

The Waterline News

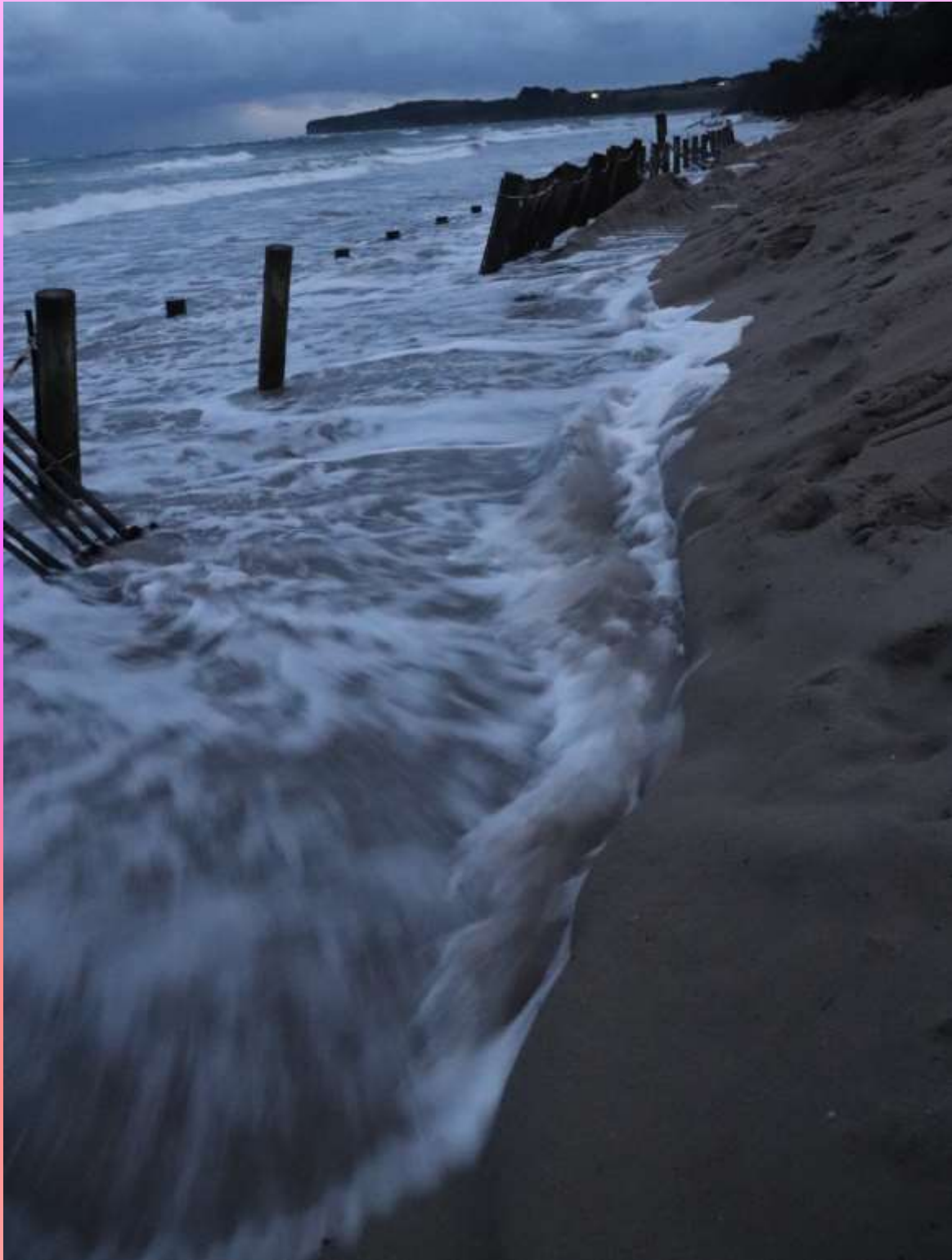
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Volume 6 #5

STAY HOME!

EASTER 2020



BEACH CLOSED!



Mangroves and seagrass at Tenby Point

Page 5:

We may have reached the cross roads when it comes to trying to grow mangroves in Grantville so it's time the citizen scientists were given credit for their efforts over the years.

THE WATERLINE NEWS
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Deadline is

April 24



Thanks to COVID19 this is a different kind of Waterline News for a different kind of Easter.

When uncertainty seeps into our daily life, it's normal to experience wide ranging emotions. Some may obsess, while others lose focus. When unchecked and isolated, its possible to feel overwhelmed with negativity. So the importance of optimism increases in a crisis.

I don't have to remind people how important it is that we look over the fence to check our neighbours. Over the last few years I have seen so much community spirit that I know a helping hand is always close at hand. And don't be too shy or proud to ask. We all need a hand at some stage.

As your Ward Councillors we hope that you are all well.

Council has established a number of on-line platforms that we have been testing in training sessions, and meetings over the last few weeks. These platforms include Zoom (password secure) Go to Meetings and Microsoft Team. If your group would like to explore new ways of engaging with Councillors and holding your meetings let us know. You may already be doing this! In these uncertain times connecting with people and the sharing of information on Council and other issues of community concerns is very important.

This maybe the way we do it for awhile in these uncertain times. Please let us know how we can help. Regards Cr's Clare, Bruce & Geoff

Corinella and District Community Centre essential service activities.

At present the centre is permitted to operate as an essential service to deliver food relief.

To achieve this we are attending the centre on a Thursday.

If you know of anyone in need of a food parcel please ask them to call the centre on 5678 0777 at any time and leave a detailed message outlining their needs, name, address and phone number (we will then receive a message).

We can also be contacted via email on coord@cdcc.asn.au We aim to continue to support our community to the best of our ability and resources, while meeting all guidelines and restrictions, during this time.

We will arrange collection or delivery of food parcels on Thursdays.

We are sharing information on a variety of activities suited to a variety of ages through our Facebook pages, we are including activities for children and adults. You can follow our Facebook pages at:

Corinella & District Community Centre (for all in the community, we are aiming to share information, ideas and advice from a range of sources)

Corinella and District Community Centre Art Show (for artists and others)

Friday Night Express at CDCC (Primarily for 12 -16 year old - we are just getting this one going)

Thank you and stay safe. Tel: 03 5678 0777

Tenby Point Residents Association is extremely pleased to report that after years of lobbying, Rural Roads Victoria has finally installed a street light at the junction of Argent Road and Corinella Road. It's the latest design and is powered by solar cells (see picture).

Having been informed that the light would be installed "by the end of February", we were delighted to note that it was actually installed on Monday 10th February between 10 and 12am.

Very prompt and efficient!

Apart from RRV, we would like to thank the Bass Coast Council, Ali Wastie its CEO, our three hard-working Councillors (including the Editor) and our local Member of State Parliament, Jordan Crugnale.

This has certainly been a team effort and we are very pleased to share the accolades around.

Many residents of Tenby Point have reported near misses at night when turning right from Corinella Road into Argent Road, especially in wet or foggy conditions with oncoming car headlights.

Hopefully this will help to avoid any future accidents (when we are allowed out at night again!).



Photo and text supplied by
Tim Herring

Secretary of the Tenby Point
Residents Association



Like all local clubs, the Bass Coast Breakers have quickly come to terms with the realities of Covid-19.

The sudden introduction of the restrictions did not allow the team to have one final team meeting or training session before being forced into social isolation.

The age of social media has allowed the coaches to send regular messages to the group. They have also used some different techniques to try to keep the team engaged both physically and socially.

