



SAY CHEESE

Devotees of the Will Studd's popular television program 'Cheese Slices' will be delighted when they visit one of the area's most recently opened businesses **Bassine Specialty Cheeses** which is situated on the Bass Highway at Bass (opposite King Road).

Visiting for the first time I asked Kaye Courtney, who runs Bassine Specialty Cheeses with Partner Glen Bisognin if she could give me a brief history of the new business.

The family farm was established by Attilio and Mary Bisognin when they purchased the property in 1966.

Glen grew up on the farm, doing chores and helping dad with the cows, like many of his peers in the area. He went off to make his way as a Civil Engineer. Then in 2000 he returned to take over the farm.

Son Luke grew up there as well and like father went off to make his way as a mechanic. Last year he and his partner, Kirsty, returned to the farm and Luke now looks after the cows.

In 2002 Kaye was gifted a 'weekend of cheese making' by her family. This was the beginning of a growing passion for making cheese. Follow up courses and making cheese at home over the past 12 years, as well as having access to high quality milk, has resulted in Bassine Specialty Cheeses.

Kaye and Glen produce a range of soft

cheeses from Ricotta and Quark to Halloumi, Fetta, Camembert and Brie.

The family bottle their own milk under the name 'Bass River Dairies' and distribute the milk around Phillip Island, down the coast to Wonthaggi as well as to Corinella and Grantville.

Cheese tastings and purchases are available at the new cheese factory shop from 10am to 6pm Friday to Sunday.

You can also follow Bassine Specialty Cheeses on Facebook for 'what's new and specials'. A visit to Bassine Specialty Cheeses is a wonderful gourmet experience.

Roger Clark



Call Kaye on 0466 183 513 or email brd.kaye@gmail.com

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Dianne: 0418 328 205 / 5997 5515



From the Editor's Desk

Welcome to the second edition of **The Waterline News**.

Thank you to all who registered their support after reading the first edition last month which was very well received with almost every copy disappearing from the counters in all outlets in the first week.

Extra copies will be printed from now on but don't forget if you miss out on getting a copy there are a number of things you can do.

Every month The Waterline News is available on the internet at the same time as copies are distributed and stays there until the next issue is released. Copies of all editions are always available online at www.waterlinenews.com.au

If you would like a copy emailed to you each month as it becomes available simply send us your email address and ask to be put on the mailing list.

If you would like a printed copy sent to you each month send a cheque or money order for \$10 to The Waterline News PO Box 184 Grantville 3984 which will cover the mailing cost of 6 monthly issues.

Submissions to all sections of The Waterline News are welcome and should be sent to waterlinenews@gmail.com

The deadline for all submissions, including advertising, is 4pm on the first of each month.

Thank you for supporting The Waterline News Roger Clark

THE WATERLINE NEWS - Editor Roger Clark
Po Box 184 Grantville 3984 Phone 0410 952 932
Office Hours Mon- Fri 8.30am - 4.30pm
Email: waterlinenews@gmail.com
Website: www.waterlinenews.com.au
The Waterline News is independently produced and distributed by Roger J Clark T/As The Waterline News ABN 97 395 483 268
Accounts are independently audited and surplus will be available for Community projects in 2015-16.

ADVERTISING RATES			
Small	6cm x 6cm	\$ 17.50	
Small 1.5 (Bus Card)	6cm x 9cm	\$ 26.00	
DbI Small	6cm x 12cm	\$ 35.00	
1/4 Page	9cm x 14cm	\$ 50.00	
1/2 Page	18cm x 14cm	\$ 80.00	
Full Page	18cm x 28cm	\$ 120.00	
Email: waterlinenews@gmail.com			
Advertising Deadline			
1st of each month			

SAVE YOUR OLD NEWSPAPERS

The Kernot Uniting Church collects old newspapers to recycle for fund raising so stop filling the Council recycle bin and save them up for the church. To arrange pick up or to drop off call **Bruce Campbell on 5678 8210**



GRANTVILLE & DISTRICT RATEPAYERS AND RESIDENTS ASSOCIATION.

At the Grantville & District Ratepayers & Residents meeting held on 26th of September members were told that if new membership numbers did not increase the association would fold. This would mean that Grantville would have no representative body to bring residents' concerns to the attention of Council.



One of the items included in the agenda was, an update on the proposed 'Community Garden' which the Baptist church and G&DRRA members are striving to set up at the rear of the Op Shop. Pastor Ilse Smidt, will be meeting with the body corporate in the hope of getting their permission and support for the project.

The portable Skate Park which was a great success with our youth will be shared by Grantville, Corinella, Coronet Bay, and Newhaven. The association have asked council to present them with the dates that the facility will be in each township.

The questionnaires regarding the possibility of installing a fitness station in Grantville will be collated by the end of this month and a proposal will be submitted to Council for their consideration.

After a hard won battle regarding restrictions of dogs on beaches the Waterline Alliance was assured that the restrictions would be revoked and there would be place based consultations with community members in each township. Please consider whether you think it appropriate for dogs to be walked on a lead and whether you think we need off leash areas. A meeting will be arranged soon by the consultants where the community will have an opportunity to have its say.

Pioneer Bay is working with council to extend their proposed toilet block to include a small meeting space at the rear. They will also be hosting their hugely successful Australia Day event at Daisy Reserve.

Pioneer Bay is a great example of a small community who have identified what they want and have systematically made it happen. Well done to Zena Benbow who has shown great determination and leadership skills in turning a paddock into a park.

The Friends of the RSL will be holding a memorial service at the Grantville Memorial Park November 11 at 11 am and will serve tea and coffee after the event. Please go along and show your support.

Helen Zervopoulos

Current Executive Members are:

President - Helen Zervopoulos
Vice President - Kat Cox
Secretary - Kath Hopkins
Treasurer - Sylvia Harris

General Committee members:

Christopher Nagle, Chris Cox, Barbara Loach and Thien Tran.

Membership is \$10 per annum and can be paid to Treasurer Sylvia Harris at the Grantville Post Office. New members are always welcome and tea and coffee is served at the conclusion of the meeting.

Health

AVOIDING PROBLEMS OF THE HEART (and I am not talking about romance)

Hardening of the arteries is a major cause of heart attacks and stroke. Most commonly this is caused by plaque made up of fat, cholesterol and other substances, building up on the inside of the arteries. Over time this plaque stiffens and narrows the arteries making it harder for blood to flow through and eventually this can lead to blood clots and damage to heart tissue leading to heart attack and stroke.

Risk Factors

- High cholesterol levels in the blood (result of unhealthy diet)
- Moderate to heavy drinking of alcohol
- Lack of exercise
- Overweight
- Smoking
- Diabetes
- High blood pressure
- Family history of heart disease

Symptoms and Tests

Hardening of the arteries does not cause symptoms until blood flow to parts of the body is affected. If the arteries to the heart become narrow the blood flow can be slowed or even stopped and this can cause chest pain (stable angina), shortness of breath and other symptoms.

Other arteries besides those in the heart can be affected and cause problems in your intestines, kidneys, legs and brain.

Until recently, physical examinations and imaging tests were the usual way of determining the extent of any hardening of the arteries (Ultrasound, MRA, CT Scans, Arteriogram). Now however there is a relatively simple test available; this is much like having your blood pressure taken but on both arms and legs simultaneously. It takes only a matter of minutes to assess your arterial health and compare it to the norm for your age. The machines for conducting the 'ABI' tests are expensive but the Bass Coast Shire community can now boast that it has one at the Wonthaggi Medical Group practice in Wonthaggi.

