

GRANTVILLE PIRATE FESTIVAL IS BACK

Grantville Pirate Festival at Maru Koala & Animal Park

- Saturday 23rd April 10am 3pm
- this year presenting the 'Adventure Time' live stage show
- all activities, shows and games included in the one ticket price entry, nothing extra to pay
- Grantville Pirate Festival tickets are 'cheaper' than All Day Pass combined entry to the park/golf on a standard day
- tickets available online now from Maru website at 10% off until 20th April
- -see our Maru FB page and post for your chance to WIN a FREE family pass to the festival and photo with the Adventure Time characters

www.marukoalapark.com.au



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Lang Lang Community Family Medicine, 5 Whitstable Street, Lang Lang, VIC 3984 Also Located at: Drouin, Churchill, Traralgon, Yarram, Foster, Leongatha, Korumburra, Bunyip, Warragul









3.0Kw System, The Gurdies

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6.0Kw System, Inverloch RSL



4.5Kw System, Coronet Bay



The Waterline News - April

FROM THE EDITOR'S DESK



Welcome to the April edition of The Waterline News.

Quite a bit of space in this edition has been devoted to Anzac Day, as we rightly pay tribute to all of our fellow countrymen and women who have served with our armed forces over the last century.

We have also had to contend with considerable angst from the editor's bad bout of the dreaded "lurgie" and ten days without internet access as this edition went to print.

Quite a number of planned articles did not make it this month and give us a head start for the May edition.

This brings me to a gentle reminder and that is the 1st of the month deadline, which it seems needs some interpretation.

The 1st of the month deadline, is the last possible day for lodging submissions and advertising, paid or community.

The 1st of the month is not the first day we accept submissions and contributions, it is the absolute last.

Ideally we would like to have submissions in hand by the 25th or so each month, but then, I suppose, we do not live in an ideal world

I know all committees are made up of already busy people, if you advertise for a volunteer to join anything and help the only applicants are already busy people. Wondering if they might be able to help. Make sure members of your committee groups, and the general public know about what your group is doing, get the details to The Waterline News early.

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

<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

Roger Clark

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



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.

April already !!! The months are flying by, and we in Corinella have just enjoyed a wonderful month of Autumn weather, coming into Easter and then School holidays. I believe, in talking with local fishermen, that the fishing has been quite good..... Whether out boating or off the pier, lots of people getting together and enjoying the outdoors, and walking "the track" or just out and about in the park or walking through the town, and dropping in to the Community Centre to see their Annual Contemporary Art Show or a very exciting display of under garments from vesteryear, titivatingly entitled "What the Butler Saw". Corinella is a lovely place to

Saturday the April 2, we had a general meeting of the CRRA at the community centre, with a good number of people present and quite a few new members joining. Lots of topics covered.....as from previous meetings members had put down suggestions for items of interest to be discussed and voted on before being passed on to the relevant bodies, such as council or the Foreshore Committee. There were some

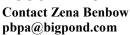
disparate views on the Heritage Bay
Development, then the meeting finished
with a free sausage sizzle with many
staying on to enjoy time together.
We are still actively seeking new members,
and would be delighted to hear from new
residents in particular, to help you make
new friends and acquaintances and become
part of our thriving little community.
Lyndell Parker. President.

CORONET BAY RATEPAYERS & RESIDENTS ASSOCIATION



Contact Barry Hutton bandc.hutton@bigpond.com

PROGRESS ASSOCIATION





TENBY POINT Also has it's own Ratepayers and Residents Association. Contact Jean Coffey p.jcoffey@bigpond.com



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THE WATERLINE NEWS

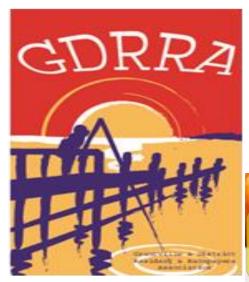
Editor Roger Clark PO Box 184 Grantville 3984 Phone 0410 952 932

Office Hours Mon- Fri 8.30am - 4.30pm Email: editor@waterlinenews.com.au Website: www.waterlinenews.com.au

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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 Kathy Hopkins (Secretary)

History

The first meeting of the Grantville & District Ratepayers & Resident's Association was on the 7th October 2005. Presidents of the association since it's inception have been:

Roman Kitt - held this position until 27th October 2006.

Denis Gardiner was President from October 27 2006 until December 2011. Zena Benbow was elected as President in December 2011, and held the position until December 2013.

Helen Zervopoulos became President in 2013, holding the position until January

Kylie Slink was installed as President by the committee in February 2015 but stood down after two months.

Helen Zervopoulos reluctantly put herself forward as acting President until the next AGM.

Roger Clark was elected president in February 2016.

Whilst GDRRA does not have a formal 'Mission Statement', our main function has always been to act as a representative body and voice for Ratepayers and Residents. We have always provided a forum for other groups and organisations to attend and update the Association on their activities. The date for the next general meeting has not yet been decided, but should be announced in the next edition of The

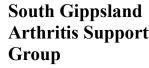
Community Notes

Waterline News.

We are actively seeking new members, especially anyone who is new to the area and looking for the opportunity to meet some of the members of the community. If you would like to join and become part of your community, contact me and we will get you signed up and added to the mailing list as well.

Kathy Hopkins, Secretary









Coffee & Chat 1st Monday of Month 6-8pm, Leongatha RŠL & 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







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 Men's Health Referrals **Wound Care** Dressings* Lesion removal* Treatment minor illnesses / infections

Immunisations Prescriptions Skin Checks Women's health Ear syringing* Suturing³





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

OP SHOP open Mon-Saturday Contact the Op Shop for details 5678 8625

Bass Coast L2P Learner Driver Mentor

Program Wonthaggi - Corinella

The Bass Coast L2P Program now has a car at Corinella & District Community Centre. For further information contact: Veronica Dowman 5672 3731 0467590679

Bass Valley Community Centre

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

Bass Valley Friends of the RSL

Secretary Janet Welch 0411 446 129

Bass Valley Landcare

2-4 Bass School Rd, Bass

5678 2335

Bass Valley Lions Club Op Shop

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

Corinella & District Probus Club

1st Wednesday each month except January Coral Smith 5678 0396

Corinella Bowling Club Inc. **Balcombe Street Corinella.**

Patti Scammell 5678 0191

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

Corinella Foreshore Committee

Contact Barbara Oates 0427 780 245

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

Come and enjoy the fun at Coronet Bay Hall 39a Gellibrand St Coronet Bay

Mondays and Fridays 10am—12noon Monday Session - Free Play Friday Session - Free Play & Activities

(Sing Songs, Story Time, Sensort & Art Play and more)

Please bring \$2 per family and a piece of

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 5678 0341

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

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

Friends of Grantville & District **Memorial Park**

PO Box 184 Grantville 3984 Email: editor@waterlinenews.com.au

Grantville & District Ambulance

Auxiliary

Contact - Shelly 0417 593 497

Grantville & District Business & Tourism Association

President Neroli Heffer

Grantville & District Ratepayers & **Residents Association**

5678 8327 Secretary Kathleen Hopkins

Grantville & District Foreshore Committee

Roger Hayhurst 0416 061 400

Grantville Recreation Reserve Committee

5997 6221 Pat Van

Grantville Tennis Club Inc.

5997 6221 Contact Pat Van

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

Franciska 0400 465 377 Pioneer Bay Progress Association

5678 0341 Zena Benbow pbpa@bigpond.com

St Pauls Anglican Church Bass

HC at 12.30pm every Sunday followed by a shared lunch

Rev Greg Magee 5952 2608

St Georges Anglican Church Corinella

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

The Probus Club of San Remo

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

Enquiries: Neil Stewart 5956 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 5678 8548 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 Vicki 5678 8734



Around the Markets & Op Shops



Every Sunday

Kongwak Market 10am - 3pm

Retro stalls, food, vegetables, coffee, curries 30+ stalls

Enquiries: Jane 0408 619 182

1st Saturday

Archies Creek Indoor Market

Community Hall

Enquiries: info@archiescreek.com

2nd Saturday

Coal Creek Farmers' Market

Coal Creek Community Park 8am –12.30pm 50+ stalls

coalcreekfm@hotmail.com

Contact for information 0459 629 000

Cowes Island Craft Market

102 Thompson Avenue, 9am - 2pm In the grounds of St Phillips Church 60+ stalls Make, bake and grown goods and produce.

Contact for further details 0412 710 276

4th Saturday

Churchill Island Farmers' Market

40+ stalls. 8am - 1pm peter@rfm.net.au

Further Information 0439 364 760

Cowes Market on Chapel

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

1st Sunday

Jumbunna Bush Market

Jumbunna Hall

Further information, phone 5657 3253

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 5672 7245

Garry Sherrick 5672 5812

2nd Sunday continued Loch Lions Village Market

May - Sept Loch Public Hall Oct - April Loch Railway Station Park 70 + stalls

Information from Noel Gregg 5627 5576 Market day phone 0418 500 520

3rd Sunday

Inverloch Farmers' Market

The Glade, Esplanade, 8am - 1pm 50+ stalls

Information: peter@rfm.net.au

Phone 0439 364 760

Tooradin Sunday Market

9am - 1pm

Stallholders wanted, \$20 includes 1 sausage & bread breakfast per stall.

All Market Enquiries: 0429 188 280

4th Sunday

Grantville Variety Market

Grantville Recreation Reserve Bass Highway, Ample parking. Weather permitting, Except December which is the third Sunday.



8am—2pm 100+ stalls BBQ & Sausage sizzle, Coffee Cart, indoor and outdoor, cake stalls plus plenty of home made goodies.

Contact for further details 5997 6221

Last Sunday of each month Inverloch Community Farmers' Market

The Glade, Esplanade, 50+ stalls Fresh produce grown and made in Gippsland.

Email:

info@inverlochfarmersmarket.com.au Phone 0417 370 488

2nd Friday and Saturday each month

San Remo Cuppa and Chat Market

St. Augustine's Church Marine Parade San Remo Hosts a Cuppa and Chat Market every month on a Friday and Saturday.

Friday 9am - 1pm Saturday 9am - 12noon

Market 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

BASS COAST COMMUNITY BAPTIST CHURCH OP SHOP



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

Monday - Friday 10am - 3pm Saturday 10am - 1pm

San Remo

Bass Coast Community Health Op Shop Back Beach Road.

Opening times and all enquiries to Bass Coast Health on 5671 9200 or Email: info@basscoasthealth.org.au

Community Halls for Hire

| Archies Creek, Mez Oldham | 0415 445 215 |
|-------------------------------|--------------|
| Bass Valley Community Hall | 5678 2277 |
| Corinella, Paula Clarke | 0418 441 046 |
| Coronet Bay, Des Burgess | 5678 0154 |
| Dalyston, Dorothy Slade | 5678 7334 |
| Grantville Hall, Pat Van | 5997 6221 |
| Kernot Hall, Julie Johnston | 5678 8555 |
| Loch Public Hall, Grieg Barry | 0419 358 628 |
| Kilcunda Hall, Marion | 0404 135 434 |
| Newhaven Hall, Noel Street, | 5956 6122 |
| Rhyll Hall, Ring Gen Store, | 5956 9205 |
| Woodleigh, Evan Jones , | 5657 7275 |
| | |

Community News

BASS VALLEY COMMUNITY GROUP Inc.

