started her own business. 
 Postfan
 Possession

 We loa afor the tropy on low
 House cleaning
 Deceased estates

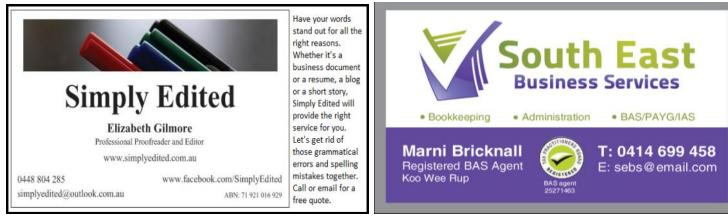
 + House cleaning
 Deceased estates
 House advertise

 + Holiday horses
 Light quadroling
 Windows

 - Spring cleans
 Calil Ann Marte on 0405 723.120

She has had 15 years experience in aged care and one year in home care and has had ten years experience as a cleaner.

Having settled nicely in the area she has now decided to start out on her own so she can have a more direct contact with her clients and establish a wider client base. After growing up in Seaford she has travelled around Australia a fair bit and lived in various Coastal towns, but is now glad to call Grantville home. Have a look at her ad on page 30 and give her Ann Marie a call. **0405 723 120** 



#### March 2016

### News

#### PRODUCT OF THE MONTH



Developed exclusively for independent retailers Australia-wide, iO allows independents to stamp their endorsement on a broad range of products

from pet food, to animal health, to bird seed, to pest control. iO is 100% Australian Owned. All iO products are made by

industry leading manufacturers, with the large majority being Australian Made ensuring a high quality product. So basically no big chain stores can stock iO. Its a brand & range exclusive to we little independents. Being fully Australian Owned, supporting iO and your independent sees increased community investment and will assure your valued independent is always there.

Our promise to you is a great product at the right price backed by personal service and know-how that will allow you to have the highest confidence every time you purchase a product bearing the iO logo. So from our IO Range we are going to have a super sale on our slabs of iO Country Kennel 5 Kinds of Meats & Beef flavoured cans, they are packed with nutrition and protein to keep your dog happy and healthy.

We stock slabs of 12 x 700g slabs in both flavours, Retail normally for \$26.99 sale price \$20 save \$6.99 and also the same cans in the 1.2kg x 12 cans retails normally for \$34.99 sale price \$28- a slab save \$6.99

**Bass Coast Stock Feeds Factory 1 Grantville Drv** Grantville 3984

56788933

#### LOOK WHAT'S BACK

"Snakes hate Phenyle" So says the old wives tale from

Grandmas's days and I have tried it with some



# success in recent

The trouble has been though, that it has been almost impossible to buy Phenyle anywhere. It was marketed as Wheelie Bin Cleaner for a few years but that's now gone too I

#### believe.

So with a snake in the Waterline News office while this edition was being prepared I was pleased to find good old fashioned Phenyle back on the shelf at Grantville Mitre 10, a range of different sizes. Get some and a spray bottle and spray around the perimeter of your property once a week at this time of the year and it could keep you snake free. Also if you do have one and lose sight of it, spray where you think it went, doesn't smell wonderful, but Grandma says it will leave pretty quick. Good luck. Editor



Dust off your costumes as the Pirate Festival is back again and planning is underway. More games, rides, koalas and animals, entertainment and piratin' fun to be had. Mark Sat the 23rd April in your calendars

Full details in the April edition of The Waterline News and we will post any updates on our facebook page during the month.

#### **FREE TRADES & SERVICES** DIRECTORY

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

editor@waterlinenews.com.au

#### <u>GRANTVILLE</u>

True Blue signs & graphics 0412 606 364 Leanne Margrie

#### LANG LANG

Lang Lang Eyecare Kaye McCraw

Phone/fax 5997 5525

#### **Bass Valley Computers 1398 Bass Hwy GRANTVILLE** PH: 03 56788715 Supplying High quality Service for over 17 Years **Used Power House Note Book HP** EliteBook 8460p/ Intel 2nd Gen i7-2720M Processor (6M Cache, up to 3.30 GHz) We strive to beat any genuine price. Just give us a call 14" 1600x900 Intel HD Graphics We now sell and repair all Apple Mac Computers & I phone. 3000 We sell the latest Computers and Notebooks or we can build to order. Display / 8GB DDR3 / 256GB SSD / DVDRW / WIFI / BT / Webcam / **Clearance Sale** Windows 7 Professional, Upgradeable to Win 10 when it Refurbished HP Desktop over 20 complete units, HP Desktop Core 2 Processor, arrives 4Gb Ram, 250 Gb SATA Hard Drive, 1Gb PCI-Video Card, Win 7 Lic, 17" LCD 2x USB 3.0 1x e SATA/USB 2.0 Combo Monitor, Keyboard + Mouse. From \$220.00 1x USB 2.0 charging, 1x external 3 Months Warranty RTB. lx Display Port, lx 1394a