One of the most successful tools has been snap chat. The players post a photo or short video of themselves after they have completed a workout.

This has been good for keeping the girls motivated to exercise, sharing the different surrounds the players are and also a great way to provide encouragement and some times laugh at each other.

There is a swag of exercise programs available online and on social media and the players that are involved in a range of sports find it easy to tap into these. Not all of the girls however have this confidence so we have shared a few football specific and more basic fitness programs with the team to help the players access suitable exercise options.

Prior to the restrictions many of the players had registered for the local Keeping Kids on Track Fun Run in honour of club patron Deb Rielly. Luckily the creation of the virtual event allowed 11 of our players still participated and celebrate Deb's legacy.

Another exciting initiative all the players are looking forward to is the Breakers Virtual Trivia Night.

Utilising Zoom an online trivia night is planned for Good Friday. Promising to be lots of fun and a chance to see each others smiling faces.

Coach Bianca has several rounds planned and has roped in a couple of guest presenters for the event. The winner will get bragging rights, a Breakers beanie and a bottle of homemade Passionfruit Syrup.

In this uncertain time the Breakers are working hard to keep members physically and socially engaged. We are trying to support all of our local sponsors and shop local as much as possible.

Our major sponsors The Wonthaggi Club, Bendigo Community Bank San Remo, Inverloch marine and Wonthaggi Toyota have been with us from the start and we want to support them along with all of our sponsors in this difficult time.



CORINELLA RRA

What a challenging year 2020 is turning into! Having got through a very heartbreaking fire season, we are now faced with a very uncertain health crisis not just for us, but the world. Our world is changing rapidly and we will rise to the occasion and do what must be done to come out on the other side stronger, wiser and more solid as a community!

We are very blessed to live in a very caring community, and that strength will serve us well now.

We will still be in touch by email and on our Facebook page! We will still be working to grow the community spirit and goodwill that our town needs to have, and has always had.

This is not the first, or the last challenge for us as a town, as a community or as a country.

If we all work together, we will be so much stronger. Our secretary David Laing can be contacted by email on david17@bigpond.com

Health and Welfare



Our Bass Coast Mayor recognises that things are constantly changing right now as messages about restrictions and closures keep coming from every direction - sometimes hard to keep up.

At Council, we have made some difficult decisions, from putting some of our services on hold, closing public playgrounds, toilets and even closing beaches over the Easter break.

If you have questions about what the latest stage of restrictions mean for you, the Department of Health and Human Services is the best place to get answers.

You can call them on the dedicated Coronavirus hotline, on 1800 675 398.

Mayor Tessari said that it can be hard to keep positive in times like these, but it is important that we look after ourselves mentally and physically.

He reckons that we all should think about signing up for the Premier's Active April.

And council is promoting 'Bass Coast 15 ways in 30 days for Active April, with a home-based exercise twist.

Check it out, you might just find your new favourite hobby. 1300 226 278

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



Hours
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Lesion removal*	Suturing*
Treatment of minor illnesses / infections	

BASS COAST RATEPAYERS & RESIDENTS ASSOC INC
 President: Kevin Griffin
 Email: basscoastrra@gmail.com

We welcome new members and look forward to hearing from interested Bass Coast ratepayers and residents. Our joining fee is only \$5 per year.

- The main purposes of BCRR, although definitely not the only purposes, are:
- To seek and improve transparency and consultation from Bass Coast Shire Council (BCSC) with the community.
 - To check that BCSC does not impose annual average rate increases more than the consumer price index.
 - To seek to ensure Council make all financial information concerning all departments' accounts, tenders and awarded contracts be easily accessible to ratepayers.
 - To seek to ensure all information on remuneration of the CEO and senior officers is readily and easily accessible.
 - To seek to ensure that 6 months prior to the CEO's contract expiration date, applications are invited for the position, in circulations generally throughout Victoria, and all applicants compliant with conditions are duly considered.
 - To seek to ensure council undertakes genuine community consultation by holding open public meetings, at times that will reasonably permit widespread community attendance, for all matters that may have an impact on the financial wellbeing of the community or on the amenity of the community.

The Bass Coast Shire Council elections are coming and we are keen to hear from the community with any concerns they may have. The planned Inverloch Community Township Meeting for Sat 21st March was sadly cancelled due to the COVID-19 situation. This was to be the first in a series of open township meetings across Bass Coast Shire for the community to provide feedback on issues of importance to them.



JO JO'S GLUTEN FREE GOODIES
mammajo.jk@gmail.com

Joanne	0404 605 086
Tony	0419 342 755
995 Kernot Loch Road,	Kernot Vic 3979

Environment

“Why is it so?” -

A progress report

Mangroves along parts of the eastern arm of Western Port still struggle to gain a foothold and multiply. Scientific-based mangrove planting programs are still being conducted and there is hope the John Eddy method of planting mangrove seeds may prove successful. The Pioneer Bay mangroves are prospering. The planting work undertaken by local ‘citizen scientists’ since 1999, suggests mangroves may grow more readily when integrated with existing mangrove stands.

Background

In November 2018 (*The Waterline News*, page 39) the question of “Why is it so?” was raised. It concerned mangroves and the difficulty of trying to re-establish them at Grantville and recalled Dr Tim Ealey’s observations of the situation in 2015.

December 2019 saw the publishing of the Western Port Seagrass Partnership (WPSP) report: “Mangrove Restoration in Western Port”. The author, Dr Gregory Parry, indicated that despite the fact mangroves once grew naturally along the Grantville foreshore, removing them in the 1960’s changed the ecology of the area thus making it difficult to re-establish them. He also said, “The causes of mortality of mangroves at Grantville remain uncertain, although wave energy is a major factor, as protection within tubes greatly increases seedling survival. Unfortunately, until the tubes were re-designed recently, tubes also caused significant mortality when removed.”

While the interest in the subject has centred on Grantville’s mangroves, similar trials have been conducted at Lang Lang, north of the Caravan Park. Here too there have been difficulties; both case studies are documented in the WPSP Report. It can be accessed at: https://wpseagrass.files.wordpress.com/2020/01/mangrove_restoration_western_port.pdf

Recent activities

Landcare: Queensferry

As an overture to the current Landcare mangrove project, in 1999 and over the next fifteen years or so, Dawn and Brian collected mangrove seeds, grew them in pots to seedling size and then planted them along the foreshore from the old Queensferry jetty to the remains of the old Esplanade sea wall.

Dawn recalls the area had few mangroves when they first started and Brian planted thousands of seedlings each with a stake signifying their location. Through careful nurturing and replacing some of the seedlings that did not mature or those vandalised or washed away by storm surges, Dawn says that about 10% survived to give us today, a strong and growing stand of mangroves in this area.

She believes that the ‘living mangrove nursery’ Brian and she helped create, is the best way to re-establish mangroves and that the scientists should look to what has been achieved at Queensferry for guidance.

In December 2019, Bass Coast Landcare Network took up Dawn’s advice and planted twelve hundred mangrove seeds at the Queensferry site. They are using John Eddy’s bamboo stake and rubber band method to hold the mangrove seeds in place.

“We planted the seeds next to and in amongst the roots of established mangroves to ensure the necessary mycorrhizal associations are present to enhance root development and to provide some extra protection”, said Jye Andersen, Project Officer.

“We trialled different versions of the Eddy method by planting some deeper than others, and varying the tying of the seeds with the rubber bands in different plots, to work out the most effective approach.”