Bass School Road Bass Centre Manager **Roderick McIvor** Phone 5678 2277



The Bass Valley Community Group is about to undertake a strategic review of its operations. Basically what this means is that we want to be sure that: what we are currently doing is what our community needs from us; what we are currently doing can continue to be done, ie is sustainable; and, if we need to be doing something else or discontinuing things we're are currently doing, that we have a plan to bring about needed change. We are very grateful for support from the Bass Coast Shire Council to conduct this review.

We are doing the review from a point of view that we wish to continue with a focus on supporting older people in our community and those living with disabilities. We recognise that there may be very significant needs in the community that we cannot (or chose not to) meet. For example, many people are impacted on by the inappropriate or illegal use of drugs. This is not something that we believe that we can cater for in our program supporting older persons and those living with disabilities. However, again as an example, we do believe that we can expand our information to those we work with on the safe and appropriate use of their prescription medicines. When people have conditions that require the regular administration of sometimes complex regimes of pills (as older persons and those living with disabilities tend to), it often helps them to learn how to best cope with this. It also helps to have a stronger understanding of how the drugs they are taking work.

Other areas where we might look to have a stronger profile (but still focused on older and those living with disabilities) are, for example: working to identify and respond to Elder Abuse and having better understanding of and response to food insecurity and nutrition. These are both matters that effect our community and providing additional information and support will build our community's strength.

On another matter, we are still very keen to boost the numbers using our Community Bus. As I have written before, we would very much like to encourage people of the Waterline area to book a ride on our bus. The bus goes to Wonthaggi on Tuesdays and Fridays. Give us a ring on 5678 2277. It only cost \$15 to ride from your door, into Wonthaggi and back. Climb aboard and in a few minutes you'll be parked outside of Woolworths in Wonthaggi. Pick up time is around 9:30 am and you'll be back home around 2:00 pm. It's a great day.

Corinella & District Community Centre

Spread your wings and fly with us



Adult and Community Education Neighbour House

- **Computer Classes**
- Art and Craft Classes Communication Classes
- Strength Training for Seniors
- **Support for Community Groups**
- **Public Internet Access**
- Community Food Pantry Photocopying, faxing, scanning and laminating Health Services and Medical Room
- Workplace Accredited Training
- Venue for Hire
- Waterline Community Bus for Hire

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

Phillip Island Community and Learning Centre



56-58 Church St. Cowes Centre Manager - Linda Morrison 5952 1131

Email: manager@pical.org.au www.pical.org.au

Volunteer with the Bass Valley Children's Centre Inc.



Have some fun with us! We need helpers to organise: Raffle Prizes and **Cent Night Prizes**

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

The Bass Valley Children's Centre needs you!

Email fundraising@bvcc.org.au to pledge your help or call 0431 937 514 (Tanya) or send us a message via the Bass Valley Children's Centre Facebook page: bassvalleychildcare

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

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

...so they need lots of helpers @@@@@

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

'Like' us on Facebook/bassvalleychildcare

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



LANG LANG COMMUNITY **CENTRE**



- Public Internet Access to all members.
- IPad Tuition.
- Lifestyle classes including: Yoga, Pilates, Cardio, Walking group and Line Dancing, Tai Chi.
- Playgroup and Hey Dee Ho for the littlies.
- A variety of Patchwork groups.
- Men's Shed Group.
- Secretarial Support Services including: Photocopying, typing and scanning.
- **Book Exchange**
- Small offices for hire
- Centrelink Agent with dedicated computer.
- Medicare Claim Service

Forthcoming events:

May 8 - Excursion to Cranbourne Botanical Gardens & Crystal World. Cost \$1

May 21 - Food Handlers Workplace Hygiene accredited, Cost \$120

May 26 - Biggest Morning Tea.

May 28 - Rug Making Workshop.

May 30 & June 6 - Mandala Colouring Sessions.

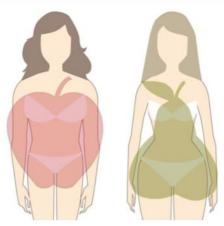
June 1 - "Make A Wish" Foundation Guest Speaker, Gold Coin Donation.

For further details on all events 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



HEALTH Are you apple or pearshaped? It could determine your heart disease risk







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



You may have heard of the different body shapes, and it turns out they aren't just good for determining what clothes to wear: they could hold the key to knowing your future heart disease risk.

It turns out a pear-shaped body, i.e. a body with more weight on the lower half, has a lowered risk of a heart disease, whereas having an apple shape makes you more susceptible to one of the world's biggest killers.

Apple-shaped bodies have also been linked with metabolic syndrome, which involves high blood pressure, high sugar levels, high cholesterol, coronary heart disease and heart failure, as there is more weight on the top half of the body. According to new research from the Intermountain Medical Center Heart Institute in Salt Lake City and Johns Hopkins University in Baltimore, the shape of your body plays a part in your risk factor.

Researchers examined data for 200 men and women with type 1 or type 2 diabetes who did not have symptoms of coronary disease.

The participants underwent computed tomography (CT) screenings and echocardiography to assess the function of their left ventricle, the chamber of the heart responsible for pumping oxygenrich blood to the brain and the body. Interestingly, regardless of total body weight and body mass index (BMI), abdominal obesity appears to be a strong predictor of regional left ventricular dysfunction, a common cause of heart disease.

Brent Muhlestein, co-director of research at the Intermountain Medical Center Heart Institute, said, "This study confirms that having an apple-shaped body, or a high waist circumference, can lead to heart disease, and that reducing your waist size can reduce your risks". Cardiovascular disease (CVD) is a major cause of death in Australia... it kills one Australian every 12 minutes. One in six Australians will be affected by heart disease, and deaths from the disease are largely preventable. The first way to start losing weight and maintaining great health is to see your

The first way to start losing weight and maintaining great health is to see your doctor and work out a healthy eating plan and exercise regime.

Starts at Sixty Writers April 2016

http://startsat60.com/



GRANTVILLE AND DISTRICT AMBULANCE AUXILIARY Cardiac Chest Pain or Heart Attack

How is Chest Pain Diagnosed?

The key to diagnosing is HISTORY. Learning about the nature of pain, will give the paramedic/health care provider direction as to what treatment to give. In the hospital setting, heart attack diagnoses is by a 12 Lead ECG as well as bloods being taken. This process allows hospital staff to see if there are elevated enzymes (Troponin levels) and gauge the degree of injured cardiac muscle. Death can occur when a blood clot (occlusion) leads to an abnormal heart beat (arrhythmia) this is followed by death of the heart muscle (myocardial infarction). In both these cases the heart can no longer pump blood adequately; this leads to poor blood supply to the brain and other organs. From a young age our coronary arteries begin to form fatty plaque, this is accelerated by poor diet, high cholesterol and poor exercise and even by the past history of other family members. By the time we all become middle aged our arteries have narrowed and we are prone to possible heart attack.

Heart Attack is a true medical emergency, since complete blockage of blood supply will cause part of the heart muscle to die and be replaced by scare tissue. This lessens the ability of the heart to pump blood to meet the body's needs, injured heart muscle also is irritable and can cause electrical disturbances like ventricular fibrillation (VF) this arrhythmia will cause sudden death unless it is shocked by a defibrillator.

Angina or Heart Attack

Angina is the term given to pain that occurs because blood vessels to the heart muscle narrow and decreases the amount of oxygen that can be delivered to the heart itself. This can cause the classic symptoms of chest tightness with or without radiation to the arms or neck, associated shortness of breath, sweating and nausea. Angina seems to be more prevalent with exercise or on exertion and can diminish with rest. Heart Attack is a lay person's term for a sudden blockage of the coronary artery. This blockage maybe fatal, people who seek medical help early have a higher probability of survival. Symptoms are similar to angina BUT tend to be more severe and will not settle with rest.

Continued on page 9



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



& Lifestyle

Cardiac Chest Pain, continued...

If you have Aspirin take a 300mg tablet whilst waiting for an Ambulance – Aspirin is designed to reduce the formation of platelets in the blood and is ideal for people with cardiac chest pain.

If you get Chest Pain - CALL 000 and ask for an ambulance.

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

Services include:

General Medical Care, Minor surgical procedures, Immunisations, Skin Cancer Screening, Travel Medicine, Men's Health, Women's Health, Weight Management Preventative Medicine, Chronic Disease Medicine, Aged Care, Obstetrics, Mental Health, Physiotherapy, Ultrasound and On - Site Pathology.

Dr Andrey Butrev MBBS FRACGP Dr Win Naing MBBS FRACGP Dr Myat Pwint Thu Ang MBBS FRACGP

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



The shingles warning we all need to hear!



In 2012, a 39-year-old mother of three ignored a painful ear rash and got on with her busy day. This decision had devastating effects and led to her inability to swallow for almost four years. Her story serves as a timely reminder to always have rashes and changes in your body checked by a doctor.

Starts at Sixty reports that Samantha Anderson, from Brisbane, woke one morning and choked on her breakfast. As a small business owner she didn't have time to see a doctor so ignored these alarm bells and continued working. By lunch and even dinner she still couldn't swallow her food.

She decided to sleep it off and later said "At first when I went to bed I thought to myself 'I am going wake up tomorrow and eat breakfast like a normal person." It would be another two days before she sought medical advice from a doctor. She was initially misdiagnosed with stress and then depression. But Ms Anderson noticed a rash behind her ear a few days earlier, which she had put cold sore cream on.

This rash turned out to be Shingles, although it temporarily disappeared with the cold sore ointment, the virus itself was still wreaking havoc internally.

"The rash just looked like 50 tiny cold sores so I put some cream on it and didn't think much of it because after a few days it went away," she said.

She wants to use this as a warning for others to not ignore symptoms, saying that if she had her ear looked at and a correct diagnosis made from that, she probably would have been fine within days.

"I was never the kind of person to rush to the doctors, but that isn't brave it is stupid" she said.

According to Health Direct Australia, shingles is caused by the varicella-zoster virus which is the same one that causes chickenpox. It develops an itchy, blistering rash usually first seen on the face, chest, back, abdomen or pelvis. It is extremely common in Australia, being especially concerning for those over the age of 50.

Approximately 1 in 100 Australians older than 50 will have shingles at some stage in their life.

As it is a viral infection there is no cure, but if it treated with antiviral medication within three days of the rash appearing the impact can be lessened and may prevent complications.

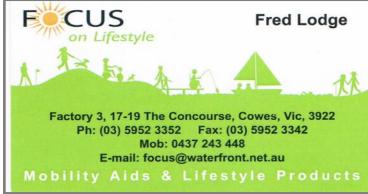
Unfortunately Samantha did not recognise symptoms and she suffered for six months without knowing what was causing her symptoms, choking 60 to 80 times per day and losing a staggering 45kgs.

Eventually she was tested for shingles after doctors asked about any rashes she may have noticed on her body before other symptoms.

