

PHILLIP ISLAND VIBE

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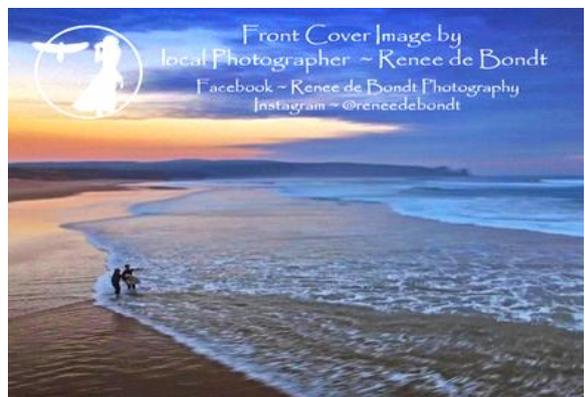
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DATE	TIME	CHILDREN'S ACTIVITY	PARENT ACTIVITY
Thurs 18 Oct	2:30-3:15pm	Classroom Story Time	Afternoon tea with the Principal and Head of Junior School
Thurs 25 Oct	2:30-3:15pm	Jump & Move Perceptual Motor Program/PE Session	Join in with or assist your child
Thurs 1 Nov	2:30-3:15pm	Creative Young Artists	Caring for your child and continuous learning feedback
Thurs 8 Nov	2:30-3:15pm	Meet the Orchestra Music & Drama Session	Parent involvement in school life.
Thurs 15 Nov	2:30-3:15pm	Love the Library	Literacy presentation by Linda Austin, Prep teacher
Thurs 22 Nov	2:30-3:15pm	Little Builders	Numeracy presentation by Rikki Porter, Prep teacher
Wed 28 Nov	9.10-9.50am	Come along to the Junior School Assembly	Join the parent gallery and see our students in action
Thur 29 Nov	11.00am	Meet your 2019 Year 6 Buddies	School Transition presentation with guest speaker Melinda Vander Reest from Walker Learning
Fri 7 Dec	9:30am-1pm	Orientation Day - Meet your classmates and teacher	School uniforms will be on display

Stay and play in the playground after each Thursday session

You don't need to be enrolled to join in the fun!

Come along and participate in these fantastic student and parent activities as part of our Prep Transition Program.

**For enquiries please contact
Belinda Manning - 5956 7505**

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In Quietness and Confidence Shall Be Your Strength



Meet a local community volunteer



Meet Ray Kenneally. He is an original Phillip Island Bicycle User Group member and regularly leads the Island bike rides and teaches BikeEd in schools as well as volunteering his time for Bicycle Network Victoria and the Bass Coast Cycle Challenge. What a busy man. Ray is pictured above Riding with BUG members through Oswin Roberts reserve.

Welcome to the Vibe Ray. What areas of the Island do you visit to help spread the word about safe and enjoyable cycling? I visit many of the local schools including Cowes Primary School, Newhaven Primary School, San Remo Primary School and Newhaven College.

How long have you been volunteering for the Phillip Island Bicycle User Group? 8 maybe 9 years.

What does your volunteering role involve? Teaching kids to ride correctly in accordance with the rules of the road and the Bike Ed Instructors Manual published by VicRoads and the Department of Education.

What do you do when you're not volunteering? Apart from work around the home I like to get out on the bike maybe 3 or 4 times a week. A normal ride can be 20 to 30k and on some Sundays up to 70k. If not on the bike I do like "playing" with my cameras.

What is the best part about your job? The satisfaction of seeing the kids riding competently and safely. After completing the course the Cowes Grade 6 kids actually do a road test which involves riding a set course around the streets near the school by themselves. Near the end

of the course they ride along Thompson Avenue and approach the Settlement Road roundabout and have to make a right turn. As I said, at this point they will be riding by themselves and have to make decisions without input from others. Of course BUG members and teachers are placed in strategic positions around the course acting as "safety officers" and others to mark the test sheets. Remember these kids are only about 11 years old and the idea of riding the Settlement Road roundabout can be quite confronting. We have adult members of the BUG who will not ride it but will get off and walk.

What did you do in your working life before becoming a volunteer? I worked in the Airline Industry.

Can you think of a funny story related to your volunteering that you would like to share with the readers? I have made mention of riding the roundabout and one thing does come to mind. A couple of years back we received lovely "thank-you" from one of the kids. She thanked us for teaching her to ride safely and that she actually rode the roundabout without being killed.

Can you tell us one thing about yourself that your colleagues might not know? Some, but not many are aware that I used to enjoy flying hot air balloons. I have flown in 10 different countries and hold a UK licence, a Hong Kong licence and did have an Australian approval to fly balloons. After balloons I, together with my wife decided scuba diving would be a good idea and I eventually gained an international certificate as a scuba instructor.

If you are interested in more information about the Phillip Island Bicycle User Group please contact Secretary Ruth Scott on rascott501@gmail.com or 0409 946696.

Social rides are held every Wednesday at 10am starting at Amaze'n Things car park. Speed is that of the slowest rider.



Riding with local school students around the Settlement Road roundabout



Healthy and Healing with Pip

TATTOOS OF WHITE RIBBONS

Following the tragic death of Sam Fraser, you might expect there to be a significant increase in the amount of fear felt and expressed. But instead ... I am pleased and proud to be seeing and feeling an overwhelming outpouring of love and support from this community.

Donations have been given to help her children. Vigils have been held. Conversations have been had about our own experiences of violence.

Signs have been put up in front of businesses.

White ribbons decorate every tree on Thompson Avenue.

Posts on Facebook have been empowering and community focused.

Some women are even getting tattoos of the white ribbon (representing standing up, speaking out and acting to prevent domestic violence) on their bodies.

It is a sad truth that most domestic violence in our society is men against women.

There are many reasons for this ... which I won't be going into today.

What I wanted to share with you is some light and hope.

I personally stand for non-violence towards men and women.

No one deserves to be treated in this way.

This expression of violence comes from a belief that you are wrong and I am right. It comes from a belief that the only way to show you I'm right is to beat you down (literally).

It comes from a belief that we are separate - you and I.

We are not separate.

If we were separate these incidents would not affect us to the very core of our being.

If we were separate we would not even care.

We are not separate.

