

Phillip Island Vibe

FREE

phillipislandvibe@outlook.com

Phone: 0407 266 271

www.phillipislandvibe.com.au



ISSUE 101 JUNE 2018



Sometimes you can be in the right place at the right time with a camera in your hand and that was certainly the case for local photographer Renee de Bondt who captured these stunning pictures. With whales on your mind you should see page 9 for all the details about the annual Whale Festival being held July 6-8 with lots of fun, free or low cost activities.

THE ISLAND Makers MARKET

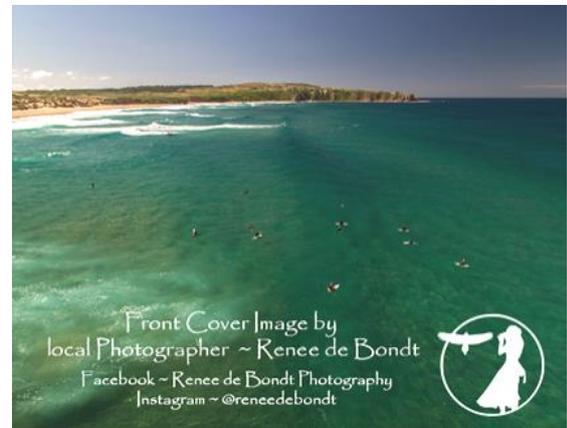
INDOORS. FREE ENTRY. LIVE MUSIC. HANDMADE BRANDS.
COWES LEISURE CENTRE (YMCA) *10-14 CHURCH ST



QUEENS B'DAY WEEKEND
**SUNDAY
JUNE 10
9-2PM**

WWW.MERMAIDSORORITY.COM.AU

FASHION.
JEWELLERY.
KIDS. +BABY.
ART. + DESIGN.
HOMEWARES. + STYLING.
LIFESTYLE. + HEALTH.
FOOD. + SWEETS. + RAW TREATS.



Front Cover Image by
local Photographer ~ Renee de Bondt
Facebook ~ Renee de Bondt Photography
Instagram ~ @reneedebondt



www.wintersunshinefestival.com.au

WINTER SUNSHINE FESTIVAL



Fundraising for...

WHISKEY'S WISH - Dogs Saving Soldiers Lives

SAT 30th JUNE 2018 9am - 3pm MARKET, HOT FOOD, RAFFLE

CLASSIC CAR & MOTORCYCLE SHOW

2pm Trophy Presentation Town Square, 97 Thompson Ave. Cowes

Join us at Westernport Hotel San Remo from 6pm

Raffle Drawn 7pm ★ Auction 7-8pm ★ Band from 8pm

ROCK N ROLL NIGHT

Bookings & Registration www.trybooking.com

ALWAYS COOL AIR-CONDITIONING



SPECIALISING IN INSTALLATION OF HEATING & COOLING SYSTEMS



www.alwayscoolair.com.au 1800 931 631

**SPECIAL OFFER
PURCHASE A SELECTED
PANASONIC AIR COND
& RECEIVE AN EFTPOS
CARD VALUED
UP TO \$200**

**7KW Panasonic
Reverse Cycle
Inverter Split System**

Fully installed only

\$2100*

plus gst *Conditions apply



Contact Kirk on 0414 825 179



Join the Club

Whether your child is a curious scientist, future game developer or is destined for the stage and screen, Newhaven College provides the opportunity for them to pursue their passion.

Young Performers

The Junior School Choir and Dance Club are very popular amongst young students who may continue performing in later years in the Middle School Choir, Middle School Drama Club, Senior Drama Club or one of several Senior Vocal Groups.

The list of musical opportunities is vast and currently includes a mix of year levels in the String Ensemble, Folk Group, Concert Band and rock band 'Parallel Parking'.

Middle and Senior students each have their own guitar ensemble and VET students have an band and mixed ensemble to express thier creativity.

Strategists, Speakers and Scientists

All year levels pit their skills against one another at Chess Club and students may participate in House and Interschool competitions.

Newhaven College has a very successful Debating and Public Speaking team and students are often awarded 'best speaker' at Debating association of Victoria competitions.

If it's messy, explosive or absolutley amazing, you can bet it's been tried at Science Club. The action happens every Thursday at lunch time in Middle School.

The Thinkers

Philosophy Club and Book Club provide lively discussion forums for those who like to test their ideas amongst friends.

The Big Ideas Club begins with 40 minutes of homework assistance before moving onto the fun stuff like designing skateboards or using Lego Mindstorm.

Coding Club has just been established by a student and is rapidly gaining popularity with future game designers.

Physical Outlets

Surfing and Yoga groups in addition to the vast array of interschool sport options keep active students busy.

There is a club for everyone at Newhaven College.

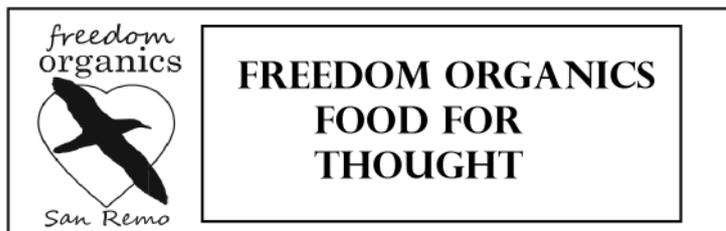
For enrolment enquiries contact Belinda Manning on 5956 7505 or visit www.newhavencol.vic.edu.au

Success Starts Early



Newhaven College Enrol Now

1770 Phillip Island Rd,
Phillip Island, 3923
5956 7505
www.newhavencol.vic.edu.au



Power of Indoor Plants

Recent research has shown that indoor plants significantly improve a whole range of aspects of our indoor environment. Plants help physically clean the air and have beneficial effects on psychological health, task performance, illness reduction and productivity.

So we ask why are people buying plastic plants that are so much back in fashion, increasing the toxins in their home?

In Australia over 80% of us live in urban areas, where we spend an amazing 90% of our time indoors, so the quality of the indoor environment is crucial to our wellbeing.

NASA researchers suggest that the optimal air-filtering effect is achieved with at least one potted plant per 100 square feet of home or office space. One large plant or several smaller ones can be used for a spacious area such as the family room.

Plants play a vital role in providing a pleasant and tranquil environment in which to move, work or relax. Indoor plants can also help health, wellbeing and productivity in the workplace.

Research shows that indoor plants:

- Help improve indoor air quality
- Help reduce sick building syndrome
- Help improve well being
- Help improve productivity and performance
- Help to lower stress and negative feelings
- Help to reduce noise
- Improve business image with potential clients
- Contribute to fulfilling at least 75% of Indoor Environmental Quality (IEQ) Criteria

Many people do not know that air pollution is almost always higher indoors than outside, even in the city centre, and air-conditioning systems are almost never designed to remove outdoor gaseous pollutants from air drawn into the building.



In essence the plant system - leaves, roots and potting media - take VOCs (Volatile organic compounds) from the air such as benzene and formaldehyde released by furnishings, carpets, photocopiers, printers and many modern building materials. They also contribute oxygen back into the environment.

In summary, indoor plants have a significant impact on improving air quality in buildings.

Noise reduction - Ambius's research conducted in the UK and those conducted by Peter Costa of South Bank University in London, have demonstrated that plants can be effective at reducing background noise.

Indoor Plants Contribute To At Least 75% Of Indoor Environmental Quality (IEQ) Criteria

Research by NASA on the air-filtering effect of house plants concluded as early as 1989 that they are a powerful means to remedy indoor air pollution.

The first list of the best house plants for this purpose was compiled as part of the NASA Clean Air Study. It researched simple, sustainable ways to clean air on space stations. Under controlled conditions, certain house plants were found to remove as much as 87 percent of indoor air pollutants within 24 hours.

The air cleaning capability of plants maintained within a closed living environment goes far and beyond simple removal of carbon dioxide (which humans and animals exhale) and replacing it with clean oxygen. It wasn't until the 1980's when indoor air pollution suddenly became a health issue that needed to be addressed.

This is especially true given that most of us spend 80-90% of our time indoors!

It is optimal for the house plant to be potted in a healthy soil mix. Air plants or those growing with roots in water such as bamboo are not as helpful. This is due to additional research which demonstrated that specific plants are not the only living things that can remove benzene from the air.