Your GP can also order blood tests to ascertain the level of cholesterol in your body and to determine if you are pre-diabetic or an undiagnosed diabetic. This will provide an indication of the risks you are exposed to with regard to these two factors.

Prevention

Once it has occurred, hardening of the arteries is irreversible.

Cholesterol levels need to be controlled both through low fat and low cholesterol diets, and if necessary the use of cholesterol reducing medication (statins)

- Keep alcohol consumption to low or moderate levels.
- Exercise regularly
- QUIT smoking

If you are diabetic, it is important to have a good management program for your diabetes.

Changing your lifestyle can be difficult but your doctor and other health providers such as dieticians can point you in the direction of government sponsored programs that provide advice on healthier ways to live.

An ABI screening test is recommended if:

- You are or have been a smoker, particularly if you have any other risk factors

- You have two or more of the risk factors (see above)
- You are over 75
- You are diabetic

If you fall into these risk categories ask your usual doctor about being referred for an ABI test.

Recent research has also shown that if a person's blood pressure is taken in both arms and there is a significant difference of 10 or more in the systolic pressure (the higher reading) then it is a strong indication that a person has arterial disease and an ABI test is then recommended. So next time you see your doctor ask them about having your blood pressure taken in both arms.

By John Turner, MAAPM, B Social Welfare, Master International & Community Development

Business Manager, Wonthaggi Medical Group



42 Murray St, Wonthaggi
25 A'Beckett St, Inverloch
2/1524 Bass Hwy Grantville

GRANTVILLE MEDICAL CENTRE
2/1524 Bass Highway, Grantville

For Appointments Call (03) 5678 8029

Opening Hours:
Mon - Fri 9.00am - 4.30pm (except Wed)
Wed closes at 1.00pm
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All Pensioners, Health Care Card Holders and children under 16 are Bulk Billed.

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Wonthaggi Medical Group is accredited to the Royal Australian College of General Practice Standards by AGPAL

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Community Notes



Send us your Community Group Notices by 1st each month
waterlinenews@gmail.com

BASS COAST COMMUNITY BAPTIST CHURCH 0402 065 852
Sunday August 31 First Birthday Grantville Hall 4.30pm then dinner.

Op Shop open Mon-Fri 10am-4pm, Saturday 10am-1pm
Contact for service details and op shop Pastor Isle Smidt

BASS VALLEY COMMUNITY CENTRE 5678 2277
Mon-Thur 9.00-3.30 Friday 9.00-3.00 Op Shop open 6 days

BASS VALLEY LIONS CLUB
Op Shop situated at the Grantville Garden Supplies Open 5 days

BASS COAST COMMUNITY HEALTH Cancer Support Group
Corinella Community Centre 2nd Tuesday each month 10-12
\$2 entry
Contact Peter Bekers 5678 1150 or 0417 157 144

CORINELLA BOWLING CLUB Inc.



2014/15 Season commenced on Saturday August 30. Friday
Twilight commences on Friday October 10.
Register by 5pm with games commencing at 5.30pm, Members, beginners and families welcome. Food & drinks available.
Contact Patti Scammell 5678 0191

CORINELLA & DISTRICT ELDERLY CITIZENS CLUB
Monday & Thursdays 1.00pm Corinella Hall Margaret 5678 0716

CORINELLA & DISTRICT PROBUS CLUB
1st Wednesday each month except January
Contact Trish Thick 5678 1071

CORONET BAY ADULT SOCIAL CLUB Tuesday nights
7-10pm Coronet Bay Hall Contact Ann 5678 0341

Coronet Bay Playgroup

For children 0 - preschool

Monday's 10:00 am to 1:00 pm
(except school and public holidays unless otherwise advised)

Craft
Toys
Playdough
Sandpit
Songs
Friends

Coronet Bay Hall
Fred Gratton Reserve (off Gellibrand Street)

Please bring \$2.00 per family and a piece of fruit per child to share at morning tea
Tea and Coffee provided for parents

COUNTRY WOMEN'S ASSOCIATION Coronet Bay Branch
Meets at Corinella Community Centre 1pm 3rd Monday of month
Contact Faye 5678 8366 or Rosemary 5997 5827

COUNTRY WOMEN'S ASSOCIATION Grantville Branch
Meets at the Grantville Hall 12-3pm 2nd Monday each month
Contact Judy 5678 8366 or Gwenda 5997 6372

GRANTVILLE AMBULANCE AUXILIARY
Contact Secretary Barrie Stewart 5657 7336

GRANTVILLE & DISTRICT BUSINESS & TOURISM ASSOCIATION
President Lucy Cirona 0418 504 537
GRANTVILLE & DISTRICT RATEPAYERS & RESIDENTS ASSOCIATION
Contact Secretary Kathleen Hopkins 5678 8327

GRANTVILLE & DISTRICT FORESHORE COMMITTEE
Contact Secretary Dianne Goeman 5678 8057

GRANTVILLE RECREATION RESERVE COMMITTEE
Contact Neville Goodwin 5657 7245

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 2nd Friday
Op Shop open Mon Thu Fri 10-2 Sat 9.00 12.30

U3A BASS VALLEY Held at various Locations
Courses offered: Get Creative, Meditation, Histories of the World, Gardening, Tai Chi for Arthritis, Bush Painting, Learn to weld and more. Website www.u3abassvalley.com

Corinella Playgroup

Play is our brains' favourite way of learning. - Diane Ackerman

Who? 0-4 year olds
What? Free play, activity centres, story & song time, sensory & art activities
Where? Corinella District Community Centre
When? Fridays 10am - 11:30am starting 10 October 2014
Cost? \$3 per family + a piece of fruit to share
Contact? Christina Keeble 0413 837 597

All children MUST be accompanied by their parent or carer.

Corinella District Community Centre
grantville@corinella.vic.gov.au

NURSE PRACTITIONER CLINIC

Debbie Garvey
Now open 5 days a week at the
Grantville Transaction Centre
Monday-Friday 8.30am- 4.30pm

Phone 5616 2222
Mobile 0467 841 782



Grantville Ambulance Auxiliary

3rd Annual Melbourne Shopping Spree

Saturday October 25 Early Start Aprox 7am

Visit approximately 10 factory outlets such as: Beaches, Fields Knitwear, Home Direct, Natio Cosmetics, Newmans/Ernest Hillier, Olga Berg, Siricco, Shoes Direct, Social Club Books, The Linen Factory, Toywerx etc etc.

Cost between \$31 and \$36/head...the more people the less per head it will cost.

BOOK EARLY TO AVOID MISSING OUT.

