

FREE

# The Waterline News

GRANTVILLE & DISTRICTS

Volume 1

# 12

August 2015

## MEET THE COMFREY MAN

59 year old Graeme Little farms 2500 comfrey plants on his 20 hectare farm on French Island, in the middle of Western Port Bay, formerly owned by Australian singing idol Kylie Minogue.

It was on this property that, surrounded by the therapeutic isolation and the tranquil lapping waters, that Kylie recovered from breast cancer.

It is also here that Graeme chose to recover from his own personal battles and dramas.

After living the high life of the stock market and the horse racing and breeding industry, Graeme is now living a more balanced life and is keen to share the healing properties of French Island with the world.

In addition to the benefits flowing from his comfrey project, he also plans to build a health retreat to accommodate up to eight people, with combined access to a network of practitioners on the mainland.

Read Graeme's story in our double page special on pages 14 and 15, in our regular four page French Island section.



Photo: Zoe Phillips, Weekly Times Farm Magazine

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The Waterline News is also available online at [www.waterlinenews.com.au](http://www.waterlinenews.com.au)



# SAVE OUR BUS!

A NEW TIMETABLE HAS BEEN ISSUED FOR THE CONNECTOR BUS BETWEEN CORONET BAY, CORINELLA, TENBY POINT AND GRANTVILLE

Timetable available at:  
<http://www.ptv.vic.gov.au/route/view/3287>

**BUS IT NOW!**

A REVIEW WILL TAKE PLACE AT THE END OF SEPTEMBER AND THIS SERVICE WILL REMAIN IF WE CAN INCREASE PATRONAGE TO FOUR PEOPLE PER TRIP

**GIVE IT  
A GO!!**



**IF WE ALL USE THE BUS,  
WE KEEP THE BUS!!**

Issued by the Coronet Bay Ratepayers' and Residents' Association, Corinella Ratepayers' and Residents' Association and Tenby Point Residents' Association



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Jill Boyce (Secretary) 0417 416 300

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# The Waterline News - August

## FROM THE EDITOR'S DESK

[editor@waterlinenews.com.au](mailto:editor@waterlinenews.com.au)

Welcome to the August edition of The Waterline News.

Another chock full edition, highlighted by our special feature on French Island's Comfrey Man, Graeme Little.

Our four page French Island News section is attracting more interest each month, with many people realising just how close they are to, and how little they know about the island.

As this segment progresses we hope to bring you more of the history and attraction of this special piece of Victoria.

We have an expanded section on Books & Writing which is proving very popular with readers, as is our regular gardening and self sufficiency segments.

One very interesting book review this month is Michelle Dicinoski's "Telling Tiny Stories"

They say there's a book in all of us and this unique little work book could just be the start you have been looking for.

We are continually on the lookout for interesting books to review, and are especially interested in books, and any writings by local residents.

We are still seeking contributions for "Why I Live Where I Live", and have been promised a couple so we hope to resume that extremely popular segment next month. What about you?

### Distribution Area:

We distribute 1150 copies each month through Lang Lang, Nyora, Loch, Kernot, Grantville, Corinella, Coronet Bay, Bass, San Remo, 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](http://www.waterlinenews.com.au)

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## GRANTVILLE & DISTRICT RATEPAYERS & RESIDENTS ASSOCIATION

### 2015 Committee

**President**

Kylie Slink

**Vice President**

Kat Cox

**Secretary**

Kathleen Hopkins

**Treasurer**

Sylvia Harris

### General Committee Members

Chris Cox, Ilse Smidt, and Julie Bartolo.

At our next meeting 18th September at 7.30pm at the Grantville Reserve Hall Kristen Yates-Matthews, Community Planner, BCSC will be attending to discuss updating our Community Plan. Community Plans are a great way for the residents to come together to discuss what they would like for Grantville and then work together with Council and other bodies to obtain these goals. Just a few examples of what came from the existing Community Plan was the Ambulance Station. This was one of the priorities for the town so a few very hardworking volunteers started a Committee, had a lot of meetings, got all the necessary bodies on board and brought the goal to fruition. The Transaction Centre was another, the community wanted a hub for the town so with the BCSC and a Committee of hardworking volunteers created the Memorial Park and Transaction Centre. Skate Ramp for the children was another goal and was achieved with the Portable Skate Ramp at the Reserve and when the ramp is not there, there is a permanent basketball ring. So if you have any ideas of what you would think would benefit Grantville come along to the meeting and have your say. There will be a questionnaire at the Post Office so if you cannot make it to the meeting just fill it in and leave at the Post Office.

We have been endeavouring for a number of years to get the Mobile Library's location to be changed from the Reserve to the Transaction Centre carpark to make it more visible. This project is still on the Council radar but is not in the budget for this financial year. It will be put forward in 2016 budget.

A Fitness Station for the Memorial Park is still being pursued. Waiting to hear from Council and grant applications.

**Kathy Hopkins, Secretary**



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



I would like all members of the community to be aware that we have to accept that there are people out there who are opportunists and that as a community we can't make it too easy for them.

This is regarding cars being left open, keys left in vehicles, trailers left unsecured, fishing gear being left in boats in full view. Police would also like any information regarding suspicious persons and anything that might identify them such as vehicle number plate. Community needs to take some responsibility regarding reasonably securing their property.

## PIONEER BAY PROGRESS ASSOCIATION NEWS

It was refreshing to greet Flinders MP Greg Hunt in Pioneer Bay this week.

Clearly absent of the fanfare that has plagued his colleagues in recent weeks-on foot no less - for his 500km Walk for Autism. It was self-evident to talk with Greg and realise he's one politician with his feet firmly planted on the ground!

Discussions ensued about the walk thus far, people's awareness of autism, 16 types of rain encountered that day and local issues. It's always nice when politicians are willing to listen and offer solutions to issues rather than deflect- and a marked contrast to a meeting last week with a local Councillor who adamantly stated "I don't work for the people, I work for the Council." (I think you could have visibly seen a question mark rise above the room at this point!)

On local issues- we all have some homework- a clear way forward, and a clear understanding of the desired resolve.

It's rather nice to be able to voice your opinion, and a far better option than sitting at home complaining about it!



Greg Hunt accepting a donation on behalf of kids with Autism from Zena Benbow and Barbara Loach, Pioneer Bay Progress Association.

### THE WATERLINE NEWS

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Email: [editor@waterlinenews.com](mailto:editor@waterlinenews.com)

Advertising Deadline 1st each month



# Community Notes



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 Marion Walker 5678 8320

## Bass Coast Community Baptist Church

1493 Bass Highway Grantville

Meets Sundays 4.30pm then dinner.

**OP SHOP** open Mon-Fri 10am-4pm,

Saturday 10am-1pm

Contact for service details and op shop

Pastor Isle McDonald 0402 065 852

## Bass Coast L2P Learner Driver Mentor Program

Wonthaggi - Corinella

The Bass Coast L2P Program now has a car

at Corinella & District Community Centre.

For further information contact:

Veronica Dowman 5672 3731 0467590679

## Bass Valley Community Centre

Mon-Thur 9am -3.30 pm

Friday 9am-3pm

Op Shop open 6 days Monday - Saturday

Check Hours 5678 2277

## Bass Coast Community Health Cancer Support Group

Corinella Community Centre

2nd Tuesday each month 10am-12noon

\$2 Entry

Peter Bekers 5678 1150 -or- 0417 157 144

## Bass Valley Friends of the RSL

Secretary Janet Welch 0411 446 129

## Bass Valley Landcare

2-4 Bass School Rd, Bass 5678 2335

## Bass Valley Lions Club Op Shop

Situated at the Grantville Garden Supplies

Open 5 days Monday-Saturday 5678 8357

## Corinella & District Probus Club

1st Wednesday each month except January

Bert Allison 0407 339 243

## Corinella Bowling Club Inc.

Saturday Triples May until August

Wednesday Coaching and roll up at 10am.

BYO Lunch

Patti Scammell 5678 0191

## Corinella & District Elderly Citizens Club

Monday & Thursdays at 1.00pm

Corinella Hall

Margaret 5678 0716

## Corinella & District Men's Shed & Woodies Group

Located in Corinella Road between Bass

Valley Primary School & JLM Pre School.

Contact Secretary: Jim 5678 0930

## Corinella Playgroup

0-4 year olds Friday 10.00am -11.30am

Free play, activity centres, story & song

time, sensory & art activities.

\$3 per family plus a piece of fruit to share.

All children MUST be accompanied by their  
parent or carer.

Christine Keeble 0413 837 597

## Coronet Bay Adult Social Club

Tuesday 7-10pm Coronet Bay Hall

Ann 5678 0341

## Coronet Bay Playgroup

children 0 - preschool - Coronet Bay Hall

Mondays 10am - 1pm \$2 per family

Please bring a piece of fruit per child to  
share at morning tea, coffee & tea supplied  
for parents.

Craft	Toys	Playdough
Sandpit	Songs	Friends

## Country Women's Association

### Coronet Bay

Meets at Corinella Community Centre

12noon Third Monday of each month

Faye 5678 8366 -or- Rosemary 5997 5827

## Country Women's Association

### Grantville

Meets at the Grantville Hall 12-3pm

Second Monday each month

Judy 5678 8553 -or- Annie 5678 8037

## Grantville & District Ambulance Auxiliary

Contacts - Anthea Chester 0407 457 642  
or Jane Hendtlass 0409 386 152

## Grantville & District Business & Tourism Association

President Neroli Heffer 5678 8548

## Grantville & District Ratepayers & Residents Association

Secretary Kathleen Hopkins 5678 8327

## Grantville & District Foreshore Committee

Roger Hayhurst 0416 061 400

## Grantville Recreation Reserve Committee

Neville Goodwin

5657 7245

## Grantville Senior Citizens Group

Grantville Hall

1st and 3rd Mondays 12noon - 2.30pm

Grantville Hall

## Pioneer Bay Progress Association

Zena Benbow

pbpa@bigpond.com

## St Pauls Anglican Church Bass

12.30pm every Sunday

Rev Greg Magee 5952 2608

## St Georges Anglican Church Corinella

1st Sunday each month 11.00am

Other Sundays 9am

Free Community Lunch Corinella

Community Centre Second Friday

Op Shop open Mon, Thur, Fri 10am - 2pm

Saturday 9am- 12.30pm

## The Probus Club of San Remo

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

Enquiries: 5656 6581

## U3A Bass Valley

Courses offered:

Book Club, Bush Painting, Creative

Writing, Gardening, Get Creative,

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Movie & Theatre Appreciation, Music &

Imagination, Tai Chi for Arthritis and more.

**www.u3abassvalley.com**

Heather White 5997 6323

(PO Box 142 Grantville 3984)

## U3A TAI CHI

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

Further information:

Laura 5678 0884 -or- Vicki 5678 8734



# Community notes, diary & markets



If any group you are associated with has an event coming up don't forget to let us know. Deadline for all notices is the **first of each month**. The Waterline News is distributed and available online approximately the 15th of each month.  
editor@waterlinenews.com.au

## NEW GRANTVILLE RECREATION RESERVE COMMITTEE

The Department of Environment, Land, Water and Planning (DELWP) has announced a new Committee of Management for the Grantville Recreation Reserve.

The New Committee members are Gwen Swan, Pat Van, Tony Cook, Zena Benbow, Leslie Margrie, Christopher Kellett, John Hulley, Christine Hutton, Roger Clark, Irene Wheatley, Don Wheatley, and Neville Goodwin.

As soon as the new Committee meets we will have a report for you on the office bearers and contact details.

Redevelopment of JLM Pre-School site to include childcare options for families (long day care, casual care, before & after school/kindergarten care & school holiday care) for children aged 0 - 12 years.

## KIDS ARE COOL



Every child deserves the best start

Bass Valley/Waterline families with children under 12 years  
"Like" this page: Facebook/BassValleyChildcare to follow progress.