Some of The Best Air Cleaning House Plants;

ASPIDISTRA
 CHRYSANTHEMUM
 SPIDER PLANT
 FICUS
 RED-EDGED DRACAENA
 PEACE LILY
 BOSTON FERN
 GOLDEN POTHOS
 SNAKE PLANT
 BAMBOO PALM
 RUBBER PLANT
 ALOE VERA
 KALANCHOE
 MONEY PLANT
 ENGLISH IVY
 CHINESE EVERGREEN
 HEART LEAF PHILODENDRON
 ARECA PALM
 GERBER DAISY
 DWARF AZALEA
 UMBRELLA TREE
 WAX BEGONIA
 MINT



Freedom Organics stocks a wide range of indoor REAL plants for sale



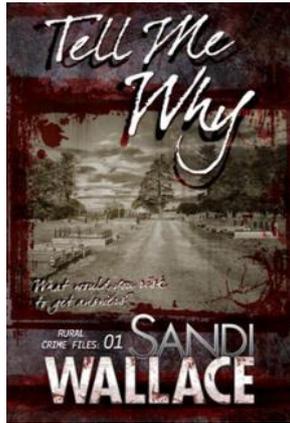
Book Reviews

**By Turn The Page Bookstore,
40A Thompson Avenue, Cowes
Phone 59521444**

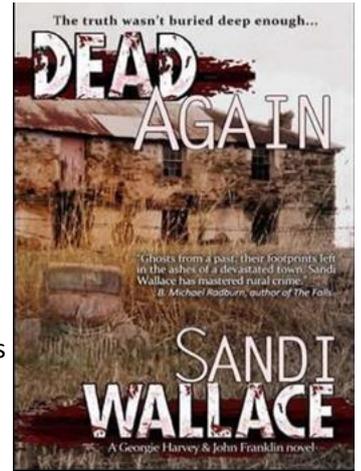
Adult crime fiction

“Tell Me Why” and “Dead Again” by Sandi Wallace RRP \$27.00 and \$29.99 Paperback

In *Tell Me Why*, Melbourne writer Georgie Harvey heads to Daylesford in central Victoria to look for a missing farmer and uncovers links between the woman's disappearance and her dangerous preoccupation with the unsolved mystery surrounding her husband. Maverick cop and solo dad John Franklin is working a case of a poison-pen writer whose targets are single mothers. Georgie's investigation stirs up long buried secrets and she attracts enemies. A country cop, city writer, retired farmer and poison-pen stalker all want answers. What will they risk to get them? What will be the ultimate cost?



In *Dead Again* it is almost 2 years since wildfires ravaged the town of Bullock and Georgie Harvey is on assignment to write a feature story heralding the strength of the community on the anniversary of the fires. In nearby Daylesford, cop John Franklin is investigating a spree of vandalism and burglaries and Georgie is thrown back into conflict with John Franklin, when her story connects with the crimes in Daylesford and she uncovers the truth about a family man missing since the fires.



island burger bar 

DAILY WINTER WARMERS

☞ MONDAY..... *Beef Casserole*
WEDNESDAY..... *Lamb Shanks*
THURSDAY..... *Shepherd's Pie*

PLUS ☞ Weekly soup specials
New salads, sides & sliders

Call us to book or order
9 vista place, cape woolamai 5956 6552

WINTER WHALE CRUISES

Have a whale of a time!

June-August



Wildlife coast cruises

Counselling

Individually assisting you to overcome challenging situations and become empowered by building life skills and strengths.

Unpack your concerns in a safe and non-judgemental environment.

Assisting with a variety of issues including child and adult sex abuse, domestic violence, grief and loss, depression and anxiety, family, relationship, confidence and much more

LINDA WILSON 0431 693313

Fully qualified, practising counsellor and group facilitator
lindawilson333@hotmail.com lindawilson333.com

The best voice reads the best words

Maggie Millar reads

Molly Bloom

by James Joyce

8pm, June 16, Uniting Church, Cowes

Tickets \$30/\$25 concession

Booking: trybooking.com/VEUH or at the door

“a lustful, warm, superstitious, frank, comical, romantic and sexy woman”

Helen Thomson, The Australian



We have been fortunate enough to have had the sunshine and clear skies for as long as we have, but unfortunately all good things must come to an end and over the last few weeks we have seen a dramatic change in the weather. With the wind and the rain, it has brought a big churn up of the bay making the water dirty around the bay and piers and the beaches very weedy with a lot of strong onshore winds. The cold change in the weather has started to bring on our winter fish like the large school of Australian Salmon we are now seeing in the bay and alongside the beaches. Anzacs beach at Cape Woolamai has yet again become the more successful spot for targeting the Salmon, most of the reports we have been seeing have been caught on metal lures such as the baitfish in a 40g or on a 3/0 hook circle hook in a paternoster style with Bluebait.

We often get a few people through the shop wanting to catch what they regard as a "higher quality" fish and these same people tend to overlook the Salmon, but this versatile fish that has a mellow flavour allow it to be utilised in more way than one. One of the more common ways we see Salmon is smoked. The advantage with smoking is that you can add a lot of different flavour to the flesh. At the shop we have flavour ranging from Mountain Ash to coffee!

Phillip Island Miniature Light Railway Inc

#(A0101394F)

You and your family are invited

We don't have a railway YET, so we're going to play at another

DIAMOND VALLEY RAILWAY ON SUNDAY JULY 22

Cost \$50 adults, children \$25, children under 2 free

Family ticket \$135 for 2 adults and 3 children



Photo by Sammy Daly DVR

Bus will leave Cowes at 9am and return at 5pm

Includes train rides, visits to station, platforms, workshop and signal box. Packed lunch and tea/coffee provided

Book your seat now and pay by July 1st, limited numbers

Contact Bev Munro 0417 578435

bevmunro2@gmail.com

FB Phillip Island Miniature Light Railway

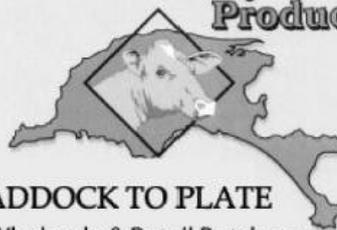
A more common way to use Salmon is in patties adding whatever herbs you want, eggs and flour and giving them a fry. Salmon patties are nice as is or in a burger.

Sadly, the weather isn't going to get any better for a few months now so it's the perfect time to stay indoors. One thing we as anglers fail to do is give our gear the attention and maintenance it requires. Reels especially take the brunt of use with the gears ceasing up, bearings can rust and not to mention the damage that can be done by a tiny grain of sand. With all things mechanical you need to keep them greased and oiled and this can be best achieved by using a spray such as Lanox. The main difference between Lanox and your other common degreasers is that it is lanolin based which is formulated for marine use specifically.

Please use caution though when trying to service your own reel as there are plenty of springs that can get lost once you open the reel up causing it to not work properly. If you ever have any doubts please pop into the shop and we can service it for you this can include replacing your line/braid that may be worn.

Another thing to maintain is your terminal tackle. Fish are not likely to go for rusty hooks and the risk to you being caught by one is not worth it. Swivels and lures can become seized which will cause them to break under any strain. Salt water destroys metal surfaces the best way to avoid this is to hose down your gear with fresh water after every trip and spray with Lanox to get the best out of your product.

Island
Primary
Produce



PADDOCK TO PLATE
Wholesale & Retail Butchery

Open
until 6pm
Mon - Fri

Jake and Tania McStay

511 Ventnor Rd, Ventnor

Ph 59568107

Phone orders taken - Eftpos available

Opening hours:

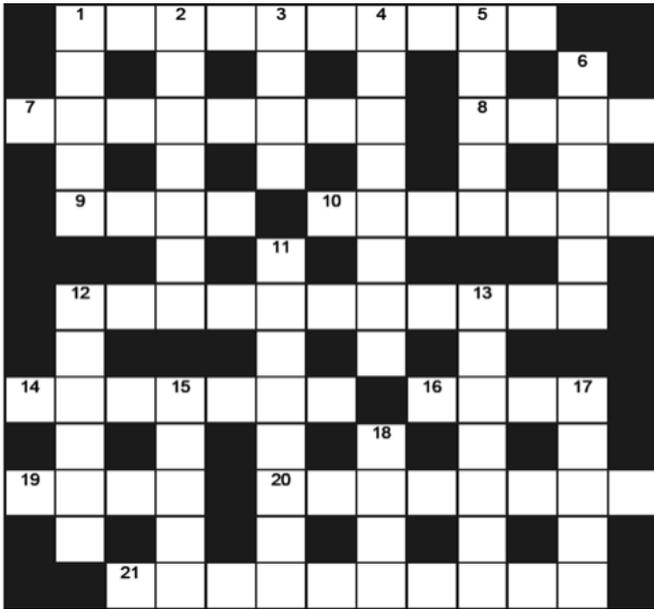
Monday to Friday

8am-6pm, Saturday 8am-3pm,

Closed Sundays

Brain Food

Find all the answers & solutions to Puzzles & Quizzes on page 18 (No peeking!)



Vibe Quick Crossword 101

Across

- 1 Stockrooms (10)
7 Rural (8)
8 Possesses (4)
9 Score (4)
10 Antiquated (7)
12 Approval (11)
14 Beetroot soup (7)
16 Jokes (4)
19 Ale (4)
20 Disappears (8)
21 Anchorman (10)

Down

- 1 Bet (5)
2 Baked (7)
3 Acclaim (4)
4 Unsettles (8)
5 Period of history (5)
6 Join up (6)
11 Stores (8)
12 Wears away (6)
13 Passed (7)
15 Wait (5)
17 Cuss (5)
18 Leg joint (4)

WHALE TRIVIA



1. What is the largest animal on earth? 2. What do Baleen whales lack that other whales have? 3. What is the longest amount of time that whales can go

without breathing? 4. What special sense do dolphins and some whales use to hear underwater? 5. About how much can a full-grown blue whale weigh? 6. Whales are mammals that walked on the earth about how long ago? 7. How do whales swim or propel themselves forward in water? 8. The end of a whale's tail is called a what? 9. A group of whales is called what? 10. What is a baby whale called?