Call Vicki Clark 0403 025 634 (\$20 deposit)



Around the Community Centres

Corinella & District Community Centre
Spread your wings and fly with us 

**Adult and Community Education
Neighbourhood House**

Computer Classes
 Art and Craft Classes
 Strength Training for Seniors
 Youth Program
 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
Call: 5678 0777 E: coord@cdcc.asn.au
 48 Smythe Street, Corinella
 Office Hours: 10am - 4pm (Monday to Friday)

LANG LANG COMMUNITY CENTRE INC.
 Monday to Thursday 9.30 am - 4.30 pm
 & Friday 9.30 am - 1.30 pm
 7 Westport Road, Lang Lang
 59075704 email: lcc@langlang.net
www.langlang.net/lcc.html
 Coordinators - Marg Hambleton and Michelle Johnson




MARKETS

Every Sunday	Kongwak Market	0417142478
1st Saturday	Sth Gippsland Farmers Market	
	Koonwarra	0408619182
1st Sunday	Jumbunna Bush Market	
	Jumbunna Hall Enquiries	5657 3253
2nd Sunday	Rotary Market Wonthaggi	
	Apex Park 8am - 1pm	
Contact	Neville Goodwin 5657 7245 or Garry Sherrick 5672 5812	
Koowee Community Market		5657 3253
	Indoor/outdoor	info@kooweemarket.com.au
2nd Saturday	Coal Creek Farmers Market	0459629000
3rd Saturday	Prom Country Market Foster	0407543371
3rd Sunday	Inverloch Farmers Market	5664 0096
4th Saturday	Churchill Island Farmers Market	5664 0096
4th Sunday	Grantville Market (Weather permitting)	5997 6221

Your market not here?

Let us know changes by 1st of the month waterlinenews@gmail.com

BASS VALLEY COMMUNITY GROUP Inc.
 Bass School Road Bass 3991
 Centre Manager Roderick Mclvor
 Phone 5678 2277



Update from Bass Valley Community Centre

Finally. It looks like the cold weather has very grudgingly given way to a bit of real Spring conditions. And we at the Bass Valley Community Centre are very thankful for that.

Cooks, cooks, volunteer cooks...we still need them. The HACC (Home and Community Care) Friendship Club that meets at the Centre every Monday and Wednesday is still in need of people who can come along on those days and cook a meal in the Centre's kitchen. Lunchtime is a big feature of the program. The Friendship Club members, who for the most part are isolated older people who otherwise would not get out and about very much, look forward to their 'home-cooked' lunch. In some instances it may be the only meal that they don't have to cook themselves and don't have to eat alone. All it takes to volunteer is for you to have a Monday or a Wednesday free once a month. Just give us a ring on 5678 2277.

So what else is happening at the Centre? Staying with the HACC Friendship Club, they have planted out their spring veggie garden. A wide range of vegetable plants and herbs are sitting in their mulched raised garden beds getting ready to blossom and produce. If anyone would like to come along and help look after our developing crops, give us a ring. We would appreciate it.

The Hadden House Opportunity Shop has been making the most of school holiday-makers stopping in to check out the bargains. There's a lot of new stock that's turned up as people do their Spring cleaning. And as always, the shop has very moderate pricing! If you are lucky, you might even visit us on a \$5 per-bag-day for clothing.

At the Centre's Occasional Care, children are getting much more opportunity to go outside now that the weather is improving. With hats and sunscreen, of course. The sand pit is getting heavy use and the assorted toys are getting a workout. We still have space for one or two more children: Tuesdays, Thursdays and/or Fridays; 9:30-2:30. Ring up and we can book your child in. Same number as above: 5678 2277. You get a bit of a break, you-time, while your child is safely looked after and has a great time.

COMMUNITY CENTRE ELECTIONS

Annual General meetings were held at both the Bass Valley Community Group Inc. and Corinella and District Community Centre Inc over the last month and new committees were elected at both centres.

The 2014-2015 Bass Valley Community Group Inc. Committee is as follows:

President - Karen Burford, **Vice President** - Leanne Pendlebury, **Secretary** - Cherie Allen, **Treasurer** - Jayne Fullarton, with **general committee members** - Lynne Brealey, Ian Cole, Vicki Hughes, Russ Williams and Mia Wooley.

The Centre Manager at Bass Valley is Roderick Mclvor.

The 2014 - 2015 Corinella and District Community Centre Inc. committee is as follows:

President - Wayne Maschette, **Vice President** - Anwyn Martin, **Secretary** - Helen Hogan, **Treasurer** - Georgia Vassilkoy, with **general committee members** - Sally Donaldson, Trudy Jamieson, Lorraine Love, Peter Shea and Coral Smith.

The Centre Manager at Corinella is Sally Whelan.

Community Diary



Send details of your events for
The Community Diary by the 1st
Of each month to:
waterlinenews@gmail.com



Buy, Sell Or Swap

STARTS NEXT ISSUE

Buy, Sell or Swap starts in The Waterline News next month following up on a reader request.

DEADLINE FOR ADS FOR BUY, SELL OR SWAP IS NOV 1
Ads can be emailed to waterlinenews@gmail.com or send by snail mail to PO Box 184 Grantville 3984.

Payments can be made by cheque, money order, Paypal or direct bank deposit, organised by email or phone.
Advertising charges for Buy, Sell, or Swap are as follows:
Example.

SELL. Want to sell your unwanted goods, why not try a line ad in The Waterline News - Buy, Sell or Swap. Minimum charge is \$5.00 for a 3 line ad like this. Why not book your ad now.

Each additional line costs \$1.00.

Make your ad stand out by using a photo, or ask to add a clip art logo.

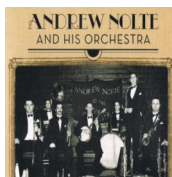
Your Photo costs an extra \$10.00.

A clip art logo costs an extra \$5.00.

Why not give The Waterline News - Buy, Sell or Swap a try now.....

Email: waterlinenews@gmail.com or Ph: 0401 952 932

Sunday October 26



Phillip Island Jazz Club 2.00pm
Bass Room
Ramada Resort. Cowes
Andrew Nolte & his Orchestra
Outstanding entertainment.
Further details available from Robin Blackman 0432 814 407 or

Jill Boyce 0417 416 300 Visitors most welcome

Sunday October 26

Paul Berger and the Streeton Court Big Band. Cape Patterson Community Hall. 2pm.
Fund raiser for Kirrak House N/H.

Tickets Available \$20 All enquiries from Robert 5674 8003

Tuesday October 28—December 9 Six Tuesdays excluding Melb Cup Day. 11am—2pm

Blokes in the Kitchen - Come along and join top chef Paul Johnson for a six week cooking skills course for men.

Venue Glen Alvie Recreation Reserve & Community Centre.

\$10 donation each session, Fully Catered. Registration Req.

Helen.page@basscoasthealth.org.au Book Now

Friday October 31 8.00pm



Moe Latrobe Jazz Club, Moe RSL
The Wonderdogs.
Very popular band around Victoria
Particularly at Moe-Latrobe Jazz Club. Great meals at the RSL.

Further Details on Moe Jazz call Bruce Lawn 5174 3516

Sunday November 2

17th Annual Coronet Bay Fun Run
Run or Walk, 2 new Courses.
Starts Fred Gratton Reserve

10.15am Entries \$5 Entry Fee Further details from 5678 2014

Sunday November 2

Healthy Living Family Fun Day
10am - 3pm Cowes Community Garden, 56 Church Street.
Includes Healthy Living Workshop

All further enquiries - please call Adrian James 0429 001 214

Sunday November 9 2pm



Inverloch Jazz Club
The Neil Taylor Quintet.
Neil Tayloe David Taylor, Graeme Morris, Barry Boyse and Michelle Forbes.
Enjoy lunch at the RSL before Jazz

All enquiries about Jazz at Inverloch ring Neville on 5674 2166

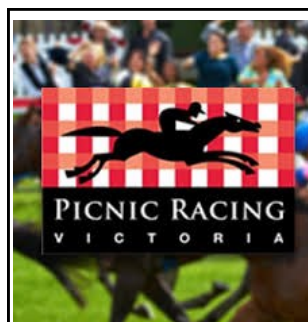
Friday November 21, Saturday November 22 and Sunday November 23— 10th PHILLIP ISLAND JAZZ FESTIVAL

www.phillipislandjazzfestival.org.au

See advertisement on page 16 or call Robin 0432 814 407

Sunday November 30
Kernot-Grantville CFA
2nd Annual Ute, Van & 4WD
'Show 'N' Shine'

Vehicle Entries \$10. Grantville Recreation Reserve
Spectators Entry Gold Coin. Enquiries Michelle 0406637449



WOOLAMAI RACING CLUB

2014 - 2015 CALENDAR

Saturday November 29

Thursday January 1

Saturday January 17

Saturday February 7 (Cup)

Saturday February 21

Saturday March 14



A woman in her eighties made the evening news because she was getting married for the fourth time.