She has suffered through years of being unable to swallow, had to be fed through a peg connected to a container for over a year, and will never be able to swallow the same again.

Her story comes as a timely reminder to always seek medical advice if you notice changes in your body.







Entertainment



Phillip Island Jazz Club

Sunday April 17 Bass Room Ramada Resort, Cowes. 2pm - 5pm





Juliarna has been having a busy and fruitful musical year. You'll find her at most of the festivals round the traps (if she can get someone to look after Miss 4 and Master 2), Dizzy's, Paris Cat and at private functions up near where she lives in the Macedon Ranges, wherever classy, swinging 30s/40s style music is called for. Her current fascinations within the massive genre that is 'jazz' are French jazz, Latin jazz, and even a bit of jive. (She's currently doing one of Bob Sedergreen's masterclasses for a bit of a challenge outside her comfort zone- but don't worry, she has assured the club there is no way she will call Giant Steps or Chick Corea's Spain on April 17th. Promise!)

Juliarna's stellar rhythm section includes James Clark, bass player extraordinaire (for the record, she says she'd definitely hire him even if they weren't related), and the wonderful Steve Sedergreen. Steve is always a welcome addition to her line-up, he adds a delightful layer of excitement and suspense to the music with his fantastic and inimitable style and musical chops. Steve, Jules and James do the occasional trio gig together which some of you may have seen at the Convention earlier this year: their ballads are exceptional.

Frontline on the 17th April comprises two fantastic players, Gianni Marinucci-trumpet, and Ken Schroder- sax. These 2 play beautifully together, partly due to their time spent in Ken Schroder's Big Band (formerly Moovin and Groovin Orchestra). Together with James, Steve and Jules, the frontline of smooth showman Gianni, and too-coolfor-school Ken will have the joint jumpin'.

..... smokin'.and swingin'! It's going to be a great afternoon of top shelf jazz. Not to be missed!!

Enquiries: Robin Blackman 0432 814 407

South Gippsland Jazz Soc. Inverloch Jazz Club Sunday May 8 2.00pm Local Lads Make Good



Enquiries: Neville Drummond 5674 2166

Moe-Latrobe Jazz Club

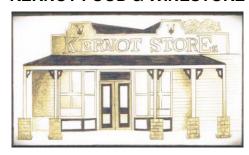


Friday April 29 8pm 11pm
Barry Hanley and his Dixie Dazzlers
Dinner before the show at Banjos on Albert.
Bookings for dinner 5127 1007
Enquiries: Bruce Lawn 5174 3516

Saturday May 7

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 & WINESTORE



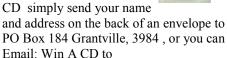
Friday & Saturday nights, and Sunday afternoons.

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



editor@waterlinenews.com.au

CD WINNER

Congratulations to last month's CD winner, Sue Greer from Nyora. Your CD is in the mail Sue.

CD REVIEW

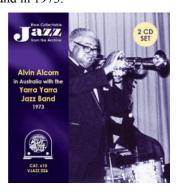
Following on from last month's Australian Jazz Museum new release, the Yarra Yarra Jazz Band at the Ricky Tick Club, from the early 1970's, I found a double CD pack with Alvin Alcorn, in Australia with the Yarra Yarra Jazz Band in 1973.

Catalogue # CAT.610

VJAZZ 026

2CD SET

\$25.00 plus Postage



This newest release in the VJAZZ series features New Orleons trumpeter/singer Alvin Alcon and the Yarra Yarra Jazz Band in 1973.

The selections are a comfortable mix of "good old ones" with several very fine impromptu vocals from Alvin and one from Kay Younger.

The Yarra Yarra Jazz Band was formed in 1960 and had fine credentials and connections with musicians as diverse as Don Ewell and Ken Collyer and they bring a fine springy bounce to the sessions. The real pleasure in this double CD collection is the talents of Alvin Alcorn. Just a few of the tracks included are: I want a little girl, Tipi-Tipi-Tin, Say Si Si, Bugle Boy March, Bourbon Street Parade, That's A Plenty, Beale Street Blues, Indiana, Tin Roof Blues, Just A Closer Walk With Thee, Muskrat Ramble, Hindustan, Fidgety Feet, Royal Garden Blues, Bill Bailey, St. Louis Blues, Panama, Oh, Didn't He Ramble, When The Saints, and many more. Each disc is almost 77 minutes of music and the sound is better than many other concert recordings of this era. Order your copy now, from the Australian Jazz Museum

www.ajm.org.au



ulty tuning in to 103 1

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: www.3bbrfm.org.au

& Lifestyle



ROTARY CLUB OF KOO WEE RUP - LANG LANG

The Debutante Ball has set a date which will be the 26th of August at the Lang Lang Hall. Any further enquiries please contact Val Williams on 5997 5358.

The Rotary Club will be hosting it's Changeover on the 29th of June at the Tooradin Sports Club where our current President Graham Warry will hand over to Incoming President Jan Kruizinga.

Our next big fundraiser for the year will be our Charity Golf Day in October at the Lang Lang Golf Club, if you would like to support, donate money or goods, or even play in a team of 4, or we can allocate you to a team, please contact the secretary, his details are at the bottom of this report. Primarily funds raised assist us to support exchange students and other Rotary Projects. I will target one of those in the next Blackfish so you can understand some of our Rotary acronyms.

For more information please phone our secretary Dean Turner on 0418 574 508. The club meets at the Lang Lang Sports Club every Wednesday at 6.30 for 7pm start. You don't have to have a meal to come along and check us out.



ANZAC DAY 2016



Bass

A Dawn Service will be held at 5.45am at the Bass Cenotaph. The service will be followed by a gunfire breakfast at the George Bass Hotel.

For more information contact Terry Salmon on 0418 179 890

Cowes

Dawn Service from 5.30am Cowes Cenotaph, The Esplanade, Cowes. Gunfire breakfast from 6.30am-\$5 egg & bacon roll with tea or coffee.

Pre March sausage sizzle morning tea -Cowes Cultural Centre from 10am, free for marchers wearing medals on their left lapel. ANZAC Day march starts at 10.50am along Sunday April 24 - 11.00am Thompson Avenue to Cowes Cenotaph. 11am service.

12.30 refreshments and entertainment at the Phillip Island RSL.

All enquiries - Maxine Sando 5952 1004 www.phillipislandrsl.com.au

Inverloch

6.00am service - Dawn Service in the RSL Grounds. 15 Bolding Place, with a Piper, Ex Wonthaggi RSL Dawn service will be held Navy Bugler, readings and candlelight dedication.

10.00am, Commemorative Service in the Community Hub in A'Beckett Street. After the service the march will begin, back to the Cenotaph.

Further information available from Ted Cross (03) 5674 1288

Kongwak

A service will be held at 10.00am at the monument at the Kongwak Hall, followed by morning tea at the Gazebo in the park. Info: bettyando@bigpond.co.

Koo Wee Rup

5.40am March forms up at the Clock Tower 5.50am March to Cenotaph

6.00am Dawn Service, followed by gunfire breakfast.

The CFA provide a torchlight honour guard for the procession. The breakfast (egg & bacon rolls) is free and catered for by the Lions Club.

RSL sub-branch President, Ron Ingram. Info: blackfish@live.com.au

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



Lang Lang

The Lang Lang RSL ANZAC Service will be held on April 19 at School, commencing at 1.30pm as two thirds of the school will be away on an assignment from April 20 - 22. Dawn Service Anzac Day at Cenotaph at 6am. Refreshments in clubrooms after the service. Enquiries to Keith Brown. 5997 5226 keith.brown2@bigpond.com

Loch

Commemorative Service 10.45am at the Loch Cenotaph in the main street, near the old Post Office.

Info: lochexpress@gmail.com

San Remo

At the Cenotaph (opposite supermarket) Guest speaker and MC - John Methven OAM. Seating will be available and there is some shelter if wet. There will be an opportunity for those wishing to lay a wreath or flowers.

Info: Jane Ross 0498 064 248

Wonthaggi

at the Wonthaggi Cenotaph from 5.55 am to 6.20am followed by a Gunfire Breakfast held at the Wonthaggi Hall in Graham st Wonthaggi. The March will commence at 9.45am from the Wonthaggi RSL with an ANZAC Day service at the Cenotaph from 10am, with refreshments following, again at the Wonthaggi RSL Hall.

The RSL Hall will also be open on Wednesday 20th April from 10am-4pm to display our good collection of memorabilia and photographs, and also our military library of 800 books.

Info: Rod Gallagher (03) 5672 4226



The Waterline News has made every effort to ensure all of these details are correct. If you have any doubts or require further information, use the contacts provided



Food

Bacon and zucchini slice **Starts at Sixty Writers**



Zucchini slice is a humble little snack but so delicious! It is an excellent afternoon tea item, we love it!

Ingredients

5 eggs 1 cup self-raising flower 375g grated zucchini 1 onion finely chopped 200g bacon diced 1 cup grated cheddar cheese 1/4 cup vegetable oil

Method

Grease and line a 30 x 20cm tray and preheat oven to 170 degrees.

In a large mixing bowl beat eggs. Add the flour and beat until smooth.

Add zucchini, onion, bacon, cheese and oil, stir until combined.

Pour into the prepared tray and bake in oven for 30 minutes.

If you have a recipe you'd like to share with us and your community - we'd love to share it! Submit them to us

editor@waterlinenews.com.au



www.starts@sixty.com.au

Little Black Dress Chocolate Cake

Valli Little



Ingredients

500g dark chocolate, chopped 125g unsalted butter, chopped 6 eggs, separated 90g caster sugar 150ml thickened cream 2 tbs dark rum or brandy 1 tsp vanilla extract 1/2 tsp cream of tartar Edible silver or gold leaf (optional, to serve) Chocolate ganache

450g good-quality dark chocolate, chopped 175g unsalted butter

600ml thickened cream

1/4 cup (90g) liquid glucose

Method

1. Preheat the oven to 180C. Grease a 24cm springform cake pan and line the base with baking paper.

2 Place the chocolate and butter in a bowl set over a saucepan of gently simmering water (don't let the bowl touch the water). Stir until the mixture is smooth and combined. then remove the bowl from the heat and set aside to cool slightly. Place the egg yolks and sugar in an electric mixer and beat until thick and pale. Stir in the cream, rum, vanilla and cooled chocolate mixture.

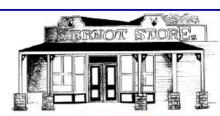
3. Whisk the eggwhites and cream of tartar in a clean, dry bowl until soft peaks form. In 3 batches, gently fold the eggwhite into the chocolate mixture with a metal spoon, trying to keep as much air in the mixture as possible. Spread into the prepared pan and bake for 25 minutes or until a skewer inserted into the centre comes out with a few moist crumbs. Transfer to a wire rack and cool in the pan.

4. Meanwhile, for the ganache, place

chocolate and butter in a bowl set over a pan of simmering water (don't let the bowl touch the water), stirring until smooth. Remove from heat. Place cream and glucose in a separate pan, bring to just below boiling point. Pour over the chocolate mixture and stir until smooth. Chill for 30 minutes or until thick.