		6	5					1
	1	4				8		7
			6	1				5
	2		8	3				
6		1				7		3
				6	1		5	
4				8	6			
3		8				6	9	
1					4	3		

Vibe Sudoku 101

Each row, column and sub-box must have the numbers 1-9 occurring just once.

Antiques Evaluation Day

The National Vietnam Veterans Museum is proud and excited to present the 3rd annual Antiques Evaluation Day at the Museum on Sunday 10 June, 2018.



This day will be conducted in the style of the Antiques Roadshow with a range of specialists available to provide advice, information and estimates on items presented to them. Take this opportunity to come along and chat with professionals about your particular treasures. We encourage you to bring, not just militaria, but also other antiques. Our qualified specialists include Bronwyn Pratt (The Goldsmith's Gallery, San Remo), Simon Storey, (Fine Arts, Heritage and Cultural collections), Anne Rowland (Ballarat Arts Gallery) and Stewart Dear, (Certified Practising Valuer, Tyabb Packing House Antiques). Between them our assessors have a range of knowledge on different categories including jewellery, militaria, books, artwork, porcelain, ephemera, medals, and coins. There will be some stalls to browse upon and don't forget to watch the famous holographic Sound & Light Show while you are in the Museum. If you haven't been to the Museum before, take some time to walk among the displays and exhibits. All the activities will take place undercover, so it won't matter what the weather does. The Nui Dat Café will be open for refreshments. The Museum would also like to thank our Major Sponsors, Phillip Island Experience for their generous support.

Standard admission fees apply. Call the Museum on 5956 6400 for more information or check out the website www.vietnamvetmuseum.org



THE BOOMSLANG



(boom meaning tree and slang meaning snake in the Afrikaans language)

Ever since the apple tree incident in the Garden of Eden snakes have been taking the rap for humanity's misfortunes; the boomslang is no exception, being particularly arboreal and seductively handsome.

If that's not enough, the snake is supposed to make a habit of dropping from trees onto rural pedestrians with the express purpose of biting them, a task it fails to perform with unerring consistency.

It may of course be that Boomslangs don't want to put themselves in harm's way by attacking a large inedible biped, a point we tend to overlook in our stick-waving moods of righteous indignation.

That said, in Africa there are lots of trees and lots of pedestrians and from time to time accidents do happen. Even in those rare circumstances the snake is far more likely to mumble an apology and slither on its way than to bite.

Having said that, some folks may remember reading of a mysterious death in Agatha Christie's 1935 novel, *Death in the Clouds* - it was the butler that did the deed, in the library, with a Boomslang.

The Boomslang is member of the poisonous but otherwise happy family of *Columbidae*, but it is the only member that has the teeth and the chemical cocktail capable of delivering a bite fatal to humans. It's venom is primarily a slow acting hemotoxin that switches off the body's blood-clotting system and causes internal haemorrhaging, including in the brain.

Symptoms are slow to appear, so that someone who has been bitten may start to relax, think it's no big deal and not pop along to the doctor. This this is a serious mistake. Without antivenin, the only cure is a total blood transfusion and, if left for two or

three days, even that may come too late.

But enough of the scary stuff, the Boomslang is a shy and retiring snake, certainly worthy of caution and respect but not to be feared. It is notoriously difficult to see, let alone catch, preferring to glide away through the branches. While Boomslangs may come to the ground in pursuit of prey, they are arboreal snakes and will always return to a tree to enjoy their meal.

The adult snakes' large eyes remain its most distinctive identifying feature. Unlike other species Boomslangs are thought to have binocular vision and able to see their prey even when stationary. The slow and super-cautious progress of the chameleon, a favourite prey species, is consequently not much of a defence.

Unlike us, weaver birds have genuine cause to bear a grudge against the Boomslang. It is very partial to their eggs, their chicks, and given the opportunity, the birds themselves. To add insult to injury, in the cold snaps of winter boomslangs are also inclined to commandeer a cosy nest in which to hibernate - a very literal case of being eaten out of house and home.

Security Doors & Fly Screens

The Island's Best Quality at the Lowest Price, Guaranteed...
- Custom Made & Locally Repaired -

LOCKSMITH - 5952 5552

"Proudly Securing the Island Community Since 1996"

www.phillipislandonline.com

KRISTOS

SOUVLAKI BURGERS CHIPS ROASTS

THE HEALTHIER CHOICE...

Eat in or
takeaway
EFTPOS
AVAILABLE

TENDER BBQ CHICKENS, LAMB PORK & BEEF @ KRISTOS

- Souvlaki • Greek Packs • Roasts • Burgers • Wraps
- Kids & Family Packs • Schnitzels • Fish n Chips • Kids Menu
- Home Cooked Vegies & Fresh Salads

Shop 5/15 The Esplanade Cowes

Open 7 days / Phone Orders Welcome T: (03) 5952 3355

Copyright © 2018 Phillip Island Vibe

This work is copyright. Apart from any use permitted under the Copyright Act 1968, no part may be reproduced by any process, nor may any other exclusive right be exercised, without the permission of Phillip Island Vibe, PO Box 239, Cowes. Vic 3922.

phillipislandvibe@outlook.com. ABN: 609444475



Healthy and Healing with Pip

Let's get out of your comfort zone!

I have been creating a book ... it has been my dream for many years to be a published author.

The book is about the six years I worked on cruise ships and how it became an unlikely spiritual journey.

The publishing process is underway.

I am going to have a real book ready for launching in 6 months. It's been pushing all of my 'fear-buttons' to put this book out into the world.

This week I made some critical steps toward this dream because I learned the 5-steps to manifest your desires from Denise Dudfield-Thomas.

Denise suggests that we do 5 things to manifest our desires:

Step 1. What are the negative feelings, beliefs and thoughts about your goal / desire?

Be honest. De-clutter before you move forward. Helps to clear the way. This is what sabotages you.

Amazingly, one of my negative beliefs about publishing the book is that people might not like it and therefore me. This could be a big block for me – if I don't address it now. So, I have been practising a new belief: 'I am publishing this book because it inspires and excites me, no matter what other people think of me.'



dancing free

Guided movement for health and well-being

Looking for somewhere to move to music with guidance but no steps to learn?
Here it is... great range of music, experienced leader.

Get grounded, free, centered, energised...ages 18-80

Classes at Health on Course, Cowes. \$20/15

Call Tony 0418 134709 or

visit  Soul Dance - Tony Norquay

A1 Mowing and Handyman

"If it's broke - I'm the bloke"

"Need something new? - I can build that too"

Leaky taps, fence repaired, gates swung, new screening on your deck, rubbish removal or anything else



Call Bart on
0408 950570

Check out my work on Facebook
A1 Mowing and Handyman

Step 2. Get very, very specific about your desire. What? When? Why? What will it cost?

It needs to feel realistic, but also get you excited.

Example: I'd like to launch my book by October 2018, sell 500 copies pre-sale and 500 copies post launch, because it will entertain and inspire millions of people.

Step 3. Use Anchors - create lots and lots of positive anchors to move towards goal / desire. They are reminders of your goal all day without too much effort. Stay in flow with ease.

Example: Passwords: 'successful author' or 'wealthy business owner'

Example: Names saved in phone: 'O.R. - publisher of my magnificent book' or 'C.H. - coach of a millionaire'

Step 4. Inspired action - pushes you out of your comfort zone. Don't just read and research next steps. The Universal energy responds to action.

Example: Make a public commitment - 'My new book will be available in October! Want to go on the list for first copies? - here is the link.' Or 'My new book will be available in October- click here for pre-sales - yay!!'

Step 5. Receiving – you've got to rejoice in the gifts from the universe. Stay in a space of gratitude. Revel in the abundance.

Examples: Say 'Thank you' to compliments; DON'T discount your services; Pick up coins in the street; Make sure your 'buy this book' link or 'book a service' link works on your website. You could be blocking receiving by not making it easy for people to book in or buy your products.

So, what do you want to manifest?

Go through this 5-step process and notice the big shifts that happen.

Contact Pip on 0437 670 820 or go to
www.consciouscoursesandtherapies.com

Reference: Denise Dudfield-Thomas - 'Get Rich, Lucky Bitch' book
Pip Coleman Reiki Master, Bowen Therapist (ISBT), Advanced Angel Intuitive, Meditation & Psychic Development Teacher.

Mobile: 0437 670 820

Website: <https://www.consciouscoursesandtherapies.com/>

Facebook: <https://www.facebook.com/Pip-Coleman-Conscious-Courses-and-Therapies/>

CONSCIOUS COURSES WITH PIP



Learn vital self-care skills,
Improve your intuition,
Connect with like-minded
people by joining a
Meditation class or Reiki course
and
Relax, De-stress, Re-energize
with nurturing one-on-one
therapies

Contact Pip for more details 0437 670 820

Humpback

Southern Right

Killer Whale

Breaching

Spy hopping

Tail slapping

Blow

Pec slapping

PHILLIP ISLAND WHALE FESTIVAL

6-8 JULY 2018

Celebrate the annual
whale migration!