Jye went on to say, “The mangroves were planted at a density of 20-30 centimetres apart, to allow the roots to form a web with each other. I decided on this density because past plantings all seem to be done too far apart, often one metre or more, and the mangroves are unable to effectively stabilise themselves if they are out on their own, as seen time and time again.”

In February this year, the project team reported the survival rate of the seeds was around 33%. At this stage, Landcare attributes the loss to the wave action and this has prompted modification to the way the seed is attached to the bamboo stake and the depth the stake is pushed into the sediment. Based on this assessment, they have planted another two hundred seeds and as budget allows, more will be planted. “We will continue to monitor the site”, said Jye.



The John Eddy elastic band and bamboo method.

The University of Melbourne: Grantville

In January 2020, as one of six key research themes being conducted by the National Centre for Coasts and Climate (NCCC), The University of Melbourne’s “Nature-based Coastal Defences” project team, assisted by the Western Port Seagrass Partnership and volunteers, planted some 1,476 mangrove seeds. This plot starts at the end of Malcolm Drive and heads towards Pioneer Bay.

In this experiment, the project team is taking a two-pronged approach: using the John Eddy method, they have planted a mangrove seed in each of the 633 concrete pods and interspersed the remaining seeds next to the pods.

In contrast to the Landcare approach of integrating the mangrove seeds with existing mangrove stands, these seeds are strung out over 500 metres or so, approximately 25 metres from the shoreline. The theory is that the pods will offer some protection to the fledgling seeds and later on, the pods can be removed and used at other sites. However, as Dr Rebecca Morris, the Project Leader said, “There are no definite plans at this stage to move them; we will make this decision based on our results over the next couple of years.”

Dr Morris added that the “NCCC will regularly monitor the Grantville site and some of this will follow severe weather events such as strong onshore winds.”



Mangrove planting at Grantville.

Corinella with Lyndell Parker

Sometimes you REALLY have to search but when a person genuinely seeks they usually find!

When I was a teenager, the movie Pollyanna, starring Hayley Mills, had a massive impact on my outlook on life. That little girl in the movie taught me how to play "the glad game" - how to look for the positives in life, so here I am, now living in Corinella in the time of the 'Corona Virus' playing the glad game.

What do we have to be **glad** about in Corinella? Why am I **glad** I live in Corinella?

Corinella is beautiful, serene and quiet as I stand here breathing in fresh clean sea air, unpolluted by the nasties of the city. The reserve has been alive with white butterflies for weeks up til the cold snap, what a joy to see them fluttering around everywhere.

The kookaburras are still laughing, endearing little blue wren families are busily flitting from here to there, tending their patch, whilst an array of other bird species are going about their business snapping up a snack and socialising. You can waste a lot of time pondering the world from their perspective. We forget they have lives that are lived in a world foreign to our understanding of what matters. No toilet paper issues! Who hoo!

What a thrill I feel of seeing an echidna scurrying through the foreshore undergrowth going about it's daily business; viewing a small mob of kangaroos relaxing in a paddock; passing a wombat hole on the Foreshore, knowing a wombat could be slumbering deep inside, dreaming wombat dreams. How **glad** I am to live in Corinella.

I'm in awe of the splendour of spectacular sunsets over the water towards Phillip Island and sunrises towards the Bass Hills. The magnificence of stormy skies when the thunder roars and lightening flashes over Western Port at night.

I love to walk by the meandering mangroves dotting the northern coastline, providing habitat to a number of species and a place of rest for many birds, while protecting the coast from erosion. Seemingly effortlessly, a flock of black swans glide gracefully from the sky into the sea nearby - beautiful!

I stroll beside the beguiling waters of Westernport which is teeming with fish.....whiting, snapper, gummy shark, elephant fish, and squidever attractive to those who "throw in a line". Wandering away from the Jetty, where giant squid are silently passing beneath it's weathered boards to the cliffs near by, an engrossing green space unfolds of

indigenous trees and plants which in turn, provide a home to the assorted wildlife that share our peaceful existence. I am not as keen on the snakes as the kangaroos, mind you!!!!!!but they play their part in the eco system as both predator and prey, so I have to be positive about them, as well!

As I walk through Settlement Point my thoughts return back in time to what life would have been like for the early European settlers here in Corinella, but my most tender and enchanting thoughts are about the Bunurong people, the first people of this land. I try to look through their eyes and see what they would have seen. This place would have been a wonderful location to them also but for different reasons. Fishing and hunting were not a sport but necessity of life . Thousands of years of knowledge handed from generation to generation and to think that I walk where they walked; that I may sit on the sand gazing out to sea as a woman from centuries ago may have done at the very same spot, bedazzled by the radiance of the rich red and orange hues of the sky above as slowly it morphs into a velvety smooth midnight blue, the soft cadence of cicadas in the still night.

How easy it is—to be **glad** I live in Corinella!

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Art with Janice Orchard

Baking Soda Easter Ornaments

With the school holidays upon us the kids will be home and looking for things to do.

On the days that they cannot get outside to play, why not try something creative with them. There is nothing like hands on play and messing about in the kitchen with mum to fill an afternoon. Much better than more screen time!

This easy to do project will give you lovely holiday ornaments that you can use over and over again. If you package them up carefully after use, these can be treasured family heirlooms passed on from one generation to the next, which is something I hope to do with these.

Even if you DIY just *one* thing these holidays, I highly recommend trying out this DIY Easter Ornament project. You probably already have the necessary ingredients in your pantry right now (cornflour, baking soda, then add water), and you can use any cookie or pastry cutter you would like.

This is SO EASY. Trust me: once you make these, you'll want to keep making more!

WHAT YOU NEED

Baking soda ornaments (see recipe below)

Acrylic paint

Glitter paint (optional)

Masking tape

Dot stickers (optional)

Paint brush

Twine or ribbon

Dot tool (optional)

File (If the ornaments have jagged edges, use the file to smooth the edges.)

RECIPE

INGREDIENTS

1/2 cup cornflour

1 cup baking soda

3/4 cup water

MAKE THE DOUGH ORNAMENTS

Things for mum or grandma or older kids to do: Combine the cornflour, baking soda, and water in a medium or large pot over medium heat. Stir ingredients until the mixture starts to thicken, about 2-3 minutes. When the mixture begins to thicken into a smooth texture, remove from heat.

Immediately form the dough into a ball and place into a glass bowl; cover with a damp cloth to allow the dough to cool slightly.

Preheat oven to 175 degrees.

Now the kids can get involved: After a few minutes, when dough is slightly cooled to the touch, place onto a rolling mat and knead the dough gently.

Feel free to add more cornstarch if you feel the dough is too sticky to knead properly.

Roll out the dough on the rolling mat (I use a non-stick silicone sheet but baking paper works too) or onto a cutting board lightly dusted with cornflour (to prevent sticking) to 1cm thick.

Cut out shapes using cookie cutters. Very gently, lift the shapes out and transfer them onto a prepared baking sheet covered with baking paper.

Use a straw or a lollipop stick to poke a hole in the centre top of each decoration.

Bake at 175 degrees for 45 minutes to 1 hour, depending on your oven. Turn the sheet 180 degrees halfway through baking time to ensure even baking. If edges start to curl up during baking, gently tap down until flat.

How to make perfect circles on Easter Eggs

Step 1: Stick dot stickers onto eggs to create perfect circles.

Step 2: Paint over the dot stickers.

Step 3: Once the paint is dry, remove the stickers.

Step 4: Use the end of the paintbrush handle or a skewer to create little dots on the eggs.

How to make striped Easter Eggs

Step 1: Apply tape onto the baking soda ornament.