The following day she was being interviewed by a local TV station, and the commentator asked about what it felt to be married again at that age and would she share part of her previous experiences, since it seemed quite unique with the fact that her new husband was a 'funeral director.'

After a short time to think, a smile came to her face and she proudly explained that she had first married a banker when she was in her twenties, in her forties she married a circus ring master, and in her sixties she married a pastor and now in her eighties, a funeral director.

The amazed commentator asked her why she had married men with such diverse careers. With a smile on her face she explained, 'I married one for the money, two for the show, three to get ready, and four to go.'

Bargain Hunt

BARGAIN HUNT IN GRANTVILLE

Wendy Petersen visits the Lions Club Op Shop in Grantville.

Tucked away in the boondocks of Grantville is a small shop. Well, the shop's location inside Grantville Garden Supplies on the Bass Highway isn't that isolated; however, it might yet remain undiscovered by some newer residents of the area. This isn't any we-sell-to-you kind of retail outlet, but a shop with a heart. The Lions Op Shop is run by Ray Wallis, along with his friend and co-worker, Isabella (Izzy) Dennis.

The Bass Valley Lions Club originally came together in 1996 with Ray one of the founding



members. He is currently the president. In 1998 his then wife decided to donate some of the office space from Ray's business to create an op shop for the Lions Club and also to aid locals who were doing it tough. There was an official opening with the Honourable Ken Smith, MP, officiating. In 2001 Ray's wife passed away, and the shop closed for a while.

Then Izzy volunteered to help with the shop and it was re-opened. Today, customers travel all the way from Melbourne to grab a bargain and find hidden treasures.

Although the shop is small in size, the amount and array of goods it houses is surprising. Except for speciality items, everything sells for about \$2.00. One of those speciality items includes a full-sized baby's pram with a hood in near-new condition. Two satin wedding dressings with veils and trains, and beaded with pearls and crystals, are also available for \$50.00 each. The shop also offers new toys and children's books plus plants, casual clothing, crockery, furniture and bric-a-brac.

Some of these donated goods aren't sold to the public. They are given to local families going through hardship while other goods have been washed, bagged up and sent overseas via the army base in the area.

Opening times are 10.00am - Monday to Friday - and closing is about 3.30pm, depending on Izzy's availability.

The Bass Valley Lion's Club is currently in need of new members to help with a wide variety of fun fund-raising activities which aid local charities, scholarships for local

children and community groups such as the CFA. To find out more about getting involved, ring 03-56788357. The Lion's Club meetings are held twice a month at the Grantville Transaction Centre on the first and third Tuesday of every month. Just turn up at 6.30pm and be prepared to undertake rewarding work while having a great time.

CHURCH ON THE MOVE

The Bass Coast Community Baptist Church is now conducting their regular Sunday services at their new Church address which is at 1493 Bass Highway Grantville.

Worship service is held every Sunday commencing at 4.00pm led by Pastor Ilse Smidt who can be contacted at any time on on 0402 065 852.

The new church centre will be the home and



office which will provide a place for volunteers to fix/restore and display furniture the Op Shop sells. Another benefit will be much needed storage for the shop.

Pastor Ilse Smidt said last week that signage for the new centre is on order and should be put up shortly.

The new centre is conveniently situated close to the shops in Grantville and not all that far from the Op Shop which is situated on the other side of the highway next to the Grantville Medical Centre.

The Bass Community Baptist Church Op

The Bass Community Church Op Shop on Bass Highway Grantville



Shop is open six days a week Monday to Saturday.

Next month we will take a look at the district's other two Op Shops, The Bass Valley Community Group Op Shop at Bass and the St. George's Anglican Church Op Shop in Corinella.

Why not send us your favourite Op Shop story to waterlinenews@gmail.com or snail mail to PO Box 184 Grantville 3984.

Tai Chi

TAI CHI FOR ARTHRITIS



Tai Chi, or Taijiquan in Chinese, is an outstanding gem of traditional Chinese culture that is valuable in promoting health, developing combat and self defense skills, and improving concentration and overall well-being.

Although it is a branch of the Chinese martial arts it has also been practiced for general health and fitness purposes since the 16th Century. Health benefits are derived from the Tai Chi's slow, gentle and tranquil movements which enable harmony in mind and body, improved mobility, suppleness and mental alertness.

There are many different forms of Tai Chi with the main styles being Chen, Yang, Sun, Wu, Woo and Dong Yue.

While each style and has its own characteristics, the principles remain the same.

Tai Chi for arthritis is a program that was created in 1997 by Dr. Paul Lam with a team of Tai Chi and medical experts.

Tai Chi for arthritis involves 12 movements or positions that are designed to be safe for people with arthritis. Instructors of the program are trained to understand arthritis and ensure the movements are safe for participants.

Tai Chi for arthritis classes begin with warm-up exercises after which the leader demonstrates and teaches one or two movements per lesson. You will learn the movements properly and slowly, working within your comfort limits. The lesson then ends with cool down exercise.

You can learn Tai Chi for arthritis in a class led by a trained leader at the Coronet Bay Community hall every Tuesday morning as part of the Bass Valley U3A program.

For more information contact one of the trained program leaders....

Laura Ealey on 5678 0884 or Vicki Clark on 5678 8734.

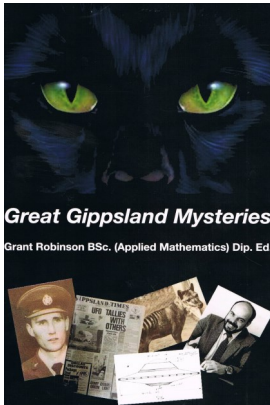


Book Reviews

GREAT GIPPSLAND MYSTERIES

Reviewed by Wendy Petersen

Until obtaining a copy of *Great Gippsland Mysteries*, I had no idea so much was hidden away in the forests, swamps and coastlines of the seemingly mundane and peaceful Gippsland. However, former



secondary teacher and mathematician, Grant Robinson, for several years has beavered away in Venus Bay, where he lives with his wife and two children, on a project close to his heart: compiling and researching the unsolved mysteries within the Gippsland area.

His quest to uncover the truth behind the impossible, the eerie and the mysterious began in early childhood when he literally received a touch from the other side of the divide between the earthly and whatever lingers at the peripheral of our physical reality. His stepfather had died suddenly and Grant was the one who discovered the body on the 10 acre family property at Poowong. A few days later he returned to where his stepfather's lifeless body had lain and felt something shake his hand. Looking around in shock, Grant couldn't see anyone who might be responsible. To this day he wonders if this ghostly experience was the spirit of his stepfather trying to say final farewells.