Join in for a whole host of
FREE or low-cost activities:

- Follow the Bass Coast Whale Trail
- Whale out of Water
- Meet a Marine Biologist
- Marine Wildlife Photo Exhibition & Workshop
- Boomerang Bags
- Art Installations
- Marine Wildlife Movies
- Stories and Craft Fun
- Whale Spotting
- and much more...

For program details and more info, visit:

islandwhales.com.au



Phillip Island Operators Gearing Up For a Bumper Whale Season as First Whales Spotted off Bass Coast



Phillip Island tourism operators are gearing up for a bumper whale season with the first glimpse of the annual migration recorded off Smiths Beach earlier this month.

Every year between May and October, humpback and southern right whales migrate along the coast to the warmer waters off Queensland for breeding. The Bass Coast generally enjoys excellent viewing between May and August, and then again between September and November as the whales return to cooler climes.

Ramada Resort Phillip Island Front Office Manager Bregje van Waterschoot said the whale migration was one of the island's most popular attractions, particularly over the winter months.

"Phillip Island is a stunning destination at any time of the year, but there's something special about winter when the whales are frolicking off the coast," Ms van Waterschoot said.

Wildlife Coast Cruises Marketing and Sales Officer Jess Patman said 2017 was a record-breaking season for whale sightings and 2018 was predicted to be even better.

"Last year more than 340 whales were sighted off the Bass Coast region during the migration period," Ms Patman said.

"Following the record-breaking season last year, we are expecting another exciting winter for whale watchers."

To celebrate the annual migration, Ramada Phillip Island and Wildlife Coast Cruises have teamed up to offer exclusive accommodation and whale watching discounts.

Enjoy 20 per cent off accommodation at Ramada Phillip Island with discount code 18WWPI at www.ramadaphillipisland.com.au. Resorts guests will also receive 20 per cent off Wildlife Coast Cruise whale watching tours when booked through the resort Reception. Both offers are valid for bookings before August 5.

Call (03) 5952 8000 for further details.



Seakote Stops Rust

One of the drawbacks in living in a coastal area is the constant threat of rust to outside machinery and other equipment.

This especially applies to fishermen and others who like being around the water. While many accept that rust is a fact of life, it is now being kept to a minimum with the launch of a new product called SeaKote.

SeaKote is a spray-on product that is safe and easy to use. Its main function is to prevent rust appearing on metals.

In layman's terms, SeaKote coats the metal with a colourless lubricating film thus protecting it from water and salt.

Along with being highly effective, SeaKote has the appealing feature of being long lasting in its application. In fact, laboratory trials have shown that SeaKote can protect metals for over 10 times longer than its nearest rival!

It is the brainchild of Newhaven resident Christopher Northover who has spent more than three years developing, testing and fine tuning the product.

Christopher is well qualified to perform this task as he is both a skilled tradesman and a scientist. He began his working life as an electrician and instrumentation tradesman (a "dual trader"), then studied at the University of Melbourne and graduated as an industrial chemist.

This has seen him work for some of the larger companies, such as BHP Billiton, working in the iron ore sector in Port Hedland. At present, he is working for Beach Energy both onshore and offshore on oil rigs in Bass Strait.

His quest for a better anti-rust product led to him setting up his own laboratory and spending countless hours in experimenting and perfecting.

"None of the products on the market could deliver the results that I wanted."

cont'd p11

phillip island bodyworks

Accident repairs - Insurance and private
State of the art repair centre

BRIAN WITKOWSKI
2 Shorland Close, Cowes
Phone 59521010 or email
info@phillipislandbodyworks.com.au



Motoring Guide

Other lanolin-based products only contain two components - lanolin and solvent.

“The SeaKote formula contains six components including powerful corrosion inhibitors and lubricants,” Christopher explained.

The result of his hard work now sees a product that has been shown to keep metal samples 100 percent rust free after more than 30 days immersed in salt water.

Best described as a ‘corrosion inhibitor’, SeaKote is an ideal lubricant and protectant for all types of water craft, trailers, outdoor equipment and for vehicles and other machinery.

“It’s ideal to use on the underbody of cars and four wheel drives and on boat trailers, protecting them from salt water damage during launch and retrieval,” Christopher said.

“It is perfect for the fisherman and for the Bass Coast lifestyle,” he said.

For most effective results, Christopher advises that SeaKote is applied 24 hours before use, with a second coating increasing longevity.

SeaKote is 100 percent Australian made and owned, and is now available from Autobarn stores in Cowes and Wonthaggi, and from Phillip Island Marine in Rhyll.

Further information can be sought by visiting the website: www.nordkote.com.au



At home in his laboratory in Newhaven, industrial chemist Christopher Northover with his new anti-rust product SeaKote. This spray-on product is now available from Autobarn in Cowes and Wonthaggi, and from Phillip Island Marine in Rhyll.

PROTECT YOUR 4WD, BOAT AND TRAILER FROM RUST.



Shown here are results from 30 day corrosion trials conforming to the ASTM G31 testing standards for corrosion in salt water.

		
No Treatment	Lanotec HD	SeaKote

SeaKote outlasts, outperforms & outprotects.

SeaKote is a technologically advanced, self neutralizing corrosion inhibitor and lubricant. SeaKote provides superior long term protection and lubrication for assets operating in harsh and corrosive environments. Enhanced with Fortified Lanolin™, SeaKote outperforms other lanolin based products.

Now available from Autobarn
Cowes and Wonthaggi




SeaKote Stops Rust!
1800 15 53 56
www.nordkote.com.au




PRESENT THIS VOUCHER FOR

30% off CENTURY & SUPERCHARGE BATTERIES*



*Percentages and savings are off regular list price. Not to be used in conjunction with any other offer. Stock only. Voucher must be surrendered upon redemption. Expires 30 June, 2018.



COWES
SHOP 1, 154-156 THOMPSON AVENUE
PH: 5952 1448



We know how to get you there.

Island Flue Cleaning

Keeping houses safe and warm since 1987

Richie and Daniel Laing
Owner/operator

0415 106443
5956 6888

PO Box 480, Cowes. 3922

NEW COWLS - SUPPLY AND FIT
WOOD HEATERS, CHIMNEYS & POT BELLYS



Home Heating Feature

Home heating tips

- 1. Use heavy curtains to stop heat escaping from your windows**
Up to 40 per cent of the heat escaping from your home in winter is from uncovered windows. Heavy, lined curtains will insulate your windows.
- 2. Install insulation in your house** (or top up old and thinning insulation)
- 3. Seal up gaps and cracks that let the cold air in**
In your average Victorian home, if you added up all the cracks and gaps, it would be the equivalent of having a 1 metre by 1.5 metre window open all the time. They can account for 15 – 25 percent of heat loss in your home. Seal up cracks and gaps using weather stripping around doors and windows, gap filler for cracks in the walls and even a simple door snake for the bottom of the door.
- 4. Install pelmets on top of your windows**
These are either boxes which sit cover your curtain rod or 'invisible pelmets' which sit above your curtain rod and butt up against the back of the curtain, and they do a great job of stopping cold air coming in to your room. I.
- 5. Watch the temperature**
Heat the rooms you are using to around 20°C in winter, a comfortable temperature for most people.
- 6. Close off any rooms that are not in use**
Furniture can't feel the cold so why waste energy heating areas that you're not using?
- 7. Let it shine!**
When sunlight enters a room it is mostly ultraviolet (UV) radiation, which passes easily through glass. Once it hits an object the sunlight becomes infrared (IR) radiation or radiant heat.



FIREWOOD

\$120 for hard and softwood mix

Contains Pine, Cypress, Banksia, Coastal Tea Tree, Swamp Gum, Mahogany Gum, among others, (does not contain nuts)

\$180 for hard wood only mix

Contains Iron Bark, Blue Gum, Sugar Gum, Coastal Tea Tree, among others

Plus delivery depending on location. Pick up at 273 Church St, Cowes (opp Anchorbelle Holiday Park) by apnt only or between 7.30-9am or 3-4.30pm or Saturdays 9am-1.30pm

Phone Adam Bailey 0427 052173

ALWAYS COOL AIR-CONDITIONING



SPECIALISING IN INSTALLATION OF HEATING & COOLING SYSTEMS



www.alwayscoolair.com.au 1800 931 631

Purchase two or more Panasonic Split System High Wall Inverters from 7kw or above and receive a

FREE

Panasonic FT30 Lumix Camera

WHILE STOCKS LAST
CONDITONS APPLY





Home Heating Feature

Shorelec

Shorelec Electrical Wholesalers was first established in 2002 in Healesville.

The business was well received and respected by local contractors and retail customers alike.

Owner and director Glenn Shorter opened a second store in San Remo two years later in 2004.

The business started as an Electrical wholesaler with the aim to not only stock a wide range of goods but to have a friendly, community-based service that other electrical chains don't provide. Shorelec has now expanded to stock many other ranges including home appliances, heating and cooling and has even developed an extensive range of musical instruments and equipment.

When new customers enter the store they always comment on the immense selection of goods ranging from automotive accessories like caravan lighting and trailer fittings to the wall of beautiful acoustic and electric guitars.

Lighting, heating, cooling and home appliances can be delivered to your door or picked up in store. We also work with local trades to provide a one box solution for our customers.