Recover Lost Data from Hard Drives, USB Keys, CDs and most Camera Memory cards. Cash Price \$475.00

March 2016

### Art, Books &



#### POET'S CORNER.

Submissions welcome editor@waterlinenews.com.au

### The Gurdies Fire

42 degree day South Gippsland a tinderbox fire races through grass at northeast corner of 240 hectare Gurdies Nature Reserve. Owners of house next door ring fire brigade, grub out spot fires. Within three minutes like New Year Eve fireworks' display trees near their house blaze spurt out embers, start more spot fires.

Fire engines, big CFA utes scream in from up and down the highway twenty-eight in all. Hoses spray fire pumps take water from dam swimming pool. Overhead two waterbomber helicopters and spotter fly over canopy of green St Heliers Rd hidden beneath. One helicopter, hose dangling heads to nearby farm. Like greedy octopus it sucks water up from dam.

Homes in fire's path are evacuated villages close by put on alert to watch and act.

**Meryl Brown Tobin** 

Tribute and thankyou to CFA volunteers who put themselves at risk to protect lives and property at The Gurdies, 13.1.2016

#### A Prayer for the Children



We pray for the children who put chocolate fingers everywhere, who like to be tickled, who stomp in puddles and ruin their new pants,

who sneak Popsicles before supper, who erase holes in math workbooks, who can never find their shoes.

And we pray for those who stare at photographers from behind barbed wire.

who've never squeaked across the floor in March 2016

new sneakers, who never had crayons to count, who are born in places we wouldn't be caught dead, who never go to the circus, who live in an X-rated world.

We pray for children who bring us sticky kisses and fistfuls of dandelions, who sleep with the dog and bury goldfish, who give hugs in a hurry and forget their lunch money, who cover themselves with Band-Aids and sing off-key, who squeeze toothpaste all over the sink, who slurp their soup.

And we pray for those who never get dessert, who watch their parents watch them die, who have no safe blanket to drag behind, who can't find any bread to steal, who don't have any rooms to clean up, whose pictures aren't on anybody's dresser, whose monsters are real.

We pray for children who spend all their allowance before Tuesday, who throw tantrums in the grocery store and pick at their food, who like ghost stories who shove dirty clothes under the bed, who never rinse out the tub, who get visits from the tooth fairy, who don't like to be kissed in front of the school, who squirm in church or temple or mosque and scream in the phone, whose tears we sometimes laugh at and whose smiles can make us cry.

And we pray for those whose nightmares come in the daytime, who will eat anything, who aren't spoiled by anybody, who go to bed hungry and cry themselves to sleep,

who live and move, but have no being.

We pray for children who want to be carried,

and for those who must.

For those we never give up on, and for those who never get a chance. For those we smother with our love, and for those who will grab the hand of anybody kind enough to offer it.

In to other it. Ina J. Hughes



#### HAIKU

Thoughts in miniature A haiku is untitled and unrhymed. A seasonal word or reference associated with nature should appear in the haiku, and



haiku

contrasting images may be used. Usually the first line stands alone while the second and third connect to give an aspect of that image.

#### Beauty

After summer rain the dripping leaves of eucalypts freshen humid air

Softly falling snow in warm red glow of firelight girl plays cello

Daybreak in autumn rays of sun gild falling leaves crackling gold pathway

Across the still lake reflections of autumn leaves Colour cold grey dawn

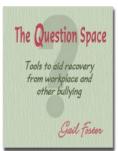
#### **Dorothea Trafford Lavery**

Haiku Group Society of Women Writers, Victoria



By Gail Foster

The Question Space is an excellent resource for the difficult but unfortunately common issue of bullying. The blend of personal stories, practical



strategies and well-researched information makes this book a valuable addition to your toolkit to aid recovery and resilience. There is something for everyone in this book. Whether you are feeling unsure about the way others are treating you, or if you have suffered years of bullying and have felt helpless to do anything about it. The think and grow spots throughout these pages, coupled with the suggested activities, and contacts help to reinforce and remind us that we all have a built-in ability to cope. Even when we may think that ability has long left us!