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

### Hours

Mon-Fri 8:30-4:30

### Bulk Billing

All consultations bulk billed  
May have fees for some procedures\*

For appointments phone  
5616 2222

or

0467 841 782

Same day appointments available

Some of the services available

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

First Sunday of the month

# KOOWEE

COMMUNITY MARKET

Cochrane Park, Corner Rossiter Rd & Sybella Ave, KOO WEE RUP

## VIBE PRINTING

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phillipislandvibe@gmail.com

## 58th Leongatha Daffodil & Floral Show and Festival

Set in the Leongatha Memorial Hall, McCartin Street, Leongatha, this year's event opens its doors on Thursday, August 28 and continues across Friday and Saturday.

Continuing a tradition that had its Beginnings in 1949, this pivotal Horticultural event offers much more than daffodils.

You'll find other bulbs, Cur Shrubs and trees, Camellias, and Australian Plants along with Floral Art (introduced to the event in 1957), Pot Plants, Fruit and Vegetables, Plant Stalls, Photography and delicious refreshments.

Admission is \$5.00



## BASS COAST COMMUNITY BAPTIST CHURCH OP SHOP



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

Bass Highway, Grantville

### Phone

5678 8625

Contact for Church & service details  
Pastor Ilse McDonald

## Tooradin Sunday Community Market



The Tooradin Sunday Market operates on the third Sunday of every month. 9am—1pm  
Stallholders wanted \$20.  
Includes 1 sausage & bread b/fast  
Enquiries  
0429 188 280

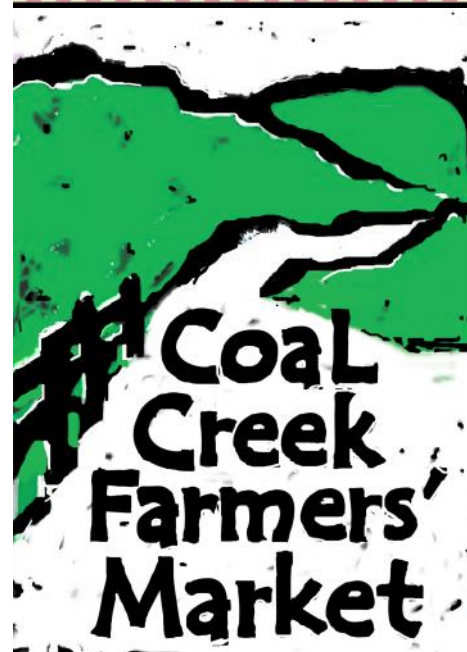
## PAKKY POP-UP MARKET

### STALL HOLDERS WANTED

\$25 per stall.  
+ extra cost for any additional tables or racks

Sundays, Aug 16, Sep 13  
9.00am - 2.00pm

PAKENHAM REGIONAL TENNIS CENTRE,  
WEBSTER WAY, PAKENHAM.



**Saturday September 12**  
**Saturday October 10**





# Around the Community Centres & markets

## MARKETS



**Every Sunday** Kongwak Market  
Retro stalls, food, vegetables, curries ,  
Coffee.

**Enquiries** Jane 0417 142 478

**1st Saturday**  
Sth Gippsland Farmer's Market  
Koonwarra 0408 619 182

**1st Saturday**  
Archies Creek Indoor Market  
Community Hall  
**Enquiries** info@archiescreek.com

**2nd Saturday**  
Coal Creek Farmer's Market  
coalcreekfm@hotmail.com  
**Phone Contact** 0459 629 000

**3rd Saturday**  
Prom Country Farmer's Market  
Foster **Contact** 0407 543 371

**4th Saturday**  
Churchill Island Farmer's Market  
**information contact:** 5664 0096

**1st Sunday**  
Jumbunna Bush Market  
Jumbunna Hall **Enquiries** 5657 3253

**1st Sunday**  
Koowe Community Market  
Indoor/outdoor 0418 289 847  
**Email:** info@kooweemarket.com.au

**2nd Sunday**  
Rotary Market Wonthaggi  
Apex Park 8am - 1pm  
**Contact** Neville Goodwin 5672 7245  
or Garry Sherrick 5672 5812

**3rd Sunday**  
Inverloch Farmers Market  
The Glade, Inverloch 0417 370 488

**4th Sunday**  
Grantville Market  
(Weatherpermitting)  
**Contact for details** 5997 6221

## BASS VALLEY COMMUNITY GROUP Inc.

Bass School Road Bass  
Centre Manager  
Roderick McIvor  
Phone 5678 2277



I think I said last month that we could start to look forward to warmer weather as we had passed the shortest day. How wrong you can be. But we did get some good news this month. Two of our applications to Council for grants were successful.

One was for a solar electrical system to cut back on our electricity costs. The second was to develop a ten-year maintenance plan for our buildings. We are very appreciative of the Council's support and hope these grants will help us stay sustainable and improve our forward planning.

Currently we have places available for our Occasional Child Care service. A number of the older children are just about to leave us to move up to the exciting world of kindergarten or other programs.

This means we have places available on all days ie Tuesday, Thursday or Friday. Our service offers child care from 9:30 to 2:30 on these days for \$30 per day. We take children from nine months to five years old. We are a properly accredited service with fully qualified staff. Also, we are limited in how many children we can take by the size of our facility. This is good news for parents as it means it is always a small group of children, receiving personal attention and making for good development of social skills for the children. At this time of year we have a lot of indoor activities for the children. However they do get to play outside for at least some time each day. Our outdoor area offers them a large range of experiences. It includes two sand areas and a number of climbing opportunities. And best of all, the whole area of the playground has a soft-fall surface to limit any injury when the children inevitably fall. So please, if you have children within this range of ages and would like to have a break from time-to-time or would like a regular booking, give us a ring on 5678 2277.

And finally, we are starting up our veggie garden for the year. We have a number of raised garden beds and a very nice greenhouse to get plants started. We will be getting a new water tank soon for the summer months. We use the produce for our Friendship Club lunches. If you would be interested in giving us a hand with the veggie garden please give us a ring.



## Corinella & District Community Centre

*Spread your wings and fly with us*



### Adult and Community Education

#### Neighbourhood 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.corinellacomunitycentre.org.au](http://www.corinellacomunitycentre.org.au)

T: 5678 0777 E: [coord@cdcc.asn.au](mailto:coord@cdcc.asn.au)

Office Hours: 10am-4pm Mon-Fri

## LANG LANG COMMUNITY CENTRE

Public Internet Access to all members.

Ipad Tuition.

Lifestyle classes including: Yoga, Pilates, Cardio, Walking group and Line Dancing.  
Playgroup and Hey Dee Ho for the littlies.

A variety of Patchwork groups.  
Men's Shed Group.

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Medicare Claim Service

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

Phillip Island  
Community and  
Learning Centre  
56-58 Church St,  
Cowes



Centre Manager - Linda Morrison  
5952 1131

Email : [manager@pical.org.au](mailto:manager@pical.org.au)  
[www.pical.org.au](http://www.pical.org.au)

## VALE DOUG PRESCOTT



### Wonthaggi Police Station members were saddened to learn of the passing of their resident Justice of the Peace, Douglas Prescott JP, who died on July 13 aged 74.

Doug started operating as a JP at the Wonthaggi Police Station in 2008, doing voluntary notary work, signing affidavits, and generally taking a fairly onerous task off police members who were then freed up for operational duties.

He performed this role for seven years, later being joined by other local justices to share the workload.

Doug was confined to hospital for several weeks before finally succumbing to his illness.

Sargeant Steve Gibson, officer in charge of Wonthaggi Police said "Doug's friendly manner and willingness to take time to chat with members of the public, made him extremely popular in the local community. Despite physical handicaps, Doug was one of the most driven people I have ever met, both personally and professionally. His wide smile and engaging manner will be greatly missed by all of our staff and the greater community who came to know him. We extend our heartfelt sympathy to his wife Marlene and his extended family."

## CARING FOR OUR ELDERLY COMMUNITY

Bass Coast Shire Council Home and Community Care staff help our elderly residents remain independent, socially active and in their own homes rather than going into full time care.



At 80 years old, Mary moved to Bass Coast to be near family. She had been receiving home care in Melbourne and continued with Bass Coast Shire Council's Home and Community Care (HACC) services at her new home. As Mary's health declined, her family requested additional assistance so her wishes to remain at home could be fulfilled.

A Community Care Worker took Mary shopping each fortnight, with these shopping trips including visits to the library where she would borrow some of her favourite books, followed by a chat over a cup of coffee.

Further referrals were made to Bass Coast Health for District Nursing Services and Meals on Wheels. As time went on, Mary attended Council's Planned Activity Group and enjoyed the company of both staff and other clients.

Mary achieved her dream of staying home in her old age and after six years living in Bass Coast, she quietly passed away. Being able to remain in the comfort of their own homes as they grow older is so important to many of our community members, but unfortunately it isn't always possible. Thanks to Council's caring HACC staff, more people are able to remain independent, socially active and in their own homes rather than going into full time care.

Aged care services are particularly important in Bass Coast, with 16 per cent of our population aged over 70 years, compared to the State average of only 10 per cent. In 2014/15 alone, Community Care Workers provided 27,000 hours of home care to Bass Coast residents – but their support doesn't end there.

Tom and Ethel lived in Bass Coast all their married lives. When Ethel went into a nursing home because of her dementia, Tom began receiving home care.

The Community Care Worker noted that Tom was only eating take away meals. When asked, he said that Ethel had always cooked and he didn't really have a clue about how to cook for himself.

Tom was able to join a Cooking for One program run by the HACC Team where he learned all the basics and at the end of the program, announced he was ready to be on Master Chef! Tom was so happy to have learnt how to shop and cook nutritious meals for himself.

These stories demonstrate the care provided on an individual basis for our older residents to keep them safe, socially connected and comfortable at home.

The great work provided by Council's HACC Team is widely praised by clients and our community. In addition to Home Care, the 73 part time and 5 full time staff members that make up the Team provided 6,500 hours of personal care; 2,700 hours of respite care; 1,400 hours of home maintenance; and 9,500 hours of Planned Activity Groups. A total of 5,600 hours of HACC Assessment was also delivered.

**If you would like more information on our HACC services, please contact Council's HACC Team on 1300 BCOAST (226 278) or (03) 5671 2211.**

## Bass Valley Children's Centre Inc.



### PUBLIC NOTICE OF AGM

Bass Valley Children's Centre Inc. board members invite the community interested in joining their committee to their AGM which will be held on:

**Date:** Thursday, 17th September 2015

**Time:** 11am - 12pm

**At:** The Corinella Public Hall, 59 Smythe Street, Corinella, Victoria, 3984

This Annual General Meeting will follow their normal monthly meeting. A light lunch will be provided at the conclusion of the meeting (sandwiches).

### Are you interested in joining?

#### We need your help!

#### Volunteers are needed in the following ways:

1. Take a seat on the Board in a position
2. Join the fundraising sub-committee
3. Join as a general volunteer

Membership is \$10 for the year. (August to August) - Join today! Please direct any enquiries to the Secretary on

**enquiries@bvcc.org.au**



The Bass Valley Children's Centre Inc. Committee would like to thank the Bass Coast Shire Council for the establishment grant we received and for their continued support for our project.

We will use the money towards purchasing name badges and for purchasing a printer which will help us to continue to work towards raising the community component of the funding for our centre.

It is our first of hopefully many grants to follow!

**Christina Keeble  
President, BVCC Inc.**



# Health

## 8 healthy reasons all over 60s should eat eggs

Alexandra O'Brien



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

### 1. Keeps you feeling full

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

### 2. Boosts iron intake

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

### 3. Helps with weight control

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

breakfast, stayed full for a longer period of time compared to people who ate bagels, yoghurt and cream cheese for breakfast.

### 4. Promotes brain health

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

### 5. Keeps bones healthy and strong

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

### 6. Good for hair and nails

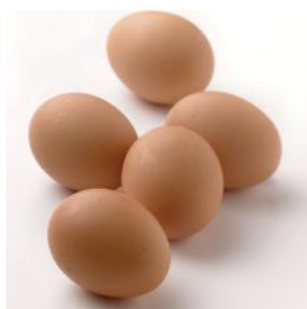
Keep your hair bouncy and nails strong by consuming eggs regularly. Eggs not only contain amino acids, but also contain many important vitamins and minerals that help maintain the health and appearance of your hair and nails.

