

Free

PHILLIP ISLAND VIBE

phillipislandvibe@outlook.com

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The Albatross are winter visitors to our shores and with a wing span of up to 2 metres, they can ride the wind along the coast all day without needing to flap their wings. Photograph by Renee de Bondt Photography.



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The Tokoloshe is an African creature with nothing whatsoever to recommend it. In appearance, it resembles a hairy little man but is altogether more repulsive and malignant. Its nocturnal habitat is restricted to the borderlands between imagination and hysteria, and in this respect, it can be assumed to be related to poltergeists and the other diminutive and imaginary nuisances of different cultures.

From time to time the rare capture and slaying of a tokoloshe is reported in Africa newspapers but the corpse invariably and sadly turns out to belong to a galago or bushbaby; an inoffensive little primate whose resemblance to the mythical grotesque is restricted entirely to the coincidental fact that it is small, five-fingered, furry and seldom seen.

Bushbabies are by nature cautious, so much so that they haven't changed much in millions of years and chose to stay behind when the rest of us evolved into monkeys and apes. They even stayed put when Madagascar broke away from Africa and floated off into the Indian Ocean, taking some of their bemused relatives with it. Once the panic had subsided, the Madagascan branch of the family had little option but to make the best of things and evolved into lemurs, which now fill many of the niches occupied by monkeys in Africa and other parts of the world.

When you're cute, small, edible and not very fast it's probably best to stick to the trees as indeed they do. The lesser bushbaby is the smaller of the two species that live in Southern Africa, typically weighing only about 150 grams - snack size for a raptor and a packet of peanuts for anyone else.

The greater bushbaby is a whole lot bigger and sturdier but still only the size of a small cat; both have bushy tails that are a lot



The smaller variety of Bushbaby.

longer than their bodies and act as stabilizers when they leap between branches and they can happily clear gaps of 3-4 meters. The lesser Bushbabies live mainly on gum exuded from holes in trees, the fresher the better, though they vary this chewy staple with the occasional insect snatched from the air or encountered minding its own business on a nearby branch; they can snatch an airborne moth or locust with lightning speed, closing their eyes and averting their face from its flapping wings like a human child being force-fed spinach. Their bigger cousins are also into chewing gum and crunching insects but add supplements in the form of fruit nectar and seeds.

They routinely use the same arboreal pathways each night mostly visiting a few familiar trees. They invariably forage alone, and individual territories are marked out in the time-honored manner of urinating in the palm of their cupped hand and then dabbing the concoction on their feet and, when social convention demands it, on each other. The sticky mess has the added bonus of improving their grip. More conventionally, they also use scent glands to stake a claim at strategic points within their branchy domain.

They make a variety of vocalizations depending on their moods and needs but the distance call of the greater bushbaby is the most singular and arresting, sounding remarkably like a crying human baby; this sound alone is enough to have propelled the diminutive beasts into the realm of magic and superstition, evoking dim and misty reflections of our own beginnings. Vibe readers visiting the magnificent African bush should check out these furry beasts, but it won't be easy to spot them, and patience is the name of the game - plus a good game ranger!



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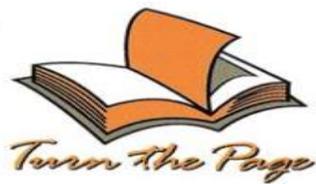
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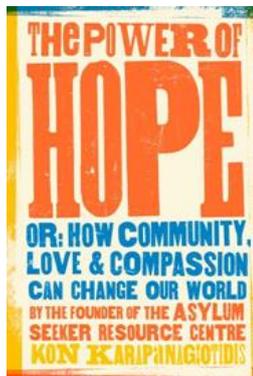
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Book Reviews

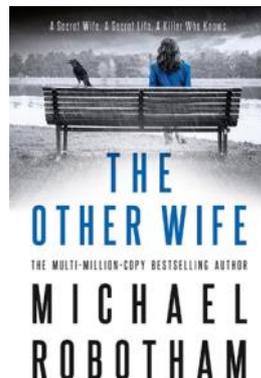


“The Power of Hope” by Kon Karapanagiotidis
RRP \$32.99

A powerful, inspiring memoir from Kon Karapanagiotidis, founder of the Asylum Seeker Resource Centre, which argues that by putting community, love and compassion at the centre of our lives, we have the power to change our world. 'I hope you take from this book the message that we all matter. That there is a place for all of us. That once we know our own voice, live the values close to our hearts and follow our dreams, we can be unstoppable. Hope is only exhausted if we forsake ourselves, otherwise no one can take hope away from us. It is both our sanctuary and our destiny to live a life with love, belonging, connection and community.'