We have supplied the local community for more than 13 years and have seen big changes in the Phillip Island area. Many businesses have come and gone in that time but Shorelec have remained a reliable and resourceful addition to the community and with your continued support we hope to remain that way for many years to come.

JACKSON ELECTRICAL & AIR CONDITIONING

- Reliable & fully insured
- Split system installers
- All types of electrical services
- Air conditioning sales and service
- TV Antenna & data
- Free quotes
- Hot water systems
- Ovens and cooktops

CALL MICHAEL 0427 633667
CAPE WOOLAMAI REC 17893 LIC. 48834



MITSUBISHI ELECTRIC DIAMOND DEALER

Wi-Fi CONTROL

Live in Ultimate Comfort



- MSZ-FH25VE-A1 Inverter Heat Pump**
- » Heating Capacity: 3.2kW
 - » Cooling Capacity: 2.5kW
 - » i-see Sensor



- MSZ-EF35VE2W/B/S Inverter Heat Pump**
- » Heating Capacity: 4.0 kW
 - » Cooling Capacity: 3.5 kW
 - » 24 hour timer



- MSZ-GL25VGD Inverter Air Conditioner**
- » Heating Capacity: 2.5kW
 - » Cooling Capacity: 5.0kW
 - » 5.5 star energy rating



- MSZ-GL80VGD Inverter Heat Pump**
- » Heating Capacity: 9.0kW
 - » Cooling Capacity: 7.8kW
 - » Wide & long airflow

*Optional upgrade adapter required per unit

SHORELEC

Shop 10/95 Marine Parade, San Remo VIC 3925
T | 03 5678 5361 F | 03 5678 5362
Trading Hours | Monday - Friday: 8am - 5pm
Saturday: 8am - 1pm



BRIAN PAYNTER MP
YOUR LOCAL MEMBER OF STATE PARLIAMENT

Authorised & Edited by Brian Paynter MP 9 McBride Avenue Wonthaggi 3995
Tel 03 5672 4755 Email: brian.paynter@parliament.vic.gov.au www.brianpaynter.com.au
Funded from Parliament's Electorate Office and Communications Budget.

LOVE WHERE YOU LIVE!

LAWN MOWING SERVICES

- RUBBISH REMOVAL • STUMP GRINDING
- WEED SPRAYING • PRUNING

COLIN'S COMPLETE CARE

PHILLIP ISLAND & BASS HWY




COLIN BOWES
schowes@bigpond.com

0437 074 468



national vietnam veterans museum

ANTIQUES EVALUATION DAY

SUNDAY 10 JUNE. 10AM – 4PM

— NO NEED TO BOOK —

HAVE YOUR ITEMS ASSESSED BY A PROFESSIONAL

SPECIALIST ADVICE ON ANTIQUES, ART BOOKS, MILITARIA, JEWELLERY AND MORE!

BRING YOUR TREASURES!

★ Standard admission fees apply ★
★ Nui Dat Café open for refreshments ★

EVERYONES WELCOME!

25 VETERANS DRIVE, NEWHAVEN, PHILLIP ISLAND (BEHIND THE HELIPAD)
PH: 03 5956 6400
sales@vietnamvetsmuseum.org

WITH THANKS TO OUR MAJOR SPONSOR
PHILLIP ISLAND EXPERIENCE



THE

Terrace

CASUAL DINING

ADULTS TAPAS BAR



WWW.PIRSL.COM.AU

WHAT'S ON

TUNES ON THE Terrace

GROOVE TO THE TUNES OF LOCAL MUSICIANS

EACH SUNDAY AFTERNOON IN JUNE
FROM 1:30PM TO 4:30PM

June

- 3rd - Willy go lightly
- 10th - Andrew Williams
- 17th - Imogen Price
- 24th - Colin Matthews

PAELLA ON THE Terrace

EACH SUNDAY FROM 12:30 TO 2:00

RELAX AND ENJOY THE DELICIOUS FLAVOURS OF SPAIN INCLUDING A COMPLIMENTARY GLASS OF HOUSE WINE FOR ONLY \$25.



**A classic who-dunnit mystery series from our esteemed off-shore crime writer, Leon Herbert
BETTER LOOKOUT**

For beautiful eyes, look for the good in others; for beautiful lips, speak only words of kindness; and for poise, walk with the knowledge that you are never alone. For sobriety, avoid alcohol rather drink water..... (anonymous).

On a January night, one of the coldest of the new year, a foot patrolman was making his rounds of the downtown storefronts of Thompson Avenue when a hissing cat ran past him into a nearby alley. Officer Pringle glanced after it, and the beam of a roaming flashlight caught his eye.

It was coming from inside the alley window of Collins' Jewellery. Pringle called for backup and a patrol car quickly arrived. With their guns drawn, the three officers covered the front and back exits. But it was already too late. The burglars were gone. A half-full display case made it obvious that the thieves had been alerted to the police presence.

"They must have had a lookout," Pringle said. Seconds later, his deduction was confirmed. A walkie-talkie lay on the jewellery store floor, right where the burglars had dropped it. "Quick," Pringle said. "I saw three guys loitering around. One of them has to be the lookout. If we hurry..."

The officers did hurry. They spread out over a five-block radius of the deserted downtown and brought in three loiterers. Pringle remembered each one.

"I was waiting for a bus," the man with the white cane and dark glasses told them. I'm blind. I work as an accountant next door to Collins' Jewellery. Tonight I stayed late working on taxes. I heard the usual street noise, but I obviously didn't see a thing." The second was female. "My car broke down," she said, shivering in the frigid night air. "I got out to see where exactly I was. Then I called a garage on my cell phone. You can check my car. It still won't start."

The third was a homeless alcoholic. He clutched a half-empty bottle of bourbon, the contents beginning to crystallize from the sub-freezing temperature. "I was just minding my own business," he slurred. "Trying to find someplace warm to sleep."

A drunk, a blind man, and a stranded motorist," Pringle whispered to his colleagues. "It's pretty clear who played lookout for the burglars. Find him and the rest is easy"

Well readers of the Vibe, the clue and harking back to your science studies at school may reveal all.

WHO IS THE BETTER LOOKOUT, HUH?

Turn to page 18 for the solution.



ISLAND ELECTRICAL MAINTENANCE

Can't get an electrician to do all of those small jobs around your home or rental?

For prompt & reliable service
Call Dave on 0409 435 207

R.E.C. 20993

ANIMAL TALES * PET SUPPLIES

Barastoc Golden Yolk 20 kg \$18

Green Valley Poultry Mix 20kg \$22

Catmate Wood Pellet Litter 15kg \$18 *

144 Thompson Ave, Cowes

E: animatalescowes@gmail.com

Ph: (03) 5952 5516



Cowes Indian Restaurant

3/134-138 Thompson Ave, Cowes

Ph: (03) 5952 3896

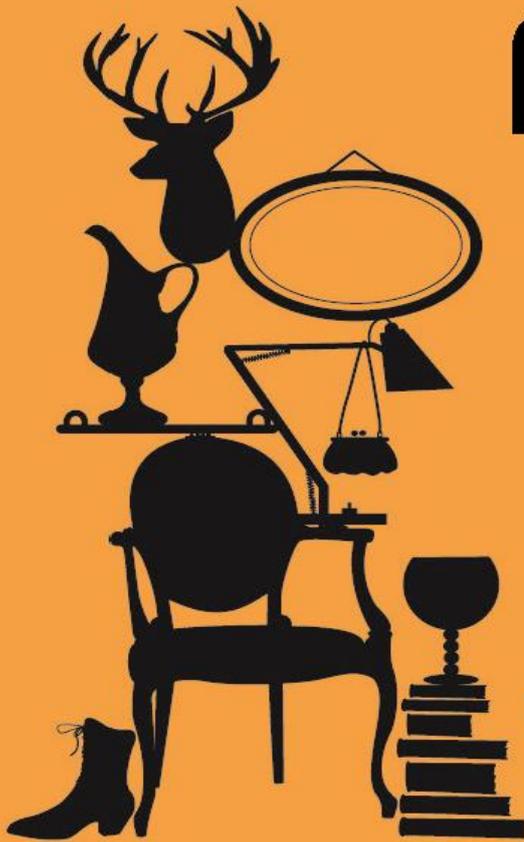


www.cowesindian.com.au
info@cowesindian.com.au



Driveways / Paths / Patios / Steps / Garages / Crossovers
Pattern & Stencil Paving / Plain & Coloured Concrete
Exposed Aggregate / Bob Cat / Tip Truck Hire
Excavator - 3 Tonne

newwaveconcreting@icloud.com



MURRAY ST BAZAAR

(Sister Shop to
Cowes Bazaar)

Weird, Wacky & Wonderful
Antiques & Vintage

Worth a trip off the Island!

OPEN 6 DAYS, 9am - 5pm
(Closed Tuesdays)

1 MURRAY STREET, WONTHAGGI
(Opposite Aldi)

Also incorporating

WOLF ON MURRAY

Fine food Cafe with great coffee

For stall holder information
contact Carolyn on 0447 609 169

Community invited into new research portal

Phillip Island Nature Parks' research and conservation activities are set to enter an exciting new phase with the upcoming launch of SealSpotter, a research portal that allows citizen scientists to monitor Victoria's fur seal populations and contribute to vital data gathering from the comfort of their own homes.