Step 2: Apply acrylic paints onto the baking soda egg.

Step 3: Once the ornament is dry, you can apply glitter paint. (OR apply glitter directly onto wet paint)

Step 4: Remove patterning tape.

Step 5: Tie a piece of twine or ribbon onto the ornament.

These are not just fun and easy to make, they also make great gifts. Why not use the same method to make your own Christmas decorations as well.

baking soda easter eggs

[and rabbit]



BASS COAST ARTISTS SOCIETY

Join us to enhance your creative journey,
in a nurturing and inclusive environment.

Website: <http://www.basscoastartists.org.au>

Email: info@basscoastartists.org.au

Health services work together to prepare for Coronavirus (COVID-19)

Gippsland Southern Health Service (GSHS), Koo Wee Rup Health Service (KRHS), South Gippsland Hospital (SGH) and Bass Coast Health (BCH) have been working intensively over the past weeks to make sure the communities of Bass Coast and South Gippsland Shires have the best possible care throughout this pandemic.

The CEO's and Boards have been meeting for several weeks to develop a shared pandemic plan which will increase the number of beds available to sick people, and keep vulnerable community members shielded from Covid-19 as much as possible.

The Chair of South Gippsland Hospital Sue Pilkington said, "we know that by working together, we have the best chance of increasing access to health care for our sick patients, whilst also keeping our vulnerable community members safe. By working together, we can keep our vulnerable patients safe, better manage workforce shortfalls, whilst still ensuring the best possible care for patients."

Much of the early focus of the health services has been about educating their staff and the broader community on important aspects such as washing hands for 20 seconds often, staying at home, getting tested if unwell, and creating a 1.5 metre distance from others at all times.

The key aim here has been to reduce the number of coronavirus patients so that we prevent crisis-point in South Gippsland and Bass Coast.

Another important message has been to the holiday makers to let them know that they should return to their usual places of residence as soon as they can, and not come to our sub-region until the pandemic is over.

According to Jan Child "We know we will be at capacity in the first few weeks. We are preparing for additional beds but we may not have enough beds, equipment and staff for our own communities, let alone having enough to cater for the visitor population. It will be safer for them and for everyone, if people stay in their usual home".



BASS VALLEY FRIENDS OF THE RSL ANZAC DAY 25.4.2020

In line with ANZAC House all ANZAC Services have been cancelled.

They are however encouraging us to hold a "Stand to" which incorporates the playing of the last post and reveille.

If people wish to lay a wreath they are most welcome to come and lay one at anytime

Regards
Trish Thick
Secretary,
BVFRSL



CORONET BAY RATEPAYERS & RESIDENTS ASSOC INC (CBRRA)

President: Chris Petrie
Vice President: Kevin Brown
Secretary: Sue Linley
Treasurer: Evan Bekiaris
Committee: Angela Christa, Andrew Fernbach, Len Van Der Neut

WEBSITE: www.coronetbayrra.org.au
Email: secretary@coronetbayrra.org.au

President's message:

This year has seen a strong increase in members: a wonderful sign of faith in the continued good work of the association. The Committee would like to extend a warm welcome to our new members and thank all members for their continued support.

Our March 28th meeting was postponed in response to the COVID-19 situation. It will be rescheduled as soon as permissible under government guidelines.

UPDATES:

The perimeter grass area of the Coronet Bay wetlands, at the beach end of Norsemens Road has been mowed in preparation for survey work. You are all welcome to take a walk and have a look at the abundant bird life, but please remember to keep dogs on a leash at all times.

The BeachBums social group produced a 2020 nude calendar, raising \$5000 for a shared donation to Corinella CFA and Coronet Bay Community Garden. On February 24th a few of the group's members visited the CFA to see the item that had been purchased with their share of the money. All were very happy to see a specially designed workbench, with shelves, to allow easy access for testing of breathing equipment. This enables testing of equipment while standing, whereas before it was done kneeling on the concrete floor. Thank you Romas from Makobuilt Home Improvements for a great job at a very reasonable price, building the bench.

The Combined Community Group, who organise markets, the Easter fair, Fun Run/Walk and other events have cancelled the Easter fair planned for Sunday 12th April due to the COVID-19 emergency.

There will be other events in the year and they are always in need of volunteers.

Please contact Secretary Sue Quartermain 0408 290 923/
email susiequa@tpg.com.au



FRENCH ISLAND COMMUNITY ASSOCIATION

secretaryfica@gmail.com

EMERGENCY SERVICES

There is no regular police or ambulance service on the island.

French Island has a Country Fire Authority (CFA).

There is one fire engine stationed permanently on the island.

Calling 000 is always the best option In an emergency.

For non urgent health issues islanders may utilise the Department of Health's Nurse on Call service: 1300 60 60 24

AMBULANCE

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.

FRENCH ISLAND FERRY

<http://westernportferries.com.au/>

Make French Island your next weekend getaway destination, with a free shuttle bus service on weekends and public holidays from the Ferry to the Store your transport needs are taken care of. At the Cafe there's an extensive menu, bike hire available, accommodation and locally made and grown products for sale. You can cycle your way around looking at Koalas and enjoy a day of adventure or cosy by the fire in the cafe for a relaxing lunch.

Visit www.figsfrenchisland.com.au or Facebook/[figsfrenchisland](https://www.facebook.com/figsfrenchisland) for more information.

289 Tankerton Road, French Island, 3921
(03) 5980 1209



FRIENDS OF FRENCH ISLAND NATIONAL PARK (FOFI)

Secretary: Meredith Sherlock.

Phone 0438 077 329

secretary@fofi.org.au

FOFI Project Days

Third Saturday each month

Membership enquiries and

More details - www.fofi.org.au

French Island Landcare

For more information on Landcare filandcare@gmail.com.

Landcare Nursery

Glenys 0437 914 663

or Judith 0412 178 617



The Philosopher's Zone with Belinda Henderson

“We will cope”.

A friend of mine was once stuck in Montreal, facing a snowstorm that promised to keep people housebound and well away from airports for 3 weeks.

Being Australian, new to Canada and not planning on staying, she found this pretty horrifying. Between panicked phone calls home, she rushed to the supermarket for supplies. To her amazement, she found the supermarket full of calm, slow-moving people who blithely gathered their staples, paid and left. In her words, there was simply an air of “We will cope”.

If only we'd seen some of this behavior here recently. Granted, Canadians are used to snowstorms and nobody is used to COVID-19. However, the fact is that panicking always makes everything worse.

Panic begets fear and fear begets panic. Both cause irrational decisions. In my little town these past weeks, I've seen some dubious and some plain silly behaviour. For example, public bathrooms with toilet roll holders smashed open. At the supermarket, a fellow Mum with a kid beckoned to me and cupped her hand over her mouth, as if about to whisper a secret. She then yelled “They're just putting out toilet paper!” and everyone behind me charged forth, jostling myself and kiddo out of the way.

Meanwhile a bus of people from Melbourne descended on Woolworths at night, in the vain hope a ‘country’ supermarket might be better stocked. This has me stumped- I lived in Melbourne for 38 years and still can't grasp this thinking.

A bit of sanity might be useful here. Whereas the situation is bound to change daily as the world's (underpaid and somewhat forgotten-until-now) scientists

work away, we do know a few things. COVID-19 still appears to be a relatively mild condition in most people. Many people will not catch it. Even when they do, and have to self-isolate, they can still send someone else to the shops.

There're only so many measures to be taken against such a problem before we're all merely punching at shadows.