Great Gippsland Mysteries is a beautifully written and designed book, the product of exhaustive research and countless interviews with Gippslanders who had first-hand experiences of UFO's – and other paranormal events – and who could offer insight into the unsolved mysteries of the past. From the cover an inky panther, with bewitching green and golden eyes, stares out at the reader. Grant explained that although having no previous experience, he was inspired by the haunting picture and decided to design the cover himself. Although he initially considered publishing with Brolga Publishing, he gamely decided to go it alone and retain more control over the finished product. The cover gives a nod to one of the more alluring mysteries that haunts rural areas across the Gippsland region. Grant writes: 'In Gippsland, the big cats have never been far from the news over the last 50 years with sightings stretching from Cann River in the east all the way to Pakenham on the outskirts of Melbourne.'

On a personal note, several of my own friends are convinced that they, too, have

seen a panther in the vicinity of the The Gurdies Bushland Reserve. Circuses would occasionally visit Grantville and district up until about ten years ago, so it's feasible that one of their animals could have escaped. In fact, the book details the escape of a former circus elephant into a Gippsland forest. Sadly, however, only its skeleton was discovered several years later.

As only last year the Wonthaggi Theatrical Group produced the popular play, *A Tale Of Tullaree*, residents around the Bass and Wonthaggi areas might be familiar with the tragic story about 'the lady of the swamp'. In her younger days Margaret Clement was a heiress who travelled the world and was invited to Buckingham Palace. Unfortunately, this carefree existence gradually slipped into gentle poverty and isolation within a decaying mansion on a farm covered in swamp water. This seems more the stuff of a gothic novel than the real-life story of a farm-owner from Gippsland. But more tragedy was to strike in 1952 when Margaret's disappearance baffled the experts and authorities for decades. However, with the amount of research and number of interviews Grant has undertaken, he feels that more than an educated guess can be made as to why her body was never discovered - and who might have been responsible.

An interesting addition to the book unfolds in the last chapter where Grant gives his own perspective to the mysterious accounts as well as adding a postscript to the lives of those folk touched by the surreal and the tragic. Given the amount of interest the book has received and the amount of information still being offered, Grant intends to produce another book with more accounts of the unfathomable and also accompanied by well-researched explanations. If you would like to contribute to the second book or obtain the first, he can be reached via email, mysteriousgippsland@bigpond.com

Wendy Petersen

Wendy was raised in Regional NSW and has lived in Grantville for more than 25 years where she now enjoys the wealth of nature that surrounds us here.



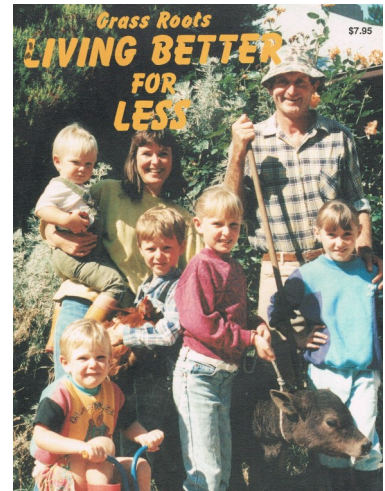
Writing has been a major part of her life for decades now, having written half a dozen novels for children and young adults.

She is currently putting the finishing touches to her soon to be published e-book 'Winter Roses Never Die' which we will review for you when it is ready for release.

Wendy is an excellent writer and interviewer and you can look forward to reading more of her work each month in The Waterline News.

GRASS ROOTS PUBLICATIONS

Grass Roots Publications first published 'Living Better for Less' in 1991. It is now a vintage collector's piece! Full of timeless info on cooking, craft, cleaning, gardening, recycling, livestock and more!

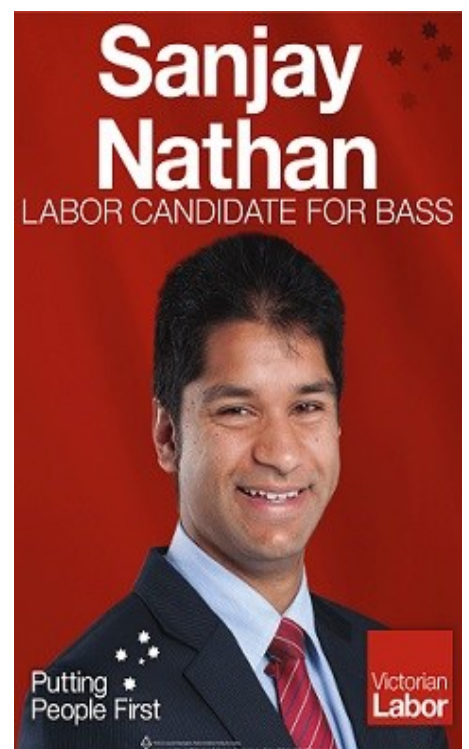


Hundreds of articles and tips on how to save money & live simply, GR style, in this iconic DIY handbook! Which is just as relevant today as when it was written and first published almost 25 years or so, maybe more so.

The publishers recently found several boxes of this treasure when cleaning out the storeroom and are selling them for \$7.00 each including postage. To get your copy email grp@eck.net.au or call 03 5792 4000

We have two copies to give away over the next two months to the first two readers who sends us their own Why I Live Where I Live story.

Email us at waterlinenews@gmail.com or mail to PO Box 184 Grantville 3984 and please include your full name and address.



Personality of the Month

Rain, gale or fog, the mail always gets over to French Island. BOB MIDDLETON meets a postman with a difference.

Express post, tide permitting

I HAVE a home address for Neil Le Serve, the French Island mailman, but when I arrive in Corinella in fading light I realise finding his house may be more difficult than I first thought.

I call into the general store for directions and see a large, impressive-looking launch hooked up outside. Surely no one in their right mind would have been out pleasure cruising on such a wild and chilly day. Maybe I have found my man. Bingo! Neil is inside the store.

Minutes later we are sitting in his coastal home and I am looking out over the 3.2 kilometre stretch of dark Western Port water to his place of work.

Five days a week at 7am Neil sets out to deliver mail, and occasionally, heavier cargo to the Island's residents. He's been doing it for 30 years. "I keep two cars over there for the mail run," Neil says, "one at the jetty and the other as a backup." After making his regular 15 mail deliveries, he spends the rest of the day contract fencing, returning to Corinella at about 5pm.

"Been fencing ever since I gave up dairying at Bass some 30 years ago," he says. "Took on a job at Tarwin Lower putting up 45 kilometres of fencing. Went at it non-stop, 12 hours a day working by myself. It wore me down both mentally and physically."

Nowadays he confines his fencing work to the island, combining it with other farm work such as spraying and building sheds.

I get the impression Neil hasn't slowed down much. He admits to enjoying his work, never gets bored and is happiest when the weekend is once again behind him.

He has had his share of dramas over the years. Before the days of GPS, fogs were a challenge. "When you get caught up in thick fog you tend to go round in circles. You have no idea where you are. On one occasion I ran into Snapper Rock and stuffed up the boat's propeller."

Another time, he was so far off course he ran aground on a mud bank at Elizabeth Island. "I had to wait over five hours for the rising tide to get me off."

He has had several boats since starting on the job. His current one is purpose built at a cost of \$78,000. Needless to say with that sort of outlay, it is fitted out with all the latest essential equipment. It looks more functional than comfortable.

I ask about his scariest moments.

"Well, I got swamped a few years back. Knew there was a squall coming, should have waited for it to pass. They don't last long. When it hit, we were halfway across. She finished up with her nose pointed to the sky and I was sitting in water with a submerged battery and a floating fuel tank." Somehow, he managed to get the boat turned around in the unkind sea and

make it slowly back to shore.