We reviewed one of Gail's earlier books, in January .

The book is available in soft cover and as an e-book.

For details on how to purchase the book, contact the author, Gail Foster .

http://www.gailfostertasmania.com/

### Writing

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

We have been lucky enough to secure the rights to some more of the writings of E.E. (Betty) Caldwell with special thanks to Maree



Silver who has done all Betty's typing for her.

#### **AMUSEMENTS**

Always we had radio. No, not the crystal sets people speak of so lovingly. I've never even seen one. Ours was in two parts - a speaker, about the size of an early television which Dad used to carry into his bedroom during the late hours of the night through to early morning to hear the cricket broadcast from England in Bradman's heyday. The main contraption sat in the lounge room in all its glory with a pleated pink satin insert covering its electrical workings. This still exists minus the fabric some 80 odd years later in my niece's home as a piece of furniture housing the Lord only knows what. And then there were books, my main delight. My brother had something called Tinker Toy - wooden rods and wheels to construct vehicles and buildings. Did him no good whatsoever. He later studied accountancy.

Monopoly found its way to our house in those pre-war days and, of course there were cards. Crib, euchre, 500, Strip Jack Naked taught me by Grandpa's brother Bill. But best of these was Chook Chook played with an especially produced pack. Being the youngest family member, I didn't often get into the game but the howls of laughter accompanying shrieks of "Chook chook, I want a Rhode Island Red," kept everyone entertained. Naturally, it has gone the way of all such ephemera but memories of someone being stuck with the dreaded Dead Hen persist after all these years.

There were frequent gatherings for songs around the piano – I suppose everyone experienced those episodes. Good days they were - innocent times, soon to be shattered with the country's youth headed for that infernal carnage overseas. I was 10 years old then. I'd grown up before it finished. But it's nice, isn't it, to go back and reflect on our harmless amusements. Long may they continue to live on in our recollections. A leisurely life, an earlier era, a happy childhood.

> E. E. Caldwell © 2016



#### The 2016 Mental Health Week Art Competition is open!!

Mental Health Week (MHW) is a program of the Mental Health Foundation of Australia (Victoria). The aim of MHW is to promote mental health and wellbeing, prevent mental illness and remove the stigma associated with mental illness. The art competition supports community involvement of people living with mental illness. Entrants may submit up to two artworks. Artworks may be paintings, drawings, mosaics, photos, computerised images and other art mediums. Artworks must be suitable for photographic reproduction on a poster and must be capable of being hung for exhibition. The judges will favour works with a positive message about mental health.

- Entry Opens: February 16, 2016
- Entry Closes: May 20, 2016
- Exhibition Opening Night: July 14, 2016
- Exhibition Ends: July 29, 2016
- Artwork to be picked up by: October29, 2016

Mental Health Foundation of Australia (Victoria) Suite J, 450 Chapel Street, South Yarra VIC 3141 Ph: 03 9826 1422 Email: admin@mentalhealthvic.org.au



#### FORTHCOMING EVENTS

March 1 - March 31

The Red Tree Gallery has Irene McConville, a talented watercolour painter from Inverloch, with her varied and impressive recent watercolour paintings. In all these shows Laurie's small sculptures will be present and ever changing. **Red Tree Gallery** 

#### 420 Main Jindivick Road Jindivick

Website: www.lauriecollins.com.au

#### April 9-10 Loch Public Hall

#### **CWA Creative Arts Exhibition**

The CWA Bass Group is holding its annual Creative Arts Exhibition in Loch once more. This year's 62nd Annual Exhibition will again be held in the Public Hall at 11 Smith Street Loch. Mark the weekend of the 9th and 10th of April on your calendar and look forward to a wonderful display and some exciting activities. Displays include members' cooking, preserves, needlework, knitting, crochet, flora and photography.

With cooking and craft demonstrations, raffles and trading table there is something for all the family even those who just want to sit and eat our famous scones with jam and cream

Craft demonstrations include rug making, beading, lace making, crochet, spinning, felting and a variety of others. More information will be available on Facebook, or from Craft Convenor Annie Graham on 5678 8037.

The exhibition will be open from 10am to 4pm Saturday 9th and Sunday 10th of April. Admission is \$3 adults, children with adults free. Morning/afternoon teas and light lunches available. There is a lot to see and do in Historic Loch Village in addition to

the exhibition so it is well worth a trip. Hope to see vou there.