A powerful, heartfelt and inspiring memoir from one of Australia's leading human rights advocates, Kon Karapanagiotidis, *The Power of Hope* tells the story of how Kon overcame his traumatic childhood of racism, bullying and loneliness to create one of Australia's largest and best-loved human rights organisations, the Asylum Seeker Resource Centre, which has gone on to transform the lives of thousands of refugees and has helped build a movement. A book about how love, compassion, kindness and courage can transform our communities and ourselves, *The Power of Hope* shows us in times of darkness, both personal and political, that if we stand as one we can shine brightly and fiercely - as together we are powerful.

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



**“The Other Wife”
by Michael Robotham**
\$18.99

A secret wife. A secret life. A killer who knows. The new bestseller that will keep you on the edge of your seat until its shocking climax, by multi-million-copy selling author Michael Robotham. William and Mary have been married sixty years. William is a celebrated surgeon, Mary a devoted wife. Both are strong believers in right and wrong. William and Olivia have been together twenty years. Olivia was once a tennis star, but her career has long since faded. Clinical psychologist Joe O'Loughlin knows only one of these stories to be true. But when he is called to his father's hospital bed after a brutal attack, everything he once knew is turned upside down. Is it possible his father, the upstanding citizen, was leading a double life? And who is the strange woman crying at William's bedside, covered in his blood - a friend, a mistress, a fantasist or a killer? A confronting psychological thriller from one of the greatest crime writers of today, Michael Robotham, the bestselling author of *The Secret She Keeps*. This is a fantastic finale to the Joe O'Loughlin series.

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A classic who-dunnit mystery series from our esteemed off-shore crime writer, Leon Herbert
THE FACE OF A MURDERER

Readers of the Vibe might well ask me the question, given my expertise as a former barrister, part time sleuth and criminologist, providing unpaid services to the Cowes constabulary on Phillip Island, whether there is such a thing as a murder characteristic in the face?

Allow me to digress in this issue of the Vibe, from the usual format of a whodunit, and to dwell, on what is for me, and hopefully you the reader, an arguable answer, if there is one, to this fascinating question. Let me attempt to do so by way of a true and infamous example before you go rushing off to check out your face in the nearest mirror or nervously start peering at some guy sitting or walking nearby.

Imagine a little man in late middle age, rather seedy and a little shabby- and you can see an example of him on any park bench, busy street, tram, bus or train, or even shopping your favourite supermarket. In fact, in most places where there is human traffic.

You feel rather sorry for him (I will, out of politeness, exempt ladies from this article discussion) because the battle of life has been too long and too vigorous and now, as he sees middle age fast approaching, he has obviously given up the fight to realise all those ambitions he had in his youth. He may be a meek man, but he is usually a very honest person as well. Somewhere in the suburbs you imagine a plump little grey-haired wife who still has faith in him and who loves him.

The particular example of this type of man of whom I am thinking, was rather small, rather thin, and his dome-like head was almost bald. His eyes were bad and he wore spectacles. He had not troubled to shave very closely, but his person was clean with a nice shirt and tie, and even though his suit was all too obviously ready-made and a bargain, it had been carefully pressed and brushed.

Through circumstances this man was jerked from the placid routine of his life which had ensured his anonymity for years. On the front pages of the newspapers his photograph had been published. Millions of readers were helping tens of thousands of police find him. He was a hunted man.

With very little money it was impossible to get out of the country or even move to another town and put up at some discreet little hotel. All he could do was to stay a single night at some cheap lodging house, to shuffle around the streets, to buy a cup of coffee and a ham roll at some coffee stall or casual cafe and occasionally to rest up in a derelict house.