### 7. Boosts immune system

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

### 8. Reduces inflammation

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



## Perfect Scrambled Eggs



### You will need:

8 eggs, lightly beaten, 1/3 cup light cream 25g butter, chopped, toasted crusty bread or muffins, and chopped chives, to serve

### What to do:

1. Place eggs and cream in a bowl. Season with salt and pepper. Whisk until frothy.
2. Melt butter in a frying pan over medium heat. Pour eggs into pan. Stir gently with a wooden spoon for 2 minutes or until eggs are just set. Remove pan from heat.
3. Serve with toasted crusty bread or muffins and top sprinkle with chives.



**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  
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91 Acacia Rd, Grantville Vic 3984



# Local Business News

## NEW MOBILE DIESEL MECHANIC



**TL Mobile Diesel Mechanic is a brand new mobile business that has just started servicing bass coast and beyond. Troy Carton is a fully qualified diesel mechanic with over 25years experience in the industry.**

Troy originally left school at 16 and walked into a apprenticeship with wreckair hire, now known as Coates Hire. After working in branches in the city he also experienced working on numerous shut down projects around the country such as Olympic Dam in Roxby downs, Shell in Geelong and even locally here on the Bass Gas Project in Lang Lang

It was in 2010 that he moved his family down to live permanently on Phillip Island, and work out of the Wonthaggi Branch of Coates hire. It was here that he continued work as the only branch mechanic & field service technician servicing the east region. He was responsible for servicing and maintaining all of Coates Hire equipment as well as identifying and resolving problems with machinery on site and in the branch. Unfortunately Coates closed the branch down in July this year and Troy with his family have decided that 'we love the area that much we couldn't bear to leave" so instead took a redundancy and decided to go out on his own.

TL Mobile diesel mechanic, specialises in (but not limited to) breakdowns, repairs and servicing of Earthmoving & compaction equipment, scissor & boomlifts (EWP'S), forklifts, generators and agricultural machinery. Troy is also a nationally trained accredited test & tagger with his own machine that has the capability of testing red's.

Give Troy a call on 0429 391 329 or

**Email: [tlmobile@icloud.com](mailto:tlmobile@icloud.com)**

No job too small, domestic or commercial  
**Sorry no cars or trucks**

## NEW MASSAGE BUSINESS

Feeling stressed or tired with aching muscles?

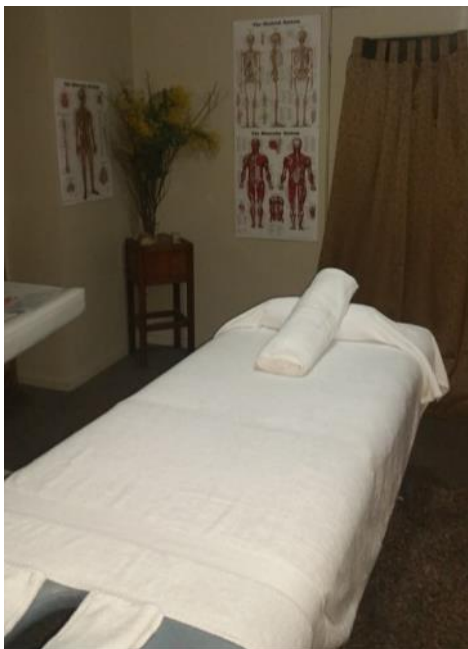
Do you have any muscle pain, strain or injuries due to your lifestyle or work?

Nici Marshall has just established her new massage business in Grantville.

Nici is a qualified Massage Therapist and she offers a range of massage treatments including:

- Relaxation
- Therapeutic
- Deep Soft Tissue
- Myofascial Release
- Meditation/Relaxation is also an option combined with massage.

**She has also had 17 years' experience as a Sports Trainer and can also assist with taping of injuries, exercises for strength and recovery of injuries.**



**Nici Marshall**

**Massage Therapist**

**T: 56788572 | M: 0488665051**

**E: [nicit1968@hotmail.com](mailto:nicit1968@hotmail.com)**

**W: [facebook.com/nicimarshall](https://www.facebook.com/nicimarshall)**

**See Nici's ad on page 8**

## NEW CHILD CARE SERVICE

Lisa Elliston, moved to Corinella with husband Peter and eight month old son Noah in March this year and has now established Coastal Kids Family Day Care.

The addition of extra child care options in the local community will be a great help for young mothers in the area.

Lisa is a qualified teacher and registered Early Childhood Teacher.

She wanted to continue to work with children and stay at home with her young son so she decided to start family day care to help fill some of the gaps in services provided in this area, until the new child care centre is built.

- Coastal Kids Family Day Care is based in Corinella.
- Lisa is a registered Early Childhood Teacher.
- Flexible hours offered, early and late times available. Monday-Friday.
- Coastal Kids FDC is fully registered with the Bass Coast Family Day Care Scheme, located in Wonthaggi.
- Provides a high quality educational program.
- You can find Coastal Kids Family Day Care on facebook.
- Already has bookings so get in fast to guarantee a place.

**Contact: Lisa Elliston**

**0417 653 465**

**or email: [ellistons@ymail.com](mailto:ellistons@ymail.com)**





### Corinella Airconditioning & Electrical

Gary Burchell  
Sales, Service, & Maintenance  
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REC: 8483  
[corinella.aircon@hotmail.com](mailto:corinella.aircon@hotmail.com)  
Plumbing: 48231

### [www.flyawayscreens.com.au](http://www.flyawayscreens.com.au)

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 Welded Security Doors and Window Screens  
Email: [flyawayscreens@gmail.com](mailto:flyawayscreens@gmail.com)

# Entertainment

## GIPPSLAND JAZZ

**Sunday August 16**

Phillip Island Jazz Club  
Ramada Resort, Cowes  
2pm - 5pm

**JON AND WENDY WADE & The INSIDERS**



One of Australia's most talented musicians, in his youth Jon worked extensively throughout England, Europe and Australia, including Ronnie Scott's Jazz Club and the Savoy Hotel in London and the Casino in Monte Carlo. He also worked for many years at the BBC radio and television stations in the UK.

A prior student of Classical Singing and member of many theatre productions and vocal groups, Wendy has found her niche in jazz and has developed her own style. Her soulful and passionate renditions of Jazz Standards capture the imagination of audiences of all ages.

Jon and Wendy are joined on stage by Alex Yarosh on guitar, Ron Anderson on sax and Allan Smith on drums.

**Enquiries: Robin Blackman 0432 814 407**

**Sunday August 30 1.30pm Moe RSL**



Moe-Latrobe Jazz Club presents:  
John Morrison's famed Moonee Valley Jazz Band. Not to be missed  
Great meals available at the RSL before the Jazz begins.

**Enquiries: Bruce Lawn 5174 3516**

**Saturday September 5**

Coronet Bay Hall 7 - 11pm

Coronet Bay UNPLUGGED continues to attract good audiences every 1st. Saturday of the month at 7pm. at the Coronet Bay

Hall, Gellibrand street. No matter what style of music you like there will be something to your taste. You can bounce along to rock or shed a tear with heart rending folk, or just have the troubles of the day flow away with beautiful classical music and poetry. Truly the best value entertainment around, it's just a gold coin to enter and supper is provided.

**Sunday September 13**

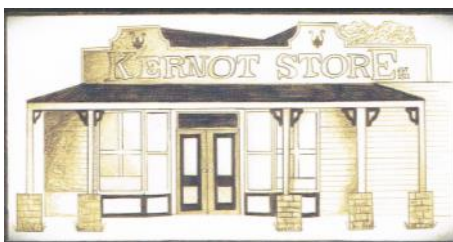
**Inverloch RSL 2pm.**

The South Gippsland Soc.

Inverloch Jazz Club presents "Body and Soul" Jan Blake and Neil Taylor.

**Meals available in the RSL before the Jazz. Enquiries:**

**Neville Drummond 5674 2166**



**Friday & Saturday nights, and Sunday afternoons .**

**Live music at The Kernot Store.**

**For details on who is performing and to book a table:**

**Call Julie on 5678 8555**

## WIN A CD

For your chance to win a fabulous Australian Jazz CD featuring some of the best known Australian jazz musicians, simply send your name and address on the back of an envelope to PO Box 184 Grantville, 3984, or email: [editor@waterlinenews.com.au](mailto:Win A CD to editor@waterlinenews.com.au)

Congratulations to Sheridan Muston from Grantville who is our June CD winner. Your CD is in the mail

## JAZZ ON 103.1 3BBR FM

Hear the All Star Jazz Festival from 7-8pm and Trad Jazz at Oak Street from 8-10pm.....

**Thursday September 17**

**Thursday October 1**

**Thursday October 29**

**Thursday November 26**



## NEW RADIO STREAMING



**Phillip Island App Radio**



**Phillip Island App Radio, a community based radio App that is now available to download in Google play and the App Store, or visit their webpage:**

**[www.phillipislandappradio.com](http://www.phillipislandappradio.com)**

**How to get it:**

**1. Android phones download app through Google Play/**

Apple available soon—you can still listen to our broadcasts through our Facebook page or website.

**2. Top and bottom banners is radio, which consists of two channels - Business Interviews and Live Broadcasts (which include events, competitions and offers).**

**3. Centre banner consists of local businesses. Scroll through and tap individual banners to visit their Facebook or website page, enabling you to call business direct.**

The company's main focus is a web based broadcasting app created for the community and for local business use, for awareness, advertising or live event broadcasting. Through their innovative processes they have worldwide coverage and their aim is to deliver those benefits to support their clients and community groups through their broadcasts.

This new venture is supported, created and delivered by locals.

**Phillip Island Jazz Club President, and Jazz Festival Director, Robin Blackman is presenting a Jazz program on the new Phillip Island App Radio, every Wednesday night from 6.30pm - 8.00pm. Why not give it a try and send us your feedback?**

**[editor@waterlinenews.com.au](mailto:editor@waterlinenews.com.au)**

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



**West Gippsland Community Radio Inc.**

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

**[www.3bbrfm.org.au](http://www.3bbrfm.org.au)**



## A CONCERT TO LOOK FORWARD TO

**CRANBOURNE LIONS CONCERT BAND**  
Featuring guest vocalists and instrumental soloists performing music from the United States of America



**Born in the USA**  
Live @ Balla Balla Community Centre  
Berwick - Cranbourne Road (next to Cranbourne Library)  
7pm Saturday 29th August  
ALL PROFITS IN AID OF CRANBOURNE REGIONAL UNITING CHURCH FOOD TRUCK  
Proudly sponsored by TC CHEAPEST TYRES  
Donations of non-perishable food appreciated  
www.cranbournelionsconcertband.org.au

The popular and multi talented group "Journey Bound" will be the support act at the Cranbourne Lions Concert Band concert on Saturday August 29. Book your tickets now at: [www.cranbourneconcertband.org.au](http://www.cranbourneconcertband.org.au)

## Journey Bound



L-R Wendy Snook, Sharon Start, Jose Garcia and Colin Smith

**Journey Band** are an ideal group for absolutely any occasion. Contact them through their website [www.journeyboundmusic.com](http://www.journeyboundmusic.com)

## BLUEGRASS WITH A TWIST



**Coolgrass give some old standards a new feel.**

By Michael Whelan

Great musicians, a wry sense of humour and the occasional dress up – that's Coolgrass, well known around the music festivals and in the Hills, are making their first visit to Wonthaggi. They'll perform at the Wonthaggi Club on Saturday August 29, putting a spin on many of our favourite old songs.

Great banjo, guitar and mandolin solos support the vocal harmonies and clever song writing. We are in for a treat. One of Australia's premier acoustic bands, Coolgrass will be supported by the Bass Coast Pickers who will open the show. Coolgrass display a level of musicianship and vocal performance that is wonderful to listen to but with a strong hint of irreverence, as they give some of our old standards a new feel.