French Island has always been something of a mystery to me. I know I am being fanciful but its low-lying profile seems moody; at times, almost foreboding. When I look over at it, I get the feeling it is looking back at me.

I have a grasp of its size when compared to Phillip Island but little else. French Island is about 170 square kilometres, 70 more than its better known neighbour.

Neil says the island residents are a good example of users of renewable energy. Since the island is without a power supply, they really have no choice. Stand-alone solar power, generators and a growing number of wind generators provide the inhabitants with electricity.

He is genuinely pleased there are signs that more young couples are making the island their home and expresses his satisfaction that a qualified mechanic is among the new arrivals. The school, which at one time whittled down to only two students, now has 15.

There is a strong sense of community amongst the islanders. Neil talks about its beef industry, which is the backbone of the land use (there is only one sheep farm left), farmers markets that have recently evolved, the general store and its homemade pies, the development of a vineyard and an olive grove and, to my surprise, a local cricket team.

There is pride in his voice as he lists all the island's attributes, and justifiably so. He has every claim to being an islander, having spent more time than most over there.

It is a wet cold night as I set out to drive home and the outline of the island has melted into the dark.

Foreboding? After talking to Neil maybe not so much. When I reach to turn on the car heater, I think of Neil launching his boat in the early hours of tomorrow morning. The island's mail delivery is in good hands.



Neil Le Serve prepares for his daily postal delivery to French Island, in the background.

Photos by Barbara Oates

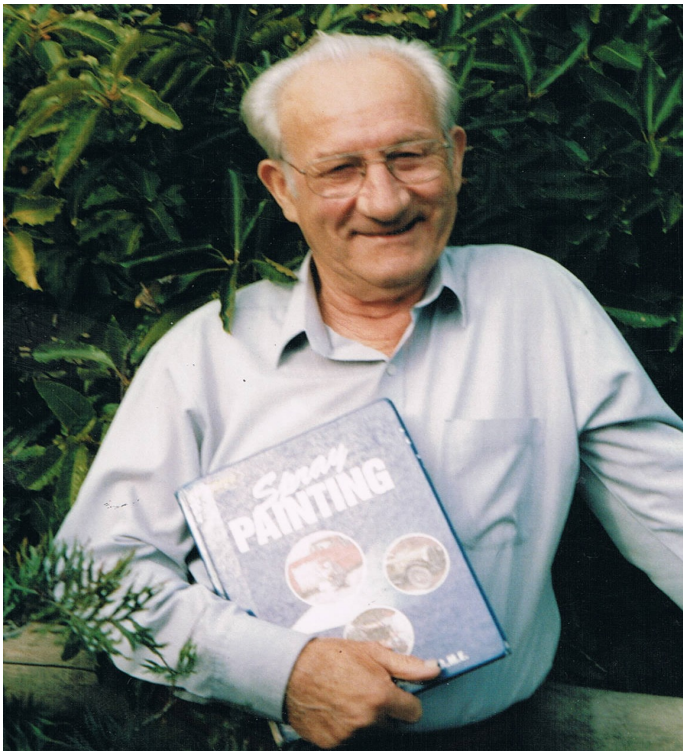
Bob Middleton's amazing profile on Neil Le Serve was first published in August this year by the Bass Coast Post online.

This is just one of the many great stories published by the Bass Coast Post which now has an amazing archive of stories covering a huge range of topics and areas. We thank Editor Catherine Watson for her ongoing support. Read more of their stories now at

www.basscoastpost.com

Tribute to a great man

VALE - Herman Joseph DeZwart (9.9.33– 6.9.14)



Few people have lived in the district longer than Herman DeZwart who sadly passed away on September 6 just three days short of his 81st birthday.

Herman and his wife Alberdina had lived in the local district for 55 years.

He was born in Heemstede, a small village in Holland on September 9th 1933.

He had one brother and four sisters and the DeZwart family emigrated to Australia in the early 1950's.

They had an uncle and aunt living in The Gurdies and together the two families formed 17 occupants and lived in a 12 square home.

Herman's uncle soon found the DeZwart family a farmhouse to rent at nearby Woodleigh Vale, in later years, was moved to Grantville and became the family home for wife Dinny and children Carmel, Martin, Peter, Rod and Sharon.

Herman began his working life as an apprentice cutting and styling leather gloves in Holland.



One of Herman's much loved trucks.

He soon found work in Melbourne also in a glove factory and worked there for many years before returning to Woodleigh Vale where he picked peas with his father which they sold at the Victoria Market in Melbourne.

Herman later owned and ran his own gravel pit at Kernot, working with Dozers, loaders and sand trucks.

He was well known by all the local farmers as he constructed a lot of their driveways and tracks and, in addition, worked on many road construction projects in the district.

Herman was a fanatical soccer fan and loved watching the World Cup every four years, cheering on his beloved orange Dutch team who, more often than not, made it to the finals.

In 2006 he went to a "friendly" game between Australia and France at the MCG which he considered a highlight, especially in this country.

In the early 1970's Herman was appointed to the Grantville Cemetery Trust, mowing lawns, cleaning and maintaining plots and on one occasion was digging a grave by hand when midway through the job a gentleman named George Weir arrived saying he was there for the funeral of his friend Bill Howie which sent him into a state of shock as the grave was only half dug.

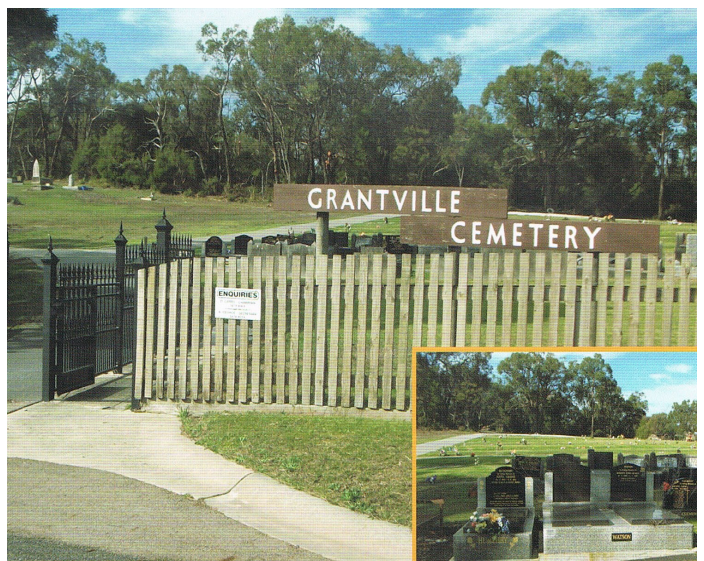
He took off from the cemetery quick smart as he thought the hearse was about to arrive any minute. Only to find out later that George had got the funeral date wrong and had arrived there a day early.

Herman celebrated his 80th birthday last year with family and friends at a dinner/dance club and was given a pair of dutch clogs as a gift and danced the night away in a very difficult pair of dance shoes!

Herman DeZwart was a true character in the Bass Coast district and he is survived and loved by his family, Dinny, Carmel, Martin, Peter, Rod and Sharon.

A great man who will be sadly missed.

Thanks to Herman's son Rod who wrote this tribute to his father for The Waterline News and to his mother Dinny who supplied the photo of Herman and specially asked if we could fit in the one of his truck.