5. Remove cake from the pan and spread the ganache over the cooled cake. Garnish with silver or gold leaf, if using.





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

Authentic Thai Taste Open 6 days a week, Tuesday to Sunday Closed on Monday B.Y.O Vouchers available for purchase 143 Marine Parade, San Remo, Vic 3925, Tel: 5678 5020

BASSINE SPECIALTY

Bass River Dairies Whole Milk, 1 & 2lt. Plus an exciting range of gourmet soft cheeses, made on the premises.

10am - 6pm Friday - Sunday Bass Highway, Bass

(Opposite King Road)



Phone 0466 183 513



CFA NEWS With Scott Hamilton

Look after your smoke alarm and they will look after you!

The Waterline Fire Brigades (Bass, Corinella and Kernot – Grantville) strongly recommend that residents regularly maintain and check their smoke alarms. "Why do we need smoke alarms?" Smoke alarms are our silent guardian. When humans sleep, our senses are reduced and we do not react to smoke like we would when we are awake. A working smoke alarm keeps an eye on you and your family 24 hours a day, 7 days a week.

"How can I look after my smoke alarm?" Regular testing of the alarm is the first step. CFA recommends that you check your alarm weekly by pressing the test button with the end of the broom to test that the alarm is operative. Don't use excessive force, they are plastic and can break and a broken smoke alarm or one without a battery is of no use to you and your family. Your alarm will make a loud beeping noise to indicate that it is operating. We recommend at least monthly putting your vacuum cleaner hose around the detector to suck any dust that may have built up inside the detector. A dirty smoke alarm is an inefficient smoke alarm. We also ask that you never paint your smoke alarm and this will also affect their operation.

"I'm not able to test the alarm, what can I do?"

Sometimes we are unable to undertake the checks that are required of our smoke alarms. That's OK, but please don't ignore your smoke alarm. Ask a friend or relative to undertake the test for you. Your neighbours may be able to assist you. If you have home help, ask them to test the alarm for you. If you are isolated contact your local fire brigade on a Sunday Morning and we can assist.

"Change Your Clock – Change Your Smoke Alarm Battery"

This is the Fire Brigades annual campaign to remind people to change their smoke alarm battery. Battery operated Smoke Alarms use the 9 Volt rectangular batteries. There are different types of smoke alarms available starting with the battery operated models that need to be changed annually through to hardwired models that are connected to the electrical mains and contain a battery back-up to new models that are a sealed unit and contain a long life battery. Smoke alarms have a limited lifespan and should be replaced every 10 years. Hardwired smoke alarms need to be

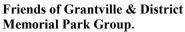
More Community News

installed by a qualified electrician. It is a legal requirement that all dwellings in Victoria have a working smoke alarm installed, this includes caravans.

For more information, please check out the CFA Website www.cfa.vic.gov.au or contact CFA Brigade Administrative Support Officer Scott Hamilton on 0417 015 225 or e-mail s.hamilton@cfa.vic.gov.au

GRANTVILLE & DISTRICT MEMORIAL PARK

The Bass Coast Shire Council has endorsed the formation of a



The Friends of Grantville & District Memorial Park membership would:

- Undertake community events/ activities in the park.
- Act as a reference group for the council to discuss improvements to the park.
- Advise of any maintenance or issues regarding the park.
- Establish an agreed Terms of Reference for the group, with Council.
- Be Minimal in the formalising roles within the group for its members.

If you are interested in joining the Friends of Grantville Memorial Park Group, either write to Friends of Grantville Park, PO Box 184 Grantville, or email your expression of interest to: editor@waterlinenews.com.au And we will pass it on.

Reports on the group's activities once formed will appear regularly in The Waterline News.

Help make Phillip Island's 150th a year to remember

Phillip Island will celebrate the 150th anniversary of European settlement in 2018 and is looking for events to help mark the special celebration.

The Phillip Island 150th Celebrations Planning Committee is putting the call out for all Island community organisations to help make the landmark year a huge success.

The Committee recently distributed hundreds of letters to local clubs, service groups and other community organisations, encouraging each of them to recognise the significance of the year and consider hosting a special event.

Committee member, Anne Davie, said inviting groups to mark their event on the 150th Celebrations Calendar of Events will allow all Island residents a chance to get involved.

"We encourage everyone to get on board and show their enthusiasm in 2018. By planning well in advance and inviting groups to set a date within this calendar, we truly believe the 150th year will be a huge success!"

The Committee is now accepting ideas and will mark out set dates in the 2018 calendar, allowing all groups the opportunity to plan well in advance.

"It could be an event already in your organisation's calendar with a 150th anniversary spin, or a brand new event to mark the occasion," Ms Davie added

To register your interest and to share an event date, please email:

phillipisland150@basscoast.vic.gov.au.



LOCAL POLICE NETWORK

San Remo Police, Station Commander Bruce Kent.



LEONGATHA - Drug Crop Located

DP&CS Act warrant executed at 8 Eccles Way, Leongatha. Approximately 600 plus cannabis plants located at the premises. Power was being bypassed into the premises. 6 x offenders arrested in relation to the operation. Local residents interest in the operation. Premises secured with Crime Scene Guard overnight pending the arrival of power company to render the premises safe for clearance of hydroponic cannabis crop. Approximate street value of \$2 Million in cannabis. 4 x offenders remanded in custody to appear at the Latrobe Valley M.C on 29/03/2016.

At 12.23 am on 31/03/16 a female was observed acting suspiciously in a vehicle in West court, Cowes. The vehicle was intercepted a short time later in Settlement Road Cowes. A search of the vehicle was conducted with police locating 7 grams of methyl amphetamine and 3 grams of cannabis. Accused arrested and conveyed to the Cowes Police Station for interview. A 21 year old female from Phillip Island was charged and bailed to EKB M.C. on 24/08/16.

Andy O'BRIEN

Senior Sergeant 31580 Wonthaggi Police Station

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

History

JAMES SMITH AND THE **CALEDONIA**

(The continuing story of James Smith)



After leaving Western Port where the Caledonia was so dramatically altered, Smith and his men were actively engaged is sealing and headed for Preservation Island. However their activities were still under suspicion for theft of goods and harbouring escaped prisoners. Captain Whyte of The Duke of York was sent to arrest Smith and seize the Caledonia. When they reached Hobart James Smith took action for wrongful arrest and seizure. He claimed that the Caledonia belonged to Marmaduke Smith and he James had no knowledge of the presence of the

convicts on board. A Board of Enquiry was called and Captain Whyte was both praised and censured. He was praised for his desire "to promote the interests of the Government" but told that his conduct was "marked by much irregularity" Captain Whyte was shattered by this and four weeks after the report was tabled he committed suicide. Smith was awarded compensation and the seized goods were returned. Governor Arthur wrote that it was difficult to understand how Smith escaped prosecution. Smith obviously knew how to use the

James Smith and the Caledonia set sail in 1827 and disappeared. He then was seen in Manila where he was once again arrested. He had met a man named Roberton who was an officer in the Chilean navy and had captured the brig Peru which was carrying 90000 Spanish dollars. Roberton captured the Peru and sailed to the Mariana Islands and buried the dollars on an uninhabited island. He then scuttled the ship, drowned the crew and escaped in the ship's boat. Roberton met up with James Smith and persuaded him to sail for the Mariana Islands on the promise of a share of the loot. After landing on the wrong island Roberton attempted to drown Smith by throwing him overboard. Meanwhile Roberton sailed to the real Treasure Island. James was saved by his crew and sailed for Guam where he complained to the Governor who then led a search of the Mariana Islands. After searching a number of islands Roberton and the three remaining crew were found and arrested. Roberton refused to reveal the hiding place of the treasure and was flogged. Three days later he agreed to lead the captain

to the treasure but dived into the sea to escape. Despite rescue efforts Roberton drowned without revealing the place where the treasure was buried. The Governor of Guam was so angry that he imprisoned the captain and the crew who had let Roberton escape. He then sent James Smith and his crew aboard the Caledonia to Manila where Smith took action against the local government for wrongful detention. The report states that he would no doubt receive ample compensation! A map of the Treasure Island was found among Roberton's papers and no record of the finding of the treasure is known. Maybe 90000 coins of Spanish gold are still there on a small island in the Pacific Ocean! James and Marmaduke returned to England where Mrs Smith and the five other children were no doubt very glad to see them after their amazing adventures. They were men of great skill, courage and resourcefulness who had been Victoria's first shipbuilders!

Libby Skidmore, from a paper by Ken Morris in the archives of the Bass Valley Historical Society.

group.

or Brian 5997 9687

Computer Classes **Enrol** now Classes are held in the Koo Wee Rup Men's Shed, 215 Rossiter Road, Koo Wee Rup. Friday mornings suit absolute beginners at 9.00am and the more advanced at 10.00am. Bookings essential as places are limited to 5 per Please phone Geoff 5997 1974.



French Island News



French Island Community Association

FRENCH ISLAND COMMUNITY ASSOCIATION

French Island Community Association Tankerton PO French Island Victoria 3921 secretaryfica@gmail.com



EMERGENCY SERVICES

There is no regular police presence or ambulance service on the island. French Island has a Country Fire Authority (CFA). There is one fire engine stationed permanently on the island, next to the Community Hall on Tankerton Rd. CFA volunteers are able to respond to any kind of emergency.

Calling 000 is always the best option in an emergency.

NURSE ON CALL

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

AMBULANCE SERVICES

Ambulance Membership

Membership Enquiries 1300 366 141 (Mon-Fri 8am-8pm, Sat 9am-5pm). Membership is advised as Air Ambulance is used from the island. If local support is required ask Ambulance to request CFA support on the island.

FIRE PLAN

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.



Sundays April 17 May 1 and 8

New Fire Station Opening planned for May 22.

FRIENDS OF FRENCH ISLAND NATIONAL PARK

President Chris Chandler **Secretary:** Meredith Sherlock

Phone 9770 5229

Email: secretary@fofi.org.au

www.fofi.org.au

FOFI Project Days

March 19 May 21

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@foff.org.au

FRENCH ISLAND LANDCARE

Landcare Nursery

Volunteers are always welcome at the nursey on Wednesdays and Thursdays From 10am - 12 noon.

Contact Terry on 0413 088 527 Email: filandcare@gmail.com



FRENCH ISLAND FERRY

The French Island Ferry is a ferry service which runs between Stony Point on 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

French Island

FRENCH ISLAND DISCOVERY DAY, 13 April 1802

In April 1802, two small boats from Napoleon's French scientific expedition entered Western Port. They were from Le Naturaliste, one of two ships in the voyage of discovery sent by Napoleon from France in 1801 under the command of Nicolas Baudin. His ship was Le Géographe and the captain of Le Naturaliste was Emanuel Hamelin. Hamelin anchored off the south coast of Phillip Island and sent Lieutenant Pierre Milius and midshipman Leon Lebrèvedent in command of the small boats. Milius was accompanied by the botanist Théodore Leschenault and the cartographer Xavier Faure.