We human beings care deeply.

We care so much that we feel the pain of the person who is hurt.

We care so much that we give money, hold vigils and tattoo our bodies.

We care so much that we reach out and help others to heal.

We are not separate.

Remember LOVE ALWAYS DISSOLVES FEAR.

Mary Dwyer says: "I am my fear, my past and my present. I am my courage. I am my togetherness with others and my aloneness. I am my joy and my sorrow. I am my grief and my celebration of Adrian's amazing death. I am my darkness and my small thoughts. I am light and my expanded bliss. I am tiny and I am vast. You are in me and I am in you. I am my dreams, my hopes for the future and I am also my regrets. I am, I am, I am." (page 173 - The Final Act of Grace).

If you are feeling deeply right now, be kind to yourself.

You are not alone.

Stay focused on the love my friends.

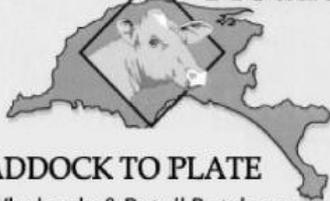
Blessings Pip x

My good friend and spiritual mentor, Mary Dwyer, has just launched her first book *The Final Act of Grace - Mastering a peaceful death* about her husband's courageous, spiritual journey after he was diagnosed with cancer. www.marycdwyer.com p.s. If you need someone to listen or support you through this time please give me a call. I offer Spiritual Counselling, Reiki Energy Healing and Private Meditation sessions.

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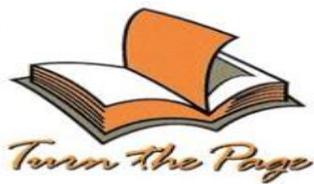
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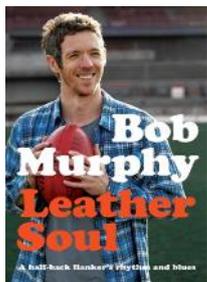
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Book Reviews



**“Leather Soul” by Bob
Murphy Hardcover
RRP \$39.99**

‘A young, naive kid, with a brand-new football. Over time, the leather aged from the bumps along the trail. The Footscray winters and some glorious liniment-scented afternoons. All of the laughs, the scraps, the yarns and characters. The game. It all left a mark on me, on my soul.’

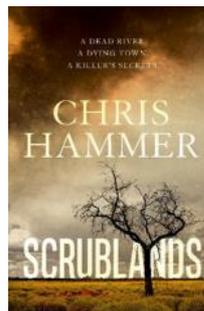
Bob Murphy has never been a typical footballer. Music buff, Age columnist and Winnebago driver, he is as comfortable in a quiet corner of a Fitzroy cafe or the front bar of a grungy pub as he is in the locker room. Murphy takes the reader inside his 17-year career, including his three years as captain of the Bulldogs, exploring the people, places and events that shaped him- from playing backyard cricket in 1980s Warragul to Community Cup with Paul Kelly in the 2000s, and from the joy of marrying his high-school crush to the agony of a season-ending ACL ruptures. How did the country kid with a gypsy's heart become an All-Australian captain? What's it like to have your club win the grand final for the first time in 62 years and have to cheer from the sidelines? How does it feel to realise you can no longer do the things that made you great? The celebrated Australian football bard Martin Flanagan has long insisted Bob Murphy has a book in him like no footballer has written. Leather Soul proves him right.

Counselling skills for the accidental counsellor in Wonthaggi on Tuesday, October 9th

“Accidental counselling” is a situation where emotional support is given by one person to another person, and where the person giving support is not a trained counsellor. This program would suit those working within the health sector, aged care, youth, housing, homelessness, mental health, women's protection, palliative care, religious institutions, allied health, alternative/natural therapies, emergency services, the funeral industry and the disability area.

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**“Scrublands” by Chris
Hammer \$32.99
Our Price \$29.99**

In an isolated country town brought to its knees by endless drought, a charismatic and dedicated young priest calmly opens fire on his congregation, killing five parishioners before being shot dead himself.

A year later, troubled journalist Martin Scarsden arrives in Riversend to write a feature on the anniversary of the tragedy. But the stories he hears from the locals about the priest and incidents leading up to the shooting don't fit with the accepted version of events his own newspaper reported in an award-winning investigation.

Martin can't ignore his doubts, nor the urgings of some locals to unearth the real reason behind the priest's deadly rampage. Just as Martin believes he is making headway, a shocking new development rocks the town, which becomes the biggest story in Australia.

The media descends on Riversend and Martin is now the one in the spotlight. His reasons for investigating the shooting have suddenly become very personal. Wrestling with his own demons, Martin finds himself risking everything to discover a truth that becomes darker and more complex with every twist. But there are powerful forces determined to stop him, and he has no idea how far they will go to make sure the town's secrets stay buried.

A compulsive thriller that will haunt you long after you have turned the final page.



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

And Then There Was None ... (Aka *Ten Little Indians*)

(A synopsis of Agatha Christie's baffling murder whodunit)

There is an old nursery rhyme which reads-

*"Ten little Indian boys went out to dine,
One choked his little self and then there were nine.*

Nine little Indian boys sat up very late;

One overslept himself and then there were eight".

..... And continues its account of the dissolution of the ten little Indians until its final lines read

"One little Indian boy left all alone;

He went and hanged himself and then there were none."

I am a massive fan of the famous *whodunit* crime story writer Agatha Christie, probably the best ever author in this genre - what follows is my attempt at a very brief synopsis of one of her most baffling stories.

Ten men and women have been invited to stay for one week on Indian island, off the Devon coast in England, by its owner, Mr. Owen. The ten people are strangers to each other and none of them know Owen, but the mysterious owner, knows enough about each of his prospective guests to make his invitations appealing. To those in need of employment he has offered jobs, to those desiring relaxation, he has promised a vacation.

"A queer lot" is how the group impressed Fred Narracott as he pilots their boat to the island; they are not all that classy as he expected the guests of Mr. Owen to be. But then he had never met Mr. Owen, having received his orders through an intermediary Isaac Morris who was also a guest.