Fun • Relaxing • Inspirational Do you have minimal or no art experience, but would like to have a go at painting? Then this is for you..! Friday evening and weekend sessions
 BYO drinks Join in, bring a friend or organise a private group

 Create your own painting in a 2.5hr session Step-by-step process • All materials supplied • Call Chris: 0400 789 700 or book online at www.paintandsipcb.com.au

### Fishing



#### FISHING with Craig Edmunds from Jim's Bait & Tacke San Remo

The frustrating days of fishing continued this month and what made them worse was when you got back to the ramp and the boat that was fishing a few hundred metres up from you is there cleaning plenty of fish at the table. It's always a dilemma when you are fishing and not seeing any action for long periods of time, do you stay or do you move. It's a question impossible to answer and a decision you just need to make and stand by, there is no right or wrong. Whiting was a perfect example of that this month with both decisions paying off at times and for no real reason either way. We saw some very good bags of whiting this month all with the same trend that the fish have got smaller. We did find that many were caught in the time of the day you wouldn't really say was ideal, middle of the afternoon tide changes and not the very early morning or late evening as has been over the last few months.

Plenty of small pinkies continued however we did see several around the 40cm mark from during the month. The corals area the best with several coming from the western channel.

It is possible to catch Calamari anywhere in the bay all you have to do is actually fish for them. If you are fishing in some of the deeper areas for Calamari you will need to change your method slightly and the best, I find is a paternoster rig with a very heavy sinker a bright coloured jig or jigs then drop it over and wait. You can use the same rig anywhere you fish in the bay and especially offshore then every 15mins or so give the reel a wind till you find the depth they are in. good catches are still being reported from San Remo jetty and the beaches at Woolamai and Ventnor.

The best of the gummies have either come from offshore or from the lower end of the western channel. Most of those caught on the corals or around Elizabeth have been small.

Plenty of flathead offshore once you find them as the patches are small but concentrated and about 50% tigers. Some quality rock flathead is being caught around the bay as well with the area around the top light in the Newhaven channel and the Maggie shoal peg.

### To keep up to date with fishing reports like us on Facebook Jims Bait and Tackle.



Surprising Superfoods you should be feeding your dog Part 2



#### **5. Bananas** Packed with potassium

for a happy mind, along with Vitamins C and B6

the tasty banana can do wonders for the health of your dog. This fruit actually aids function in the red blood cells allowing the blood to carry more oxygen to the muscles and organs in the dog's body. The banana through its plentiful vitamin C also helps to rebuild any damaged cartilage and prevents further damage to cells in the body. Peeled and frozen whole the fruit can also be used as a teething aid for sore mouthed puppies to gnaw, under supervision of course!

### Pets and Pet Care

#### 6. Sweet Potatoes

This is the only vegetable that will need to be lightly steamed for optimum



digestion. The others can be fed raw. Sweet potato is really good for the heart and also oxygenates the blood cells leading to better oxygen circulation within the body. It's also a high fibre veggie and contains hugely healthy amounts of potassium, magnesium and iron for an all-round happy and healthy hound.

#### 7. Celery

A stick of raw celery is a wonderful toothbrush. Avoiding dental disease is vital in dogs



because the build-up of plaque and infection can have severely detrimental effects on the life and even lifespan of your dog. Along with being perfect dental floss for dogs celery has plentiful vitamins A, B and C and can even help the dog's heart to stay healthy and lower blood pressure. All of the above fruits and vegetables will have a good effect on your dog's health. There are many more, blueberries for instance are full of healthy antioxidants whilst watermelon is refreshing and perfect clean food for a summery day.

#### 8. Kangaroo meat (Bonus)

Kangaroo meat dog treats are the best thing you can feed any dog because they are 100% safe, they cure boredom, clean teeth, and best of all are highly nutritional.

#### Kangaroo Meat Benefits:

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High in Omega 3's – Healthy skin and coat, strong immune system, stops itching Allergen Free – Alleviates itching and infections

Dental Health – Keeps teeth super clean and breath fresh

And hands down, the best chew you can give your dog is made 100% from Kangaroo Tendon (The Achilles tendon).

Kangaroo Tendons have no additives, no preservatives, no harmful ingredients, so spread the word about the benefits of Kangaroo Dog treats.



#### STUDENTS AT RISK AS UNIVERSITIES REOPEN



University students are at greater risk on the roads as university reopens, according to new data from RACV.