They have featured at Australia's National Folk Festival, the Auckland Folk Festival, Port Fairy, the Harrierville Bluegrass Convention, the Redlands Bluegrass Festival, the Fairbridge Folk Festival, the Tamworth Music Festival and many more, plus folk clubs, wineries, town halls and pubs across Australia and New Zealand.

**The program: 7pm Bass Coast Pickers, 7.40pm Coolgrass**

Tickets are \$15 and available from the Wonthaggi Club, 16 McBride Avenue, Wonthaggi, Ph5672 1007, from Alison, 0412 640 988, or Michael, 0418 356 301.

## DON'T MISS JIMMY FONG

Growing up in Malaysia, listening to John Denver on the Royal Australian Air Force Radio. Jimmy Fong never imagined one day he'd perform his own music wedged between two idols – The Sultan and the legend himself.

"My Time with John Denver" is an inspirational, live music show of how life plays out in the most unexpected of ways. A must see for anyone who appreciates the man who was John Denver. Hear of personal encounters from Jimmy & sing-along to the songs that made John Denver famous by Jimmy Fong & the Baby Boomers Band.



Jimmy & John Denver 1994

**The last 3 shows were sell outs! Hurry seats are extremely limited!**

**Don't miss these 4 fabulous Shows :  
Fri 28th / Sat 29th August / Fri 4th / Sat 5th September 2015**

**@ St John's Anglican Church  
27 Childers Street. Cranbourne. 7.30pm start.**

**Tickets : \$25 online / \$30 at Door unless sold out (General Admission)**

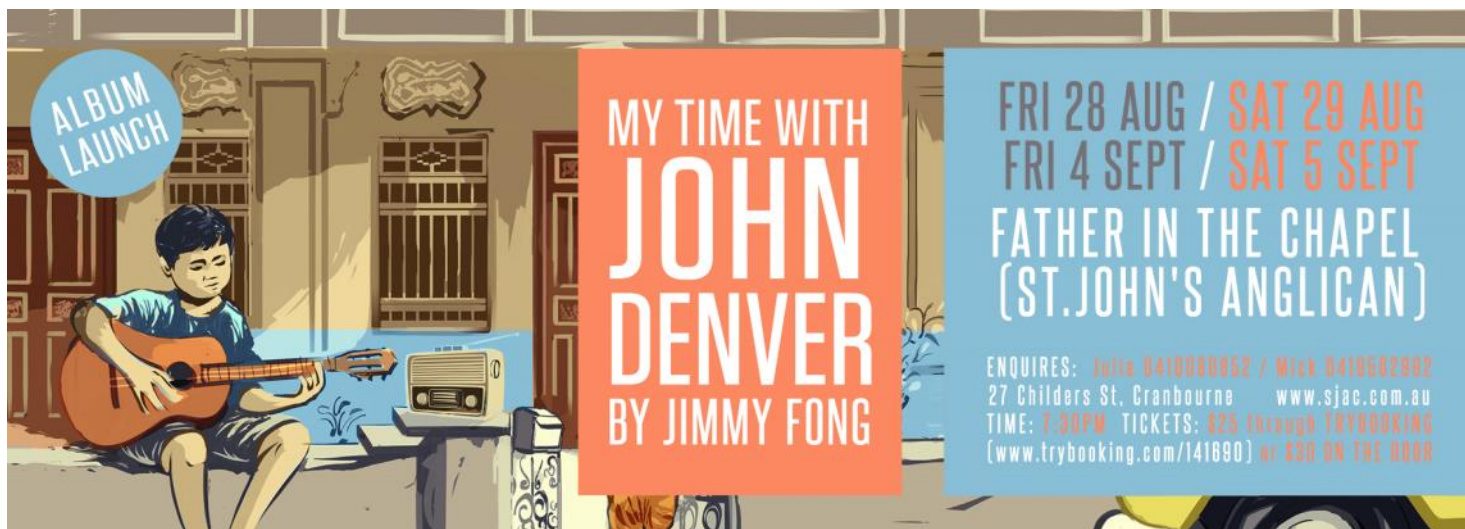
**Doors open from 6.30pm**

**Wheelchair Access available**

**Enquiries: Julie 0410080852 or Mick 0419562992**

**Or Online : <http://www.trybooking.com/141690>**

**www.trybooking.com/141690**



**ALBUM LAUNCH**

**MY TIME WITH JOHN DENVER BY JIMMY FONG**

**FRI 28 AUG / SAT 29 AUG  
FRI 4 SEPT / SAT 5 SEPT  
FATHER IN THE CHAPEL (ST. JOHN'S ANGLICAN)**

**ENQUIRES: Julie 0410080852 / Mick 0419562992  
27 Childers St, Cranbourne www.sjac.com.au  
TIME: 7.30PM TICKETS: \$25 through TRYBOOKING (www.trybooking.com/141690) or \$30 ON THE DOOR**



# Food

## RECIPES

### Baked Salmon Balls

Melody Teh



**A healthy take on meatballs that's quick to make, easy to eat and packed with omega-3.**

**Makes:** 25 to 30

#### Ingredients:

250g potatoes, cut into pieces  
2 x 200g can salmon, drained flaked  
1 tablespoon lemon juice  
1 tablespoon dill leaves, chopped  
½ cup dried breadcrumbs  
1 tablespoon mayonnaise  
¼ teaspoon garlic powder  
¼ cup diced spring onions  
Olive oil cooking spray  
Salt and pepper, to season

#### Method:

1. Cook potatoes in saucepan of boiling water until tender. Drain well and return to pan. Mash until smooth.
2. Preheat oven to 180°C. Line a baking tray with baking paper.
3. Add salmon, lemon juice, dill, spring onions, mayonnaise and garlic powder to mash. Season with salt and pepper. Mix well to combine.
4. Place breadcrumbs on a plate. Roll salmon mixture into balls and then roll each ball in breadcrumbs. Place onto tray and repeat. Spray with oil. Bake for 15 to 20 minutes or until golden. Serve with tartar or chilli sauce.

### Apple and Butterscotch Pie

Melody Teh



**Apples with rich butterscotch sauce? We think that's a match made in heaven – and it's made even better because it comes in pie form.**

#### Ingredients:

½ cup brown sugar  
½ cup golden syrup  
20g butter  
⅓ cup plain flour  
1 teaspoon cinnamon  
½ teaspoon nutmeg  
5 Granny Smith apples, peeled, sliced  
2 teaspoon caster sugar  
1 egg, beaten  
3 sheets frozen shortcrust pastry, thawed

#### Method:

1. Preheat oven to 180°C. Grease a 20cm round pan and arrange shortcrust pastry sheets into pan. Press into base and sides before trimming edges. Prick pastry with fork and chill for at least half an hour.
2. Meanwhile, combine brown sugar, syrup and butter in saucepan over low heat. Stir until smooth and simmer for two minutes.
3. In a large bowl, mix flour, cinnamon and nutmeg together. Add apple slices and toss to coat. Add coated apples to saucepan mixture. Stir and simmer for 20 minutes or until apples are just tender.
4. Line 20cm pan with baking paper, fill with rice (or some type of baking weight), and blind bake for 15 minutes. Remove rice

and paper, and bake for further five minutes.

5. Spoon apple mixture into pastry shell. Cover with remaining pastry and cut two or three slits in the pastry. Brush pastry with beaten egg and sprinkle over caster sugar. Bake for 30 to 40 minutes or until golden and crisp. Serve with generous scoop of vanilla ice cream

**www.oversixty.com.au**

Try the [oversixty.com.au](http://oversixty.com.au) website/ lifestyle for Outdoors, Beauty & Style, Food & Wines, Retirement Life, Education, Dating, Family, Pets, Technology, DIY, Gardening and Energy segments.

# OVER60SIXTY



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Paul and Julie Johnston

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[ 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

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Closed on Monday  
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## BASSINE SPECIALTY CHEESES

Please note our farm shop will be closed for Annual Leave from July 31 until Friday September 4

During this time our Milk will be available from all regular stockists including Hot Chic Charcoal Chicken - Grantville, Corinella General Store and IGA Tooradin. (0466 183 513)





# French Island News



## The French Island News

### **FRENCH ISLAND COMMUNITY ASSOCIATION**

French Island Community Association

Tankerton PO

French Island

Victoria 3921

[secretaryfica@gmail.com](mailto:secretaryfica@gmail.com)

### **EMERGENCY SERVICES**

There is no regular police presence or ambulance service on the island. French Island has a Country Fire Authority (CFA).

There is one fire engine stationed permanently on the island, next to the Community Hall on Tankerton Rd. CFA volunteers are able to respond to any kind of emergency.

Calling 000 is always the best option in an emergency.

### **NURSE ON CALL**

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

Nurse On Call 1300 60 60 24

### **AMBULANCE SERVICES**

Ambulance Membership

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

### **FIRE PLANS**

All bushland residents should have a personal fire plan.

The French Island CFA hosts annual information sessions which give concrete advice on this topic.

The CFA is also happy to visit individual properties to further aid in the development of fire plans.

As for all of Victoria, fire bans and other instructions issued by the CFA should be followed.

**POISON INFORMATION HOTLINE 131126**

## French Island General Store and Post Office

From bread and milk to plumbing supplies, the store provides so many goods and services, we can't name them all here (though we plan to try at a

future date). In the meantime, whether its distilled water for batteries or a fuel filter for the car, ring to find out what's in stock. Newspapers can also be ordered from the store with at least 24 hours notice. 03 5980 1209



French Island Community Association

Notices for the French Island section of The Waterline News should be sent to:

[editor@waterlinenews.com.au](mailto:editor@waterlinenews.com.au) by the 1st of each month.



## CFA Training Winter schedule

The first Sunday of the month  
10am - 12 noon at the FI Fire Station

## CFA First Aid Training Update

Friday, August 21 at the FI Fire Station

Time to be announced.

## FOFI Project Days

THIRD Saturday of  
every month



10.00am ferry from Stony Point.  
Meet in Tankerton jetty carpark at  
10.15am. On-island transport provided.  
BYO binoculars, water, hat, sunscreen  
& mozzie repellent.  
No experience necessary!  
Please call Murray Bouchier on  
9876 1410 at least one week prior  
to confirm participation.



## French Island Landcare

### Community Planting Day

*Change the Date*

Landcare, in conjunction with Friends of French Island, is having a Community Planting Day on Saturday, August 22 instead of July 11 as previously planned. The location is yet to be determined. All are welcome. For more information, email [filandcare@gmail.com](mailto:filandcare@gmail.com).



### Related groups:

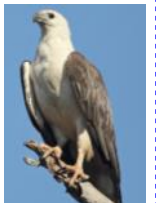
Friends of French Island

Contact:

Meredith Sherlock | Ph: 03 9770 5229

Address: 11 Raymond Ave, Frankston 3199

Email: [heresproof1@gmail.com](mailto:heresproof1@gmail.com)





## THE COMFREY MAN

By Roger Clark



**Graeme Little farms around 2500 comfrey plants on his 20 hectare French Island property formerly owned by Australian singing idol Kylie Minogue.**

He has more than 2500 plants of the Bocking 14 variety, which is a hybrid version of Russian comfrey.

The plants are rich in nutrients, making it ideal fertiliser. Many claim it also has medicinal qualities, stimulating cell growth and working as an anti-inflammatory.

Graeme propagates all of his own plants, cutting a 2mm section from the root and digging it finger-deep into the soil. The root sections are spaced approximately 75 centimetres apart, and around three weeks later a plant emerges.

He always plants in spring when the most rapid growth occurs, then the comfrey is ready to be harvested within six months.

The easy care crop is sprayed with comfrey tea fertiliser, which he makes himself, and mulched with comfrey leaves.

It is important to make sure the plants get just the right amount of water, not too little, or too much, and once the roots have established properly the plant is extremely hardy.

Once the leaves are harvested, Graeme makes the oil, firstly grinding the root in a food processor, then adding olive oil, although he has experimented with almond and coconut oils.

Then the mixture is cooked using a double pan method over hot water for around three hours, stirring every 15 minutes.