"Well back to the queer lot. " We learn there's 'the reptilian old man' and retired judge, *Mr. Wargrave*, known as the hanging judge, not unused to putting pressure on accused he considered guilty of murder, the arrogant *Phillip Lombard* , who has been accused of causing the death of East African tribesmen by stealing their food and causing them to starve after abandoning them; *Emily Brent*, self-righteous and of unflinching morals who had dismissed her maid for being pregnant which led to her suicide; *Anthony Marston*, very good looking and narcissistic, who killed two children through his drunk driving and has no remorse; *Mr. Blare* who disguises himself as *Mr. Davis* from South Africa, he was a former policeman who took a bribe, in return gave false evidence which led to the conviction and death in prison of an innocent accused who was husband and father of two young children; retired *General Macarthur* who sent his late wife's lover into a battle he knew he would not return from alive. Already on the island are the reticent butler and his wife *Mr. & Mrs. Rodgers*, who colluded to deny medicinal aid to an elderly employer they knew to have appointed them beneficiaries in her will, and who died as a result; and *Dr. Armstrong* who while drunk operated on a patient and

caused her to die. Finally Isaac Morris, an unethical lawyer whose client was the owner of the island and made the transport arrangements- he actually dies on the island before the other guests arrive, and arranged the gramophone recording featured in the story.

The rhyme quoted earlier appears in a frame found in each of the guest's rooms. Ten little Indians also feature as little china figures on the dining table in the dining room. It is announced to the guests by the butler that the owner Mr. Owen has been delayed and will arrive the next day. Following dinner everyone is in good spirits but not for long. Retiring to the drawing room they are confronted by a voice from a gramophone charging each of the guests in a high pitched clear voice with the murder of one or more persons for which they have never been held responsible. The uneasy visitors find the source of the voice in a gramophone hidden behind the drawing room wall, which, the Rodgers admit, they had been instructed by Owen to put on, following dinner.

After comparing their letters from Owen and recounting the uncanny events that have occurred since their arrival, the ten guests resolve to leave the island tomorrow when Fred Narracott comes on his daily visit. They consider it the only way to free themselves from the grasp of a man Justice Wargrave describes as "a madman-probably a dangerous homicidal lunatic."

One by one, after short intervals, the guests start to die mysteriously, starting with two apparent suicides. A connection is that one the china figures on the table are missing. The rhyme and the figures are no longer quaint but forebodings of disaster. A search of the house and the entire island reveals that there "aint no one else but their eight selves." They are clearly miniatures in poetry and glass of the fates of the ten Indians imprisoned on Indian island. Terror and suspicion among the prisoners mount as the number of Chinese figures dwindles. Despite Justice Wargrave's warning that they must be careful and vigilant in order to stay alive, General Macarthur fatalistically predicts that none of them were going to leave the island alive, and this prediction becomes likely.



The deaths of all ten guests are finesse jobs- grotesque and well planned. So well planned, that on a subsequent visit by the Sir Thomas Legge of Scotland Yard and his assistant, their only conclusion is that the ten guests were victims of murder.

How could it be, they thought, that all the bodies appeared to be murder victims, and not a single one showed evidence of being that of a murderer who had committed suicide. The detectives are absolutely certain that the ten guests plus Narracott were the only people on the island (before the police arrived) and no person could have left the island because of rough sea conditions after a storm, and that the murderer was one of the ten guests.

Their deaths were discovered and reported by Mr. Narracott after he finally returned to the island to investigate, having some foreboding that all was not well. It also transpired that someone bearing the name Owen did not exist.

That's the question readers of the Vibe are stuck with, as was Scotland yard, and it's the question that would have remained forever unanswered- had not the mastermind behind it all cast into the waters surrounding the Indian island a bottle containing the secrets of the "fantastical murder of the ten little Indians." Readers might be tempted to rush off to buy or read this great book or at least the ending at the library, but to spare you any discomfort from intuitive guessing or application of logic, you may want to read the answer which appears on page 22 of this issue.

I wager you a year's subscription to this free magazine that you won't guess who the culprit is and his or her motive.

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Benefits of photography

The benefits of photography are many to us as humans and you don't need expensive equipment to get started. Many mobile phones take good images which you can edit and share on social media.

As a child our "masterpieces" were put on display and praised, we as adults enjoy the same praise, which is good for self-esteem and encourages us. Losing one's inhibitions, letting go and trying something excitingly new can lift our spirits and occupy our mind enhancing our creativity.

The urge to take photos gets us outside looking for that image with the "wow" factor. It takes our minds off the worries of the world for a short time. They'll still be there when you get back, but for the moment they are put on the back burner. Can you maintain your concentration on your problems if you are trying to capture the colours of a sunset, a perfect flower bloom, a beautiful landscape or a child's smile? Photography is a wonderful stress-relief.

Walking thirty minutes a day has been found to help your medical health. Cancer sufferers are encouraged to increase their exercise to one hundred and thirty minutes per week. It helps blood pressure, weight loss and fitness levels to name a few benefits. Some of us need a purpose to exercise and taking photos may be that purpose to get moving outside in the sunlight and fresh air.

If you take photos, your child takes photos and your grand-child

takes photos, there will be an everlasting record of your family. Images of a lost spouse, child or parent preserves that memory for eternity and can bring back happy memories of that shared time captured in the image.

Photography can capture things that you might never otherwise see or remember. It is impossible to take in everything that you behold, but a photograph will capture that special moment in time – the exact colours in the sky, the colour play on water or a special look.

Understanding and recognizing where our place is in the world around us can be expressed in images without the discomfort of having to verbalise. You can communicate your feelings and thoughts with everyone through photography.

Photography challenges and fires your imagination and gives you inspiration to be creative, looking for new ways to express yourself and your ideas.

The sharing of photos brings positive social interaction, be it on social media, or by finding like-minded people in photography groups. Positive comments give our self-confidence a boost and lifts our spirits.

The Phillip Island Camera Club offers opportunities to share images at meetings, workshops to learn from and excursions affording photographic opportunities and time to socialize and meet new people. The Club meets on the first Monday of each month at 1:30 pm at the Heritage Centre, Cowes (near the Library) except for Cup weekend when it will be on the second Monday. For further information telephone Susan of the Phillip Island Camera Club on 0408 136 717



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BATTERY MYTHS

When a car is not driven regularly, the battery will go flat.