I'm keeping in mind a few points- don't take more than you can use (a principle going back to Socrates and Plato), be patient and be thoughtful of others. Not that we shouldn't be doing this anyway, this is simply a time to stand up and do it properly.

Thought for the month with Revil

Changes ! So many things happening that if you blink, you've missed something. One of those ‘changes’ is the sad reality that Anzac Day will be different this year. Instead of being present at a Dawn Service we'll be offered other options – with the same hope that we'll be at one in our thoughts and memories of those who gave their lives for our country.

We thank God for those amazing people and we honour their lives. This year though, I wonder if I could take your thoughts to the families of our War Veterans.

I know of a young couple – both past service personnel – who have at different times been discharged on medical grounds (PTSD). They both spent much time in medical care, working on reclaiming some of their lives. They slowly began to engage in life outside their home. Still struggling with massive emotional/mental damage they found comfort in others who had suffered and lived through their experiences. Talk about change! This is the sort of change I wish we didn't see. But it happens and the effects are monumental. This year when we sit with our families watching the RSL tributes to fallen service men and women – would you do one more thing – remember the fragile people.

Meals on Wheels busier than ever!

Meals on wheels clients have been steadily growing over the last fortnight, as some of our most vulnerable members of the community are losing their lifeline to essentials such as their usual family and friends that cook and shop for them, some of whom are now unable to provide the assistance that they normally would. "I have never seen anything like this before" says Sarah Scholz, BCH Meals on Wheels Manager. "Meal numbers have had a huge jump and we have added more than 20 new clients to our delivery schedule." adds Sarah. Sarah and her team are working extra hard to increase their capacity to package the amount of meals that are now needed.

"This service is invaluable at the best of times, but right now it is absolutely imperative that we keep our vulnerable community members well-nourished and as healthy as we can. It is great to see people are increasingly aware of the need to stay at home, and we are pleased to help facilitate that by delivering meals to older people in the community and people with disability" Says Lynne Winterburn, BCH Director of Support Services.

"The wonderful management team at Woolworths in Warragul are also concerned about our vulnerable community members and have reached out to us, they have so kindly donated 120 packs of toilet paper for us to distribute with our Meals on Wheels Service. This will mean that each of our Meals on Wheels recipients will receive a roll of toilet paper with their meals this week," says Lynne.

Meals on Wheels is an important service that provides nutritious meals for people who are assessed as nutritionally at risk or have decreased capacity to prepare their own meals.

**For Meals on Wheels information you can call
03 5671 3247**



Libby Skidmore, from the Bass Valley Historical Society, says that we need to be recording how we are living through these interesting times.

"Our most valuable archives are those first hand accounts of events as they happen." she said. "We have an ear witness account of the explosion of Krakatoa volcano By Harold Hughes in 1883."

"We have the daily accounts and letters of the 1826 settlement at Corinella, we even have the more recent accounts of the efforts to save the Corinella Jetty. Photos and cuttings artefacts and ephemera, all are valuable!"

Libby informs us that it's all worth recording! Imagine in 50 years time someone finding our archive and exclaiming at our efforts to protect our community!

Will they exclaim at how our sense of community and each others welfare saved us or how long it took us to defeat the Virus.

"Me ?I knitted a palm tree!: she laughed..



If people are travelling into Bass Coast by yacht from overseas then, as soon as they dock they need to self isolate for 14 days.

They are then not allowed to use their yacht for recreational purposes as this is obviously not essential travel.

Nor is it considered exercise.

They are only allowed to use their yacht for essential travel but the definition of 'essential' may be contentious.

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Library



The Library is an important place for many, especially the vulnerable in our community.

While branches are closed due to COVID-19 and following the advice of the Victorian Government Stage 3 restrictions,

West Gippsland Libraries are identifying additional services that can be provided online and how technology can be used to connect communities with the increase of social distancing restrictions.

West Gippsland Libraries already offers a wide range of eResources including ebooks, emagazines, digital newspapers and audiobooks that are all available online.

There are heaps of kid's activities and reading resources, as well as streaming movies and documentaries.

With higher demand, there is a focus on increasing the online catalogue so a greater range of titles will be available online.

Support is available to help with registering or using the on-line resources, via email, social media and the website which now includes a new live chat feature.

You can chat to a real person online, Monday to Friday 9am – 5pm.

West Gippsland Libraries are working on other creative solutions including virtual programs and services to help connect some of the most vulnerable in our community.

“We are offering support to residents in aged care by donating PCs with access to our library services and coordinating online programs to connect those who may be most affected by the restricted public access measures,” says Leanne.

West Gippsland Libraries are also streaming some regular programs online like Story Time and Baby Rhyme Time and other special online activities and events for both kids and adults.

“We know that this doesn't replace the Library but we are trying to provide what we can and continue to promote social connection that is so important to communities, especially during these circumstances,” Leanne said.



Kanopy Streaming Video Free with your library card.

Kanopy is an on-demand streaming video service with a unique collection of over 30,000 films including movies, documentaries, children's, foreign and indie films.

Here's how it works:

Your library gives you 5 play credits every month. So you can watch up to 5 films each month.

You have 3 days to watch each film. Once you press play on a film, you have 3 days to view it as many times as you like without using another play credit.

Play credits reset on the 1st of the month. Once you have reached your quota of films, you will not be able to play any films until the new month starts when you will be given a fresh quota of 5 play credits again.

Before you begin you must create your personal Kanopy account. It all starts with your library card.



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Gardening with Linda Gordon

Aunt Peggy's Winter

WHEN the weather is winter with a capital 'w' and no mercy, as it is this August day, I think of the indomitable gardening spirit of Aunt Peggy. She grew a garden wherever she lived, from pokey boarding houses in inner Melbourne to rented rural houses on poor land, to the place she finally called home, in the foothills of the Dandenongs.

And she liked to note her feelings about her gardens, her chooks and her life. During the war years, in the early 1940s, she was posted as a rural nurse wherever she was needed. Towards the end of the war, during a particularly harsh winter in central Victoria, she was forced to walk with her young son in his pram to pick up firewood and then wheel it back to their cold, swampy house.

There was fuel and food rationing and she was doing it tough. It was mid-August and she had enough wood for a while. She notes in her journal, "It is very heavy wood but oh it is good and goes a very long way".

August 10th

"There is a little breath of spring, almost as if it is cautiously putting one foot into winter to see if the coast is clear, even though I know it is going to pour and freeze. Yet there is something spellbinding about this first waft of blossom.

"There is a white blossom tree here just inside the fence, thank heavens. The neighbour says, 'Oh that's just a seedling cherry plum, the birds drop the stones. What a curse!' And she gives the tree a malevolent look. Why is it a curse? I had a lovely dream of a garden entirely planted by birds. What could be lovelier?"

"It isn't out yet but it is letting me know it won't be long and I thanked heaven for birds and went out on the road and picked up a shovelful of nourishment for it thoughtfully provided by the baker's horse. I made a mulch of it but kept it away from the trunk."

August 25th

"The bird planted tree is out in all its glory. It is most exquisite like delicate white lace. The shape of the tree is unbelievably beautiful: one side gracefully dipping almost to the ground, nowhere thick or ungainly (possibly because of its "sour fruit" no interest has been taken in it), and no devastating pruning hand at work.

"Yesterday the sky was blue and I took half an hour off to look at it from a chair. It seemed to me lovely. Today the sky is grey and I have yet to see a more exquisite thing, delicate, light, each softly rounded flower outlined against this grey background. I only realised today that white is unbelievably beautiful against grey."