"SealSpotter harnesses the drone (RPA – Remote Piloted Aircraft) technology we are now using to monitor several colonies of Australian fur seals on Victoria's offshore islands," said Dr Bec McIntosh, Phillip Island Nature Parks' Research Scientist.

"Our drone is equipped with a high resolution camera so we can systematically and efficiently photograph an entire fur seal colony within a matter of minutes. These images are then uploaded to the SealSpotter portal for people out in the community to help us count the seals, identify numbers of pups and even spot entangled seals to assist in our conservation efforts."

Some of Victoria's fur seal colonies can number in the tens of thousands, so the contribution made by citizen scientists who can count the various populations accurately and efficiently through SealSpotter is highly valued. Remote monitoring also has the very significant benefit of causing no disturbance to the seals, unlike more traditional methods which require researchers to physically access the colonies.

Citizen scientist collaborators will have the opportunity to log on to the SealSpotter portal at their own convenience, and can choose how long they want to be online. Early reports from some of the community involved in the early testing phase suggest that some found it to be both addictive and relaxing, and most felt a sense of wellbeing about making a valued contribution to ongoing research and monitoring.

"We are excited not only about the collection of data, but also about some of the other benefits this type of accessible research collaboration brings. By engaging with a wide range of citizen scientists including individuals, schools and special interest groups, we are hoping that there will be an ever increasing

awareness within the community of the need to support support research to better understand our natural world and improve conservation," concluded Dr McIntosh.

The SealSpotter portal has been developed by Phillip Island Nature Parks' researchers thanks to generous funding from the Penguin Foundation and the Telematics Trust. SealSpotter is now live at www.penguins.org.au/



Have a Whale of a time on Phillip Island this July

The winter school holidays mark the half-way point of the school year, and they also herald the arrival of Humpback whales and Southern Right whales in our coastal waters as they make their way north to their winter breeding grounds. The Island Whale Festival celebrates the arrival of these majestic creatures with an immersive three day event on Phillip Island from 6-8 July, featuring a range of free or low cost activities right across the island and the entire weekend.

Explore the Bass Coast Whale Discovery Trail, which includes some of the finest whale lookouts in the Bass Coast region.

Of course, whale-spotting will be a highlight of this weekend, and visitors will have the option to do this from either land or sea. Meet a marine biologist at one of the many whale lookouts right across the island and learn how to spot the tell-tale signs of whales cruising along the coast, or join one of the whale watching boat tours to circumnavigate the island and search for both whales and dolphins.

For the landlubbers amongst us, there are some great info sessions on marine research and plastic reduction, movie screenings, Boomerang Bags craft activities, and hands on activities.

Kids of all ages will enjoy the Whale out of Water activity which involves climbing inside a 19 metre inflatable whale for a fun and unique learning experience.

For detailed program information on these and many more great activities happening in July, visit islandwhales.com.au or find the Festival on Facebook and Instagram at [@islandwhalefestival](https://www.instagram.com/islandwhalefestival) checkout accommodation and things to do at visitphillipisland.com

CHILDREN'S BOOK LAUNCH

more info @ www.circlespublishing.com

When Water Lost Her Way
BY MEG HUMPHRYS

"When Water Lost Her Way is a beautifully illustrated allegory reminding us that water is central to our survival."
Mark Pascoe, CEO
International Water Centre

SATURDAY JUNE 9th 2018
Rhyll Hall – Lock Road, Rhyll
2:00pm – 4:00 pm – Proceedings from 3:00pm
Drinks and food provided
Child friendly and public event

Maggie Millar reads Molly Bloom

Maggie Millar reads an edited version of the famous final "Molly Bloom" passage from James Joyce's great novel *Ulysses*

When and Where: 8 pm, Saturday 16 June, at Cowes Uniting Church, 86 Chapel Street, Cowes
"The best words read by the best voice."

The Words: Joyce's depiction of Molly Bloom has been acknowledged as the finest evocation of the female psyche ever created by a male. Late at night, Molly lies musing beside the sleeping form of her husband Leopold. There's never a dull moment as she reflects on life, on her relationship with Leopold, on his possible affairs, on the death of their son, on her earlier life growing up in Gibraltar, and on her intense sexual encounter earlier that day with her own lover, Blazes Boylan. The graphic description of the latter led to the book being banned for many years. In Joyce's highly entertaining monologue, brought to life by Maggie, Molly is "a lustful, warm, superstitious, frank, comical, romantic and sexy woman" (Helen Thomson, *The Australian*) The final words "and yes I said yes I will / Yes" are among the most famous in all fiction.

The Voice: Multi-award-winning Australian actress Maggie Millar trained at the Royal Academy of Dramatic Art in London where she had not one but three voice teachers. After a successful career on stage (Old Vic, MTC, Playbox, La Mama), film (Pharlap, Bushfire Moon, The Bit Part, Evil Angels) and TV (Bellbird, The Sullivans, Prisoner, Neighbours), Maggie now devotes her skills to the art of reading aloud. These readings have received universal acclaim. In recognition of her talent, two of Australia's leading writers, Elizabeth Jolley and Carmel Bird, have written pieces especially for her. Her reading of "Molly Bloom" received the ultimate accolade of an invitation to perform it in Dublin on "Bloomsday" (see below). In the words of the late Melbourne poet, Doris Leadbetter, "I would listen to Maggie Millar reading anything, and I don't exclude the telephone directory."

The Occasion: James Joyce's novel takes place on one day, the 16th of June, in 1904 in the city of Dublin. For many years, fans of Joyce around the world have celebrated the novel with readings from it on this day, which has come to be called "Bloomsday". This reading is part of that tradition.

Tickets: \$30 / \$25 concession

Booking: <https://www.trybooking.com/VEUH>

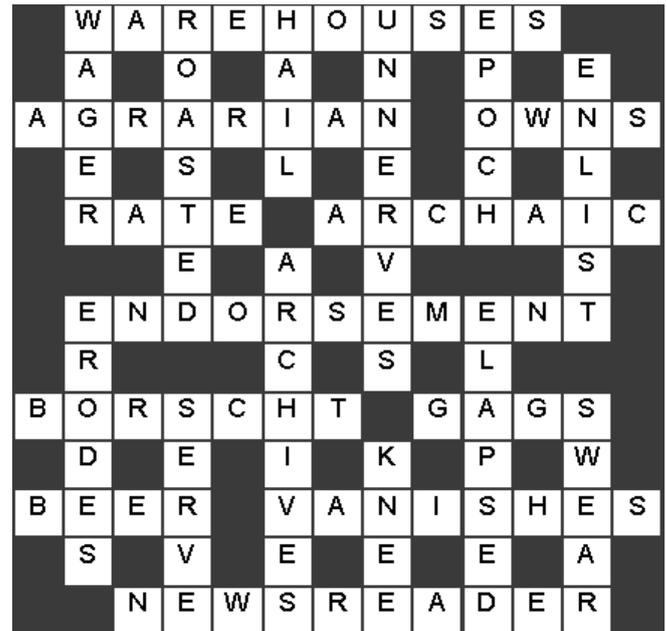
OR <https://www.trybooking.com/372327>

OR at the door on the night.

For details see advert on page 4.

Further information: Ian Robinson 0407 24 00 24

Puzzle Solutions



Vibe Crossword Solution 101

3	8	7	6	2	5	4	1	9
6	5	2	9	4	1	7	3	8
9	4	1	8	3	7	5	2	6
8	7	6	2	5	4	1	9	3
4	3	9	1	6	8	2	5	7
2	1	5	3	7	9	8	6	4
5	6	3	4	8	2	9	7	1
7	9	4	5	1	3	6	8	2
1	2	8	7	9	6	3	4	5

Vibe Sudoku Solution 101

Quiz Solution 101 1. Blue whale 2. Teeth 3. Two hours 4. Echolocation 5. 150 tons 6. 50 million years ago 7. They move their tails up and down to move forward in the water unlike other fish 8. Fluke 9. Pod 10. Calf

Who Dunit Solution

The homeless alcoholic was obviously faking his drunken state. Since alcohol doesn't freeze, his bourbon bottle must have been filled with colored water. So, why would a sober person be out on such a cold night pretending to be drunk? He had to be the lookout.



Meet a local community volunteer



View club volunteers Irene McKell and Joy Woodman go over some notes prior to the commencement of the last meeting.

Irene McKell is the voluntary Publicity and Booking Officer for the Phillip Island View Club

How long have you been volunteering with the VIEW club?

For 23 years, ever since its inception on Phillip Island.

What do you like to do when you're not volunteering?

I love socialising with the friends I have made through volunteering as well as reading and watching movies when time allows.

What is the best part about your job?

As bookings officer I get to stay in close contact with all the members and am able to keep track of people who may be unwell or requiring some help. It's a great opportunity to keep track of members.

What did you do in your working life before becoming a volunteer?

Many moons ago I enjoyed working as an affiliation clerk for a ladies wear company and prior to that I was a cashier and wages clerk.

Can you think of a funny story related to your volunteering that you would like to share with the readers?