TRUE. Batteries have a natural self discharge or internal chemical leakage; and today's cars draw a tiny amount of power from the battery when not in use to keep all the electrical systems 'alive'. Over time, the battery will become fully discharged if not driven. To avoid this happening, you can connect a maintenance charger.

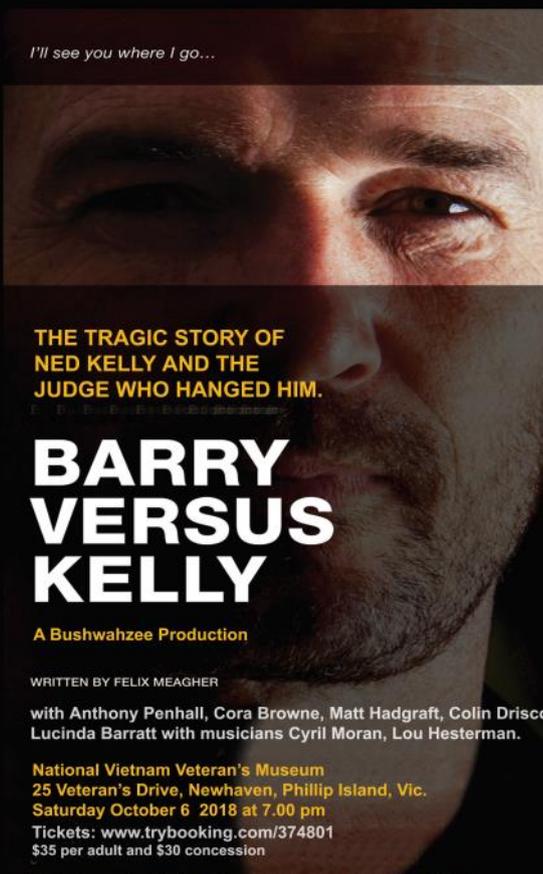
You can use an automotive battery to run a boat.

FALSE. You should always buy a battery for the application it's being used for. A marine battery is designed to handle the conditions of a vessel operating in rough conditions over water. They also have a semi deep cycle feature, which allows them to run accessories and safety devices for a period of time and then be recharged.

You can use a car battery to run the fridge in a caravan.

FALSE. Using a car battery to run a fridge will reduce the life of the battery and it will eventually fail. A car battery is designed to produce a large amount of current over a very short period of time to start a vehicle. Once started, the alternator tops up the battery power used. To run a fridge, use a deep cycle battery. It's designed to produce a small amount of power over a long period of time.

I'll see you where I go...



THE TRAGIC STORY OF NED KELLY AND THE JUDGE WHO HANGED HIM.

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WRITTEN BY FELIX MEAGHER

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Spring Cleaning and
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Don't forget to spring clean outdoors

Now that winter shows signs of easing and there are some better temperatures forecast, it's time to poke our noses outdoors and have a look around at what needs doing.

Like any spring cleaning list, it is easiest to approach a wide range of chores by dividing them into manageable areas.

For the House

Cleaning the actual structure of your house is easy and will instantly improve its appearance.

Windows: Washing windows and screens will give you a sparkling view of spring even if it's still a bit too cold to be outside enjoying it as much as you want.

Gutters: Cleaning out rain gutters is an autumn/winter chore for many homeowners, but checking them again in the spring will ensure that no debris has become clogged in them during winter storms.

Garage: Cleaning out the garage will give you more space for summer equipment such as bikes, outdoor games and gardening equipment. This may also be a good time to hold a garage sale.

For the Deck

Whether you have a deck or verandah, a few simple cleaning chores can turn it from a winter-neglected spot into a fun outdoor gathering space.

Flooring: If you have a wood deck, inspect the wood for signs of rot or decay and make repairs as necessary. Sweep first, then scrub the wood with oxalic acid to kill microbes, and restain the deck if necessary. For a concrete patio, check for chips or cracks that need repair, and scrub away any stains.

Furniture: If your outdoor furniture has been out in the weather all winter, it will need to be scrubbed clean. If it has been stored instead, now is the time to brush it off and return it to the deck.

BBQ: If you have a BBQ, check its connections and operations, following all safety guidelines. Clean the grills and handles, lubricate the lid, and get ready for great barbecues.

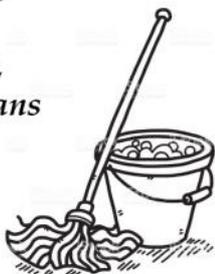
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Spring Cleaning and Home Maintenance feature

Now that spring has finally arrived, it's the perfect time to get a head start on that spring cleaning you've been justifiably putting off. Your list of excuses grows ever shorter.

Clean the oven with bicarbonate of soda

Oven cleaning is a time intensive task but a small amount of bicarbonate of soda can go a long way. Add bicarbonate of soda to water in a spray bottle and you've got your own homemade oven-cleaning solution. Just spray the solution on the interior surfaces of your oven, avoiding the heating elements. Leave overnight and wipe clean. If any soda remains spray with vinegar to remove it.

Remove pet hairs with rubber gloves

Pets are a delight to live with but a menace when it comes to keeping your home clean. Cats and dogs especially will cast their hairs everywhere. That's where a pair of rubber gloves comes in handy. Because of the material they're made from and the friction it creates, hairs will naturally stick to them.

Steam clean the microwave

Dirt and grime can easily build up in your microwave. So, a good clean will not only get it back to its former self, but also improve its general hygiene. Tackling built-up food and grease normally calls for a bucket load of elbow grease but by using a combination of vinegar and water you can create a solution that will help you tackle those stubborn stains. Heat a measuring jug with a fifty fifty solution for ten minutes in your microwave until it steams up. Remove the jug and then use a cloth to wipe away the moisture and dirt.

Washing Machine

Don't wash your clothes in a smelly machine. Instead, disinfect it with distilled white vinegar and baking soda to keep it fresh and high-functioning. Run the machine with hot water, then add the cleaning agents, and let it sit for 30 to 60 minutes. Afterwards, restart your machine, let the water drain, and wipe it dry.

Alternatively, if all this thinking about cleaning is getting you down or it's not that high on your priority list, then call in the professionals to help with your one off spring clean or to help all year round to keep your place tip top and free up your time to do the things you enjoy. Check out the businesses featured in this Spring Clean and Home Maintenance feature.