Grantville Cemetery, where Herman served as a voluntary trust member for almost 40 years and fittingly where he was buried on September 15. Current trust members were amongst those who paid their respects to Herman at his funeral.

Local News

NEW CFA TANKER UNVEILED

By Wendy Petersen

*There was movement at the station,
for the word had passed around
that the colt pulling the fire cart had got away.
But after a medium tanker was acquired,
It was found to be everything desired,
So without regret the colt was retired from the fray.
(With apologies to Banjo Patterson)*

Andrew Blackney, captain of the Kernot-Grantville Brigade, described it as a 'proud moment for the brigade' when on Sunday 6th of October the keys for the gleaming new fire tanker were officially handed over in a ceremony at Kernot. The ceremony was attended by Ken Smith, Member for Bass; Neil Rankin, Mayor of Bass Coast Shire; John Peberdy, CFA Board Member; Damian O'Connor, Group Officer of Bass CFA; and Councillor, Clare Le Serve.

The state of the art tanker, costing a cool \$300,000, was actually acquired in July and already on a job last Sunday to put out a local grass fire. Gone are the days when the fireries had a breezy ride hanging onto the back of an open truck. Now crew members ride inside 'the bees knees of trucks' as Andrew Blackney described the new vehicle which has twice the capacity of tanker number 1 and is also four times more efficient. The tanker carries five crew members including the driver.

The members of the brigade have logged many hours training to learn how to use all the on-board technology. Monitors have been built into the front so the crew can actually fight a fire without leaving the cabin – all remote controlled by a joy stick – including the ultra-high pressure pump. If there's a grass fire beside the road, the new tanker doesn't even have to stop. The crew can tend to the fire as they're passing. Shields have also been fitted to minimise the danger of radiant heat. The newest truck (known as tanker number 2) will be kept at the Kernot station inside the \$30,000 shed that has been built to house it.

Michele Fulwell, wife of brigade secretary, Dave Fulwell, explained how she'd already submitted seven applications for funding over the years and had almost given up. To everyone's amazement, however, the latest application for a Victorian Emergency Services Equipment Program grant was finally successful this year. The brigade members were able to raise \$50,000 themselves and the grant supplied the other \$250,000.

Rural residents need no reminder of the commitment and the selfless work done by volunteers of our local CFA brigades and how essential that service is for everyone's safety and peace of mind. In his speech, Ken Smith described volunteers as 'the backbone of Victoria's emergency response services'. The importance of the work done by the CFA is growing given the threat of global

warming. Andrew commented, "There's no doubt that there has been a significant increase in fire activity over the last ten years."

The brigade contributed \$50,000 towards that amount. \$30,000 just to build the shed to house the truck. Congratulations must go to the local CFA from all of the community for their outstanding effort.



Kernot-Grantville CFA members with their new truck

Why I Live Where I Live



Reluctantly at first

I've lived in urban NSW all my life, but when my daughter insisted I move to Grantville, where she could look after me, I admit to agreeing very reluctantly.

My first glimpses of Grantville didn't inspire me to make leaps of joy, either - if I still could. The bush and beach are fine for holidays and from a distance, but not my ideal for permanent living; especially when the area offers little in the way of shopping and entertainment.

Retail therapy is my life. However during the time I've been in the area now - over two years - it has definitely grown on me. The green of the hills and the gold of the wattle and vibrance of the sunsets, plus the aroma of the spring flowers, are certainly delightful. The relative safety the area offers is a bonus. I love the friendliness of the neighbours. I never saw any of my neighbours when I lived interstate. It's funny how something that at one time strikes us in an extreme way - either for good or bad - can over time switch to its other extreme.

Doreen Bugden. Grantville

Greg Hunt

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Green Cleaning #2

Making Heavy Duty Cleansing Powder

A safe, effective cleaning alternative to detergent powders. Soap will clean while the bicarb soda has deodorising and abrasive cleaning properties.

You'll need: Bicarb soda, grated soap, recycled jar or container, eucalyptus oil.

1. Pour in 1/4 cup bicarbonate of soda into the jar.

2. Add 1/4 cup grated soap and 5-7 drops eucalyptus oil.

3. Secure the lid and shake well.

How to use: Apply to wet sponge or cleaning cloth and scrub surfaces to remove marks and stains OR use as a hand cleaning paste for very dirty or greasy hands.

* **Vary the recipe by using an alternative essential oil such as lavender.**

Green Cleaning appears courtesy of The Self SufficiencyShoppe.

For more details and handy Self Sufficiency tips visit

www.theshoppe.com.au

Natural Skin Care #2

MOISTURISING the skin

About OILS

Oil aids in replacing the natural oils removed from the skin during cleansing (via oatmeal scrub) and toning (via an astringent).

However, oil - just as it is applied to the skin - will have an adverse affect. In order for the skin to absorb and benefit from oil the skin must first be hydrated (with water). All moisturisers must, therefore, contain a mixture of water and oil.

Types of oils: Olive, almond, coconut, safflower, wheat germ, apricot kernel, calendula, avocado, grape-seed - are all suited to skin care. However their 'density' or 'lightness' on the skin varies.

The 'lower density' oils are almond oil, calendula, apricot kernel and avocado. Grape-seed is also 'lighter' on the skin and has the added advantage of being cheaper (if purchased from supermarket - but will not be the same high quality as more expensive oils).

Availability: High quality more expensive oils (best for skin care) are available from health-food shop. Other oils (i.e. for cooking) are available from the supermarket.

Recommended Uses: Primarily used as skin moisturizer and cleanser

To test the 'lightness' of almond oil on skin. Place a drop or two of different types of oils onto the skin and rub in. You'll find that olive oil (for example) is very 'heavy' and is not absorbed readily into the skin. Whilst a 'lighter' oil such as almond oil absorbs much more easily into the skin.

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Cat Food

Homemade Cat Biscuits (1)

Mix one small can cat tuna (85g), 1 egg, 1 cup wholemeal plain flour with extra water (if necessary) to make a dough. Roll to 1cm thickness, cut into 1x2 cm strips. Bake in slow (200°C) oven for 20 minutes. Homemade Cat Biscuits (1)

Mix 1 1/2 cups each shredded cooked chicken with wholemeal flour. Add one tablespoon vegetable oil with approximately 1/2 cup chicken stock* to make a dough (add more stock if necessary). Roll into 1cm thickness, cut into 1x2 cm strips. Bake in slow oven for 20 minutes.

*To make chicken stock simmer 2 raw chicken carcasses in 4 cups water for 20-30 minutes. Strain before using to remove bones.

Dog Food

Follow the recipe as outlined above but replace lamb and chicken mince with gravy beef.

Dog Biscuits (1)

Mix together 1 kilogram each of whole-meal flour and meat meal*, 500g liver meal* (both from your local pet food supplier). Mix with water to form a stiff dough. Roll to 1 cm thickness. Cut into strips. Bake in moderate oven for approx. 20-25 minutes.

Dog Biscuits (2)

Mix together 1 1/2 kg whole-meal flour, 1 kg oatmeal or rolled oats, 200g meat meal*, 2 tablespoons skim milk powder, 1 tablespoon baking powder, one teaspoon cold liver oil** and a little salt*** (optional). Mix sufficient water to make a stiff dough. Roll to 1cm thickness. Cut into strips. Bake in moderate oven approx. 20 minutes.

The addition of milk to this recipe makes it ideal for puppies.

*Finely ground pet meat available from pet supplier if unavailable use fresh mince meat blended to a finer grade in food processor.