In 1801, Capt James Grant had been exploring Western Port in the Lady Nelson, and in January 1802 John Murray returned in command of the ship. Both Grant and Murray assumed that French Island was just a large promontory jutting out into the bay. Murray's map shows the extensive mudflats to the north of French Island as "low and swampy".

When Milius entered the 'Second Harbour' of Western Port (the Eastern Arm, on the Corinella side), he noticed a strong current heading north-east around the shore. The following day in the 'First Harbour' (Western Arm, on the Hastings side), he again noticed a strong current heading north-east past the shore of French Island. Milius sent Lebrèvedent in the smaller boat back to the Second Harbour, to see if he could find a passage to the north of the large 'promontory'. He wrote, "the following day, I had the pleasure of seeing the small boat from Harbour No.2 enter Harbour No.1..." He seemed very pleased to have 'discovered' an island that the English did not recognise as an island. As far as we can determine, this 'discovery' was on 13 April 1802 – French Island Discovery Day!

It's sad to think that European explorers had no way of communicating with the Bunurong, traditional owners of Western Port – although Milius was entertained by a group of Bunurong men at Corinella – and instead chose to 'discover' and 'name' the country that had been cared for by tribal custodians for thousands of years!

The French named the island 'Isle des Francais' ("island of the French"). They also gave French names to other features around Western Port, for example 'Isle des Anglais' ("island of the English") for Phillip Island, but these places had already been given English names by the British, so the French names were not accepted. In all of Victoria, the only name which remained to record the French visit is French Island. In SA, however, there are many French names dating from Baudin's expedition, for example, Ravine des Casoars, Capes de Couedic, Borda, Cassini and Gantheaume, plus Vivonne and D'Estrees Bay, all on Kangaroo Island. Also Encounter Bay, where Baudin encountered Matthew Flinders in the Investigator.

In 2002, commemorations were held in Western Port to remember the 200th anniversary of the French explorers. Local historians were keen for some further recognition to be given to the French expedition. Plaques were unveiled at Tankerton, Corinella and Stony Point and a special re-enactment was held on the rocky shore of French Island opposite Corinella. It was near the present barge landing that the botanist Theodor Leschenault landed in April 1802. In April 2002, we held a celebration there for the 200th anniversary of the French landing. Two French people dressed in Napoleonic era military costumes came ashore by rowboat, as the French counsel Jean-Phillipe Boutin and a small crowd (including local islanders and members of the Royal Historical Society of Victoria) waited. When the 'French explorers' had landed, the counsel read out a translation of Leschenault's journal, describing the vegetation on the island shore.

Chris Chandler



April 2002 re-enactment of French landing at Point Leschenault, French Island. At left is Francoise Debard, from X, France, and at the right is Thierry Rolland, from Parks Victoria at San Remo. Second from the right is the French counsel Jean-Philipe Botin.

In 2003, we were successful in having the point officially named 'Point Leschenault', in honour of the French landing there.



NEW FRENCH ISLAND VISITOR GUIDE BOOK

Just over 20 years ago, after a visit to French Island, Christine Dineen suggested to the Senior Ranger on the island at that time, Mick Douglas, that a guide to the island would be most useful to promote the island as well as better enable visitors to explore what this unique island has to offer. The idea took off and supported by islanders as well as Friends of French Island, the first book was published in 1993 by Moorabbin TAFE. Twenty years on Christine was asked by a number of the islanders about the possibility of a new edition. Again with the support of the islanders and Parks Victoria, the new full colour rewrite has been produced and was launched on the island on 19 March 2016. More than 80 people attended the launch held at the French Island Eco Inn. Highlights were numerous and the day's gloomy weather was brightened considerably by the music of the Medley Boys who

played until stumps.



Nearly as excited as Christine before the launch is Tex Willow Birch, the eldest of Christine's grandsons,

who is on the ferry on his first of many visits to the island. Tex is accompanied by Janosh Biczek, who was the Master of Ceremonies at the launch.

As Christine stated at the launch, "This book belongs to the island but (she has) had a wonderful journey in its making".



Christine Dineen with a copy of the new Visitor Guide Book, available at the store or email Christine: dineenc@optusnet.com.au

French Island



FRENCH ISLAND POET'S CORNER

Submissions welcome, particularly from school children.

Email: editor@waterlinenews.com.au

Part 1

REFUGEE

Am I always to be the child of wind, Torn between two countries?

The vast, wide land

My parents chose before my birth

For me to love as home

And the country they were forced to flee

To carry hope to a foreign land

For those that remained behind;

To give birth to freedom and hope,

They chanced never to see again

Those dear ones they left behind -To become strangers to their own land

Foreigners in a foreign country,

And I am their child.

REFUGEES - Source of Love

I love without seeing or knowing Their love reaches me over the seas,
Even when there are no tokens of love
Sent across the oceans separating us
Their love reaches out to me.
It cannot be defined It is unreal, no faces I see
And yet about me
Their love I do feel
And know they are thinking of me.
There are no words, no messages

Only a silence - nothing I can hold -

Only a deepness of knowing

Part 2

Paula Seymour



Without being told.

FOFI News



FRIENDS OF FRENCH ISLAND NATIONAL PARK

President: Chris Chandler

Secretary: Meredith Sherlock 0438 077 329

Email: secretary@fofi.org.au Website: www.fofi.org.au

GROWING CONNECTIONS

A Western Port Biosphere Project

In 2013, the Western Port Biosphere Foundation established a project called Growing Connections to identify important wildlife corridors in the Biosphere. It has received funding of \$2.3 million from the Federal Government (over five years) for groups who can undertake works to improve and enhance habitat corridors which link important bushland remnants.

The southern third of French Island (old basalt soils) was considered the most important for remnant protection and linking corridors. Priority works for the first five years were identified as:

- weed control and replanting along the south coast,
- improvement to Tankerton Road and Centreway roadside vegetation (to create better habitat corridors between remnant bushland south of Tankerton Road and the National Park.)

The French Island LandCare Group was successful in applying for funding for four projects on the island in 2015. They are:

- planting 600 trees along Tankerton Road, from Clump Road corner. The trees were planted on the FOFI day in August last year.
- creating a 10m wide plantation in Bourke's property on the north side of this planted area along Tankerton Rd.
- control of weeds and planting at The Slipway. This is an extension to the area planted by FOFI and the LandCare Group in 2012. Tree planting will take place in autumn 2016.
- removal of pines, boxthorn, hawthorn and other weeds along the foreshore at The Anchorage.

 (Courtesy FOFI March 2016 Mewsletter)

 Chris Chandler

BOOKS

Frontier French Island is the most comprehensive history of French Island, Victoria, Australia, written to date. It is the culmination of ten years research and writing and is accompanied by almost 200 photographs and drawings, most never before published.
Ruth Gooch has skilfully located



many of those isolated references which are often only found by happenstance or serendipity. The stories which are told in the actual words of the participants and informants means that we are brought into the immediate presence of those who lived on or visited French Island.

(Niel Gunson, Foreword)

Contact the author: ruthgooch@waterfront.net.au



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Cnr. Bass Highway & Glen Forbes Rd, Grantville 03 5678 8552 421 Princess Hwy, Officer VIC 3809 03 5943 2371 FAMILY SEARCH Part 1 John Andrew (Jack) Cunningham (Service Number: 2270) (1887-1918) Dr. Jane Hendtlass, Grantville

On October 16, 1918, Private John Andrew (Jack) Cunningham died from malaria and pneumonia in Damascus, Syria.



Damascus Commonwealth War Cemetery. Plot C is in the right foreground

On October 17, 1918, he was buried in the Protestant Section Grave No. 76 of the Damascus War Cemetery but he was later exhumed and re-buried in Plot C Grave 44 of the Damascus Commonwealth War Cemetery in Sabara, Damascus. I became interested in Jack Cunningham's family when I read Geoff Ellis' story in the January 2016 Waterline News. Geoff was following a previous report about a Memorial Plaque, otherwise known as Dead Man's Penny, issued to William Cunningham of 47 Thanet Street, East Malvern on May 20, 1923 to commemorate the death of his son in World War I. My neighbour, Allan George, found this Memorial Plaque in a box at his home and he was trying to find Jack Cunningham's relatives so that he could return their family treasure.

Being a bit of a genealogy tragic, I took it upon myself to further investigate Jack Cunningham's background to help Allan find Jack's relatives.

In pursuing Jack Cunningham's family history and his war service record, I have realised how much we emphasise the contribution made by those who died in or from injuries received in battle when we remember the loss of life associated with War at this time of year. Somehow we tend to relegate the injury and death inflicted by disease or circumstance associated with War to collateral damage that is of a lesser value. We also forget that all families grieve for those who die and every family grieves differently.

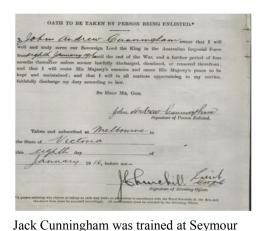
So it was for Jack Cunningham's family. In 1915, Jack Cunningham recorded that he was living with Annie Hayles nee Cunningham at 18 Deakin Street, Malvern East when he volunteered for military service. He immediately joined the Band of the 8th Light Horse Regiment seen here marching down St Kilda Road on January 20, 1915.

Special Feature



On January 8, 1916, Jack Cunningham was gazetted for service abroad with the 3rd Light Horse Brigade 8th Light Horse Regiment 16th Reinforcements to the Australian Imperial Service. At this time, Jack's father may have also

been living with Annie because Jack's Attestation Papers in 1916 indicate he was Jack's next of kin but used Annie's address:



Military Camp and executed his Will on April 13, 1916 appointing Annie Hayles as his executrix and sole beneficiary. On May 2, 1916, he embarked on HMAT Uganda A66 bound for the Middle East. On July 1, 1916, Jack Cunningham was allocated to serve as a driver for the ANZAC Mounted Division in the 2nd Field Squadron Australian Engineers based at Tel el Kabir in was buried in Gordon Cemetery. Egypt but, on March 18, 1917, he was granted his request for transfer to his preferred position of sapper or combat engineer in the 2nd Field Squadron Australian Engineers. In this role, Jack was performing a variety of military engineering duties such as bridge-building, laying or clearing minefields, demolitions, field defences and general construction. Then on September 16, 1917, Jack Cunningham was ordered back to his rank of Driver with the 2nd Field Squadron Australian Engineers in Abasan al Jadidah in Palestine. This appointment was made by the Australian Imperial Force to complete army establishment requirements when clearly Jack preferred to remain at the front

On November 13, 1917, Jack Cunningham was evacuated to hospital nine days after the sudden onset of diarrhoea and debility but, by December 6, 1917, he was working again as a Driver in Moascar, Egypt. On October

line of combat.

10, 1918, he was still in the rank of Driver with the 2nd Field Squadron Australian Engineers when he was re-hospitalised in Damascus with malignant malaria and died within a week.

It seems to me that Driver John Andrew (Jack) Cunningham would have greatly regretted dying from malaria and pneumonia in the English Hospital in Damascus on October 10, 1918. Perhaps this knowledge added to his family's grief.