They're ready to help.

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The Mower Man
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Matthew Smith

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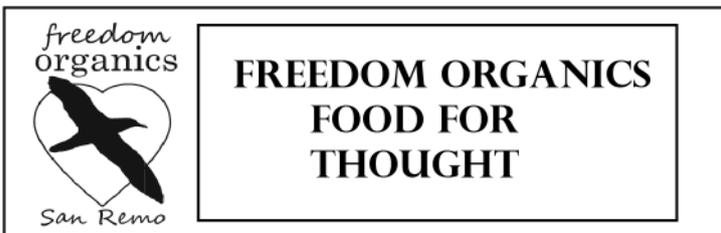


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- Changing key codes
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Contact Mel 0421 715945



FREEDOM ORGANICS FOOD FOR THOUGHT

CACAO OR COCOA. WHAT IS THE DIFFERENCE AND HOW DO YOU USE IT?

Cacao comes from the same South American plant as cocoa, the cacao plant. But the major difference between cacao and cocoa is the way the pods on the plant have been processed.

Cacao is the pure form of chocolate and it's claimed it may be higher in antioxidants and some minerals than more processed varieties of the plant.



Cacao beans: If you open up a pod you'll find the cacao bean - it tastes like bitter chocolate. I have heard it is common for Italian's to chew on the raw fibrous pods as an energy snack.

I have tried this and find it to be quite mild in taste and you can chew for ages.

Cacao nibs: You can purchase nibs ready to go or make your own from the bean. They are made by peeling off the outer shell of the cacao bean, roasting it and then its crumbled into small pieces called nibs. You get the chocolatey taste, but it's not very sweet. The flavour can vary depending on how they're roasted and if anything is added in the processing. You can snack on them

straight out of the pack or add them to trail mixes, yoghurt, smoothies or sprinkle them on top of cakes etc.

Cacao powder: This is when the beans are processed at low heat to separate the cacao butter from the beans. Once that's been removed, the beans are ground up in to a fine powder. This is the most common form of cacao. The idea is that because the beans are processed at low temperatures, much of the nutrition is retained.

Cocoa powder: Almost the same as cacao powder. The butter and oils are separated, and the leftover beans are crushed. The difference seems to be in the temperature. Cocoa is heated to a higher temperature, which means you're left with a less bitter taste, but also alters the nutrient profile. It is believed that cacao powder has over 350% more antioxidants than cocoa powder.

Dark chocolate: Is heated during processing, which removes enzymes. These enzymes aid in healthy digestion and overall well-being.

Raw chocolate: It is cold pressed, preserving those enzymes. Raw chocolate bars tend to add natural sugar to sweeten it a little but there is no milk added so it makes it a great dairy-free option.

Milk chocolate: Is made from cocoa solids and milk (either from milk powder, liquid milk or condensed milk).

White chocolate: This isn't really chocolate at all. It is produced from cocoa butter; a vegetable fat, which has a cocoa aroma and flavour. Cocoa butter doesn't taste good on its own so milk, sugar and vanilla are usually added.

What is the healthier choice: cacao, cocoa?

Though cacao is well known for being healthier for you, as long as the cocoa doesn't have added sugar, fats or oils, it is also healthy for you. It is also a more budget friendly option than cacao.



So, how can we reap the benefits of this delicious superfood?

Simply add nibs or powder to your smoothie, muesli, slices, raw desserts and nut milks. Avoid adding to ice cream or cows milk as the dairy can inhibit the absorption of all those antioxidants. Honey has been used in the following recipes as a sweetener because of the health benefits. You can use any liquid sweetener if preferred i.e. maple syrup, rice malt syrup, agave syrup or even fruit juice. (Note: amounts will vary for sweetness and consistency.)

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CACAO EXFOLIATING FACE MASK

- 1-2 tbsp green tea
- 1 tbsp ground oats
- 1 tbsp coconut oil
- 1 tbsp honey
- 1/2 avocado
- 1 tbsp Cacao Powder

Combine all ingredients with a whisk or electric mixer until smooth.

Apply mixture evenly onto face, avoiding the eyelids. Leave on for 15 minutes. Using warm water and your hands, gently massage mask onto your face and exfoliate for 15 to 30 seconds and leave on face for a while and relax if you desire.

CACAO AVOCADO MOUSSE

- 1 ripe avocado
- 2 tbsp Cacao
- Honey to taste
- 2 tbsp coconut yoghurt

Combine all ingredients with a whisk or electric mixer until smooth. Adjust ingredients according to taste.

HOMEMADE CHOCOLATE

- 125g Cacao Butter
- 50g Cacao Powder
- 25g Carob powder
- ½ pinch salt
- ½ tsp cinnamon
- 25g coconut oil
- 50ml agave or coconut or rice malt or maple syrup

1. Melt chunks and oil over double boiler
2. Add syrup
3. Add Dry ingredients
4. Blend
5. Add any extra goodies you like
6. E.g. goji berries, nuts etc. Then pour into tray

Cut into pieces when partially set.

CACAO & NUTBUTTER SPREAD

- 2 tbsp cacao powder
- 2 tbsp of any nut butter
- Chosen sweetener to taste

Mix all ingredients together and enjoy with veggie sticks.

Freedom Organics San Remo stocks cacao powder, cocoa powder, carob powder, cacao butter, cacao nibs, raw chocolate and many other items listed in this article!

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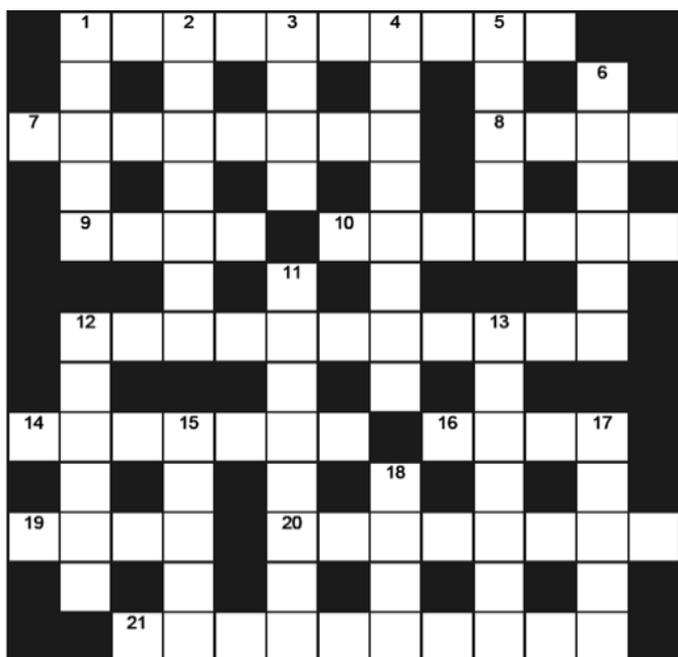
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Brain Food

Find all the answers & solutions to Puzzles & Quizzes on page 22 (No peeking!)