Every street was crammed with people who knew what his face looked like, yet so ordinary was he, so typical of a thousand other men of his age and social position, that for days he was able to roam about London, without being noticed. He

walked past scores of newspaper posters on which his photo appeared, and the latest developments in the police hunt had been roughly scrawled by newsvendors. He saw a policeman coming towards him and every nerve in his body grew tight as he wondered this time whether he would be stopped.

At last, when his money had all gone and he was hungry, dirty from sleeping out and his face was covered with a stubble of a three day growth, he approached a passer-by in a street for the price of a cup of tea.

It was early in the morning and the suspicious circumstances influenced the stranger to tell the next policeman he met. The officer went in pursuit of the wanderer and discovered him standing wearily against the embankment wall, gazing at the dirty water of the Thames. Without protest the man agreed to accompany the officer to the station, where he was given some bread and butter and a mug of hot tea. As he gratefully ate and drank the first refreshment he had had for many hours, he admitted his name was George Reginald Halliday Christie . Much later his story would be told again and again in several television series and full length feature films; but the story for now is not over.

Very quietly he began to cry.....

When in due course he appeared in the dock at the Old Bailey his counsel submitted that Christie was as mad as a March hare. No one who had listened to the terrible story of his killings could have put up much argument to suggest that such a man was sane by the standards of a layman.

Undoubtedly the most terrible phase of his trial occurred during the three hours that Christie himself stood up in the witness box , peering short sightedly through his glasses at the Judge and jury, and giving his replies to counsel's questions in a soft, almost seductive voice, marred only by its incoherence.

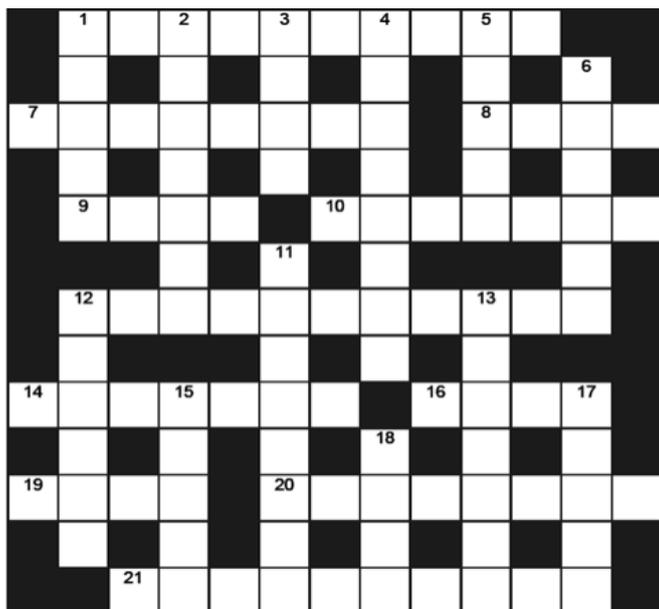
The reaction of some watching was of pitying wonder when his counsel asked him if Ruth Fuerst was his first victim. He pondered for a moment, staring at the ceiling, as if trying to revive his memory. Finally, with his wide-opened eyes enlarged by the lenses of his spectacles, he whispered; " I think so ."

As Christie himself definitely appeared to be ignorant of the duration of his criminal exploits, and of the number of his victims, it will never be really known just how evil this very ordinary looking man, bereft of any vestige of a so-called murderer's facial characteristics, caused many women to meet their doom at his hands.

So perhaps the next time you are quick to want to shout "guilty as charged", a deranged looking man with matted or wild unkempt hair, accused of murder, from his press photograph, be careful - it's not always the wild looking character in the picture the ordinary looking guy with spectacles, and dressed in a shabby pressed suit, standing near to you in the post office queue or supermarket, may possibly have more on his mind than the purchase of postage stamps or a pint of milk. He may have you on his mind!!

Brain Food

Find all the answers & solutions to Puzzles & Quizzes on page 11 (No peeking!)