On February 25, 1919, Jack Cunningham's personal belongings were returned to Annie Hayles as his executrix and sole beneficiary. After this, Jack's father, William Cunningham, became Jack's nominated next of kin and the Australian Imperial Force provided him with a series of reminders of his son's death:

On August 20, 1921, William Cunningham, was given three photographs of Jack's final grave in the Damascus Commonwealth War Cemetery.

On February 13, 1922, he acknowledged receipt of Jack's War Gratuity. On March 20, 1922, he acknowledged receipt of a Memorial Scroll and King's Message commemorating Jack's death. On March 19, 1923, he signed with his mark to acknowledge receipt of Jack's Victory Medal, British War Medal and 1914-15 Star indicating service prior to December 31,

On May 20, 1923, Jack's father also acknowledged receipt of Jack's Memorial Plaque which is now in Allan George's possession.

On June 11, 1926, three years after he was presented with his son's Memorial Plaque, William Cunningham died from senile decay and myocardial degeneration at 47 Thanet Street in Malvern, Melbourne. He



If you know any of Jack Cunningham's relatives, please contact Waterline News editor@waterlinenews.com.au

Continued in the May edition I have been greatly assisted in my search by posts made by Katherine Cunningham on Ancestry.com. Jack Cunningham was her great uncle.

Bass Coast Council Notes

COMMUNITY UPDATE FROM BASS COAST SHIRE COUNCIL

Community Grants open for Round 2 applications

Bass Coast Shire Council Community Grants are open all year for applications and will be assessed twice a year in March and August. Round 2 will close for assessment on Friday, 12 August. Grant categories are Minor Capital Works; Community Festivals, Celebrations and Events, and General Community Grant. Funding levels for each category are up to \$5,000. Council will also fund up to two major projects a year from \$5,001 up to \$10,000.

Applicants intending to apply for Major Project funding are advised to prepare their project well in advance of making an application and to seek assistance from relevant Council Officers.

Community Grants guidelines and applications are available online at www.basscoast.vic.gov.au/grants. For more information contact Council's Grants Officer on

grantenquiry@basscoast.vic.gov.au 1300 BCOAST (226 278) -(03) 5671 2211.

Coastell is going electronic but you can still receive a paper copy

Bass Coast Shire Council's quarterly newsletter will be moving to an electronic version by the end of 2016. This is not only due to the rising cost of postage, but also due to community feedback and a proactive move to a more modern and environmentally sustainable format. If you don't have an email address and you still want to receive a paper copy please contact Council's Media Communications Officer, Simone Short on (03) 5671 2703. Paper copies will still be made available at

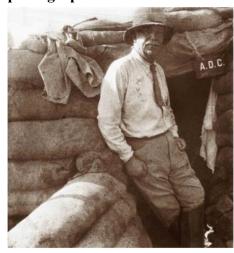
Council's Customer Service Centres, libraries and Visitor Information Centres. Those who receive a large print or audio copy will still continue to receive these.

You can sign up to receive Coastell via email or view it online by visiting www.basscoast.vic.gov.au/coastell.



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Bass Coast hosts Gallipoli photographs



The Australian War Memorial's digital exhibition, A Camera on Gallipoli, featuring First World War photographs taken by Sir Charles Ryan, will be on display throughout Bass Coast until early May.

Bass Coast Shire Council successfully applied for the exhibition through an Expression of Interest with the Australian War Memorial, with the photographic collection to be displayed at Inverloch Community Hub, Phillip Island RSL and Wonthaggi Plaza.

In 1914, at the age of 61, Sir Charles Ryan was appointed consulting surgeon to the Australian Imperial Force (AIF), embarking from Melbourne in October towards the Middle East and on to Gallipoli.

A Camera on Gallipoli showcases a series of 39 candid photographs captured by Sir Charles Ryan while serving with the AIF in Turkey in 1915.

The Director of the Australian War Memorial, Dr Brendan Nelson, says Sir Charles Ryan's photographs capture the reality behind the 1915 Gallipoli campaign, depicting a unique and often harsh view of our soldiers' experiences.

"Ryan's photographs reflect the Australians' true experience of war, depicting the dry, forbidding landscape, tired troops in the trenches, and squalid dug -outs," Dr Nelson said.

"Ryan also managed to capture the true spirit of the Australian soldiers who fought at Gallipoli. Their mateship, stoicism and endurance underpin the photographs and embody the meaning of the Anzac spirit." Behind the photographs in the exhibition is the story of Sir Charles Ryan's remarkable life. He served as a doctor with the Turkish army in 1877-78, treated Ned Kelly at Glenrowan, was a leading Melbourne surgeon and gave long service as a senior military officer. He was extended high civil and military recognition by his peers. The exhibition is an initiative to commemorate the centenary of the First World War.

A Camera on Gallipoli is on display at; Phillip Island RSL April 11 - 28 Wonthaggi Plaza April 29 - May 5

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Vicki Thurgood has lived in Corinella for the last five years and loves where she lives.

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Ask Vicki how to get it FREE

New leader in Island real estate "When Quality Counts"



The recent appointment of Peter Buitenhuis as CEO for real estate office Judith Wright Stockdale and Leggo of Cowes was timely leading into a record breaking summer season.

Peter comes to this position as a highly qualified sales manager.

He has spent the past 16 years in the real estate industry after joining Judith Wright Real Estate when he and his wife Rhonda became permanent residents, after almost 30 years connection on the Island. His depth of knowledge in sales and his strong people skills saw Peter continue in this role when the Judith Wright Real Estate business merged with Stockdale and Leggo Real Estate, Cowes in 2011. That merger saw him take on a leading role as senior sales manager, specialising in the area of prestige and quality properties. Judith Wright Stockdale and Leggo now proudly hold the position of being number one in Gippsland for Stockdale and Leggo, and number three out of the group's 90 offices across Australia.

It is an achievement that the business plans to build on and strengthen.

Peter's new appointment is part of an internal restructuring process that has taken place throughout the year and which now

sees the creation of three individual departments in sales, permanent rentals and holiday rentals.

The sales department is being bolstered by the familiar face and expertise of Mike Foenander who takes on the role of Executive Residential and Commercial Sales Manager.

He is one of seven fully qualified agents working throughout the office.

Each of these departments is headed by experts in their field who not only work well together as a team but have their finger on the pulse of real estate across the Island. This is a carefully planned and progressive move which will ensure this prominent office will continue to provide top level service in all areas.

It is one of the challenges that attracted Peter to take on this position and is one that he believes that he and his staff are well equipped to handle.

"We are in the business of people. This restructure model enables us to build on our solid team approach which will take us into the future and strengthen the growth of our business," he said.

An important component of this growth is a commitment by all those under Peter's leadership to maintain Judith Wright Stockdale and Leggo's reputable customer service.

As CEO, Peter will be working full time out of the Cowes office. Even though his workload has now increased, Peter will continue to be at the forefront of dealings with clients in prestige sales including those interested in the investment and development market.







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News

New Real estate leader, cont.

"I am very excited by the opportunity I have been given and in the challenges that lie ahead" said Peter.

"Along with our dedicated and professional team, the developments in technology that are changing on a daily basis make for great improvements in what we have to offer our customers," he said.

"We believe that Phillip Island is growing and we are growing with it."

When he is not talking to clients, meeting with staff and setting targets, Peter is hoping to spend some time relaxing on his boat and fulfilling his duties as Commodore of the Newhaven Yacht Squadron, a position he has held for two years. His skills on the trumpet are also well known, as a member of the band Island Jazz.

Camille Morris

See Judith Wright Stockdale & Leggo's ad on page 31 then contact the team on (03) 5952 5100 for all your Island real estate needs.

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POETS

POET'S CORNER.

Submissions welcome editor@waterlinenews.com.au

Full military honours

This was written as a result of hearing just a portion, a line from a news bulletin stating. "Buried with full military honours."

The story I create from that is to respect the fallen but to acknowledge that the loss is shared deeply by others. I was surprised at where this poem took me. Kelvin

The C130 breaks through from the bright sunlight to the grey rain-soaked clouds. The spray flys up from the prop wash as it lands & taxis up to to the apron. the props idle to a stop as the loading ramp lowers and the pallbearers march slowly down the ramp as the squad stands honouring his last parade.

He was buried with full military honours,
The casket is draped with the flag.
Carried high on his mates brawny shoulders,
Heads high to honour the flag.
The best of his squad he was bolder,
He held the team high in his heart.
But now he'll no longer grow older,
From her life he has had to depart.

She sits all alone in her garden, Remembering his soft sweet caress. And the words that he tenderly whispered, While teardrops keep staining her dress. He was given full military honours, Still she is alone and bereft, While her torn heart cries out who will pardon,

All there is is the loneliness left.

From the rose bush, petals are falling, As his casket is lowered into the grave. And she finds that the thought is appalling, Without him in the land of the brave. Future plans she has now buried with him, In the ground, in the casket they lay. All alone with her shattered hearts memories,

She bites on her quivering lip, The loneliness, depressing, appalling, Drowns her heart with drip after drip.

Lest we forget

Lest we forget their partners and families left behind, silently grieving
Lest we forget those who survived physically but bear almost intolerable emotional scars.

At the going down of the sun, and in the morning, we will remember them Lest we forget

Copyright Kelvin L. Wilson 2012

Expert Witness

From above tall pines



a silver disk-shaped object noiselessly spirals slowly down towards subdivided paddock as though to land. At a nearby house, open mouthed a young woman with her parents stares in disbelief. Like a plane with red starboard, green port lights she thinks it like no other plane. Its disk shape is wrong and circular portholes around it are lit up with figures like people looking out. 'Get my movie camera!' she calls. Her father runs to the back porch flicks on light. Abruptly the object changes direction towards the bay shoots off at high speed. The family dog barks. 'We should report it,' the woman says. 'No, loose lips sink ships,' her father warns. 'It's probably an experimental craft.' Three Wise Monkeys, they tell no one.

Years later, after her father's death she sorts through his papers. A twenty two year-old marine engineer from England, in 1915 he was touring Australia.

But the daughter wonders.

To help the Mother Country he joined the Australian Army Flying Corps forerunner of the Royal Australian Air Force.

A navigator, he served on airships. 'An expert witness!' his daughter whispers.

Tribute to Frank Brassington Mann, father of Dot Gatti, Coronet Bay. Sculptured by David Murphy, the flying saucer on Coronet Bay's Bronze Yarns Sculpture Trail commemorates the family's sighting of a mystery flying craft at Coronet Bay, October, 1969.

Meryl Brown Tobin

Grantville Fire

For two hours firefighters battle to save a house beside The Gurdies Nature Reserve. Two helicopters dump thirty-two 1,500 litre loads of dam water to stop fire's spread. 6 .15 pm faces smeared with charcoal sweat firefighters finally contain it fold up hoses, prepare to leave except crews to monitor site.

Pager goes off. A second fire on Grantville's foreshore. Like banshees fire engines scream off. But firefighters cannot access fire. Chainsaws roaring they slash access along disused track get small vehicle through. To reach face of fire they unravel hose six hundred metres hose down burning reeds in sand near water's edge. Plume of thick smoke spirals skyward. Fire licks trunks of paperbarks reaches for dry brush canopy. Sparks fly. Wind carries embers to houses, gardens, yards in Grantville. Watchful residents extinguish them

1.30 am, satisfied fire contained firefighter head for home. Four hours in bed, then, unheralded heroes, they are up again to check the fire sites.