Vibe Quick Crossword 104

Across

- 1 Five sided (10)
- 7 Specific (8)
- 8 Flatten (4)
- 9 Review (4)
- 10 Stretchy fabric (7)
- 12 Stubbornly (11)
- 14 Amaze (7)
- 16 Away (4)
- 19 Smile (4)
- 20 Protested (8)
- 21 Commemorates (10)

Down

- 1 Cost (5)
- 2 Zero (7)
- 3 Pimples (4)
- 4 Eight legged creatures (8)
- 5 Adjust (5)
- 6 Delightful (6)
- 11 Jack climbed up this (8)
- 12 Baked buttery treat (6)
- 13 Shortfall (7)
- 15 Imperial measure (5)
- 17 Grasses (5)
- 18 Slightly open (4)

		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 104

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

Barry Versus Kelly at the National Vietnam Veterans Museum

All theatre and history lovers, don't forget to put this date and event in your diary – for one night only.

Barry Versus Kelly - The tragic story of Australia's folk hero, Ned Kelly and the judge who hanged him.

A musical drama by Felix Meagher (with additional music by Lou Hesterman and Cyril Moran) about the trial and execution of Ned Kelly in November 1880. Barry Versus Kelly focuses on the confrontation between Ned and the Judge, Sir Redmond Barry. Barry, whose harsh sentencing of Ned's mother Ellen sparked the Kelly Outbreak, is haunted by Ned's last words to him. "I will see you where I go." Barry is fiercely determined to see Irish rebels like Ned Kelly punished, but he fears he might be making a martyr out of Ned.

Declining in health and suffering delusions, Barry wrestles with his conscience and the fears that his family in Ireland sees him as a traitor.

Meanwhile Ellen Kelly, on the day before the hanging, sings to Ned that he is the Loyal Son. Barry finally signs the papers that condemn Kelly and in a dying speech asks that his family be told that "I took a rebel with me."

Feedback suggests that over 137 years later, this might be as emotionally as close to the story as you can get.

Featuring the actors/singers: Ned - Anthony Penhall, Ellen Kelly - Cora Browne, Judge Barry - Felix Meagher, Governor of the Goal John Castieau/ Police Commissioner Standish - Colin Driscoll, Chief Secretary of Victoria/John "Red" Kelly - Matthew Hadgraft, Chloe - Lucinda Barratt Musicians: Cyril Moran & Lou Hesterman

Come along to the National Vietnam Veterans Museum and sit under the wings of the Canberra Bomber to experience the unique atmosphere of watching an emotional performance with these talented performers. Ticket prices: \$35 per adult or \$30 concession and include a light supper. Wine, beer and soft drink will be available at bar prices. Tickets available online only at: www.trybooking.com/374801

Contact Sonia Hogg on 03 5956 6400 at the Museum for further details or go to our website: www.vietnamvetsmuseum.org



1. In a deck of playing cards, which is the only king without a moustache?
2. How many bones are there in an Elephant's trunk?
3. Who won the first Australian Big Brother?
4. Which bank was previously known as the Bank of NSW?
5. What is the capital of Afghanistan?
6. Which Australian city is called The City of Lights?
7. What is the best poker hand?
8. What city would you be flying into if you landed at Marco Polo airport?
9. What do you call the rear of a ship?
10. Which band had the hit Whole Lotta Rosie?
11. In what year did Princess Diana die?
12. In what trade did Harrison Ford work in before becoming an actor?

first Australian Big Brother? 4. Which bank was previously known as the Bank of NSW? 5. What is the capital of Afghanistan? 6. Which Australian city is called The City of Lights? 7. What is the best poker hand? 8. What city would you be flying into if you landed at Marco Polo airport? 9. What do you call the rear of a ship? 10. Which band had the hit Whole Lotta Rosie? 11. In what year did Princess Diana die? 12. In what trade did Harrison Ford work in before becoming an actor?



The Ground - Hornbill is regarded as a rain bird in many African cultures, and the consequences of killing one can be dire, not just for the assassin but for the whole community. Goat herder Isidoro Oca'amani was banned from his village in Northern Uganda for 40 years and forfeited his rights of inheritance for slaying one of the birds and thereby causing a prolonged drought that decimated the local community.

A variant of such tribal law holds that the most effective way to end a drought is to kill one of the birds, (sadly not for despatch to Sydney or NSW in this instance), recite various incantations and spells and then throw its body into a pool of stagnant water in the local riverbed. The stench is enough to cause the heavens to open and flush away the rotting carcass.

Whether the Ground-Hornbill, dead or alive, actually has any mystical meteorological influence is impossible for science to determine, but it is perhaps curious to note that the dramatic decline in their numbers has coincided with the onset of climatic shifts in many parts of its present and former range but sadly far beyond the scope of the present fires in California.

On a more serious level, which is after all, what interests serious readers of the Vibe, large and prehistoric, with a prodigious predatory bill, the Ground Hornbill is a walking advertisement for the increasingly convincing theory that birds are the direct descendants of dinosaurs.

Ground - Hornbills are the only habitually terrestrial members of the extensive hornbill family, with the southern ground-bill, *Bicorvus leadbeateri*, being the most committed of its genus to a pedestrian lifestyle. Nevertheless with a wingspan of up to 1.8 metres, ground-hornbills are accomplished, if reluctant, fliers and when airborne show their usually concealed white wing feathers to startling effect.