The mixture is then put through a juicer to leave a clear oil.

The oil is sold at the Berwick Farmers Market, the French Island General Store, and through selected natural therapists in 50ml jars. Graeme also sells propagated plants, and plans to start marketing a cream and poultices in the near future.

He is also planning a Comfrey frozen ice pack, which he has high hopes will be adopted by AFL clubs.



[www.comfrey.com](http://www.comfrey.com)

He says the oil has healing qualities, but is also useful for land management - comfrey tea for fertiliser, while a Landcare trial has found the plant is a good green fodder crop in the hotter months. During the first year, the roots break through clay soil and act as an aerator of the soil and a disperser of water from waterlogged pastures.



Comfrey farming is a long way from Graeme's former life. Raised in Melbourne, he studied economics and law before becoming the principle legal officer of the National Companies and Securities Commission, which was the predecessor to ASIC, in the 1980s. Included in the major cases he prosecuted were failed businessmen Alan Bond and Christopher Skase, who have now both passed on.

Following this he had 15 quite lucrative years in stockbroking and venture capital before taking a severe hit in the 1987 stock market crash.

All was not lost however and he was able to turn adversity into opportunity and started his own venture capital business and life was conducted at a rather hectic pace for some time.

Graeme looks back and says he can see there was a time when he should have slowed down a little but doesn't think he's much good at watching the grass grow, adding that he is thankful that comfrey grows quickly.

An out of the blue call from the late, great racehorse trainer Colin Hayes saw him take up the offer of a financial stake in a race horse, and that was it, he then immersed himself in the racing industry, the only way he knows, full on again.

After investing in several racehorses with Colin Hayes, in 1966 he purchased a 55 hectare property at Shoreham, on the Mornington Peninsula, where he created the magnificent horse breeding stud, The Pines.

Graeme had considerable success, so much so that he was Victorian breeder of the year in 2004, then another crash, he became divorced and was forced to sell the stud in 2008.

Most people who go through a marriage breakdown have their health affected, and on the recovery train Graeme opted for a complete lifestyle change.

While looking for a new home in which to start his new life, he came across Kylie Minogue's French Island property. He saw it as an ideal location for a health retreat, an idea he first thought of when he was at Shoreham.

The fact that it was remote made it the ideal location for a retreat. Close to Melbourne but also close to nature, with panoramic views. Very peaceful and serene.

While his plans for the retreat were initially delayed by the unreliability of the ferry service to the mainland, he no longer sees that as a problem and he hopes planning for the retreat will be back on track before too long.

As for the comfrey, the catalyst of this project also started while Graeme was living at Shoreham. ....

Photos courtesy of The Weekly Times Farm Magazine





Graeme's gardener at Shoreham had seen some comfrey on the property and started using a comfrey tea, made with a hessian bag filled with leaves put into a 200 litre drum of water for a few days. The solution was then sprayed on his vegetable garden and fruit trees five days a week as a fertiliser and for pest control. They saw an immediate response. Plants in the orchard grew strong and healthy and there was hardly any wastage from bugs or insects eating the fruit.

Graeme said he couldn't remember when he became so passionate about comfrey but when he moved to French Island he immediately started planting it for fertiliser and kept adding more plants. He then went on to say that his curiosity was piqued further when he read that comfrey was classified as poisonous for oral use. Internal use of comfrey was banned by the US Food and Drug Administration in 2001 for toxicity levels after research indicated it should only be used on the skin.

He said he is not convinced by the standard of evidence that has been relied on in making that decision and as a result has written to all G20 countries to try and get a position as to the regulatory status of comfrey in their countries.

A lot of herbalists support Graeme in his endeavours to have comfrey restored to its historical position in the health industry. If you look far enough into how it has been used historically to help healing, it gives you confidence that the herb, if given proper assessment, could lead to significant expansion in its use and demand.

Aside from its healing qualities, Graeme further emphasises the huge potential for comfrey in land management. While comfrey is widely recognised as a fertiliser, a Landcare trial discovered the plant is a very useful green fodder crop in the hotter months and also provides fire protection for fences.

Another significant benefit is that during the first year, roots break through clay soil acting as an aerator and dispersing water from waterlogged pastures.

**Graeme is philosophical when recounting the journey his life has taken, living on the farm with his retired racehorses, ten Angus steers and a small flock of chickens for eggs, he says French Island has provided the perfect salve for his life. He counts himself as lucky that the highs and lows have given him insight into what can be achieved in the health industry, more so than if he'd had an easy run without the hurdles life has put in his way.**

**He hopes to now be able to call on all of his life's experiences to date to hopefully create something that will provide a positive impact on other people's lives too.**

**Have a look at the website: [www.comfrey.com](http://www.comfrey.com)**

**If you have any queries after reading this fascinating story Graeme can be contacted by email at:**

**[glittle@frenchislandretreat.com.au](mailto:glittle@frenchislandretreat.com.au)**



## FRENCH ISLAND FERRY

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

### **The ferry departs from:**

**Stony Point Jetty** on the Mornington Peninsula  
(Stony Point Station is a short walk from the jetty)

**Tankerton Jetty** on French Island

**Cowes Jetty** on Phillip Island

### **Fares**

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

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

The following fares apply:

Adult: one way - \$13.00, return \$26.00

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

Pensioner/concession: one way - \$8.00, return - \$16.00

Bicycle (additional cost): one way - \$4.00, return - \$8.00

\*Children aged under 4 years travel free.

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

For more information, see the French Island Ferries website

[http://www.interislandferries.com.au/fi\\_costs.php](http://www.interislandferries.com.au/fi_costs.php)

## **The Loco-Motion world record attempt at Kylie's famous French Island escape**

If you should be so lucky to step back in time on Sunday 30 August, 2015, and be part of "Kylie history" by creating a world record number of at least 1753 people "doing the Loco-Motion" at Kylie's famous farm escape, French Island Retreat, in the heart of French Island.

The picturesque farm has sweeping panoramic views

of the island's wilderness park, Westernport Bay, plus stunning sunsets leading the Minogue family to call the property "Beauciel" ( beautiful sky).

The record Loco-Motion attempt will celebrate Graeme Little's French Island Retreat's joint venture with the world famous Permaculture Research Institute ([www.permaculturenews.org](http://www.permaculturenews.org)), founded by the visionary Geoff Lawton ([www.geofflawton.com.au](http://www.geofflawton.com.au)).

Our first permaculture introductory design course for a limited number of serious minded enthusiasts will be run at the farm as a live-in experience from Friday evening of 28 August 2015 to Sunday 30 August 2015.

The weekend course will comprise an introduction to permaculture design principles; live construction of our first 600m contour swale to harness water; use of comfrey plantings on the swale; how to make comfrey oils and creams; how to prune and manage an espalier fruit garden on site; and a timeline for future permaculture opportunities.

Join the celebration at [www.eventbrite.com.au](http://www.eventbrite.com.au) to sign up for early bird rates for the Loco-Motion world record attempt at Kylie's famous French Island escape.

Contact Permaculture Research Institute at [www.permaculturenews.org](http://www.permaculturenews.org) for bookings for the Introduction to Permaculture weekend course.

**For any queries, contact Graeme Little on 0419 369252  
or [glittle@frenchislandretreat.com.au](mailto:glittle@frenchislandretreat.com.au)  
or via [www.comfrey.com](http://www.comfrey.com)**



# French Island

## WELCOME AMANDA PENROSE

We are extremely pleased to welcome Amanda Penrose and her comic strip "Koala Hugs" to the French Island segment in The Waterline News.

Once upon a time... there was an Australian fantasy artist, storyteller, and web designer called ...Amanda Penrose. Amanda was passionate about fantasy, story telling, accessibility, code, great design and corgis. She lived in Australia with a wonderful prince, two beautiful daughters, and a loveable furry companion called Bosco.

Amanda's experience in the Internet and Multimedia industry, includes design and web publishing, which began in 1995. She is available for a great variety of graphic design and illustration projects, including but not limited to:

Web graphics and site designs

Book covers and illustrations

Logos, product labels and promotional items

Comics/manga

Invitations

In-game graphics

Portraits and avatars.

Amanda has been involved in the creation and management of over 120 websites to date. I can help you out with:

Award winning\* site design

Content management and proofreading

Site coding including HTML, CSS and SSI

Quality assurance and meeting accessibility standards

Creation and integration of Flash animations.

\*RMIT Union - Winner ACUMA Best Website Award 2005

\*Keep It Safe - Winner Lord Mayor's City Safety Award (Melbourne) 2006.

## About Koala Hugs

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

### Cast

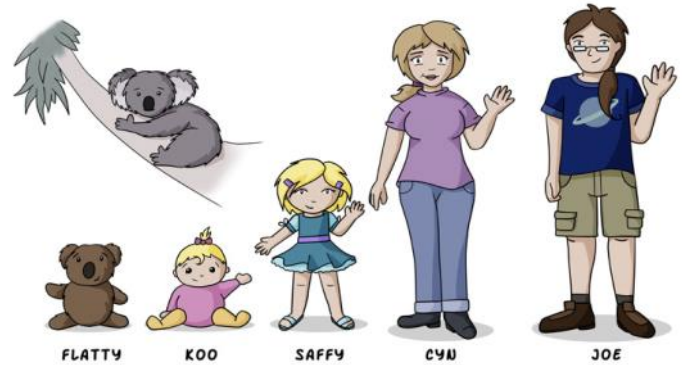
**Flat-bear** – A teddy bear

**Saffy** – A child, Flat-bear's best friend

**Koo** – A baby, Saffy's sister

**Cynthia** (aka 'Cyn' aka 'Mum') – Saffy and Koo's mum

**Joe** (aka 'Dad') – Saffy and Koo's dad



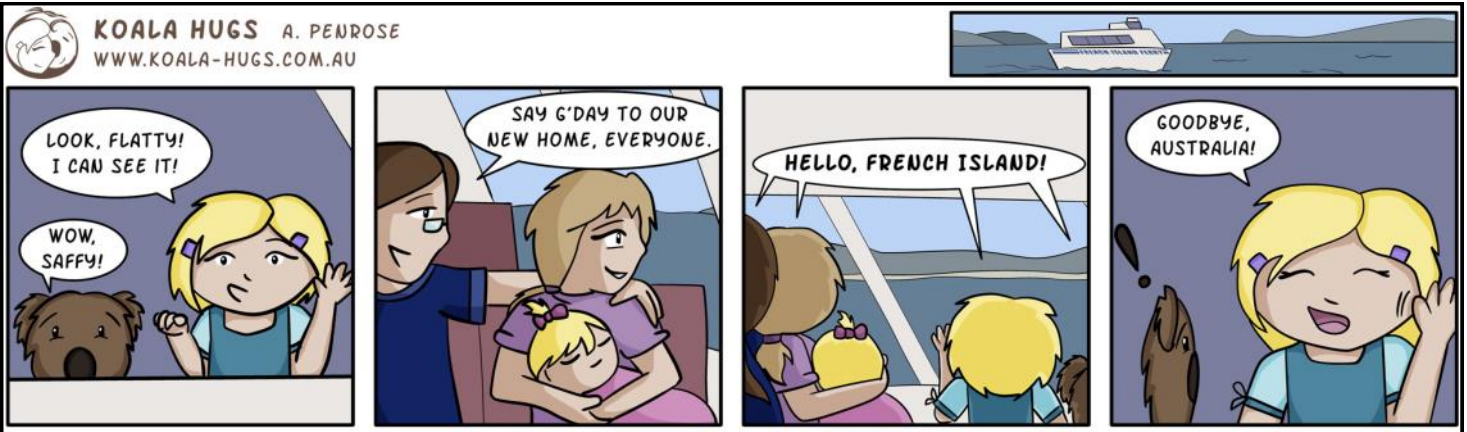
Koala Hugs is written and illustrated by Amanda Penrose, an Australian artist, storyteller, and web designer.

Send her an email. She'd love to hear from you!