Vibe Quick Crossword 103

Across

- 1 Technical diagrams (10)
- 7 Continuously attacks (8)
- 8 Onion like vegetable (4)
- 9 Consumes (4)
- 10 Waste reservoir (7)
- 12 Vengeance (11)
- 14 Pasta dish (7)
- 16 National business register (4)
- 19 Midday (4)
- 20 Violently disfigure(8)
- 21 Milky dessert (10)

Down

- 1 Range (5)
- 2 Living environment (7)
- 3 Extra (4)
- 4 Cultivated (8)
- 5 Soothes (5)
- 6 Benevolent (6)
- 11 Spice (8)
- 12 Logic (6)
- 13 Pancreatic hormone (7)
- 15 Declare invalid (5)
- 17 Sweetie pie (5)
- 18 Unit of matter (4)



1. What is the only mammal that can't jump? 2. What does the roman numeral C represent? 3. Which river passes through Madrid? 4. Where is the smallest bone

in the body? 5. How many squares are there on a chess board? 6. What language has the most words? 7. Who sang "I'm dreaming of a White Christmas"? 8. What's the capital of Ecuador? 9. Nearly how many years did it take Sir Francis Drake to complete the first circumnavigation of the globe in 1580? 10. A phlebotomist extracts what from the human body? 11. A couple celebrating their crystal wedding anniversary have been married for how many years? 12. What is the name of Batman's butler?

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

Vibe Sudoku 103

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

What Word Am I Thinking Of?

I am thinking of a seven letter word which we read almost daily. Letters 5, 6 and 7 increases every year. Letters 3 and 4 are the same. Letters 3, 2 and 5 covers about 70 percent of the world. What word am I thinking of?

What Am I Riddle

I am as light as a feather, yet the strongest person is not able to hold me for more than two minute. What am I?

What Am I Poem Riddle

Simultaneously I go up, I go down.
I go up towards the beautiful sky and down toward the green ground.
I am present tense.
I am past tense too
Children love me.
What am I?

What Am I?

You throw me out when you want to use me and you take me in when you don't want to use me. What Am I ?

Brothers and Sisters I Have None

A man while looking at a photograph said, "Brothers and sisters have I none. That man's father is my father's son." Who was the person in the photograph?



What's Cooking?

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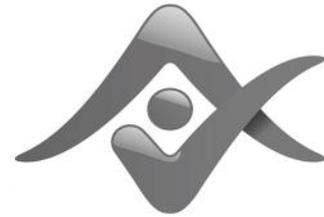
- 5 Cups Chopped Cauliflower
- 2 cups Chopped leeks
- 4 cups peeled and cubed potatoes
- 3 cloves garlic, minced
- 1 tablespoon olive oil
- 4 cups vegetable stock
- One and a half cups milk (I used almond milk)
- Salt and pepper

WHAT TO DO:

In a large pot over medium heat, warm one table-spoon olive oil. Add the leeks and garlic and cook for 2-3 minutes. Add the potatoes and cauliflower and salt and pepper. Cook for another 5 minutes. Pour in the stock, bring to the boil then reduce and simmer for about 20 minutes or until vegetables are soft.

Using a blender puree the vegetables until smooth. Pour in the milk and stir together until thoroughly heated. Top with fresh chives or croutons if desired.

If you have a favourite recipe we would love to publish it in the Vibe to share with our readers. You can email it to: phillipislandvibe@outlook.com



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HIDING AWAY IN OUR CAVE MEANS OUR LIGHT IS NOT FULLY SHINING

This month I wanted to talk about how to engage in the world without getting sucked into the drama.

I was listening to Dougall Fraser (author and coach) this week and he was talking about how a lot of people have trouble watching TV, and the news in particular, because they get drawn into the drama and feel very emotional.

I can really relate to this because I have not watched the news for many years. It was just too upsetting. I was constantly getting triggered by the graphic images and dramatic stories. So I disengaged.

I have heard from my students and clients that they have done the same. Dougall says that although this seems like a good thing to do, it means we are disconnecting from the world.

How can we fully be of service if we are completely disconnected?

Yes, it is VERY IMPORTANT that we need to protect our sensitive energy and have strong boundaries. But we also have a responsibility to step into our Light Warrior purpose. It's the only way that the world will shift from darkness to light.

Hiding away in our cave means our light is not fully shining.

So, here are Dougall's tips for re-engaging with the world.