They greet the rising sun with a booming trumpet blast that varies in tone between the sexes. The red throat sac inflates slightly when there's an especially fine sunrise and they feel it important to get out a really good blast. This heraldic duty complete, not seen or heard by Megan when betrothed to Harry in London, possibly maybe later when visiting Lesotho, they set about their daily routine, which consists of sedately walking through woodland or savanna in the African bushlands in search of something to eat.

They rarely travel alone, usually living in groups consisting of a dominant breeding pair and two or three helpers. The female lays two eggs and incubates them for about a month, while her partner punctiliously ensures she gets enough to eat, assisted to some degree by other group compadres. She is known to occasionally leave the nest to stretch her legs and raid the fridge, during which interludes her partner takes over the nest. These birds love the open fields where cattle are known to graze but the ever-expanding portfolio of cows, their owners and associated communities do not presage a particularly rosy future for the birds themselves.

Their standard fare consists of insects, lizards, frogs, snails and small rodents, but every now and then they combine to tackle something larger, capturing and killing big snakes, tortoises (harder to get to the good stuff than when breaking open crab legs) and small mammals- the sort of stuff you won't find in the kitchen of Masterchef- ask Gary, George or Matt.

Speaking of Mental Health

The community is invited to a free presentation with Nic Newling, an outspoken advocate for mental health, suicide prevention and sharing personal stories.

Having lived through the experience of suffering with a mood disorder throughout high school years and losing his brother to suicide, Nic Newling has since dedicated himself to changing the way mental illness is addressed in schools, workplaces and communities.

Nic has reached millions of people through television, live talks, radio, print, online, documentaries, and eHealth programs. He strives to make a continuing positive impact utilizing sharing and listening to encourage helpful, unscripted conversations around mental health, suicide prevention and getting the most from life. He has been featured on The TODAY Show, Australian Story, Huffington Post and has shared his message through major radio stations and newspapers. He features in the men's mental health documentary series Man Up and the upcoming documentary Suicide: The Ripple Effect, and was one of the subjects of his mother's Human Rights Award winning memoir Missing Christopher.

Nic counts himself fortunate, lucky, and grateful to have received familial, peer, and professional support allowing him to recover and heal through his turbulent teen years. It also enabled him to focus his attention on sharing directly to young people, families, workplaces, professionals and the broader public. He has spoken at industry events nationally and internationally such as the International Association of Suicide Prevention conference in Montreal, training events for AstraZeneca, the Mental Health in Schools conferences in Sydney and Melbourne, the School Counsellors and Psychologists conferences, at university lectures for Medical and

Nursing students and for corporations across Australia & America. Nic has spoken at Google, Coca-Cola, cultural events such as Vivid Ideas, Ignite Sydney, and TEDxSYDNEY. He has toured twice with The Sunday Telegraph for the Can We Talk forums designed to connect communities with experts and encourage mental health conversations.

Growing up in Australia he is now based in Sydney and New York, and founded "The Champions" to help further the mission of empowering people through sharing.

Nic is proud to be involved in suicide prevention initiatives as an ambassador for R U OK?, Australia Day, Movember, and the Australian Mental Health Prize.

Nic's presentation will take place on Tuesday 4 September, 6.30pm at Newhaven College, 1770 Phillip Island Road, Rhyll thanks to the generosity of Island Bay Ranch who have sponsored his visit.

This is a free event but bookings are essential, please visit <http://www.newhavencol.vic.edu.au/about/events/speaking-of-mental-health>

The event is also on Facebook - <https://www.facebook.com/events/2133578666857843/>

Destination Phillip Island Annual Conference

Tuesday 18th September 2018 at The Shearing Shed.

TOURISM IS OUR BUSINESS Join local industry, Destination Phillip Island Board members, representatives from local and state government for a day of learnings and networking at our premier event for the year.

Our key note speaker is Steve Sammartino one Australia's most respected futurists and business technologists. He has an incredible ability to make sense of how emerging technology applies to industry.

Beau Vernon will present his story of overcoming adversity. And a range of key speakers will provide insight and learnings for small to large business.

This is our key event for the year, and provides an opportunity for businesses to come together for the day and learn and network with a local focus.

More information on the conference is destinationphilipisland.org.au

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What's Cooking?

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ITALIAN BEEF MEATBALLS

WHAT YOU NEED:

2 slices white bread, crusts removed, torn

1/2 cup milk

1 medium brown onion, grated

500g beef mince

1 egg, lightly beaten

1/3 cup finely grated parmesan cheese

1/3 cup chopped fresh parsley leaves

1/3 cup finely chopped fresh basil leaves

2 tablespoons olive oil

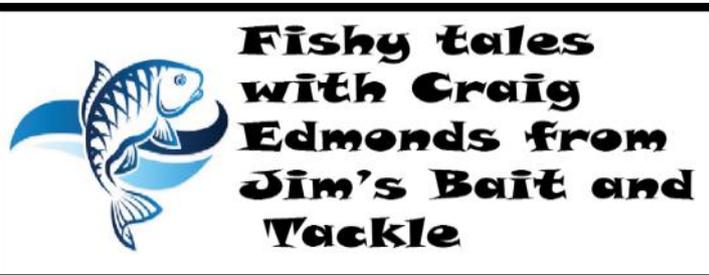
500g jar tomato pasta sauce

Cooked pasta, to serve

WHAT TO DO:

Place bread in a large bowl. Add milk. Stand for 5 minutes. Add onion, mince, egg, basil, cheese and half the parsley. Season with salt and pepper. Mix to combine. Roll level tablespoons of mixture into balls. Place on a plate. Heat oil in a large frying pan over medium-high heat. Cook meatballs, turning, for 5 to 7 minutes, or until browned and cooked through. Add pasta sauce. Bring to the boil. Reduce heat to medium. Simmer for 2 to 3 minutes or until heated through. Sprinkle with remaining parsley. Serve with pasta.

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



Unless you have been living under a rock for the last month or more, I am not telling you anything you don't already know. The weather has been rubbish. Speaking to some of my older customers and local commercial fishermen, they are saying it's 25 to 30 years since we have had constant strong winds like we have had. While I hear some say we always have strong winds this time of the year, which is correct, it's the direction that has been the problem. The wind pattern we normally get have a lot more west or south west in them, where as we have had almost all northerly. While the north wind can be a friend when fishing offshore because of the strength and big swell out to sea, it has meant that even offshore has been out of bounds. With the winds more in the south like they normally would be, you can at least fish the incoming tide in the bay - turns a bit nasty when the tide runs out but at least you can get a fish in. The problem with the north winds is no matter what tide it is, the wind across the corals area is side on and especially with the strength is un-fishable.