[amanda@dd.com.au](mailto:amanda@dd.com.au)

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

#1



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# Legal Matters

## **FAMILY COURT ON APPEAL ALLOWS TATTOOED MOTHER TO BREASTFEED HER CHILD**

The recent case of Jackson & Macek [2015] Fam CAFC 114 (19 June 2015) was an appeal to the Full Court of the Family Court from orders made by the Family Court. The Family Court made interim orders that the mother could not breastfeed her baby after she got a tattoo which carried with it a risk of HIV infection and that the father should have contact with the child for six hours every Sunday, Monday, Wednesday and Friday. These orders were overturned by the Full Court of the Family Court by Judges Aldridge, Hannam and Ryan.

### **Background**

The Family Court hearing was initiated by both the mother and father of the child. The child was aged 11 months. The child had been in the care of the mother and only had a small amount of contact with the father. Two weeks before the hearing the father had a 3 hour visit but refused to return the child over worries about the child's welfare.

During the Family Court hearing Judge Myers considered a number of matters regarding the child's welfare. This included claims by the father that the mother was suffering from post-natal depression and was a danger, claims by both parents against the other of drug use and a claim by the father of a danger of abuse from the maternal step-grandfather. During the hearing the father's lawyer told that Family Court that the mother had recently got a tattoo on her breast. Judge Myers considered that there was a risk that the mother could have been exposed to

HIV when getting the tattoo and this could be passed on to the child during breastfeeding.

Judge Myers found information from the Australian Breastfeeding Association which said there was a risk the mother could get HIV after getting a tattoo and that this could be passed on during breastfeeding.

### **Appeal**

**The main grounds of appeal by the mother before the Full Court of the Family Court were:**

1. that the mother should not be prevented from breastfeeding the child; and
2. that the child's best interests were not properly considered in giving the father contact for six hours every Sunday, Monday, Wednesday and Friday.

In considering the ground of appeal of preventing the mother from breastfeeding, the Judges considered the use of information from the Australian Breastfeeding Association. Judge Myers introduced the information from the Australian Breastfeeding Association because he thought it was common knowledge. Section 144 of the Evidence Act 1995 allows information to be included as evidence if it meets the two limb test being the information:

1. is common knowledge in a particular location or generally; and
2. it can be verified by reference to a document the authority of which cannot reasonably be questioned.

On appeal, Judge Aldridge found that while the information may have been common knowledge meeting the first limb of the test, it was not beyond reasonable question and it was controversial.

As such it did not satisfy the second limb of the test and the interim order preventing the mother from breastfeeding was overturned.

In considering the second ground of whether the child's best interest were taken into account in giving the father care every Sunday, Monday, Wednesday and Friday, the Court considered the requirements under section 60CC of the Family Law Act 1975.

Section 60CC says what the Court must consider to settle what is in the best interests of a child. The primary considerations are:

1. the benefit of the child having a meaningful relationship with the parents; and
2. the need to protect the child from physical and psychological harm through being subjected or exposed to abuse, neglect or family violence.

In the Court's view, the pattern of the father's care as ordered by the judge at first instance was too disruptive due to the "toing and froing". They found that the child would have difficulty forming a bond with either the mother or father as the changes were too frequent. They decided it would be in the child's best interest if the father had care for 5 hours on Wednesdays and Sundays.

**The appeal decision shows that when considering the best interests of a child under the Family Law Act, it is of importance to the Court that the pattern of the child's visits with the parents must not be too disruptive.**

**James McConvill**



  
**JAMES McCONVILL & ASSOCIATES**  
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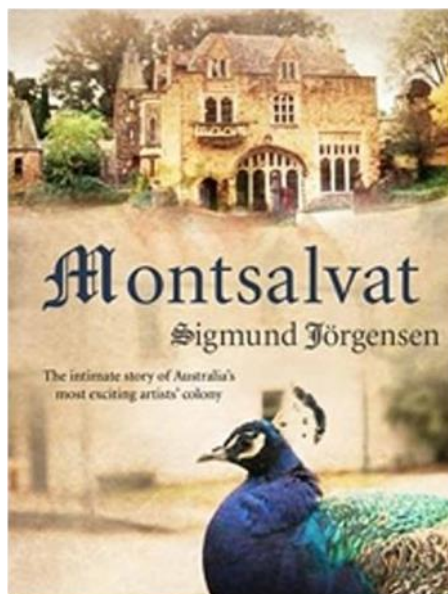
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## BOOK REVIEWS

**Montsalvat: free love, great art and a cultural institution****Montsalvat by Sigmund Jorgensen, the intimate story of Australia's most exciting artists' colony**

WHERE to start explaining the Melbourne outer suburban property of Montsalvat for those who don't know?

A history of free love, great art, alternative community, famous Australian artists, stunning architecture: Montsalvat has it all. This sprawling bush landscape is filled with charming, authentic-looking gothic architecture housing Australia's oldest artists' colony, and the stunning buildings and grounds today host art exhibitions, weddings, a range of festivals and offer all sorts of artists a place to practise their work. Named for the mythical home of the Holy Grail, Montsalvat began as a modest artists' studio owned and built by Melbourne artist Justus Jorgensen and his partner, Lily Smith, in 1934.

Next to be built was a building to house friends and helpers who provided the cheap labour to continue expanding the self-contained village.

The central, spectacular great hall followed and an alternative, bohemian, ever-expanding artists' colony was born, frequented by Clifton Pugh, Albert Tucker, Helen Lempriere and others.

The story of the property is really the story of those who lived and worked there, and Jorgensen's son, Sigmund, has told the tale in a detailed, illuminating fashion.

Jorgensen junior took over the running of Montsalvat from 1969 when it had fallen into disrepair, the establishment was ignoring his father's art, and the property was in financial trouble.

Sigmund turned its fortunes around and was at its helm until 2005.

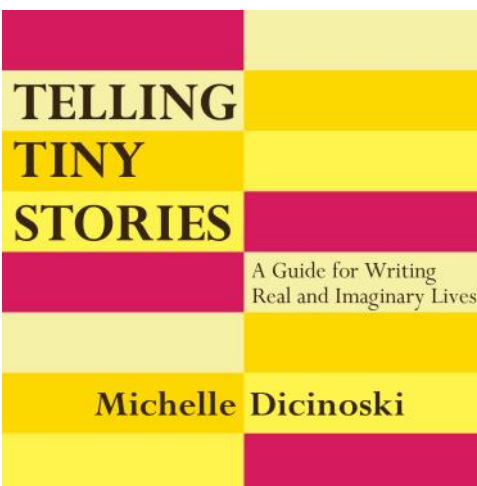
He notes much of its saving revenue comes

from weddings, a far cry from what it represented in the 1930s and '40s, when free love and relationships outside society's norm were the standard.

Sigmund himself is the product of a relationship between his father and colony member Helen Skipper. Justus kept both Helen and Lily by his side.

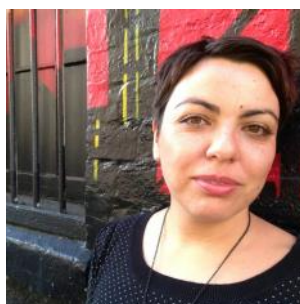
**Montsalvat is a fascinating history of one artist's dream come to life.**

Shanaugh O'Connor

**TELLING TINY STORIES**

Have you ever wanted to record your memories, but didn't know where to start? Telling Tiny Stories is a workbook that will help you to remember stories from your life and write them down in your own words. Designed for writers and non-writers alike, it uses a series of prompts to help you recall fleeting moments from your past and present memories that might just surprise you. Telling the story of a life can be daunting. That's why Telling Tiny Stories encourages you to write your story in small but powerful fragments. After all, you live your life in a series of tiny stories, so why wouldn't you write it that way? Read more and buy the book at the Telling Tiny Stories website.

**[www.tellingtinystories.com](http://www.tellingtinystories.com)**



Michelle Dicinoski is a writer and writing teacher who is also the author of two other books, *Ghost Wife*, a memoir of love and defiance, and the poetry collection *Electricity for Beginners*.

**THE WRITINGS OF E.E.(Betty) CALDWELL**

Last month we introduced author E.E (Betty) Caldwell, with her short story Noble Monarch, which she wrote in 2005. Betty also sent us a collection of some of her other works, reflections on life, five in all, which make very interesting reading.

The first in this series of five works is titled **KNOWLEDGE** written in 2011.

Congratulations, my friends. Why? Because within each and every one of you is a wide range of knowledge. I am not for a moment suggesting that you approach the level of Einstein. But let us consider what we do know.

There are family histories, school days, acquaintances, relations, events both on the world stage and at a personal level. Our lives are chockfull of what we call memories but in its own way each of these is a snippet of knowledge. Every person's intelligence - though at times we deem it to be scant - is valuable because it is unique to that individual.

A teacher commencing at a fresh school is reliant on the pupils for instruction in the niceties of local lore while they, in turn, are learning from the master. And so it is in many fields.

A new employee will bring to the job a different outlook on procedures, no matter how long-standing they may be.

"But we've always done it that way," is not a valid defence against proposals for sensible improvement.

You may argue that tradition is based on non-changing routine and doubtless there is a place for this in the entire scheme of things. History, though, is studded with examples of would-be reformers being ridiculed, tormented or executed. Today, it seems incredible that so late as the mid 1800s people resisted the use of anaesthetic on the grounds that it breached God's law. A prevailing counter view pointed out that the Almighty Himself had used such means to induce Adam's deep sleep for the first surgical operation. And are not we all beneficiaries of that procedure?

Based on the supposed facts or sometimes the ignorant interpretation of what was accepted as God's Will, progress often must have been severely hampered. In some ways it still is.

Closer to home, when the Australian invention of a black box flight recorder was first presented, it was smartly rejected because "Australian planes don't crash!?" No? Fortunately, other countries were more receptive.

When Alexander Graham Bell was struggling to perfect the first telephone, folk wondered why he bothered. Why would you want to talk to anyone who was not presently in your company?

cont



# Writing

**Knowledge** continued from page 18  
With the certainty of a 13 year old, I was convinced that mankind had reached the limit of his inventiveness. After all, we had radio, trains, motor vehicles, submarines, aircraft, what else was there. For a start, home television, and recording devices, mobile telephones, ducted heating and on the larger canvas, space travel, moon-landings, bionic ears, heart transplants. As the old adage informs us, the more we learn, the more we realise how little we know.

**E.E.Caldwell**

**Still to come in Betty's series of writings are:**  
**Platitude (2012)**  
**Humanity (2012)**  
**Blessings (2014)**  
**End (2015).**



## BOOK REVIEW REVISITED

In March we published a review on Woodleigh author John Findley's book "Recollections Of my life". Since then we have been trying to fit in a chapter/short story from the book to give a taste of what you can expect when you order a copy. John's wife Heather sent us the following excerpt for your interest.

### Coronet Bay

We found sleepy seaside village tucked away on Western Port Bay, "Coronet Bay". The perfect holiday home, the house that fitted with what we had been looking for. The real estate agent though somewhat pushy, conveyed our offer to the seller. We now had our holiday home right on the beach.

"I'll be a few more minutes," I called out as we were getting ready to leave. "No good setting off without our fire wood." On arriving at the house my job was to get the open fire going in the lounge room. After the walk along the foreshore we returned home through the banksias trees. Our dog enjoyed it the most, her walk sometimes missed when we stayed home. We knew most of the neighbours to nod to, but they

knew "Chloe" our dog and addressed her by name.

"Will a light evening meal do or should we visit the hotel back on the highway, for that country pub meal?"

I could answer that. "Let's have a meal out." Familiar faces at the pub, we nodded to while walking, most we knew by sight. We are thought strange by the locals, for staying one night then returning to the city. For a time now they'd discussed the weather, and now we felt accepted as last week they asked our opinion of the planned road works.

Then sitting on the veranda watching the last of daylight disappear, fantastic sunsets were changing by the minute. Shades of red and orange today different from the last time one could not tell which evening was more magical. Maybe today's image was always clearer and more vibrant than our memories of past sunsets.