Five years of claims data analysed by RACV Insurance shows that March and May have the highest number of vehicle collisions.

The municipalities that host Victoria's largest universities also rank in the top 15 regions for crash claims.

RACV Insurance has urged students to be alert on the roads and to ensure their vehicles are adequately insured as they head back to university during a peak car collision period.

Paul Northey, RACV general manager insurance, said that Melbourne, Boroondara, Monash, Banyule, Greater Geelong and Whitehorse have been consistently among the most collisionprone municipalities over the past five years.

RACV claims figures show that most accidents happen after noon, with a peak between 4pm and 5pm.

"Young drivers are most at risk as soon as they obtain a probationary licence," Mr Northey said.

"In the first year of driving, their risk of crashing is three times higher than an experienced driver.

"As well as concentrating on their own driving, all motorists must anticipate the actions of others on the road. Our claims data shows that the other party was at fault in 31 per cent of collision claims in 2015, while 39 per cent were caused by the

### On the Road

insured."

On average, RACV processes more than 75,000 collision claims each year. The value of claims has been steadily rising and in 2015 repairs or replacements cost almost \$370 million, 15 per cent higher than in 2011.

The Melbourne City Council area recorded the highest number of collisions last year with 4885 claims, followed by Brimbank City Council (4163 claims) and Monash City Council (3482 claims).

Mr Northey said uninsured motorists involved in an accident potentially faced costly repairs to their vehicle and liability for any damage caused to other vehicles or property.

"In addition to taking precautions behind the wheel, it's a good idea for motorists to take out comprehensive insurance cover," he said.

#### RACV car collision insurance claims Top 15 municipalities

Municipality	2015
Melbourne City Council	4885
Brimbank City Council	4163
Monash City Council	3482
Boroondara City Council	3477
Casey City Council	3217
Manningham City Council	3034
Banyule City Council	2701
City of Greater Geelong	2357
Greater Dandenong City	
Council	2219
Darebin City Council	2145
Glen Eira City Council	1999
Knox City Council 1897	
Bayside City Council	1765
Whitehorse City Council	1681
Hume City Council	1653



" I know nothing about cars. Is this a good lemon ? "

#### NEW SPEED LIMITS

Bass Coast Shire Council has obtained approval from Vicroads to reduce the speed limit to 60km/h on Agar Road, Coronet Bay and



**is arranging installation of signs.** Bass Coast Shire Council's Manager of Infrastructure and Asset Management, Jamie Sutherland responded to concerned residents on Mar 1, advising them of the decision.

In relation to road safety along Agar Road and the number of casualty crashes experienced, Council submitted a proposal to Vicroads for consideration in the 2016/17 National Blackspot Program. The application was lodged in July 2015 and they should hear if they have been successful in July 2017.

Corinella Road is another area of concern, and this too is controlled by Vicroads. Council's Asset Officer Traffic and Lighting will contact Vicroads and lodge a request to move the existing 70kph speed limit sign east by approximately 500metres. Residents with any concerns regarding road safety, or any other matter should always take their concerns to council, and the best place to start is with your local ward councillor. For details of your councillor...

www.basscoast.vic.gov.au/







#### **Ted Watson**

222 High Street, Cranbourne 3977 Telephone: 5996 4555 WAYS WITH FRUIT



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

Pectin is not as important in conserve making as it is to jams - because the whole fruit or fruit pieces maintain the 'body' and texture of the end product without the need for a thickening or binding agent (like pectin). For this reason low-pectin fruits, such as strawberries, raspberries, etc. are well suited to conserve making. However to ensure the fruit remains whole during the cooking process, conserves are cooked for a lesser time than jams, but require more sugar per kilogram of fruit. The reduced cooking time also means that conserves will not last as long in storage.

Making Jellies: Very high pectin fruits (such as crab-apples, plums, red currants, citrus fruits, etc.) are best suited to jellymaking. Jellies are similar to jams in cooking time and storage duration.