August 29th

"The white blossom tree is still gently moving about just enough to draw attention to herself. She is sheltered and her petals have not begun to fall. I would write a poem about her if I could."



Hugelkultur

ANOTHER dry cool day, another pile of prunings. It's inevitable we want to cut back, tidy up and plan ahead. The result of all that good effort is sitting right there, blocking the driveway.

No worries. I am going to solve a few problems with that pile and pass on a tried and tested method for doing the same at your place.

It is called hugelkultur, from the German for mound, and is a quick and easy way to use logs, branches and twigs to create a raised growing bed that improves your soil and retains moisture.

A log that has rested on the ground for a few years is usually covered in moss, lichens and fungi. The longer they've been lying there, the more life they sustain. As they slowly rot down, they return nutrients to the soil.

I kick myself when I think of the tonnes of wood I've burned over the years. Not only was I wasting valuable nutrients by sending them up in smoke, I was also unnecessarily adding a fair amount of pollution and greenhouse gases into the atmosphere

A hugelkultur bed can go on earth, gravel or other surface, even concrete, at a distance from the house. A mix of rotting and fresh woody offcuts breaks down quickly but newly cut matter is fine.

Dig a trench of at least 30cm and retain the soil, if any.

Place the largest logs on the bottom of the trench, stamp on them, then add smaller branches and twigs, packing them down until your mound is between 30 and 90cms high. It is recommended that you add mulch and kitchen scraps, grass clippings and leaves as you go, to add extra nitrogen to the carbon-rich wood pile.

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Community Group Directory

Artists' Society of Phillip Island

56-58 Church Street Cowes

For more information <http://aspi-inc.org.au/>

Australian Red Cross

Woodleigh Vale Branch

Contact Sheila Campbell 5678 8210

Bass Coast Community Baptist Church

Minister - Barry MacDonald 5995 3904

Bass Coast L2P Learner Driver Mentor Program

Wonthaggi
Leanne Tilley 5672 3731 or 0467 590 679

Bass Coast Strollers

Contact Liz Hart 5678 0346

Website <http://basscoaststrollers.org/>

Bass Friends of the RSL

Secretary Trish Thick 5678 1071

Mobile 0409 851 599

Bass Valley Community Group

Monday - Friday 5678 2277

Bass Valley Landcare

2-4 Bass School Rd, Bass 5678 2335

Boomerang Bags Phillip Island & San Remo

- Wednesdays 10am - 4pm.

Contact kylie@boomerangbagspispis.org

Cape Woolamai Coast Action

Email capewoolamaicoastaction@gmail.com

second Saturday Monthly. 8.00am to

10.00am Marg Dumergue 0419007758

Corinella & District Probuc Club

First Wednesday of each month Bass Hotel.

Heather Reid 0421 012 519

Corinella Boating & Angling Club

Website www.corinellafishing.com.au

Corinella Bowling Club Inc.

Balcombe Street Corinella.

Jacquie Carter 5678 0596

Corinella & District Community Centre

48 Smythe St Corinella. 5678 0777

Website www.corinellacomunitycentre.org.au

Corinella & District Men's Shed & Woodies Group

Corinella Road

Contact Ken Thomas 0427 889 191

Corinella Foreshore Committee

Contact Barbara Oates 0427 780 245

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

Coronet Bay Hall

Wednesdays 10am - 12noon

Contacts Catherine 0416 112 629

Coronet Bay Adult Social Club

Tuesday 7-10pm Coronet Bay Hall

Ann 5678 0341

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

Cowes Lorraine 5952 2165

Glen Alvie Libby 5678 3280

Grantville Annie 5678 8037

Loch Val 5659 4268

Woodleigh Vale Carol 5678 8041

Cowes Table Tennis Group

Barbara Parrott 0425 885 834

Grantville & District Ambulance Auxiliary

Contact - Shelly 0417 593 497

Grantville Business & Community Association

Secretary Sandy Ridge

Email thegbca1@gmail.com

Grantville & District Foreshore Committee

Contact: Barbara Coles

Email bacoles@bigpond.net.au

Grantville Recreation Reserve Committee

Pat Van 5997 6221

Grantville Tennis Club Inc.

Contact Pat Van 5997 6221

Lang Lang Bowling Club

Ian Painter 5997 6554 M: 0419 646 040

Email langlangbowling@bigpond.com

Lang Lang Cricket Club

Secretary: Sharon May 0459 368 431

Lang Lang Playgroup

(0-Preschool) Thursdays 9.30am

Contact: Leah Dyall 0418 463 963

Amanda Gray 0458 195 258

Lions Club of Bass Valley

First Tuesday each month 6pm

Grantville Transaction Centre then third

Tuesday each month, Dinner at Bass Hotel.

Lyn Renner 0416 024 356

Nyora Youth Group

Contact Michael Felton

Email nyorahall3987@outlook.com

Phillip Island Bowls Club

Dunsmore Avenue, Cowes.

New members welcome, Free coaching

Contact George Mol 0407 851 065

Phillip Island Camera Club

Meet at the Heritage, Cowes.

Contact Susan 0408 136 717

Phillip Island Community Art & Craft Gallery Inc.

Cowes Cultural Centre Thompson Ave

All Enquiries Call Aleta 0419 525 609

Phillip Island Indoor Carpet Bowlers

Come and join the fun. Phillip Island

Celebration Centre 6 Lions Court, Cowes

Contact Jack 0434 944 380

Phillip Island & District Railway Modellers Inc.

The Phillip Island & District Railway

Contact Peter 5956 9513

Phillip Island Bicycle User Group

Meets Wednesdays 10am Amaze'n' Things

Secretary Ruth Scott More information at

Phillipislandbicycleusergroup.com.au and Fb

Phillip Island Community and Learning Centre (PICAL)

56-58 Church Street, Cowes 5952 1131

Email Linda Morrison manager@pical.org.au

Phillip Island Patchworkers

Meet on a Monday night from 7.30.

Contact - Lyn Duguid 0427 593 936

Email phillipislandpatchworkers@gmail.com

Phillip Island-San Remo - Bass Coast

Vegan Community

Find us on Facebook under our title as above

Phillip Island Senior Citizens Club

Phone bookings 5952 2973

Email piscc123@gmail.com

Phillip Island World Vision Club

Second Wednesday each month 1.30pm

St. Phillip's Church Cowes

Enquiries - Thelma 5678 5549

Pioneer Bay Progress Association

Zena Benbow Email: pbpa@bigpond.com

Probuc Club of San Remo

Second Monday of the month (except

January) 10am at the Newhaven Public Hall.

Visitors Welcome.

Enquiries Bob Andrews 0437 526 757

Rhyll Community Association.

Secretary Cheryl Overton 0427 680 483

South Coast Speakers - Toastmasters

Meet on the 2nd and 4th Wednesday

from 7.30 to 9.30pm at the San Remo Hotel,

145 Marine Parade, San Remo.

Contact Patricia 0412 339 795

Email info@southcoastspeakers.org.au

South Gippsland Arthritis Support Group

Contact: Adam 0408 353 785

Marg 0417 154 057

Diane 5658 1443

South Gippsland Mental Illness Carer's Group

Maggie 5658 1781 Rosemary 5662 4352

South Gippsland Parkinson's Support Group

Third Friday each month 10am for 10.30

Leongatha RSL

Meeting/Guest Speaker/Lunch available.