Our bedroom stayed vacant for as the fire died to embers; the couch in the lounge room was a comfortable bed. There we stayed till morning, a late breakfast then the drive to the factory in Melbourne.

One morning we watched porpoises swim along close to the shore, another morning a kangaroo hopped through the car park. Swans are always nibbling on the sea grass, lots of different birds call by our bird bath. Magpies when not fed enough by friends up the beach call on us. There were fishermen to watch; at least they didn't consider it a waste of time. They'd be having fish for breakfast; we had to settle for bacon and eggs.

The weeks we couldn't go, we had lent it to friends or to relations once we even rented it out for a whole month in the summer, we really missed it.

"Go whenever you can, but beware we may call in and sleep on the couch." They came to accept that their holiday maybe interrupted by us.

We have watched this country town change, the older beach shacks being upgraded to lovely holiday homes. I say it's was a good investment though I am bias for I am looking at the sunset.

**John Findley**

I am retired now spending my days with wife number two, our children and grandchildren. We ran taxis when the bank said goodbye, working with the independent driver and with the taxi owner. Working out taxi shifting, enjoying somewhat the stories our drivers conveyed to us about their day. With that sold off, we managed beach houses for a few years in a beautiful village, Coronet Bay in Victoria, Australia. Now I am retired, live at Woodleigh and have another part-time job, writing down my memories.

[www.johnfindley.com.au](http://www.johnfindley.com.au)



## POET'S CORNER

This month we have another contribution from regular contributor Meryl Brown Tobin.



Contributions to Poet's Corner are always welcome, email to [editor@waterlinenews.com.au](mailto:editor@waterlinenews.com.au)  
Or send to Waterline News, P.O Box 184 Grantville, 3984

### Keeping in Touch

'Hi, Mum it's me  
How are you going?'

'Not good —  
my right arm's sore  
I have to use my left hand  
for eating and favour it  
to play the piano'

'Did Shelley come to see you?'  
'Who's Shelley?'  
'My daughter  
your grand-daughter—  
the one with all the hair'

'Oh the one with the hair  
She's nice.  
but what I want to know is  
where do you fit in?'

'Mum, I'm your daughter—  
you're not allowed  
to forget me!'

'I know you're my daughter  
but what's your name?  
Are you Dorothy?'

'No, I'm Elaine—  
Dorothy's older than me  
She's the one with the auburn hair'

I thought there  
was an older one  
And is she my daughter  
or did someone give  
her to me to look after?

**Meryl Brown Tobin**



"An invisible red thread  
connects those who are  
destined to meet, regardless of  
time, place, or circumstance.  
The thread may stretch or  
tangle, but will never break."  
—An ancient Chinese belief

# Bits & Pieces

## HISTORY WITH NOELENE LYONS



### AUGUST 2015 is FAMILY HISTORY MONTH.

Do you have Miners in your family - maybe your Grandfather, Father or Uncle? Wonthaggi State Coal Mines Family History Resource Centre invite you to come and visit our centre and see what we might hold on information on your family member. The Family History Centre is located at the Wonthaggi State Coal Mines, Garden Street, Wonthaggi. - from 11am - 3pm 7 days per week. We are located at the information desk  
Our duty members will be only to happy to help you locate your information.  
**Or you can contact Noelene - SCM Historian 56724739 or email [noelene@dcsi.net.au](mailto:noelene@dcsi.net.au)**

## PET MEMORIALS

One of our new advertisers, Engaging Engraving has a great range of Pet Memorials .

Here is an example of the their plaques They have on offer.



A great way to remember your beloved pet  
See their ad on Page 24 and visit their website:  
[www.engagingengraving.com.au](http://www.engagingengraving.com.au)

## Warning over bogus Windows 10

### upgrade emails

Some hackers are exploiting Microsoft's offer of free upgrades to its new



Windows 10 operating system.

Security researchers are warning about a wave of bogus spam emails with malicious attachments, labelled as if they're legitimate copies of the new program.

The attachments contain a "ransomware" program that, when opened, locks all the data on a computer and demands payment to release them.

**Do not open any email attachments unless you are certain where they came from., an email apparently from a friend could well be a fake.**

**NB If you are eligible for the Windows 10 upgrade it will be offered to you by Microsoft on your desktop, never via email. The download is a minimum of 3gig. This is a LARGE download and should only be attempted if you have a good ADSL or NBN connection.**

## A NEW NATIVE TREE NURSERY FOR BASS



The Bass Coast Landcare Network is excited to announce that they will developing a community nursery at Bass. Thanks to a successful funding application through the Bass Coast Shire Council Community Grants program Bass Coast Landcare Network has secured \$5000 for the initial set up costs of a small nursery facility. The nursery will be located adjacent to the Bass Coast Landcare Networks depot at the Bass Recreation Reserve, with permission gratefully received from the Reserve's Committee of

Management. The timing of this project will work perfectly with a seed collecting project BCLN will be delivering in spring 2015. The Bass Coast Landcare Network will also be looking for other funding sources into the future to ensure this initiative is a success. Watch this space for further updates.



The photographer for a national magazine was assigned to get photos of a bush fire. Smoke at the scene was too thick to get any good shots, so he frantically called his home office to hire a plane.

"It will be waiting for you at the Tooradin airport!" he was assured by his editor. As soon as he got to the airport, sure enough, a plane was warming up near the runway.

He jumped in with his equipment and yelled, "Let's go! Let's go!"

The pilot swung the plane into the wind and soon they were in the air.

"Fly over the north side of the fire," said the photographer, "and make three or four low level passes."

"Why?" asked the pilot.

"Because I'm going to take pictures! I'm a photographer, and photographers take pictures!" said the photographer with great exasperation.

After a long pause the pilot said, "You mean you're not the instructor?"

\* \* \* \* \*

A bent-over old lady hobbled into a doctor's office.

Within minutes, she came out again but miraculously, she was standing up as straight as could be.

A man in the waiting room who had been watching her said in amazement; "My goodness, what did the doctor do to you?"

The old lady replied, "He gave me a longer cane!"



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# On the road

## DRIVER AGGRESSION

You can reduce the impact of driver aggression by driving in a courteous manner.



Try the following tips.

- Don't drive slowly in the passing lane
- Don't prevent other vehicles from overtaking
- Avoid cutting in on others
- Change lanes correctly when it's safe to do so
- Don't block intersections
- Give way to others when pulling out
- Avoid following too closely to the vehicle in front
- Use indicators to allow plenty of warning

Avoiding aggressive drivers confronting you

- Acknowledge any mistakes you may make
- Don't retaliate against other drivers. If the other driver is ahead, increase the gap between you and the other car. If the other driver is tailgating you, maintain a steady speed or enable him or her to pass. If very concerned, drive to a police station.
- Avoid verbal or direct eye contact
- Ensure all your windows and doors are locked
- Make a note of the registration details and report the matter to police

If you're an anxious driver

- Accept that anger will do nothing to get you out of irritating traffic situations
- Recognise when you are becoming angry
- Take deep breaths and try to regain calm
- Avoid the kind of traffic you know is likely to make you angry or apprehensive
- Good drivers know that they cannot control traffic delays or aggressive drivers. What they can control is their reactions to them.

## NOT FEELING WELL?

If you are not feeling your best, or if you are an older driver

You should avoid driving if you are tired, upset or not feeling well.

- Avoid potentially dangerous road and traffic conditions, particularly if your reaction times have slowed down.
- Plan to drive when there is less traffic and avoid driving in the wet or in poor light.
- Be especially alert to what other road users are doing and avoid distractions, including use of mobile phones, GPS navigation aids and music players.
- Don't allow passengers to distract you from the driving task and ensure that any devices such as heaters or radios are selected and adjusted appropriately before you start driving.
- Older drivers are more likely to be involved in crashes at intersections and on multi-lane roads. Be aware of selecting a safe gap in the traffic, especially when entering the flow of traffic, driving through an intersection, turning or overtaking.
- Plan your trips to use intersections with traffic lights. Intersections with Stop or Give Way signs are a better choice than intersections with no signs.
- Try to find roads with less traffic. If possible choose a route where you can do left turns instead of right turns.
- At intersections, always look right and left, then right again, to make sure that it is all clear to go. Do this even where there are signs and traffic lights. Take the time to look for any vehicles and to judge their distance from you. Many crashes occur because drivers do not follow this basic driving practice.

- Peripheral vision can decrease with age, so to compensate, turn your head more.

If there is any doubt about how far away a car is, don't proceed until it has passed. If the driver behind is sounding the horn, don't be bullied into moving off until you are satisfied that it's safe.



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The L2P program helps 16 - 21 year olds achieve the 120 hours of learner driving experience required to obtain a P-plate licence.

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# Trivia and Lifestyle

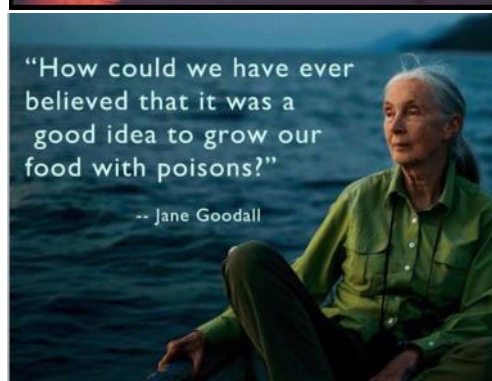
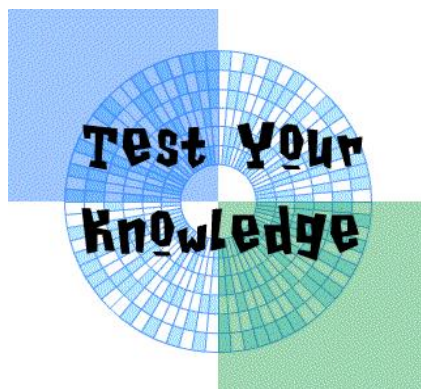
## QUIZ?

1. What was Little Miss Muffet eating while she sat on her tuffet?
2. What science deals with the motion of projectiles?
3. What is the principal river of Ireland?
4. Who painted 'Arrangement in Grey and Black, The Artist's Mother'?
5. What is the thickness of the earth's atmosphere (within 20 miles, 32kms)?
6. What percentage of gold is there in 12-carat gold alloy?
7. What city was home to Australia's first steam train and Australia's first electric train?
8. What did Tom Wolfe call 'The Me Decade'?
9. Who compared the 1960's daytime TV show 'It could be you'?
10. What is added to water to make tonic water?
11. What African city is built on gold?
12. Who stood at the top with 'Stand by your man'?
13. What is your zodiacal sign if you are born on July 15?
14. How many eyes are there on a deck of 52 cards?
15. What do the French call La Manche?

16. What does a cooper make?
17. Which Harriet Becker Stowe novel is about slavery?
18. What was the world's longest fence built to keep out?
19. What sport did Rolf Harris hold state titles in?
20. What are the colours of the five Olympic Rings?

### ANSWERS

1. Curds and Whey. 2. Ballistics. 3. The Shannon River. 4. James Whistler. 5. 120 miles (192km). 6. 50 percent. 7. Melbourne. 8. The 1970's. 9. Tommy Hanlon Jnr. 10. Quintine. 11. Johannesburg. 12. Tummy Wynette. 13. Cancer. 14. Forty Two. 15. The English Channel. 16. Barrels. 17. Uncle Tom's Cabin. 18. Dingoes. 19. Swimming. 20. Black, Blue, Red, Green and Yellow.



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# Self Sufficiency



## FROM WASTE TO WANT

Part 3 of a new Self Sufficiency series.  
70 ways to recycle unwanted kitchen waste.

### FOOD

1. Leftover cold black tea is an excellent after-shampoo hair rinse. Strain to remove tea leaves (if necessary) and massage the tea well into the scalp, rinse off with warm water. Leaves hair soft and shiny!



2. Cold black tea will also ease the sting of sunburn when dabbed onto the skin.

3. Make glassware nice and shiny by pouring in crushed eggshells, plus a little vinegar and salt. Shake vigorously and rinse out. Amazing!