1. Choose to READ the news not WATCH the TV.
 - It is less dramatic
 - Find a credible news source that presents the facts
 - Choose new sources from both sides
- Note: ideally don't read news on Facebook - more opinions not facts.
2. Select a concentrated amount of time to engage - 15-20 minutes per day. Then switch it off.
3. Allow yourself to disconnect
 - Choose to honour your sensitive self
4. Choose if you will focus on domestic or international news
 - Dial in to where your passions are
 - This means that you won't get as overwhelmed
5. Grounding yourself is important.
 - Choose a 'cause' or an action step to take to keep it relatable - eg. write to a politician, donate money or sign a petition or join a rally.

When we take action change happens!

I loved these tips because they are very simple and clear.

Of course, only take steps that feel good and right for you.

Ask yourself "where do I like helping"?
Start simply.
Be consistent.

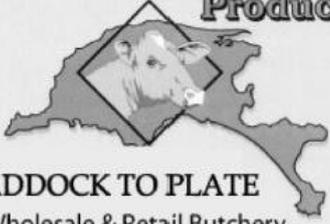
Blessings Pip xxx

Dougall Fraser - author of
Your Life in Colour: Empowering your Soul with the energy of colour
&

But you already knew that; What a psychic can teach you about life website: <https://www.dougallfraser.com/>

Pip can be contacted on 0437 670 820 or contact@consciouscoursesandtherapies.com
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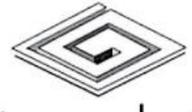


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Motoring Guide

Avoiding driver fatigue

Drowsy driving is suspected to be a primary cause in more than 20% of road fatalities. Most fatigue-related accidents occur during normal sleeping hours, and the more severe the crash, the more likely it is that the driver or drivers were fatigued. Fatigue is a likely factor in almost one third of single-vehicle crashes in rural areas.

Many people think fatigue is only a problem for long-distance drivers, however it is just as relevant for short-distance drives. People generally don't become fatigued from driving. Usually they are already tired when they get behind the wheel from long hours, shift work, lack of sleep, sleep apnoea or physically demanding roles.

Your body can't fight the need to sleep. Chemicals build up in your brain until they reach a tipping point and you will fall asleep

Symptoms of fatigue

Fatigue is easy to detect, with symptoms including:

- yawning
- sore or heavy eyes
- slower reaction times
- finding you're daydreaming and not concentrating on your driving
- driving speed creeps up or down
- impatience
- impaired driving performance such as poor gear changes
- stiffness and cramps

loss of motivation

How to beat driver fatigue

The only way to address fatigue is by sleeping. Make a choice not to drive when tired or follow these guidelines to prevent fatigue:

- get a good night's sleep before heading off on a long trip
- don't travel for more than eight to ten hours a day
- take regular breaks – at least every two hours
- share the driving wherever possible
- don't drink alcohol before your trip. Even a small amount can significantly contribute to driver fatigue.
- don't travel at times when you'd usually be sleeping

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Ph 59523408 Website: islandbaptist.org.au
Facebook @phillipislandbaptistchurch

St John's Uniting Church

Cnr Chapel St and Warley Ave, Cowes. Worship time: 10am Sunday. Good Friday and Christmas day at 9am
Ph 59522083 Website: cowesunitingchurch.org.au
Facebook @cowescommunitymeal

St Philip's Anglican Church

Cnr Thompson Ave and Church St, Cowes. Sunday Worship: St Philip's, Cowes 9am, St Augustine's, San Remo 10.30am and St Paul's, Bass 12.30pm. Ph 59522608 Website: anglicanparishbassphillipisland.com

Hope Church

At Newhaven Primary School, 12-22 School Avenue, Newhaven. Worship time: 3.30pm Sunday
Website: islandhopechurch.com
PO Box 348, Cowes. 3922.

St Mary's Catholic Church

6 Rhyll Rd, Cowes. Mass at Cowes Sunday 9am, St Mary's Star of the Sea, San Remo Saturday 6pm, St Joseph's Bass Sunday 11am
Ph 59425418

WINTER WARMING HEALTH SMOOTHIES

Smoothies are a great way to brighten up winter and fill you full of goodness quickly and easily. The nutritional value and healthy ingredients will keep away the colds and keep your system healthy. The following recipes can all be made by placing all ingredients in a blender in the order listed and blend until smooth. Pour, sip and enjoy! The smoothie recipes can also be partly frozen and stirred into an decadent ice-cream dessert if preferred.