Email Suzi.marshman@hotmail.com

South Gippsland Support after Suicide

Phone 9421 7640

Email southgippslandsas@gmail.com

Survivors of Suicide

Raising awareness to aid prevention

Jillian Drew 0413 056 165

St Pauls Anglican Church Bass

HC at 12.30pm every Sunday

Contact Sandy Ridge 5997 6127

St Georges Anglican Church Corinella

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Tenby Point Residents Association

President Jean Coffey 0419 500 593

Wonthaggi Genealogy Inc.

Family History Centre, Library Complex.

Murray Street, Wonthaggi 5672 3803

Tues & Thurs 10am-5pm, Sat 10am-1pm

secretary@wonthaggi-genealogy.org.au

Woolamai Racing Club

Contact the Secretary (03) 5678 7585



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Poetry

Perspective

Am I trapped? Am I a prisoner in my own home?
In my life so far, I never imagined these changes
But here we all are, trying to stay safe
A journey shared all around the world

To find a bright side, I sit and ponder
If we stay at home, we can save lives
Whatever year in your life, can you say you saved someone's life?
I am humbled by helping my fellow man

The journey is not about me, it is one for all of us
A time of reflection, a time to count our blessings
Reaching out to others, letting them know we are all in this together
Making contact with forgotten people and letting them know we care

Sharing special time with my family
Board games now out of the cupboard
Arts and crafts strewn afar
Messy kitchen with new cooking adventures

A time to slow down
Quiet times to talk
The pace of life has changed and with it, a sense of calm
Supporting one another we can get through this

This is the perspective that COVID-19 has given me.

Vanessa J. Shipway

Nature's Red Dragon

As you run to danger
We run away with fear
The sky is red and the day is no longer clear
And now the smoke and ash has enveloped you
As you take your stand to defend this land
The wind screams its fury and rains down on you like the fires from hell
You take on a battle that shows no release
You stand shoulder to shoulder to slay this beast
When it's done, you come back to us
Now your face is covered with soot and dust
Although you are weary you extend your hand
You are our heroes that have defended this land.

Clara McPherson

Dedicated to the local
CFA Units Bass Coast



The Wonthaggi Monster Tall Tales

There was a monster in Wonthaggi, in 1955
And the monster in Wonthaggi used to make the farmers' wild
The monster in Wonthaggi used to prowl around the lambs
And all the cows and all the calves across the rolling land

The monster in Wonthaggi had everyone a'feared
The monster in Wonthaggi had a big furry beard
But the monster in Wonthaggi hardly showed itself at all
So some of the people said it was This Big Tall!

Some of the people said it had a zebra's stripes
And some of the people said it had a possum's flight
Some of the people said it would climb up trees
And some of the people said it had a very loud scream

But the monster in Wonthaggi, was probably a dog
It might have been a thylacine, it might have been a fox
If you hear it prowling 'round your house it's probably the wind

So snuggle up my baby child, we've no monsters within.

Belinda Henderson



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The Bass Coast Post In Print

Darker Before the Dawn

By Gill Heal

THERE'S a well-known mantra: "Every day in every way, I am getting better." If you say this to yourself often enough, it becomes part of your unconscious. It's self-fulfilling.

There was a time not so long ago when I believed we were getting better, just by ourselves. People in general, that is, the human race. Inch by inch, it seemed to me, we were clawing our way out of the mire towards a kind of global civility. No mantra required. Just the application of goodwill and democratic process.

Then somewhere in the nineties along came Pauline Hanson and the reminder that it wasn't that easy. The problem was our dark side. Racism, prejudice, self-interest hadn't been tamed by progress after all; they just lurked beneath the surface, waiting for licence. For those of us made fortunate by good times, this was deeply dismaying.

But after a while, licence seemed to be withdrawn and we proceeded on our two-steps-forward, one-back way. Until Donald Trump.

It's frightening enough that this man is entirely without scruple. It's chilling that so many millions saw fit to vote for him. But what was most shocking was the way voters justified their support.

"He told those lies when he was a candidate. Once he's president he'll be honest!"

"That was just locker room talk. Boys will be boys. He's just working the crowd."

"Man, you can't pussyfoot round if you're going to make this country great again."

Then there were all the bogus news stories circulated via social media which amassed millions of likes before they could be fact checked. Did you know that Donald Trump has an IQ of 145 and Barack Obama's is 105? It's true.

We know that we're most likely to hear those views which align most closely with our own. We know we excuse the faults of those on our side more easily than we do the opposition's. But what we saw in the US election was a wholesale abandonment of moral principles as the framework on which we build a civil society.

The US election tells us: Given enough anxiety, enough disappointment, we become the plaything of anyone who will promise relief. Given enough loss and resentment, we are anyone's.

It's a cynicism we see more and more here in Australia and it undermines every attempt to make our society fair and ethical. It leads us to wonder what the point of a liberal education is when the values of trust and integrity can so easily be subverted?

And there's another question for those of us who don't like feeling helpless. What more can be done here in Bass Coast to strengthen the case for respectful dialogue and responsible information sharing so that we make a stand and buck the trend?

I put these questions to three Bass Coast Post readers. Here are their responses:

It's easy to slide into a pessimistic outlook, as we hear about the goings-on in the US AND in Australia, we read or hear about comments – on immigration, religion, climate, economics – which display, at best a limited world view; at worst ignorance and bigotry.

Everywhere, in the 21st century, we are living the ancient curse: "May you live in interesting times ..." We are confronted with many "wicked" problems, political, geographic, economic and social, for which there are no simple solutions.

In Bass Coast, opportunities for the woman/man-in-the-street to gain an understanding of the complexities of particular issues and the diverse perspectives of those affected would be a good starting point.

Let's have some respectful conversations and grapple with these challenges together. We have a wonderful range of talent and experience in the shire. We might possibly achieve some local solutions.
Maddy Harford

"What's the point of a liberal education ...?" I disagree with what you seem to imply here. It seems to me that a liberal education is the exact thing we do need. Surely people who are educated and encouraged to question are less likely to just soak up the lies and nonsense expounded on the social media. Australian kids are encouraged to ask critical questions, much more than in many Asian countries, for instance, where leaders can traditionally get away with outrageous things. (Sadly it seems that self-interest and fear can prevail over a questioning mind.)

It seems to me education is even more important than it's ever been, and not just education to get a job but education to help people think and discern for themselves.

Ross Stanford

Number 1: If we are looking to change things around, we can refer to change theory to assist us. What we can do is to make sure we model the behaviour we are promoting; don't get sucked into behaving like those we are opposing.

Number 2: As we seem to be being dragged into a form of the Dark Ages, let's be guided by history and repeat the next stage as well: the Age of Enlightenment, based on reason and cultured discussion (maybe we could forego the wigs and snuff!)

In fact, "Bass Coast Shire: the New Centre of Enlightenment" has a certain ring to it, don't you think?

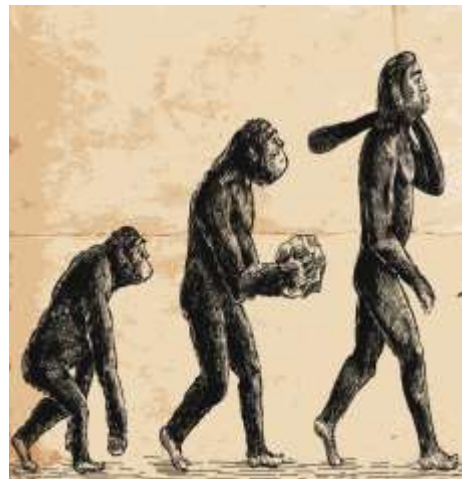
Harry Freeman

COMMENTS

This is a tricky one Gill, but here are my ideas. People coming from outside Bass Coast often speak of how friendly the local people are. Let's keep being nice and smile at all comers. Let us also assist in the education process, adding new information where we can. For example, when we hear of 'Asian countries where leaders traditionally get away with outrageous things,' let us enlighten by pointing out the fact that non-Asian countries such as Italy, France, The Netherlands, Belgium, England, Spain, Portugal and the U.S.A. have a history of producing leaders that get away with outrageous things- Italy was the first country to air bomb a civilian population.