4. Orange or lemon skins when dried, make good firelighters.

5. Orange peel, when scattered around the garden will deter dogs and cats from digging in the flowerbeds!



6. The water remaining from boiled meat and vegetables makes a most delicious base for soups and stews. It is also particularly nourishing to garden plants and trees.

7. The most economical way to utilise practically every discarded product is compost making, which in turn, recycles it back into the garden to feed and fertilise plants. Vegetables and fruit scraps, tea leaves, pieces of paper, wood ash, garden clippings, manure (an essential activator), foliage, etc. are all quite suited to compost making. Once placed in layers inside a suitable container (such as an old drum, garbage bin - with bottom removed, or wooden box specially created from scrap materials), sprinkled regularly with water and turned weekly to aerate, the mixture will turn into a dark, organic humus in approximately 6 weeks.

8. Recycle tea leaves by sprinkling them around the base of plants. Rose bushes and leafy vegetables (such as lettuce, spinach, cabbage, etc.) are particularly receptive to this technique.

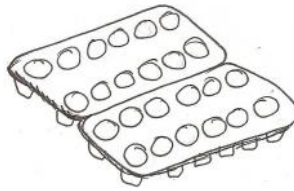


9. Place leftover jams in one jar and use as a baste for meat and chicken. Warm the jam a little before basting to make it pliable.

10. Don't throw away stale bread or bread rolls. Save, freeze, and grate to make breadcrumbs.

## EGG CARTONS

1. Disused egg cartons may be used as ice-cube trays to make interesting shapes of ice.



2. They can also be turned into seedling containers that can be placed directly into the soil when ready for planting. Simply fill each compartment with potting soil. Insert the seed and watch it grow! Don't forget to pierce a drainage hole in the base of the compartment.

3. The compartments of egg cartons also suffice as storage trays in the office or home for little knick-knacks, such as paper-clips, drawing pins, needles, buttons, etc.



[www.theshoppe.com.au](http://www.theshoppe.com.au)

## PRODUCT OF THE MONTH

This month's Product of the Month is one for all self sufficiency followers and backyard farmers.



Breeder's Choice Woodshavings produce a clean and hygienic kiln-dried pine bedding. Breeder's Choice pine woodshavings are for use as a bedding litter for all types of animals. The shavings come from only kiln-dried pine and hence have a very high absorbency rate.

The woodshavings are a high-grade product, which has been specially screened to remove harmful dusts and reduce the incidence of reactive airway disease in animals. Baled woodshavings are particularly suitable for use in stables, poultry nests and sheds, calf sheds, and other types of animal enclosures.

The standard poly bale is 0.07 cubic metres

(compressed) and provides approximately 0.2 cubic metres of uncompressed volume. Breeder's Choice Woodshavings now also supply "Pet Flakes" which have been specifically made for the small animal market. These bags are approximately 1kg in size and are made up of dust extracted woodshavings. As is the case with our larger bales, "Pet Flakes" are highly absorbent and are a 100% natural product. However, the shavings used in "Pet Flakes" are slightly smaller in size to ensure the suitability and comfort for smaller animals.



### Editor's note:

I got my Breeders Choice woodshavings from Bass Coast Stockfeeds in Grantville. See their ad on Page 25.

**Greg Hunt**

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# Gardening and Outdoors

## EARTH GARDEN TIP OF THE MONTH

**Viv Hamilton**

This month Vic takes us indoors, into her own home in fact and takes us through her exciting kitchen project.

### Scandia Retrofit



fill and render and exposed some bricks in a hippy/hipster/urban cafe kind of way that meant we didn't have to de-render the whole chimney. We went and picked up our gorgeous new stove, and with some help from some 'mates from work' the boys carefully moved it on rollers across our floorboards and slid it exactly into place. We needed to modify the free standing legs to become just a facade as we were inseting it into a fireplace, and it is lower than it normally would be (weren't people smaller in the 1800's?), but that was fine by us as we didn't want to modify the chimney.



The first chilly evening in Autumn and we fired her up. Glorious. A bit of a learning curve with the cooking, just to get used to the intricacies of a different stove and we're away. Curries, casseroles and cakes abound. Wood fired pizza on Saturday nights and quince paste for the year ahead. We have a gas stove with an electric oven but the oven remains unused this winter.

So not only are we saving money on fossil fuels but our house is more comfortable than it has ever been. It is a typical 1880's Victorian cottage with 12 foot ceilings, two

rooms in the front with a central passage, but the back two rooms have been opened out into an open space kitchen/dining lounge. The new wood stove is far to one side of the open space. We have insulated the floor and double insulated the ceiling but haven't got to the walls yet.

This is a wood oven so doesn't run an internal fan like your typical Coonara style wood heater, but we have a ceiling fan running and our kitchen is never dropping below 18c on the coldest night and the front two bedrooms are a cosy 18-20c during the day, then closed at night for sleeping. We have very little solar passive heating and are running no other forms of heating, so we are extremely happy with the results. It is burning wood efficiently like a good slow combustion stove should and cooks beautifully once you get the hang of it.

As an added bonus, we purchased an Ecofan. These little beauties generate their own electricity by drawing warm air up over their fins which then powers a fan that moves heat throughout your living space, pushing up to 125 CFM (cubic feet per minute). No batteries required, it increases the efficiency of the stove. Genius, and you'll be able to purchase these through Earth Garden very soon.

So, we couldn't be happier with our Scandia stove. It was an economical unit to buy, looks magnificent, runs efficiently, heats and cooks, is lovely to warm yourself by and solved our dilemma.

We would recommend that you check them out.

[scandiaovens.com.au](http://scandiaovens.com.au)



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# Gardening

## SEPTEMBER GARDENING TIPS



What makes September such a good month for gardens is the fact that, in general around Australia, the weather starts to warm up with more sunshine hours, and this leads to a slightly warmer soil temperature. However there are still generally occasional showers (and even some storms) which supply much needed moisture so that your plants can make the most of the sunny weather.

So what do you need to do this month? Well, in my opinion there are two things you must do during spring, and therefore starting this month; enjoy the fruit of your labour and start to prepare for summer. September is a good month to plant some annuals.

Some Australian favourites include ones such as petunias and marigolds.

Local nurseries will have a large array of annuals to choose from so why not head down and pick some out.

Make sure you spend some time out and about your garden, soaking in the sun and enjoying the spring blossoms.

Perhaps even look for a local wildflower show to go to one weekend.

As your plants blossom, make sure you trim off the flowers when they die. This encourages your plants to flower again because they really want to produce seeds. September, and spring in general, are also great times for growing your own veggies. Plant some peas, lettuce, beetroot, carrots and silver beet and if you have not already, plant tomatoes or beans.

The second major task for spring is to make sure that you start to prepare your garden and grassed areas to cope with the summer heat. If you have any dead patches

of lawn, dig up a couple of runners from other spots in your grass to replace them with. This is mostly effective with buffalo-style grasses though couch grasses will respond as long as you get some roots. I like to find runners that have grown in places where they were not meant to for use. Anyone who has grass knows that keeping it separate from your garden can be a big task by itself! If you take these troublesome shoots and plant them in dead spots you effectively 'kill two birds with one stone.' Make sure that your garden beds are sufficiently mulched now. Don't wait for summer because the weeds will pop up in abundance from late winter if you do not have sufficient mulch. Plus, if you mulch well now, your soil will be improved so that it is better prepared to handle the heat of summer.

James Middleton



Jim @ [AussieGreenThumb.com](http://AussieGreenThumb.com)  
[www.aussiegreenthumb.com](http://www.aussiegreenthumb.com)

## PLANT OF THE MONTH



**Genus:** Boronia

**Species:** fraseri

**Common Name:** Fraser's Boronia

**Flower Colour:** Pink

**Foliage Colour:** Green

**Growth Habit:** Shrub to 2m

**Flowering:** Spring

This is a slightly more obscure variety of the Boronia family. It grows and looks much like many other species, but generally doesn't succeed as well as a garden plant,

making it less desirable for most native growers. Because of this there is actually very little information available about how to grow it. However, I don't just want to advocate easy plants to grow, I like some challenging plants too.

If you like a medium challenge, I believe the fraseri will be a good one for you.

For best results with the fraseri, plant it in a good loam soil which is well draining.

The Boronia fraseri definitely prefers a part shade location and grows best in temperate to cool climates, reportedly being able to handle mild frost conditions.

## THREE EASY HOME MADE BUG REPELLENTS

No need to buy expensive pesticides, here are three easy homemade concoctions that will repel those pesky pests in your garden. Plus, it's safer for you, your garden and the wider environment.



### Garlic spray

Garlic spray is a great, safe insect repellent that can be applied to the leaves of plants. It deters soft-bodied insects, aphids, snails and chewing caterpillars.

Mince or crush three or four entire garlic bulbs

Mix with 40mls mineral oil, 500mls water and 25g soap flakes

Let mixture rest for at least a day

Strain mixture and dilute 15mls to 1 litre of water

### Tomato leaf spray

Tomato leaves are packed with alkaloids, which is fatal to aphids and mites.

Chop or mash one to two cups of tomato leaves

Soak in two cups of water overnight

Strain mixture and add two cups of water

### Nettle spray

The common stinging nettle is a good general-purpose insect spray, particularly useful for controlling aphids and leaf miners.

Soak young nettle leaves in water for a week

Strain and use undiluted. Best when applied within a few days.

Melody Teh

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# Pets and Pet Care

## INDOOR CATS

### Keep your feline happy

By Antonietta Gent

With all the talk in the media of late of mass cat culling and 24 hour cat curfews, it is important to discuss the issues and the myths of keeping your cat indoors. The Bass Coast and Waterline area is home to so many magnificent native wildlife and birds. Cats, whether they are feral, strays or our pets, as well as other introduced pest species are a threat to these magnificent animals that are native to this area.

There are many reasons why keeping a cat indoors may be safer for a cat. Indoor cats are at lower risk for injuries associated with the outdoor environment (cars, trains, dogs, predators, humans, etc.) and are at far less risk of contracting parasites and infectious diseases such as the feline immunodeficiency virus.

Studies have consistently shown that urban cats that go outdoors have far shorter life spans (averaging 2 years or less), while most indoor cats will live over 15 years. Keeping cats indoors also prevents fighting and fight related injuries and has the added benefit of protecting natural wildlife. Cats are famous for their desire to sleep and it is certainly true that most cats will be happy to rest while owners are away, spending many an hour sleeping in a warm or sunny spot. However, indoor cats do need access to activity that will stimulate both their mind and their body and provide the exercise that they would naturally engage in if they were out and about. Cat aerobic centres offer climbing, hiding and playing opportunities and can be ideal for indoor cats. Also consider a variety of self-play toys, and new items to explore during times when you are not available to play with your cat. Scratching posts are also essential.

The feline desire to hunt is not connected to the sensation of hunger and no matter how well you feed your cat he/she will still react to the sight and sound of prey with an instinctive stalk. Indoor cats are unlikely to come across natural prey, but anything that moves rapidly or squeaks in a high pitch

can trigger the same behavioural response. Most outdoor cats will hunt upwards of 10 mice a day, so some form of alternative outlets will be needed for predation. Toys that squeak, move rapidly and unpredictably are irresistible to some cats while of no interest to others. You can also select toys that mimic real prey in terms of size, texture and colour.

For owners who would like to offer some contact with the world outside there are a number of alternatives. The harness and lead approach is one, but not all cats will learn to walk in this way. Introducing harnesses as early as possible will help and making a kitten accustomed to the lead will minimize resistance to its use as an adult. There are a number of commercial cat cage containment products for both indoor and outdoor use. Ideally the pen will be accessed from the house via a window or a cat door flap and will offer the cat access to outdoors while offering you complete peace of mind. If an enclosure is to be used successfully it should mimic the outside world as closely as possible and cat furniture, tree trunks, toys, scratching posts and high up resting places should all be available within the pen.

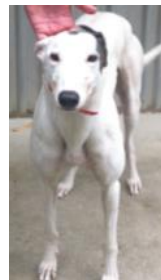


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