WINTER SPICE

1 cup almond or coconut milk.
2/3 cups soaked cashews (soak in water overnight, drain).
1 tbsp coconut butter.
1/2 tsp vanilla powder.
1/2 tsp ground cinnamon, plus extra for sprinkling.
1/2 tsp ground cardamom.
1/4 teaspoon ground ginger (or fresh).
tiny pinch of ground cloves.
tiny pinch of sea salt.

Note You can top with extra nuts if you want a bit of crunch. Walnuts would be good!

Add 2 tablespoons of chia seeds and leave overnight for an eat-with-a-spoon consistency.

CHOCOLATE AVOCADO

12 ounces coconut milk, unsweetened
1 small avocado
1/2 banana
1 1/2 tablespoons cocoa powder, unsweetened
1/4 cup sweetened, shredded coconut
2 dates, pitted
2 teaspoons honey
1 cup ice

PUMPKIN

Cooked Mashed Pumpkin – Frozen in an ice cube tray
1 cup greek yoghurt
1/2 cup water
1/4 ripe avocado
2 tbsp ground flaxseed
1 tbsp maple syrup
1/2 tsp of spices eg/ cinnamon, nutmeg, pepper

APPLE PIE

3/4 cup vanilla yoghurt
1 cup ice cubes
1 apple, seeded and diced
1 tsp maple syrup
1/4 tsp cinnamon

POTASSIUM PEPPERMINT

1 small banana, sliced and frozen
1/4 cup raw cashews (soaked overnight and drained)
1 cup organic soy milk
1/3 cup silken tofu
1/4 cup mint leaves
1/4 tsp vanilla extract

GINGERBREAD

1/4 cup sliced frozen banana
1 cup greek yoghurt
2 tsp almond butter
1 tsp molasses
1tbsp grated fresh ginger
1/4 tsp cinnamon
1/8 tsp nutmeg
1/8 tsp ground cardamom
1 cup ice cubes

OATMEAL BISCUIT

1 cup milk or oat milk
1/2 cup water
1 small banana sliced and frozen
1/4 cup rolled oats
2 tbsp raisins
1/8 tsp cinnamon
1/4 tsp vanilla extract

PEANUT BUTTER

1/2 cup milk
1/2 cup water
1 small banana
2 tbsp peanut butter
2tbsp chia seeds
Pinch salt



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1 cup homemade walnut milk *
1 cup frozen blueberries
1 tbsp flaxseeds
1 tbsp molasses
1 tsp cinnamon
Handful of ice cubes

*To make the homemade walnut milk, soak 1 cup of raw walnuts in water in the refrigerator for 8 hours or overnight. Once soaked, drain and rinse them well and add them to the blender with 4 cups of filtered water. Blend on high for 1 minute or until the walnuts are very finely ground. Strain through a nut milk bag if you like, although I usually skip this step when I use walnuts. Walnut milk can be stored in the fridge for 3-4 days.

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Have your say: draft Active Bass Coast Plan 2018-28

Bass Coast Shire Council’s draft Active Bass Coast Plan is complete and Council is now seeking your input to make sure there are no gaps and the draft Plan is aligned with your aspirations for an active Bass Coast.

The Active Bass Coast Plan will set the strategic direction for recreation in Bass Coast for the next decade. It looks at the future provision and management of recreation assets, programs and services in Bass Coast.

Bass Coast Mayor, Cr Pamela Rothfield, explained that the Plan aims to create healthy, active environments and services that encourage people to participate in sport, socialise, play and relax in our parks, engage in community activities and events, and to enjoy Bass Coast’s natural coastline, bushlands and waterways. “We all participate in these activities in some way, and so it’s important we all have input in the development of the Plan,” Cr Rothfield said.



“The draft Plan has been formed through extensive community consultation held earlier this year, with over 3,000 comments received from our community.”