**Making Marmalades:** Marmalades are similar to jams except marmalade is cooked for a much longer period of time. Citrus require a longer cooking time to soften the tough skin. The tartness of citrus also requires that marmalades have a high ratio

of sugar to fruit. Orange Marmalade Wash and thinly slice 2 oranges and 1 lemon. Remove pips. Add 5 cups water



stand for 2 days. Pour into saucepan – boil one hour. Add 1 1/2 kilograms sugar, dissolve over low heat. Then bring to boil and boil rapidly for 40-50 minutes. Test and pour into jars and seal. (as last month)

#### Fruit curds, butter & cheeses

Fruit curds Often called 'butters' fruit curds are a tantalizing mixture of fruit, butter, eggs and



sugar combined to make a spread. Lemon 'butter' is the most commonly known, however, oranges, tangerines and other fruits can also be made into fruit curds. Fruit curd, because of its egg and butter content, has a limited storage life. It must be consumed within a week or two of making if you have an oversupply of lemons, oranges or other citrus turning them into fruit curd is an alternative method for transforming plain fruit into a delicious spread

### Self Sufficiency

#### Part 3 Lemon Butter

225g butter, 225g sugar (add more or less according to taste), 3 beaten eggs, grated rind and juice of 2 lemons. Melt the butter in a saucepan, add the sugar, lemon rind and juice.

Slowly add beaten eggs, stirring frequently. Simmer until thick, stirring occasionally. When cool store in sterile container in the refrigerator.

#### (Use within one week.)

#### Fruit butters and cheeses

Not to be confused with lemon 'butter' - fruit cheeses are a type of thick jam made from pureed fruit usually without added sugar. The pure is boiled for a lengthy period of time in order to extract as much moisture as possible. A soft 'fruit puree' is called a 'fruit butter'. A 'harder' and drier puree (that has been cooked for longer) is called 'fruit cheese'. Fruit cheeses are formed into blocks (like cheese) and stored in much the same way as cheese. Fruit butter is spooned into clean, sterile storage jars and stored as for jams – however due to the absence of sugar in the mixture its keeping time is limited and should be stored in the refrigerator. Only high pectin fruits are suited to making fruit butters and cheeses. Because of their drier content fruit cheeses will keep much longer - and in fact are known to mature in flavour over the months (and years) - much like cheese - which is what makes fruit cheeses so appealing to the connoisseur.

**Cranberry-lemon cheese** (The cranberries can be substituted with another berry-type fruit more to your preference).

Place one kilogram of

Greg

Hunt

FEDERAL MEMBER

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www.greghunt.com.au

For FLINDERS

Email address:

Website:

cranberries, sliced rind of two lemons, 2 tablespoons of lemon juice and 1.3 litres of water in a large saucepan. Bring slowly to the boil, cranberries

cover and simmer until soft (about 30 minutes).



Allow to cool slightly, then press through a fine sieve. Discard the residue in the sieve and place the remaining pulp back into the saucepan. Add 375 grams sugar per 600ml pulp. Gently bring to the boil (making sure all the sugar has dissolved before it reaches boiling point). Continue boiling for 30 minutes, stirring frequently.

By this time the mixture should be a very thick consistency, that is, the spoon, when scraped across the bottom of the saucepan, leaves a clear



line. If not, continue boiling until the mixture reaches the required consistency. Spoon into sterilized jars - filling to the rim. Seal with airtight lids. Store for at least 2 weeks in a cool dark environment before using.

#### Damson Cheese

Place one kilogram damsons\* (washed) and 300ml water in a large saucepan. Bring to boil simmer 30 minutes to form a thick pulp.



Damson Cheese

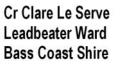
Push the fruit mix through a sieve to remove stones and skins. Measure the amount of puree - add sugar at 500g per 600ml puree. Place the puree and sugar back into saucepan. Re-heat to dissolve sugar. Simmer 30-40 minutes (or longer) - stirring frequently.

Test by scraping the spoon across the bottom of the pan - if it leaves a clear line it is ready. If not, continue boiling until the mixture reaches the required consistency and 'dryness'. Spoon into lightly oiled sterilized pots. Seal with cling wrap. When cool remove from pots and wrap loosely in

baking or greaseproof paper. Store (wrapped) for 6-8 weeks in a cool dark environment before using. Next Month:



Candied, Crystallised and Glace Fruit, and Freezing Fruit.





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getting results

Working together



1. Which metal is heavier, silver or gold?

2. How many legs do butterflies have?

3. Which is the country with the most

people?

4. Which state is the biggest in the US?5. Which country has the largest area of land?

6. Which indoor sport is the most popular in the US?

7. What is Aurora Borealis commonly known as?

8. Which is the non contagious disease that is the most common in the world?

9. Which was the album the Beatles

recorded the last time together? 10 Which instrument did Miles Davis, the

jazz musician, play?