A while ago we joined with some other local VIEW clubs to stage a Mock wedding at our gala at The Nobbies. We were all having lots of laughs with our lady members dressed up as all members of the wedding party and some visiting tourist who thought they had stumbled on a real wedding started congratulating the "Mock" bride and groom. Provided laughs for a long time.

Is there anything else you would like to tell the Vibe readers?

A lot of people don't know that the VIEW in VIEW Club stands for Voice, Interest and Education of Women. We meet to enjoy fun and friendship whilst raising money for the Smith Family. We are currently contributing to sponsor three school children. If you would like information about VIEW Club ring Irene on 59523447. Meetings 4th Monday of month, 11am at Ramada.



What's Cooking?

Simple, delicious recipes.
No experience necessary.

Lyn's warm roasted vegetable salad

What you need:

500g small red rascal potatoes, chopped

500g sweet potato, peeled, chopped

4 cloves garlic

2 tablespoons olive oil

1 large red capsicum, thickly sliced

1 large red onion, cut into thin wedges

80g baby rocket leaves

1/4 cup toasted pine nuts

Dressing:

2 tablespoons lemon juice

1/4 cup olive oil

2 teaspoons wholegrain mustard

2 tablespoons chopped fresh oregano leaves

What to do:

Preheat oven to 200 degrees. Place potato, sweet potato, garlic and oil in a bowl. Toss to combine. Place mixture in a single layer on a large oven tray. Season with salt and pepper. Roast for 20 mins. Turn potato and sweet potato. Add capsicum and red onion to tray. Roast for 20 minutes or until vegetables are browned and tender. Set aside for 10 minutes to cool slightly. Meanwhile, make dressing. Place lemon juice, oil, mustard and oregano in a screw-top jar. Secure lid. Shake to combine. Place rocket, pine nuts and vegetables in a large bowl. Add dressing. Gently toss to combine.





COMMUNITY NOTICEBOARD

If you're a not for profit club or organisation, you can list your meeting times and contact details here free of charge. If you're not listed and would like to be email us at: phillipislandvibe@outlook.com

Red Cross, Phillip Island Branch meets every 2nd Thurs of month, 1.30pm, Uniting Church Hall, Chapel Street, Cowes. New Members welcome. Contact Ron Hateley 59522549 or Averil Roberts 59522602.

Phillip Island Lions Club Meets every 2nd & 4th Sunday of month, 1.30pm, Lions Club Rooms, Dunsmore Rd, Cowes. More info: Steve Munro 59526461

Phillip Island Bicycle Users Group Every Wed 10am starting at Amaze'n Things car park. Very social, speed is the slowest rider. Contact Ruth Scott 59566567 or Ron Hately 59522549.

Phillip Island Bridge Club duplicate games Mon & Wed 12.15pm for 12.30pm start. Located at back of Newhaven Hall. Visitors welcome. For partner or lesson info contact 0400815353.

Phillip Island Girl Guides Multi age group from 5 years, Thursdays 5-6.30pm. More info contact Sue Viney sviney@guidesvic.org.au

Phillip Island Senior Citizens Club Carpet bowls, cards, ball-room dancing, craft. Membership \$15 per year. Frid 12noon 3 course lunch \$15. Island Celebration Centre Hall for hire. 59522973 for more information.

Phillip Island World Vision Club 2nd Wed of each month 1.30pm, St Phillip's Church Hall, Cowes. A friendly group of people undertaking fundraising events around the Island to raise funds for sponsored projects around the world. New members very welcome. Call Thelma 56785549.

Phillip Island Community & Learning Centre (PICAL) recreational, educational and some welfare services to reflect local community needs. For further info call 59521131, www.pical.org.au or pop in at 56-58 Church St Cowes.

The Probus Club of San Remo 2nd Mon of each month 10am at the Newhaven Hall, 23 Cleeland Street, Newhaven. New members most welcome. For more info: Bob Andrews 0437526757 or probussanremo@gmail.com

Rotary Club of Phillip Island & San Remo "Fundraising for our community". New members welcome. Phone Keith Gregory 0439020996.

Lions Club of San Remo & Newhaven 2nd & 4th Tues of month St Augustine's Church, Phillip Island Rd, San Remo, 6.30pm. Contact Secretary Andrew Page 0410 785081, 56780162 or sanremo.newhavenlions@gmail.com

Men's Shed meets at the rear of the RSL every Tues & Thurs mornings 9.30am-noon. Anyone most welcome to join us. Contact Terry Heffernan 0438808428 or 59526955.

Phillip Island TOWN Club Weight Loss Group Thurs 9-11.00am, Ryhll Hall. Joining fee \$48, weekly fee \$6. Nutritional eating, weigh in and group therapy. New members welcome. Contact Vincent Vale on 0414709066

Phillip Island Croquet Club new members welcome. Contact Ken 59568803 or David 0412485913 or just come along to our club Frid 10am Blue Gum Reserve Dunsmore Rd, Cowes.

The National Vietnam Veterans Museum needs volunteers to assist with cataloguing and conserving the collection, maintenance and building projects and office work. Contact Debbie Barber, Stephen Knox or Liz Fincher 5656 6400

Islander Day Club every Monday, ANZAC Room, RSL, 10am-2pm. Games, craft, exercises guest speakers and outings. Transport can be arranged if necessary. For more info: Kaye Cannin 59522097.

The Probus Club of Phillip Island Inc meet 4th Wed of each month, 10am, Anzac Room, Phillip Island RSL, New Members most welcome. For further info Chris Cannin 59522097 or Ash Rizvi 59521604.

Euchre at the RSL Come and play Euchre every Thursday night at 7.30pm or come for a meal first at 6.00 pm with cards to follow. For more info contact Dorothy Young 59521532.

Phillip Island Camera Club meets 1st Mon of month, Heritage Centre meeting room, 1.30-4pm. Contact Sue Brereton 0408136717 or phillipislandccaspi@gmail.com

Country Women's Association, 1st Thurs month, CWA Shop, Thompson Ave, Cowes, 1pm. More info: Jan 59525177, Judy 59568480.

Phillip Island Swim Club must be competent in 3 out of 4 strokes looking to extend skills with qualified coaches Swimclub@waterfront.net.au

Phillip Island & District Genealogical Society discover your ancestry. 56 Chapel St Cowes. Tues 10-1pm, Thurs 10-4pm, Frid 1-4pm, Sat 10-1pm. Contact 0418178343 or piadgs@gmail.com

Phillip Island Adult Riding Club Social & HRCav horse riding club for beginners to advanced. Rallies held every 3rd Sat of month. New members welcome. Contact Rachel 0435552518 or email enquiries.piarc@gmail.com.

Wildlife Rescue Phillip Island, Rehabilitation, care, rescue & transport of all wildlife on the Island & surrounding areas. Kaylene 0412258396 or Colleen 0409428162.

Phillip Island Squares (square dancing) Thursdays 7.30-10pm Bass Valley Community Hall, Bass School Rd, Bass, Contact Carol 59525875.

Phillip Island Day View Club proudly supporting The Smith Family, Feb-Dec, 4th Monday of month, 11am, Ramada Resort, Cowes. Bookings essential. New members welcome. For information contact Irene 59523447.

Phillip Island & District Historical Society. Cowes Heritage Centre, contact Secretary Christine Grayden 5956 501. Check out our History on pidhs.org.au.

Phillip Island Library, free wifi and kids programs, Story time every Tues 11-11.30, Baby Rhyme time every Thursd 10.30-11am, Lego Club every Tues 4-5pm. www.wgrlc.vic.gov.au or call 59522842.

Friends of the Library book chat 1st Wed of every month at 2pm, Feb-Nov. Phillip Island Library. Friends of Library meeting 10.30am, 3rd Sat of every month. New members welcome. Call Celia 59521901.

South Coast Speakers Toastmasters meets every 2nd and 4th Wed of month, 7.30pm at San Remo Hotel. Develop oral communication and leadership skills. More information Brigitte Linder 0421 812691

San Remo Bowls Club Summer rollup in Mufti every Wednesday afternoon starting at 12.30pm. New members and visitors will be made most welcome 1a Wynne Road, San Remo. For further information please contact Robyn on 0411 549 380 or Tony 0474 205 369.

Phillip Island Patchworkers Meet Newhaven Hall Monday 7.30pm; Info Centre Newhaven, 10.30am 1st Tues of month; Cowes Cultural Centre 10.30am last Tuesday of month; Wonthaggi Cricket Reserve 10.00am 1 & 3 Friday of month; Corinella Crafties 10.30am 2nd & 4th Wed of month. Contact Lyn Duguid 0427 593 936

Newhaven Indoor Bowling Club meets every Tues at 12.30-3.45pm in airconditioned Newhaven Hall, Cleeland Av, Newhaven. \$5 includes afternoon tea. New members welcome. Ag group 60-90 years. Call Dagmar 59566965.