“We also considered the feedback received during the ‘Help shape a better Bass Coast’ Council Plan 2017-2021 engagement in 2017 and the Sport and Active Recreation Needs Assessment (SARNA) in 2016.” The draft Plan will be on exhibition until Sunday, 2 September and there are a number of opportunities for you to ask questions or have your say in-person, in writing or online.

Drop in sessions will be held:

Cowes – Monday, 6 August, 3.30pm to 6.30pm, Cowes Cultural Centre Meeting Room 1, 91-97 Thompson Avenue

Grantville – Tuesday, 7 August, 3.30pm to 6.30pm, Grantville Transaction Centre, Bass Highway

Wonthaggi – Monday, 13 August, 3.30pm to 6.30pm, Old Wonthaggi Post Office, Corner Watt St and McBride Avenue

Facebook Q&A – Tuesday, 14 August, 6.00pm to 8.00pm, www.facebook.com/basscoastshire

The draft Active Bass Coast Plan is available to view at www.basscoast.vic.gov.au/active.

Copies are also available at Council’s Customer Service Centres in Cowes, Wonthaggi, Inverloch and Grantville and libraries in Inverloch, Cowes and Wonthaggi.

You can make a submission in writing to active@basscoast.vic.gov.au Or to PO Box 118, Wonthaggi VIC 3995.

Submissions close Sunday, September 2nd.

For more information please contact Council’s Recreation and Open Space Planner, Joey Boothby on joey.boothby@basscoast.vic.gov.au Or 1300 BCOAST (226 278) or (03) 5671 2211.

PUZZLE SOLUTIONS

S	C	H	E	M	A	T	I	C	S	
C		A		O		A		A		B
B	O	M	B	A	R	D	S		L	E
	P		I		E		T		M	N
	E	A	T	S		C	E	S	S	P
			A			C		F		G
	R	E	T	R	I	B	U	T	I	O
	E				N		L		N	
L	A	S	A	G	N	E		A	S	I
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N	O	O	N			M	U	T	I	L
	N		U			O		O		I
		B	L	A	N	C	M	A	N	G

Vibe Crossword Solution 103

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 103

Quiz Solution 103 1. Elephant 2. 100 3. Manzanares 4. Ear 5. 64 6. English 7. Bing Crosby 8. Quito 9. 3 10. Blood 11. 15 12. Alfred
What word am I?: Message **What am I riddle?:** Breath **What am I poem?:** See Saw **What am I?:** An anchor **Brothers and Sisters I Have None:** That man’s son.



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 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 0488 660658.

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 0434 489011 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. Age 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](https://www.facebook.com/cowescommunitymeal)

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. First Friday of the month. 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 Now closed over winter and reopening in Spring.

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 more information.

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.

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 August 25 - 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 Currently in recess for winter. Watch out for our return in spring.

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.



**Fishy Tales
with Craig
Edmonds from
Jim's Bait and
Tackle**

The weather this month has been a bit of a winter blast and we have had a more northerly wind pattern than the west north west you would expect. This has made it difficult at times to fish in the bay but has given a few more offshore chances, especially for those heading out to look at the whales. Overall the boating chances for the month were few and really only for the lucky ones that can up and go at any time. Although windy, there has been plenty of opportunity for the land-based fishermen, especially the surf with the wind direction we have had.

If you drive into San Remo on Sunday, 9th of September you will see a very large marquee set up on the foreshore.



The marquee will be part of the San Remo Fishing Festival which the trader's association are now organising. A very bit part of the festival will be the return of the blessing of the fleet, something that hasn't been done for almost 20 years. Although traditionally conducted for the commercial fleet, the blessing this year will be open to all recreational boats as well. There are various ways you

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can be involved either on the water or on your trailer to have your boat blessed and all you need to do is register your interest by texting, your name, boat size and an email address to 0409 018980 where you will be sent more information. There will be plenty of things to do all day at the festival with filleting demonstrations, cooking demonstrations, industry stalls, fresh and local produce, wine tastings and a few fun competitions where you can win vouchers from local businesses. If you have never been on a boat before Wildlife Coast Cruises will be running a short 30-40min cruise to the Cape and back and it will only cost you \$5 each. This will sell out quickly and for information on bookings like the event Facebook page, www.facebook.com/srfishfest where information will be up soon on how to book. There will be plenty of information posted about all that is happening during the day.