11. What is the sport in which you could get into a headlock?

12. In which country was golf first played?

13. When did baseball originate in the US?

14. Which is the sport wherein you would use a "sand iron"?

15. What is the largest mammal in the world?

16. Which is the country where reggae music originated?

17. Who was the creator of Jeeves and Wooster?



**Bass Highway Grantville** 

### Trivia and Lifestyle

18. Who painted the ceiling of the Sistine Chapel?

19. Who was the writer of Aliceâ's Adventures in Wonderland?20. For which famous person was the teddy

#### bear named?

#### ANSWERS

Gold .2, Six.3, China, 4, Alaska, 5, Russia.
 Basketball, 7, Northern Lights, 8, Tooth Decay.
 Abbey Road. 10, Trumpet. 11. Wrestling.
 Abbey Road. 13. 19th Century. 14. Golf. 15. Blue
 Scotland. 15. 19th Century. 14. Golf. 15. Blue
 Scotland. 15. 19th Century. 14. Golf. 15. Blue
 Scotland. 15. 19th Century. 14. Golf. 15. 15.



#### Fried Chicken

Our teacher asked what my favourite



animal was, and I said, "Fried chicken." She said I wasn't funny, but she couldn't have been right, because everyone else laughed. My parents told me to always tell the truth. I did. Fried chicken is my favourite animal. I told my dad what happened, and he said my teacher was probably a member of PETA. He said they love animals very much. I do, too. Especially chicken, pork and beef. Anyway, my teacher sent me to the principal's office. I told him what happened, and he laughed, too. Then he told me not to do it again.

The next day in class, my teacher asked me what my favourite live animal was. I told her it was chicken. She asked me why, so I told her it was because you could make them into fried chicken. She sent me back to the principal's office. He laughed, and told me not to do it again.

I don't understand. My parents taught me to be honest, but my teacher doesn't like it when I am. Today, my teacher asked me to tell her what famous person I admired most. I told her, "Colonel Sanders."

Guess where I am now ...

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### Greg Hunt says



Greg Hunt MP Federal Member for Flinders.



4/184 Salmon Street (PO Box 274) Hastings 3915 Email: greg.hunt.mp@aph.gov.au Tel: (03) 5979 3188

#### Website: www.greghunt.com.au

It is a pleasure to contribute to another edition of the Waterline News and there is certainly plenty happening in the electorate. I am delighted that grants of between \$5,000 and \$20,000 are available through Round Two of the Coalition Government's Stronger Communities Program, which opened this week.

Grants will be made available to not-forprofit organisations for small, capital projects across the electorate, covering 50 per cent of the project cost.

I encourage local groups to contact my office or complete an initial project proposal form through my website greghunt.com.au Initial project proposal forms must be fully submitted to my office by March 17.

For more information on the program, visit infrastructure.gov.au/SCP I have had some terrific feedback about the Positive Ageing Expo on Phillip Island, which was organised by Phillip Island RSL in conjunction with Phillip Island Community Adult Learning. This was an opportunity for our senior residents to learn more about the range of services and activities available to them. Many of our older citizens contribute an inordinate amount to the community through a variety of volunteer roles and I want to honour these people by inviting nominations for the Phillip Island and Bass Coast Seniors Awards.

The awards recognise the significant contribution our older residents make to the community, whether it is through working at an op-shop, reading at a local school, carrying out environmental work or helping with organisations such as meals on wheels. I would encourage anyone who knows a deserving recipient to contact my office to obtain a nomination form for the awards. The closing date for nominations is Saturday, April 30.

We will also soon be inviting organisations to apply for large-scale projects under round five of the Green Army. Organisations will be invited to submit multi-project proposals showing how they could use between three and 15 Green Army teams over a period of two to three years from July 2016.

This encourages organisations to think about the broad range of works Green Army teams could carry out over a longer period of time to maximise environmental outcomes for the region.

Round Five of the Green Army will open in March 2016 for projects commencing from July 2016. Visit www.australia.gov.au/ greenarmy

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

#### HOW FAR WOULD YOU WALK FOR A GLASS OF WATER?



How far would you walk for a glass of water? Each week, women and children walk approximately 50 kilometres just to collect water in some of the world's poorest communities - that's around 10,000 steps each day.