Meryl Brown Tobin

HAIKU

before spot fires flare.

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

Dominance

that image.

Crossing windswept lake seeking shelter in tall reeds black swan with cygnets

Along storm-lashed shore seaweed tossed by angry waves cushion fragile shells

Howling winds whip bay seagulls cluster on wet sand shivering in cold

Where moonlight touches sea the shimmering path of silver merges heaven with earth

Dorothea Trafford Lavery

Haiku Group Society of Women Writers, Victoria



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.

ABSENCE

Like every other mother, she dreaded the farewell. It was her boy that the army was claiming. At 18, he didn't appear too distressed at the prospect of military service. Granted an immediate overnight leave pass for each of the first two days, the agonising scene was acted out for three consecutive mornings. Little was seen of him again during his twelve months training for jungle warfare. But on those rare occasions when he was home for a short spell, it was Oscar, the cat, whose behaviour was most surprising. An outdoor animal who normally didn't grace the house with his presence, Ocky positioned himself at the back door. As soon as it was opened, he shot in – bullet-like – to his champion's side. There he would stay for every possible moment of the soldier's brief visit. As soon as it concluded, he reverted back to life in his previous habitat out in the rear garden. Three years later when a gaunt, unrecognisable scarecrow returned to the bosom of his family, everyone was delighted. The war was over, the world was at peace, the cat purred uncontrollably. Home at last, Oscar's favourite person resumed his civilian routine leaving the old boy to relinquish his faithful vigil. He simply retired then to a carefree existence out among the shrubs and trees, flowers and vegetables of the back garden from where he could safely observe the antics of his long-time enemies – the birds.

E. E Caldwell © 2016

Celebrate ANZAC Day

Many ceremonies, parades and other activities are held on ANZAC Day to remember the lives of those who participated or died in military action, particularly on the Gallipoli Peninsula in World War I. Dawn prayer or church services are a particularly important aspect of ANZAC Day. These represent the comradeship that the soldiers experienced as they rose each morning to prepare for another day of military action. After the services, gunfire breakfast (coffee with rum in it) is often served.

In major cities and many smaller towns, parades, marches and reunions of current and past military personnel and memorial services are held.

The fourth stanza or verse of a well-known poem, known as The Ode, is read aloud at many ceremonies. The poem is called "For The Fallen" and was written by Laurence Binyon in 1914. It commemorates those who died and can never grow old.

For the fallen



In most ceremonies of remembrance there is a reading of an appropriate poem designed to help the listener understand the experiences of service people and their relatives in wartime.

With proud thanksgiving, a mother for her children

England mourns for her dead across the sea

Flesh of her flesh they were, spirit of her spirit,

Fallen in the cause of the free.

Solemn the drums thrill: Death august and royal

Sings sorrow up into immortal spheres, There is music in the midst of desolation And glory that shines upon our tears.

They went with songs to the battle, they were young,

Straight of limb, true of eyes, steady and aglow,

They were staunch to the end against odds uncounted,

They fell with their faces to the foe.

They shall grow not old, as we that are left grow old:

Age shall not weary them, nor the years condemn

At the going down of the sun and in the morning

We will remember them.

They mingle not with their laughing comrades again,

They sit no more at familiar tables of home,

They have no lot in our labour of the daytime,

They sleep beyond England's foam.

But where our desires and hopes profound, Felt as a well-spring that is hidden from sight,

To the innermost heart of their own land they are known

As the stars are known to the night.

As the stars shall be bright when we are dust,

Moving in marches upon the heavenly plain,

As the stars that are starry in the time of our darkness,

To the end, to the end, they remain.



Banking Woes

The girl came running in tears to her father. "Dad, you gave me some terrible financial advice!" she cried.

"I did? What did I tell you?" said the dad.

"You told me to put my money in that big bank, and now that big bank is in trouble."

"What are you talking about? That's one of the largest banks in the world," he said. "Surely there must be some mistake."

"I don't think so," she sniffed. "They just returned one of my cheques with a note saying, 'Insufficient Funds'."





gas fiding

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. The early mornings were the better of the weather and the better of the reports as well especially in the boats and for those chasing whiting and pinkies. Cleeland bight was the best spot but once we got too much daylight the fish turned off. The advantage of fishing in this area is once one species turns off you can go and look for another one with flathead and calamari caught during the daylight hours. The whiting was very mixed in size in Cleeland bight and we did see some in the high 40's but the average was closer to 34cm.



MULLOWAY RESEARCH

Late last year we published a couple of articles regarding strange fish being caught or washed up on the beaches of Westernport which we found out were Mulloway. Dr Lauren Veale who runs the Mulloway Research Angler Program has asked us to let all anglers know who are interested in getting the free newsletter, to contact her at lauren.veale@natureglenelg.org.au

Sports & Leisure



Donated mulloway frame with guts and reproductive organs attached.

Interestingly in the last survey, the second oldest fish donated was a 20year old, 120cm specimen caught in Westernport. If you have any questions at all about Mulloway, ask Lauren.



Newsletter No. 2
MULLOWAY RESEARCH ANGLER PROGRAM



Matt Fabian with his 150 cm mulloway caught from Westernport Bay last November, which weighed in at 37.5 kg. This fish was taller (and also older) than his younger brother! This fish was aged at 20.9 years.



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Corinella Bowling Club Winter Program for 2016 commences in May and continues until August.

Contact Jacquie Carter – 5678 0596 Enid Johnston – 5678 0118

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South Coast Speakers Toastmasters

We provide a supportive and positive learning experience in which individuals are empowered to develop communication and leadership skills, resulting in greater self-confidence and personal growth. We meet on the 2nd and 4th Wednesday from 7.30pm to 9.30pm at the San Remo Hotel, 145 Marine Parade, San Remo.

If you would like to come to check it out, call Brigitte 0421 812 691 or Patricia on 0412 339 795

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THE TRUTH ABOUT TRAFFIC CAMERAS

While many people get fined every day by speed cameras, they only amount to 0.5% of passing vehicles, 99.5% of drivers are within the limit.

Usually it is red-light cameras (minimum fine \$379 and three demerit points) that spark inquiries. Red light infringements are considered so serious that there is no option for a warning.

The facts about the red-light camera system are simple:

The sensors that detect an offence are "inductive loops" right after the stop line. They are not in the intersection.

The sensors switch on half-a-second after the light turns to red.

The cameras take two photos, one second apart, to check whether the vehicle continued driving after crossing the sensor. If your vehicle is already over the sensor when the light turns red, then you will not be fined if you drive on. This means that drivers within the intersection making a right turn can do so knowing they will not be fined. Only vehicles that cross the line a half second or more after the red light will be detected.

DETECT SPEED OFFENCES

Many red-light cameras also detect speeding offences, and there are permanent speed cameras on some freeways. Each has two independent speed

measurement devices that use different technology. Only vehicles that are detected speeding by both devices get penalty notices.

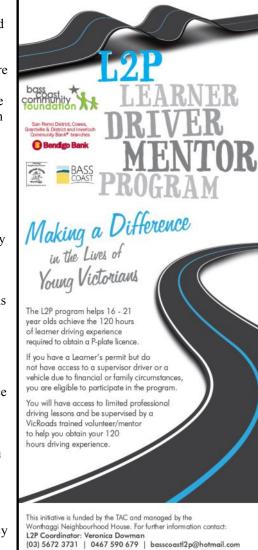
On the Road

Point-to-point fixed speed cameras measure the vehicle's speed at the location of the camera, and the average speed between the subsequent cameras. They can be found on Peninsula Link and the Hume Freeway. Even if you slow down for the camera, if you drive above the speed limit between camera locations, you can be caught. Mobile speed cameras can only be used in Victoria Police-approved locations. They detect the speed of motorists in both directions. Camera operators can select any place within the approved locations that meets the guidelines. They go through a process of setting up and testing the camera, as well as checking the speed signs either side of the camera location. When their session is finished the data is transmitted for processing.

Every mobile camera is checked to ensure it is in the correct place before its images are assessed, and every image of an offence is double checked to ensure it meets the criteria.

HAVE A COMPLAINT?

If you get an infringement and believe you have grounds to seek a review, follow the directions on the infringement notice. It is generally not possible for a red-light camera offence to be converted to a warning unless there is a proven emergency situation.





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Self Sufficiency

WAYS WITH FRUIT





Candied, Crystallized and Glace Fruit Candying is the process of preserving food (usually fruit) in sugar by steeping, soaking and cooking it in a thick sugar syrup. Crystallized fruit is simply candied fruit rolled in fine granulated sugar to give it a crystallized-type coating. Glace fruit is candied fruit dipped in a hot sugar-based syrup to give the fruit a shiny coating. Fruit (such as apricots, cherries, plums, pineapple, peaches, cumquats, figs, etc.), nuts (chestnuts), lemon and orange peel, as well as flowers can all be either candied, crystallized or glaćed. Candying (crystallizing and glacing) can be done with either fresh or 'moist' preserved fruit (that is, canned or home preserved fruit, but not dried fruit). Preserved fruits are easier to candy because the preliminary stage of processing and soaking the fruit in sugarsyrup has already been completed via the bottling and preserving process.

Candied Lemon Peel

Soak sliced lemon peel in salted water for four days (one teaspoon salt in 2 cups water). Drain, add fresh water and boil the peel until it



softens, then drain again. Make a thin syrup consisting of 500g sugar and one litre of water by slowly bringing it to the boil and gently simmering for a few minutes. When the syrup becomes clear add the peel and continue boiling until the mixture thickens and 'candies' to a toffee-like consistency. Lay the mixture on a tray and dust the peel lightly with castor sugar. Store in screw top

Glazed Rose Buds

Small rose buds (from miniature rose bushes) are best for this recipe. Place one cup white



sugar and ½ cup water in saucepan. Heat slowly until boiling. Continue gently boiling until the mixture reaches 'toffee-like' consistency – that is, when the mixture forms a soft ball when dropped into cold water. Leave to cool to lukewarm. Add a few drops food colouring (to match the colour of the buds). Either dip the buds in the sugar-water mixture or paint on with a brush. Apply 2-3 coats as required to completely crystallize the flowers. Sprinkle lightly with castor sugar. Leave to fully dry.

Part 4 Alternative Method for Crystallizing

A less complicated way to 'crystallize' flowers for decoration on various dishes is to coat the flowers in thinned egg-white (use equal quantities egg-white and warm water). Then sprinkle with castor sugar. Dry on a rack.

Storage:

Candied fruit and peel if sufficiently extracted of it's moisture, will last for up to 6 months when stored in a dry, well ventilated environment. However, very moist candied fruit and peel will become mouldy within a few months. Airtight storage containers are not suited to candied fruit or peel as it causes it to 'sweat' - it is best stored with access to air, such as a jar with a loosely secured lid

Next Month: Freezing fruit and vegetables.