"Bee Crafty" New Community Craft Group is meeting every 2nd & 4th Wednesday of the month at St Phillips Church Hall Thompson Avenue Cowes (opposite Coles) All are welcome. For further details Desma Maxworth 0409 136 620

Parkrun - free 5km timed run/walk for all abilities. Saturdays 7:45 Churchill Island (www.parkrun.com.au/phillipisland/)

Phillip Island University of the Third Age (U3A) provides learning and social activities such as choir, creative writing, stagecraft, Spanish, canasta and many more. For retirees and semi-retirees. Most activities are ran at 56-58 Church Street, Cowes. For further info call 5952 1131 or 5952 6461

MS Community Visitors Scheme in San Remo requires volunteers to visit residents in aged care who are socially isolated. Visits are fortnightly and may include taking residents on outings. Phone 98452729 or email volunteer@ms.org.au

Phillip Island Community Meal operates on Mondays during school terms, 5.30 to 6.30pm. Volunteers prepare and serve a healthy two course meal to attendees. All welcome. Uniting Church Hall, Cnr Chapel St and Warley Ave, Cowes. Facebook @cowescommunitymeal

Woolshed Spinners meet each 2nd & 4th Thursday of the month at PICAL, Cowes, 10 am to 2 pm to spin wool and other yarn activities. Contact John Stott 5952 3477.

Cowes AA Big Book/Steps Meeting, 7pm Tues nights, St. Phillips Anglican Church. Corner Thompson Ave & Church St.(opp. Coles) Ph. 0417317470

Bass Coast Strollers Inc. Walks every Monday; generally 8-12km and graded Easy or Easy-Medium; bush tracks to coastal paths to town walks; a shorter 4km walk option is often offered. \$35 subs. Contact Liz 5678 0346, Chris 0400 346 078, info@basscoaststrollers.org

First Friday Philosophy. Series of lunch time discussions of some big intellectual questions. Next meeting Friday, July 6. Topic is "Why is there something rather than nothing?" Harry's Restaurant \$35 includes lunch. Book or enquire by emailing gurdies@australiaonline.net.au

The Phillip Island Miniature Railway is keen to hear from anyone who would like to be part of the Club. Please contact Secretary bevmunro2@gmail.com or 0417 578 435

Narcotics Anonymous meets weekly Sundays 5-6pm, St Phillips Anglican Church, 102 Thompson Ave, Cowes. New members welcome. For more information contact 03 9525 2833 or na.org.au

Paul's Table Community Café open every Saturday and Sunday 10am -2pm, Bass Hall, serving quality food and coffee.

The Phillip Island Medical and Health Action Group (PIMHAG) advocates for improved medical and health services for Phillip Island and San Remo. PIMHAG welcomes new members. Please contact Secretary linda@marston.com.au or 0428 344 726 for

Cambridge
Weight Plan™

Real people, real support, real results.

Local Personal
**WEIGHT LOSS
CONSULTANT**
-Tracey Smythe-
'in your corner, just for you'

Call for a **FREE** consultation
0427 664 862

for more info about Cambridge's
meal replacement program go to
www.cambridgeweightplan.com.au

Community Markets

Churchill Island Farmers' Market 4th Sat of month, 8am-1pm. Churchill Island Nature Park

Cowes Island Craft Market 2nd Sat of month with Make, Bake and Grow theme, more than 60 exhibitors, Phillips Parish Hall grounds, Thompson Ave, Cowes.

Market on Chapel June 23 - 4th Sat of month, Uniting Church, Cnr Chapel St & Warley Ave, Cowes. 8am-2pm in Summer, Autumn and Spring and 9am-2pm in Winter.

Market on Main Next market Winter Sunshine Festival June 30, 9am-3pm Town Square

Phillip Island Lions Club Steptoe's Emporium Bric a Brac, 2nd hand furniture. Sat/Sun, 10am-1pm.

Grantville Market 4th Sunday of month, 8am-2pm, 100 plus stalls, Grantville Recreation Reserve, weather permitting.



Phillip Island Historical News

Gala Day at Cowes December 8th, 1923

Two important events in the life of Cowes, Phillip Island, occurred in happy circumstances on Saturday afternoon when the Warley Bush Nursing Hospital was presented to the island by Mr. and Mrs. W. E. Thompson residents of Cowes and the newly erected Continental Guest House were officially declared open. Both functions were witnessed by a large number of people, including about 80 who travelled to the island from Melbourne for the occasion.

The President, Lady Mitchell of the Victorian Bush Nursing Association, opened the hospital and Sir James Barrett performed the ceremony at the Continental. In the evening the visitors from the city were entertained at dinner by the directors of Continental Pty. Ltd, at the guesthouse.



Warley Hospital is ideally situated for its purpose. Accommodation is provided for six patients, and an operating theatre with modern appliances, including a 600-candle power lamp, presented by the manager of the Cyclone Fencing Pty. Ltd. (Mr. Chambers), is provided. The hospital is built in an elevated position on the gently sloping northern side of the island, and stands in a pretty, well-kept garden. From a wide verandah, which runs around the house, beautiful views of Westernport Bay and the mainland are to be obtained.

The hospital was opened to receive patients on November 1, and two operations have already been performed. Sister S. Marrow is in charge of the hospital. Mr. E. V. McHenry, a member of the hospital committee, said that the idea to establish the hospital originated at a meeting of the Cowes branch of the Australian Women's National League.

Realising the need of the island for a hospital, Mr. and Mrs. Thompson agreed to purchase Warley if the residents undertook to furnish and equip it. Mr. and Mrs. Thompson bought the property at a cost of nearly £2,000 and as the result of donations and a canvas of the island a substantial sum was received towards the maintenance of the institution. After the supervisor of the Bush Nursing Association (Sister Cameron) had visited the island it was decided by the hospital committee to write to the association and ask to be affiliated with it. A request was made at the same time for £200 towards the maintenance of the hospital.

The central council of the association replied that the Edward Wilson ("The Argus") Trust would give the required sum on condition that the hospital was vested in the Cowes branch of the association, and it had expressed the wish that if at any time the project was abandoned by the residents, the hospital should become the property of the central council of the association. On those conditions a deed of trust was signed. Mrs. Thompson presented Lady Mitchell with a silver engraved key, and asked her to declare the hospital open. Lady Mitchell said that not only Cowes, but the whole of Victoria, was under a debt of gratitude to Mr. and Mrs.

Thompson for their generosity and fine sense of citizenship. She hoped that many other people would follow their example.

At the conclusion of the ceremony the visitors adjourned to The Continental, where the chairman of directors (Mr. M. Bleachmore) presented Sir James Barrett with an engraved silver key, and asked him to declare the guesthouse open. Sir James Barrett, in performing the ceremony, praised the enterprise of the company in providing such modern and comfortable accommodation for visitors to the island. The guesthouse, he said, would furnish a standard for similar houses in all parts of the State.



THE ROSE SERIES P. 10063

"THE CONTINENTAL" GUEST HOUSE, COWES, PHILLIP ISLAND, VIC.

FROM THE MOUNTAINS TO THE SEA
CLASSIC GOOD SERVICE
Since 1886



Alex Scott and Staff have embraced our regional communities for more than 130 years and we've enjoyed seeing positive change in our region. We're part of supporting and enhancing individual, family and community success. Winter is a time for staying close to home, a time of cold days and cosy nights nestled by an open fire, of bracing walks along our beautiful beaches. Of family, friends and footy. A perfect opportunity to reflect on your best lifestyle options.

Call our expert, friendly team and see why Winter is such a good time to consider your next move.

Alex Scott and Staff – proudly building enduring relationships and contributing to the success of our region.

Melbourne
 (03) 9526 8611

Inverloch
 (03) 5674 1111

Leongatha
 (03) 5662 0922

Venus Bay
 (03) 5663 7111

Berwick
 (03) 9707 2000

Korumburra
 (03) 5655 1133

Pakenham
 (03) 5941 1111

Warragul
 (03) 5623 4744

Grantville
 (03) 5678 8433

Lang Lang
 (03) 5997 5599

Phillip Island
 (03) 5952 2633

Wonthaggi
 (03) 5672 1911

CLASSIC GOOD SERVICE
 SINCE
1886

**ALEX SCOTT
 AND STAFF**
 Est. 1886

ALEXSCOTT.COM.AU



Medical & Aged Care Group

For your convenience, book your next appointment online

Men's Preventative Health

Give something back to your family – A healthier you
Book your Annual Preventative Health Check with your doctor today!

gv Grandview
Family Clinic

www.grandviewfamilyclinic.com.au
3 Grandview Grove
Cowes 3922
P: 5951 1860 (24 hrs)

sr San Remo
Medical Clinic

www.sanremomedicalclinic.com.au
123 Marine Parade
San Remo 3925
P: 5678 5402 (24 hrs)

sg South Gippsland
Family Medicine

www.southgippslandfm.com.au
Shop 4-6, 1 Billson Street
Wonthaggi 3995
P: 5672 4111 (24 hrs)

cm Cowes
Medical Centre

www.cowesmedicalcentre.com.au
164 Thompson Avenue
Cowes 3922
P: 5951 1800 (24 hrs)

ls Long Street
Family Medicine

www.longstreetfm.com.au
1 Long Street
Leongatha 3953
P: 5662 4455 (24 hrs)

ll Lang Lang
Community Family Medicine

www.langlangcfm.com.au
5 Whitstable Street
Lang Lang 3984
P: 5997 5799 (24 hrs)



Bulk Billing ALL Medicare Card Holders*

M&ACG
Medical & Aged Care Group

* Grandview Family Clinic & Cowes Medical Centre are mixed billing.