An Age of Enlightenment based on reason and cultured discussion seems a remote possibility given that what is currently being passed off as discussion or debate is mainly opinion fuelled by fear. We may have to descend to a very dark place indeed before reason can be permitted take its rightful place. We need to become innovative in how we present our case, given the ineffective conventional logic tool of persuasion.

Let's keep brainstorming this one. We may surprise ourselves. .



Books & Writing

HAPPINESS

Happiness is: clothes washed by an automatic process;

dirty plates gobbled up by the dishwasher;

instant hot showers followed by bracing icy splash;

ducted heating at the flick of a switch;

gas, electric and microwave cooking;

refrigerated beer on tap'

telephone contact.

These all were unattainable in my childhood and certainly never available to my grandparents.

Happiness also is: snuggling down in the warm bedclothes; while listening to the rain;

wrestling with a cryptic crossword;

having the carpets vacuumed, tiled surfaces mopped;

the garden manicured;

the certainty of a seat on the bus;

graciously accepting other peoples' condescension to age;

rejoicing in bonds of friends and family.

Happiness stems from contentedness, not from lusting over gambling successes, holidays in perpetual sunshine, nor standing out from the crowd or mingling with the rich and famous.

It is appreciation of the here and now, warmth of humanity, returning home to everyday comfort secure in the knowledge you have caused no harm to any living soul, the inexpressible joy of an untroubled conscience.

© E E Caldwell

Many thanks to Maree Silvar who types all of Betty's great pieces for the Waterline.



MYTHS

In the beginning there was chaos – enormous storms a flurries of broken pieces were flung hither and yon throughout space. When eventually a small rounded object settled into a systematic orbit, it gradually assumed some of the features we can recognise today. Plants, reptiles, insects slowly evolved; dinosaurs, both giant and small, roamed the earth. And finally, man superseded some but not all of these ungainly creatures.

Given the power, albeit limited, to reason mankind would never accept responsibility for misfortune. And so myths arose in every culture scattered about the globe.

Australia produced the Dreamtime, natives of America told of great physical feats of endurance and terrestrial beings, there were stories from Greece, Rome, Scandinavia, Egypt, China, Japan – from everywhere that people settled came legends to be honoured and observed by the simple folk who asked, where did we come from? How did the land, sea and sky develop? What causes disasters? The answers to the last related to people's disobedience.

If they did not at all times pacify their creator it naturally followed that retaliation would ensue. Thus all-powerful lords from the age-old myths assumed the status of gods. Whether just and fair-minded, whimsical or downright vengeful, they had to be obeyed with worship and sacrifice from their devotees. Echoes of these pagan superstitions survive still.

What then is to be done in mankind's quest for an inviolable code of ethics? Let's go back to Delphi and ask the Oracle. Then the way will be clear to all of us.

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SO WHAT ABOUT JULIAN

Comfortable
With the
Security
Of Australian
Citizenship.

Our pollies
Smugly anticipate
No blame or censure
To them
Complacency.

Our nationality
Supposedly
An armour against
Any overseas
Disaster.

Our pollies
Unconcerned
About an Aussie who
Assumed free speech
A democratic right.

Until belief
In the democracy
Of free speech
Sinks with
Embarrassment.

Sweeping under
A carpet of
Blocked news
Assange's
Belated arrest.

Lacking the courage
To be righteous
Against
Allies more
Powerful.

Rank cowardice
Blossoms
Morality weeps
Over the death
Of veracity.

Julian Assange
A sacrificial
Victim to
Placate our allies
Undemocratic.

©

Margaret Pearce



HEY! LET'S TURN UP THE CHEER.

I begin this article thinking back to the first month of this year. Deadly bushfires were raging through much of our big dry beautiful land. News spread throughout the world about our struggles and aid arrived from places abroad. Aussies rose up in many creative ways to gather resources to assist those whose lives were turned upside down by the relentless hunger of the wildfires.

Everywhere people were finding ways in which to raise funds and make ways for getting the necessities to our fellow countrymen/women in their hour of need. And what a massive response and result our efforts were! Yet amidst there were families who paid high prices indeed! The death of a family member is hard at the best of times but these were also deeply unsettling for the smaller communities to which those loved ones belonged.

Before we could catch our breath we found ourselves thrust into chaos once again with the news of the current pandemic. Many of us had never been impacted by anything like this before and still reeling from our national fire disaster, we were thrown into an ocean of uncertainty with wave upon wave of deeper and ever deepening conditions.

For many, the first time ever, the whole country and indeed the whole world were in this all together. But it gets worse – suddenly we find ourselves cut off from our usual life-giving connections. Those who struggle with a greater pandemic – depression – are at even deeper places of confusion.

The little things some of the most affected miss is that they cannot even go to the local coffee shop and watch others 'at life' passing to and fro.

The Easter Bunny – well he's been sent a mammoth challenge. He's not allowed to run from house to house, let alone child to child, to hand out his tasty treats.

The other night, no, I didn't see a crazy bunny wringing his hands in despair or running frantically from burrow to burrow with oodles of yummy chocolate eggs, but I found myself negotiating a detour while driving home from Frankston in the dark through country roads I didn't know.

For company - I listened to our local Gippsland radio station and the presenter was playing lively tunes that I knew, but the words were different. Instead of being able to sing along, I was amused at the immense humour of the musical artists who had changed the words to reflect our crazy toilet paper frenzy, shopping trolley spacers and lines to stand on. My thoughts were able to run free – watching funny folk chasing toilet rolls, some with trollies, others with tape measure and hazard tape, all running around the fields like in the old (very old) Benny Hill shows. What a blast! I found letting my inner child escape and go with my imagination was so stress releasing I vowed to do it again.

Creativity is at the heart of every success. Yes .. We are isolated and depression is an awful thing, and yes I also suffer from it, but creativity has the capacity to inspire small changes that bring in more sunlight. The smallest activity can bring feelings of achievements but it's *our* choice . Focus on positive things.

Find some small activity for each day – watch a feel good movie, read up on some jokes, paint a corner of the house, plant up a small patch of ground with cuttings, write a silly and funny book, carve an image into a piece of firewood ... the list goes on and on.

Choice – we are all born with this right and we can exercise it if we *want* to. The Government cannot change your life or mine, let them get on with their job and we get on with ours. Our situations may not be as comfortable as we have been used to but we can put sprinkles of humour, colour, light, fragrance, beauty, taste etc. into every day, even if it's only a dash. Remember it only takes a few drops of lemon juice to change the taste of a piece of fish and only a sprinkle of salt to release the flavour of what we're cooking. In the same way a small change – a choice – can make the difference. Turn off the doom and gloom for a while and refresh the atmosphere with something positive, remember too much salt results in inedible food but a good dash of honey reduces the saltiness.

We CAN survive this difficult time with the use of our CHOICE button. Give it a go and enjoy the results. Praying for you

Blessings *REVIL*

Reverend Ilse

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