With Just One Bottle of Cheap Vinegar you can do the following:

Cleaning: The mild acidity of vinegar cleans and helps strip dirt and grease. Spray dirty surfaces with vinegar to remove grime and grease. Disinfecting: Vinegar is a mild acidic anti-bacterial

agent that kills organisms - ideal as a disinfectant. Use to disinfect and clean toilet basin, drains, bathroom basin and bath, tiles

Deodorising: Ask Grandma – she'll tell you the best way to eradicate odours from the kitchen is to dampen a tea-towel with vinegar and swirl it around the air! A more modern technique is to pour equal parts vinegar and water in a spray bottle. Spray as necessary to 'clear the air'. As the acid odour of the vinegar dissipates it takes with it all other odours. Add a little fragrance –

Greg Hunt FEDERAL MEMBER For FLINDERS



Phone: (03) 5979 3188 Email address:

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

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Working together

getting results

such as a few drops lavender essential oil to enhance the odour.

Handyman: Use vinegar to clean paint brushes, loosen rusty nails or screws, rejuvenate leather and moisten dried glue. **Laundry:** Vinegar will deodorise clothes (add a cupful to laundry tub during wash cycle). It will also clean residue/debris from inside drainage pipe and pump (ensuring your machine lasts longer) and help whiten whites and brighten dyed colours.

Pesticide Removal: Soak and wash store purchased fruit and vegetables in vinegar to remove chemical residue from commercial sprays and pesticides. Dilute one part vinegar to three parts water.

Garden: A pure, undiluted spray of vinegar will eradicate weeds, moss and algae.

Try these Vinegar recipes...

Homemade Disinfectant:

Half fill a recycled plastic bottle (an old vinegar bottle is ideal) with cheap (white) vinegar. Fill the remainder of the bottle with water. Add a four drops eucalyptus oil and 2 drops green food colouring. Apply lid and shake. For lavender disinfectant use lavender oil and pink/purple colouring.

Cleaning: Add 1/2 cup of vinegar-based disinfectant to the floor washing water (along with homemade soap jelly or biodegradable detergent).

Further Information:

There's lots more vinegar ideas and recipes in: e-book No. 33 – Versatile Vinegar Covers the many uses and recipes for vinegar ...

including: cleaning, culinary, preserves, hair -care, personal care products, skin care, garden use and so much more. You'll be amazed. Many recipe ideas including disinfectant and how to make vinegar, including cider vinegar.

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- Who was the Peekaboo girl?
- 2. What best selling Australian novel deals with a woman's love for a priest?
- 3. What animals does a hippophobe fear?
- 4. Who set the only world record established at the 1978 Commonwealth Games in Edmonton?
- 5. What is the second most populous city in Tasmania?
- Who was Playboy magazine's first 6. centrefold model?
- 7. What does a dipsomaniac crave?
- 8. What is the family name of the British Royal family?
- 9 Who was Tiny Tim's father?
- 10. What date is it when the sun is directly over the Tropic of Cancer?
- What flavour is Grand Marnier? 11.
- What were the first names of the 12. Maverick brothers?
- 13. Who made the lofty claim that he could fly around the world in 80
- 14. What's known as the universal solvent?

Trivia and Lifestyle

- 15. Who won surfboard riding's first official world championship, held at Manly in 1964?
- 16. How many Olympic Games were cancelled because of World War 1?
- 17. What Dickens novel has David carrying the message 'Barkis is willin' to Pegotty'?
- 18. What is the only month that can never have fewer than four moon phases?
- 19. Who was Mia Farrow's mother?
- 20. Who died in a Melbourne gun battle with Snowy Cutmore in 1927?

ANSWERS

Maureen O'Sullivan. 20. Squizzy Taylor. 16. One. 17. David Copperfield. 18. February. 19. 13. Phileas Fogg. 14. Water. 15. Midget Farrelly. 10. June 21 or 22. 11. Orange. 12. Bret and Bart. 4. Tracey Wickham . 5. Launceston. 6. Marilyn Monroe. 7. Alcohol. 8. Windsor. 9. Bob Cratchit. I. Veronica Lake. 2. The Thorn Birds. 3. Horses.



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Go and entire day without criticising anyone Learn from the past Plan for the future Live in the present Don't sweat the small stuff It's all small stuff



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Greg Hunt says



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It is hard to believe we are already into April. The warmer weather is behind us and the frosty mornings are returning but there is still plenty going on.

Hopefully everyone has recovered from Easter and didn't over-indulge on chocolate

It was lovely to meet with residents on Phillip Island at my street stall last month. Getting out into the community is a highlight of my job and I try to get out and about in the electorate as much as I can. Residents are also welcome to contact my office at any time.

It has been a busy time in the Environment Portfolio. Last month, I went on an aerial surveillance flight over the Great Barrier Reef to inspect the coral bleaching event that's currently occurring across the Pacific through weather events such as El Nino. At the moment we are providing financial and logistical support for new research into coral bleaching events impacting the Great Barrier Reef.

The most effective way to look after the Great Barrier Reef is to ensure it is healthy, which is why the Australian and

Queensland governments are investing a

projected \$2 billion over the next decade to protect it.

We have also established a \$1 billion Clean Energy Innovation Fund to support emerging technologies make the leap from demonstration to commercial deployment. This will drive innovation and create the jobs of the future, while delivering a financial benefit from projects such as large-scale solar with storage, off-shore energy, biofuels and smart grids. I would also like to remind people to nominate a deserving senior for a Phillip Island and Bass Coast Seniors Award. Nominations are open until April 30 and can be made through my office. 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 will join you all in paying respect to our service men and women at local Anzac Day services across the electorate on April 25. This is a time for us all to reflect on the fellowship and courage of our defence personnel, past and present.

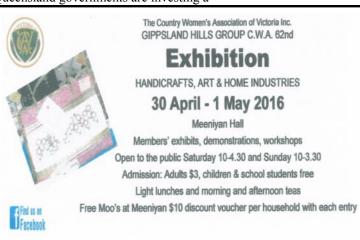
On Anzac Day we remember with

On Anzac Day we remember with affection the courage of our fellow Australians and the value of mateship.

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

Greg Hunt







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Gardening & Outdoors

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Part 2 – Garden Bed Location Location of garden beds is one area where I have found vast differences of opinion

from one gardener to the next.

Some gardeners are absolutely adamant that there is one way to orient garden beds for optimal growth while others, like me, believe any location can work if you understand what is going on in each bed position.

The two main things you need to consider when thinking about where to locate your garden beds or what to plant in a particular garden bed are:

- a) How much sun is there? and
- b) How much wind is there?

Sun positioning

Making sure that you understand how the sun will interact with your various garden beds is very important in developing your gardening skills. Knowing whether a garden bed will receive full sun or perhaps partial shade or even full shade will go a long way towards making sure you plant something that will grow in that location.

When considering how the sun will affect your garden, one of the best tips I have learnt is to grab a piece of paper and roughly map out your property. Include your house, fences, tall trees, or any other tall objects. Now, on the piece of paper, notewhere the sun rises from and where it sets in relation to your property. The sun will rise in the east and set in the west. This will affect the amount of sun your garden gets and when.

Plants can survive in some conditions and they have other conditions that they will thrive in. The sun they require is a very important element of this. Most vegetables, for example, need six hours of direct sunlight per day to do well. Many ferns on the other hand, generally being quite tropical in nature, require shade; full sun causing them to wilt rather quickly. Some plants can handle part sun/part shade.

When considering the sun positioning, the morning sun is less brutal than the afternoon sun, so in garden beds which receive lots of afternoon sun you will want to plant shrubs which thrive in a lot of sun. Beds located to receive good morning sun might be a good position for plants which require sun, but which prefer a little shade.

How your house sits and the location of any walls, tall trees, or other big structures will also affect how your plants grow. Trees will block sun on their west side in the morning and their east side in the afternoon. The same applies to your house. If your front door is facing west, make sure any garden beds outside your front door are filled with strong sun plants because they will take in the afternoon sun.

The best advice I can give regarding the sun is to look at your own garden at different times during the day and physically see when each garden bed gets sun and how much. Do this in the summer, autumn, winter, and spring because as the seasons change, so does the amount of sun. What gets little sun in winter could conceivably get a lot more in summer because the sun is higher in the sky. What seems like a great sun position in summer

may prove to be less than perfect if the sun passes much lower during winter. Growing a better garden is a long term project.

How does the wind affect my garden?

The wind can wreak havoc on your garden if you do not carefully consider its affect. Some parts of Australia experience strong winds on a regular basis (like the Western Australian coast) where as others will experience far less wind (generally central Australia). Then, in some areas, one side of your house will be buffeted by

wind, while another side remains sheltered all day. Many plants are quite okay in any wind condition, but when you choose your plants, check and see if wind could be a problem. This will often be noted on the back of the plant's description. Even if a plant is susceptible to strong winds, you can often get around this. It just means if you receive strong winds, particularly in the afternoon, you may need to stake down any plants which are on the side of your house that is most affected. This just means getting a long, thin piece of wood (or any similar object), sticking it into the ground and tying the plants to the stake, providing a little extra support.

Tomatoes are an example of a plant which requires stakes, particularly when growing in areas of strong wind, otherwise the stem could fall over and even snap, often killing the plant.

Delicate plants, like Impatiens, prefer to be located in a sheltered position rather than in an area that receives strong winds. This is mostly because their stems are often rather week. They can handle the weight of their own leaves and flowers but not necessarily the force of regular strong winds blowing on them.

James Middleton http:aussiegreenthumb.com/

Next month: Five great ways to decoratively show off plants.





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Current edition sale now features a great article on a Comfrey liquid press, don't miss it.

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- Check-ups
- Health assessments
- Children's health & family planning
- Immunisation & vaccinations
- Pathology
- · Cryotherapy for warts and benign skin lesions
- Injectable anti wrinkle treatment & dermal fillers
- Ear syringing
- · Development of care plans
- Admitting rights to Kooweerup Regional Health Service beds
- Women's wellbeing
- Men's health
- Diabetes education
- Mental health plans
- Stop smoking plans

Our Kooweerup Regional Health Service Allied Professionals include:

- Dietician
- Psychologist
- Physiotherapist
- · Dementia Care advisor
- Podiatrist
- Social Worker
- · Palliative Care specialist

To ensure you receive the very highest level of care in the delivery of our services, we maintain excellent facilities and equipment.

Bulk Billing

If you have a Medicare card, all of our standard consultations are bulk billed. This means no out of pocket expenses for you – however services that do not attract a Medicare rebate are not bulk billed.

Want to know more

To see one of our GP's or Health Professionals, please call ahead to make an appointment. We do accept walk-ins although you may have to wait.

Hours

Monday to Friday 8.30am to 8.30pm Saturday - 10am to 4pm Sunday - 10am to 2pm

CONTACT

215-235 Rossiter Road, Koo Wee Rup Vic 3981

5997 1819

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



61.0016



We know all the hotspots!

Contact us for a connection.

Stockdale & Leggo

real estate Koo Wee Rup

5997 1899

Grantville **5678 8700**