Sign up to the Water Challenge this March and you can improve your health and help provide lifesaving clean water to some of the world's poorest communities

#### Step One- Choose your challenge

Drink Just Water

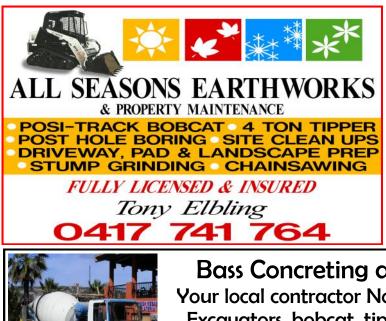
Challenge yourself to make 'just water' your only beverage for 14 or 30 days this March, to improve your health and raise money to help give safe water to others

Walk for Water Get active this March, set your personal distance goal and walk or run your way to good health.

#### Step Two- Sign up NOW

If you have any questions about the Water Challenge we would love to hear from you. Please email events@wateraid.org.au.

Greg Hunt Www.waterchallenge.org.au



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#### UNDERSTANDING GARDEN DESIGN



Part 1 -Garden Bed Shape & Size

From the outset I want to make it very clear that no question, when it comes to gardening, is a dumb question. One of the most common questions I get asked is: does the shape and size of my garden beds matter? Well, the answer to this question is mostly no with the occasional yes. It is mostly no in that you can make any garden shape and size work. No garden bed is too big or too small for a garden; it is a concern only when you have extremely specific plans for what you want that you need to consider garden shape and size. What you need to ask yourself is: which of two camps do you fall into? 1. Do you have a blank slate to work with? 2. Do you have an already defined space to work with?

How you answer this question will determine how important garden bed shape and size is to your garden design. Working from a blank slate

If you are working from a blank slate and you have no specific 'this must be this way' situations, then you have total control over your entire garden area. What you do in terms of garden bed shape and size is not hugely important. Working from a blank slate is great because you really do have the power to customise everything just the way you like it.

If you want square garden beds, you can have square garden beds.

If you prefer round ones, then make round ones.

If you like to be creative and have lots of edges and corners then go for it! One tip is to go along with the freedom of a blank slate.

The only tip I would give you, when working from a blank slate, is to think through more than just how your garden

### Gardening & Outdoors

will look but how it will function. A lot of really

small garden beds might look quite quaint, but if you want some larger plants then this is probably not beneficial. A many edged garden bed might look fantastic, but if you have lawn next to it which has to be mowed, moving in and out of the edges may become tedious or even require you to buy something like a brush cutter. You may also want to think about your houses resale value. Amazing gardens can add a lot of value to your house but can equally effect value if it is clear that your gardens take a lot to maintain; this could diminish the number of people who will seriously consider buying it. Big, beautiful, but simple garden designs often provide the best value for your houses resale value.

Working within a defined space If you are going to be working from a defined space, this limits what you can actually do. Whether this is because you are;

a) renting,

b) living in an apartment,

c) already have garden beds and don't want to make new ones, or

d) for any other reason,

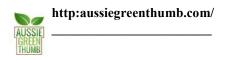
Then you will need to consider your defined space when deciding what to plant. For example, you might have an area that is 1m by 1m and think 'planting a tree there would be nice.' Though a tree may in fact fit, this is probably a bad idea mostly because what will cause the most problems is not what is above, but what is below: the root system. This is not to say

that you are limited when you have a defined space, it just requires you to be more creative. I was in Germany a couple of year ago and was walking past an apartment block when something caught my eye. Hanging from every side of the balcony of a second story unit were big, rectangular pots.

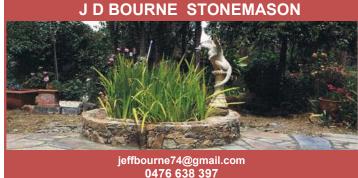
Growing from these pots were huge shrubs which just about formed a hedge around the balcony. Better yet, they didn't take up ANY of the balcony space. Now, I would assume most people would need to get permission from their landlords to do this, if renting, because it involves drilling into the walls and the like, but I was struck by how well this resident had used a small space. The pots themselves were not huge, just big enough to house one shrub each.

If you have either just bought a house which already has defined beds or you don't feel the need to change the ones you have, your choice of plants is more important. As I've said above, any size bed can work, you just need to check the growth habit of your plants of choice before planting them and make sure you give them enough room to grow. If you have a plant with a growth habit of 1m high by 1m wide that would be fine in a 1m x 1m bed, but if you wanted to plant two in that space you would have issues. This seems like a simple concept, but I have caught many a gardener making this mistake because they planted them small, not realising just how big some shrubs can grow.

**James Middleton** 



Next month in this new series we look at Garden bed positioning.





Simon Keeble 0432 281 778

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## Welcome<sup>®</sup>

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#### CONTACT

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