

Hello A gain from Goodlife.

How quickly times change! Just last issue I was bemoaning the lack of rain and the other night I caught myself cursing the cold! And I realise I am no longer watering plants by hand at literally the crack of dawn but leaving it to the heavens. What a relief to see the grass (definitely not lawn) has recovered and I am holding out hope that some sad looking specimens in my garden will 'come good'.

Winter is wonderful, and not just for the welcome rain. Its a great time of year to enjoy our local food and wine and those of you who took advantage of the Queens Birthday Winter Wine Weekend festivities will know just how lucky we are on the Peninsula. Some people have to travel for hours to have the experience available to us, as locals, to enjoy every weekend or for that matter almost any day of the week.

Winter means doing things differently, perhaps at a slower pace with time to relax with friends and family. If you love to cook then 'Selections from the Menu' will give you ample opportunity to test your skills in the kitchen - then try the original and see how your's rates against our top chefs'.

This issue Clare Maxfield explains the difference between size and fit, Ginger gives us more tips on our homes and of course Karen Tatman entertains us with her (un)usual grasp on reality in Clutterbusting. Don't forget Suzette with her round-up of what's happening at our local restaurants and what's new in Health & Beauty - & of course there is always much more.

Stoke the fire, cosy up on the couch and relax We hope you enjoy the Goodlife as much as we enjoy bringing it to you

- Mary, Arthur, Lisa, Suzette,
Melissa, Ginger and the Team



LIVING the good life

Do you think of the Mornington Peninsula as simply 'your home'? Or do you think of it in terms of a regional playground? Well, to me, it is both!

Home is certainly where the heart is and I love the beauty of our region with my favourite restaurants, the places I love to visit - some 'secret' destinations I share with loved ones - the fresh produce of the area, stunning landscapes, tempting wines and the fun of functions and events; some that create lasting memories.

I thought this edition we might 'take the journey' together.

Sunday Drive

I love the **Hinterland**. But then, I also love the wildness of parts of the Western Port coastline, the stunning colours of the waters of Port Phillip and all the villages in between!

Enjoy the 'comfort' food of winter throughout our region - pumpkin soup and cakes or a light meal and a pint. The landscape of the area is picturesque. Hills with row upon row of bare vines, cows slowly moving to graze on green pastures, houses that vary in size, colour and differing garden layouts. One of the newest 'additions' to the Peninsula - La Petanque Restaurant, Main Ridge brings a touch of the South of France to our region with its delicious food, weekends and some weekdays. Drop into Gordon Studio Glassblowers to gaze at some of the exquisite pieces on offer. A decision about which piece to purchase will indeed take time. Meander down the road to the pretty, quiet township of Flinders and pop into the Flinders Hotel, where the variations of the Pork Belly dish are legendary. The views from atop the hill across to Phillip Island and The Heads are breathtaking. Take the time to stop and look.

Shoreham 'houses' mazes, wineries, a nursery and more. Enjoy a tippie, sit back and enjoy great winter fare and the peace of the surrounds.

Sorrento? What a delightful township. I often look for an excuse to visit, but then really, who

needs one? Take time to stroll, look and shop. Sorrento has much on offer.

Feel like a little nourishment? Spargo's offers great coffee and an extensive tasty menu, with something just for you.

The Rye Hotel is much more than a pub. Fun, food and flair abound. Beach walks and strolls to the shops, enjoy. Mornington on Tanti offers so much choice. Perhaps have a coffee first and then decide! A round of golf at the demanding but scenic local golf course.

Maybe a credit card spree down Main Street into many fashion boutiques and delightful giftware shops. Pop into the latest gallery - McGee's on Queen (Street).

Mount Eliza magic ... what's the saying? Shop 'til you drop!

Drive down the hill! **Frankston** with all its recent changes has added more excitement to the area. The Kananook Creek Boathouse has been part of the Frankston scene for a long time and offers garden views, great food and a delightful atmosphere, seven days a week.

Hastings - a tidy town of award winning proportions. Pelicans, foreshore walks, bicycle tracks, aquatic complex, training café and the Dolphin Research Centre.

Hastings is evolving into a place of 'much going on'! Phew! And we have only just started on our 'backyard' journey. There's SO much more

Communities Are Us

Keep June 24 free for a special all-day workshop being held at the Dolphin Research Centre in Hastings with Lance Ferris from Australian Seabird Rescue. This hands on workshop about caring for injured seabirds will be both practical and entertaining. Everyone is welcome. Why not get the whole family involved? (phone 0417 380687).

We hope you enjoy your exploration of our 'special place in the sun' (and rain!).

We don't only enjoy the Good Life; we too can live it, breathe it, do it and see it each and every day. The Mornington Peninsula - beautiful each day and better the next!

- Cheers for now, Dianne

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