Salmon and Calamari made up 90% of the reports this month and there has been some quality amongst them with the salmon in good size schools. We had several reports from those who chase the salmon from both Woolamai and Kilcunda. The fish at Kilcunda have been bigger and more caught on lures. The problem with Kilcunda has been the weed which seems to turn up just towards the end of the tide. The weed has been thick and impossible to fish at times and this is why the lures have been successful because generally you only have a very small amount of tackle and will walk up and down the beach to get away from the weed. The best beach at Kilcunda has been cemetery and middle beach back towards cemetery. The salmon at Woolamai have been much smaller but some good numbers with the odd larger one amongst them. Both beaches have produced at Woolamai and again a few better fish on lures from in the shallower water.

The better quality calamari came from the boats and because there was limited opportunity we didn't get that many reports from the boats anyway. Those off the land had more consistent catches but a bit like the surf there was patches of weed that made fishing very difficult. None of the land areas stood out as being the best but all of the usual areas produced at stages over the month. It was also a mixture of baited and artificial jigs that worked. The one thing that did stand out from the land based reports was that 2 hour period around the tide changes was the time to be fishing.

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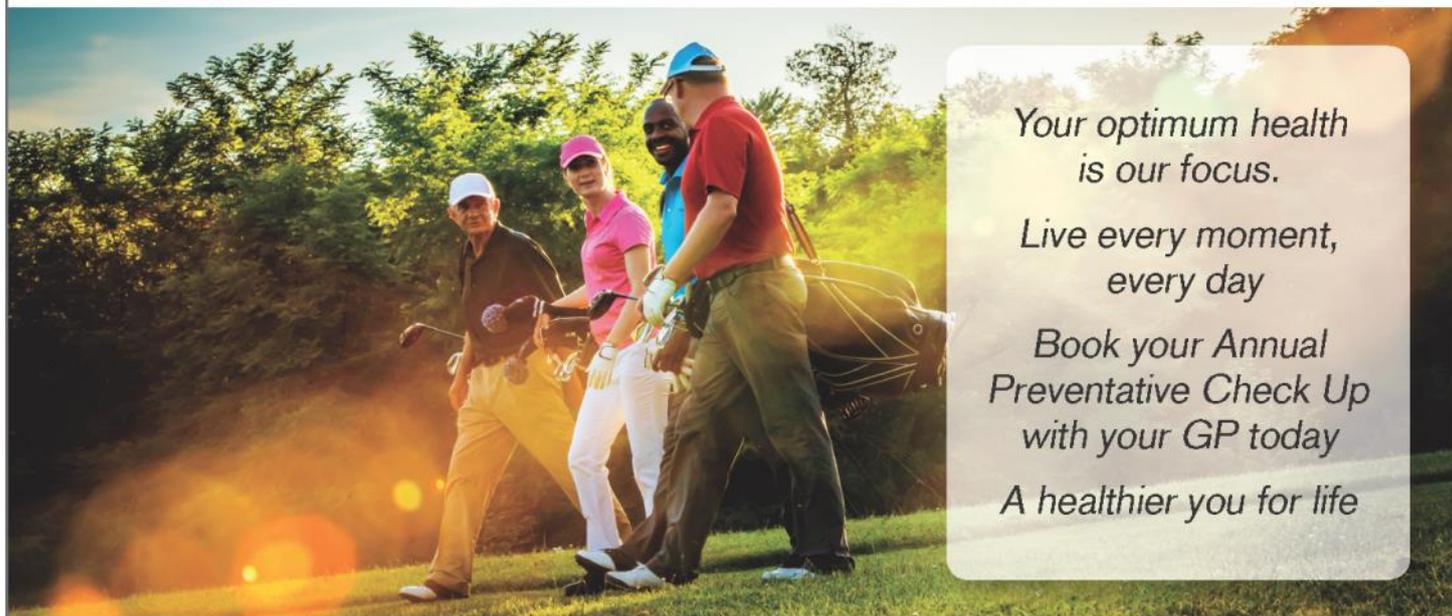
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