**Cod liver oil will aid digestion and make coats shiny.

***Unlike humans animals are not accustomed to salt in their food, although a little salt is necessary for normal body functioning.

Omit salt if you are unsure about whether your pet will adjust to the taste.

More details visit **www.theshoppe.com.au**

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Trivia and Lifestyle

QUIZ?

1. What is the largest city in Canada?
2. Which Australian state became the first to abolish the death penalty in 1922?
3. What is the Earth's galaxy called?
4. What is known as the sport of kings?
5. What were the alleged last words of Julius Caesar?
6. What name did Napoleon Bonaparte sign to his letters?
7. What is the term for mass per unit volume?
8. What did Frank Sinatra call 'My kind of town'?
9. Which S.A premier remained in office for a record 27 years?
10. What colour is Demerara sugar?
11. Where is the Costa del Sol?
12. Which city is graced by Michelangelo's David?
13. What delicacy comes from the fattened liver of geese?
14. Which volcanic peak can you see from Naples?
15. Who played in the Harry Lime movie 'The Third Man'?
16. What king was assassinated by his nephew in 1975?
17. What means never having to say you're sorry?
18. What percentage of the Earth's water is drinkable?
19. Who was 'The Last of the Red Hot Mamas'?
20. Who wrote 'The Loaded Dog'?

ANSWERS

1. Toronto. 2. Queensland. 3. The Milky Way. 4. Horse Racing. 5. Et Tu, Brute? 6. Bonaparte. 7. Density. 8. Chicago. 9. Sir Thomas Playford. 10. Brown. 11. Spain. 12. Florence. 13. Pate de foie gras. 14. Mount Vesuvius. 15. Orson Wells. 16. King Faisal of Saudi Arabia. 17. Love. 18. One per cent. 19. Sophie Tucker. 20. Henry Lawson.

ThePhilosopher'sZone

"Nature has been for me, for as long as I remember, a source of solace, inspiration, adventure, and delight; a home, a teacher, a companion."

Lorraine Anderson

Submissions to Poet's Corner are Welcome.

Please email to:

waterlinenews@gmail.com

MUDFLATS

I wade towards my goal
with rational argument
fair play
the broad gumboots
on my feet
But it gets harder
to lift tiring legs
out of the sucking mud

I pitch forward
onto knees, palms
muddy my clothes
I pull up hands
feet without boots
like plugs from a full bath
I fight panic, fear
flounder across flats
sinking deeper
mud up to shins
knees, thighs
and shore far to reach

'Spread your weight'
distant voice yells
So I throw myself
onto my back
spreadeagled to red sky
My body sinks in ooze
I order myself not to fight
my body stays buoyant
Shoulders resting in mud



Meryl Brown Tobin

GREMLINS

We suffered an attack of Gremlinitis in the first edition of The Waterline News and a layout error cut off the answers to the last three questions of the Quiz.

Just for the record: The member of The Rolling Stones who was found dead in his swimming pool in 1969 was Brian Jones. Blinky Bill's girlfriend's name was Nutsy, and The birds who were named after Rose Hill where they were first seen are Rosellas.

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Authorised by Clare Le Serve, 56 Smythe Street, Corinella, Victoria 3984



**FOR
BASS**

Gardening

Top Tips for Growing Luscious Tomatoes By James Middleton



Step One

Prepare a really good soil. Like with most plants, to grow healthy tomatoes as much effort needs to go into the process BEFORE planting as you do AFTER planting. Any fruiting plant requires a rich blend of nutrients throughout the growing phases for it to produce good fruit and this is most certainly the case for new tomato seedlings or even seeds. For tomatoes to thrive they need to be able to grow really big, deep roots. For this to happen they need to be planted in a good loam soil. A really claggy clay soil will be the death of healthy tomato plants! A good idea would be to buy a vegetable soil blend, which most garden shops sell, and mix this in with your soil. This will include a whole heap of natural micronutrients that your tomatoes will need. Also add a good NPK fertiliser to the mix, making sure the mix has a high nitrogen content to help foster early growth. Nitrogen, phosphorous and potassium are the three main nutrients that plants need to survive.

Step Two

Choosing what to grow from good quality seeds or strong healthy seedlings. One of the decisions you have to make is whether to plant in seed or seedling form. Tomato seeds are cheap and really quite easy to cultivate however I myself prefer to grow from seedling. Because tomato plants grow big and are generally high yielding, I only ever really need 3-5 plants in my garden. Sowing a packet of seeds will yield many more plants than this, more than I could ever require, and so I generally choose to go from

seedling. This also means I will start to yield fruit sooner rather than later. I have heard a few arguments as to why growing from seeds is better, such as being able to control what goes into your plant right from the start, however for me this just hasn't really been an issue. However either option works.

Planting

If you are planting from seed form, basically follow the directions on the back of the packet of seeds. If you plant from seed, expect to have to either move some of the plants later on (when more than one seed germinates in close proximity to another). This isn't always an issue as you will often get areas that you have planted seeds that don't germinate at all, so you can transplant a seedling from a high yield area to the lower yield areas.

If planting from seedling my main advice is give them space! Like I mentioned above, tomato plants generally grow rather large. Planting with at least 30-40cm between seedlings is your best bet for not having plants growing into each other down the track.

This also helps the plants in terms of nutrient availability because there will be more nutrients in the soil close to each plant, they won't be fighting for nutrients. I also like to place a stake into the ground when I plant my seedlings, ready for later use, because this way I know I won't be disturbing the soil around them too much with the stake. The tomato plant will grow around the stake.

Step Four

Looking after your Tomato plants. After your seeds have germinated into seedlings or after you have planted your seedlings, it is all about looking after the plant, helping it to grow and thrive so that your tomato plants are best positioned for producing great fruit! For the first 3-6 weeks the focus is on getting the tomato plant to grow, developing strong stems and strong roots. Once your plant is about 40cm high I would tie it, loosely, to the stake you installed when you planted. If you didn't do this, that is ok, place the stake close to the stem but do it carefully so as not to disturb the roots too much. As it grows more, keep an eye on it, if the top ever looks like it is starting to droop then it is time to tie it to the stake again, higher up, to provide good support.

With fruiting plants the key to great fruit is two things, water and nutrients. All fruit mostly consists of water, so obviously a plant needs great access to water to inject it into the fruit. Plants also need regular doses of nutrients to help them grow and produce great fruit. I like to use Yates fertilisers, in particular the water soluble thrive fertilisers. I apply this quite generously about once a week. As far as watering goes, as long as your soil drains well you cannot, in my opinion, over water veggies. At a minimum I would water them every second day, but for the first 3 weeks I'd strongly recommend daily. Even after 3 weeks, if you have the time, daily is optimal. As the tomatoes start to ripen, turning from green to red, hold back on the watering a little (so every two days is fine) as this will encourage the plant to focus more on injecting sugars into the fruit, making for sweeter, better tasting fruit.

Once tomatoes are well reddened, pick and enjoy! I love a nice, fresh, juicy tomato straight off the plant

So You Want A Better Garden.


All my best articles have been collected into what I'm calling the ultimate gardening toolkit – make sure you take a look, there's a heap of great gardening advice available.

I've also published a series of gardening ebooks that you might be interested in.

Good luck!

Jim @ Aussie Green Thumb

<http://aussiegreenthumb.com>




Snake Repellent

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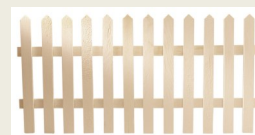
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