As is always the case no matter how bad the weather is, we always get very small windows that you can get out for a fish. The problem of course is unless you live next to the water and are ready to go by the time you get there it has changed. We have had a couple of those windows for the boating fishermen and apart from a few rubbish fish there was some reasonable reports for this time of the year. All areas were limited in when you could fish and probably is why there wasn't bags of fish caught. Offshore some very good flathead around the mid 40cm and if you had a good patch a dozen or so was possible without too much problem. There were also good numbers of silver whiting and like the flathead the size was worth targeting them. Some quality salmon offshore but several people told me finding the schools was easy whereas catching them was a struggle with the salmon not interested in anything.

Back in the bay and I have forgotten what a whiting looks like but in fairness the areas you need to be to catch whiting have been un-fishable both with the wind and the quality of the water. As yet no one has been putting in too many hours chasing the reds and most are out filling up the bait freezer. The winds have allowed a few hours in Cleeland Bight, once you bash your way down under the bridge and we have been told of calamari, salmon, cuta, and pike all being caught. Many of the reports have also come from kayak customers, especially when the wind turns a little into the west coming over the land and protecting the area you need to paddle to for the calamari.

Points of interest

The group established a target area, and then developed a list of points of interest in each of the towns in their designated area.

The area they cover and the points of interest are on the website, along with a number of other interesting articles already published.

The existence of the original Western Port Times was discovered early in the group's search for materials and with the assistance of The Waterline News, the group decided to Re-launch The Western Port Times as their monthly magazine.

The name was quickly registered and the first edition of the magazine/paper appeared on the website in May, 2018.

At this stage it is only available on the website or my email subscription, sent to your inbox each month.

The group is looking at trying to establish funding to have printed copies made available each month.

The Waterline News is celebrating its fourth birthday next month and the history section it features each month has largely created the catalyst for the start of the U3A Local History Group and the re-emergence of The Western Port Times.

Grantville History Day

The U3A Local History Group is having a "Grantville History Day" - Public Open Afternoon, at the Grantville Hall on Saturday, 6 October from 1:00pm to 4:00pm.

Members of the public are invited to come along and tell the group your stories of local history in the area, bring along any photos, maps, documents or newspaper clipping that they may be able to scan, photo copy, or photograph and return to you.

The first edition of the reborn Western Port Times documented the official government gazetting of Grantville on Friday 20 September, 1872, which means the town will celebrate its 150th anniversary in September, 2022, which is only four years away and this "Open Day" could be the start of the planning process for the big day?

You can register your interest in the development of rich history of the area by contacting the Local History group, by email :

leader@grantvillehistory.com.au

You can subscribe to The Western Port Times and have it sent to your inbox each month, or follow the group's activities on the website :

www.grantvillehistory.com.au



www.u3abassvalley.com

Roger Clark
Grantville
9 August 2018

The Western Port Times

GRANTVILLE & DISTRICTS ISSN 2209-3308 (Online)

Volume 1 Number 1 May 2018

WELCOME
Welcome to the first edition of The Western Port Times.

This magazine has been introduced as a rebirth of the original Western Port Times, which was published in Grantville from 1898 until 1910.

The current site of the Transaction Centre was, in 1888 the site of the Coffee Palace and the Colonial Bank of Australasia, also later became the site where Grantville's first newspaper, The Westernport Times was printed and published, from 1898 until 1910. Formerly The San Remo Times and Phillip Island and Bass Advertiser (1896-1898).

The Western Port Times was published by Thomas Cox Monger.

Thomas Monger went on to establish a general printing business, then Estate Agency in the same building.

The Western Port Times magazine, has been developed to act as a medium for news from the Grantville history website: www.grantvillehistory.com.au

The Grantville History website was developed after the start of the U3A Local History group in February this year.

The Group's points of interest include:

Grantville:
Hotels
(Grantville Hotel & Prince Of Wales)
Cemetery
Pier (Old & New)
Saw mills & tramways (Bronze Mill etc.)
Primary Schools (various iterations)
Western Port Times (1898-1910)
Mechanics Institute (local hall)
Drive-in theatre
General stores (esp. Wheasley's store)
Anti-crossion barrier (1970's) rebuilt 1980's)
Cobb & Co coach service (terminated Grantville, extended to Bass for a time)
Grantville Racing Club
Grantville Rifle Club
Racecourse (1896? To 1920's)
Site, date and type of 1880s to 1900s businesses (various)
Agricultural shows (various)

The Group's interpretation of Grantville & Districts, covers an area along the

Bass Highway, starting at The Gables, down to Corinella Road, then south through Glen Forbes, Alameda, Glen Albie, Acronot and Woodleigh.

There a couple of vacancies in the group, which meets if you are interested in joining. Go to the Bass Valley U3A website, to register your interest: www.u3abassvalley.com or Email the Secretary: bass@u3abassvalley.com

We hope you enjoy the journey with us, back through what is now 148 years of history of the town of Grantville.

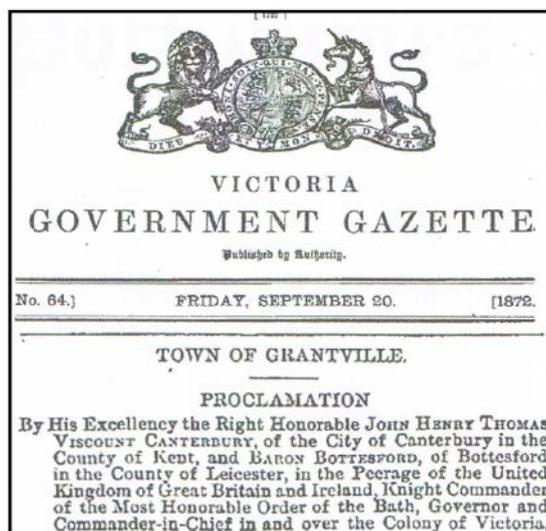
The township was gazetted on September, 16, 1872.

Read the official proclamation in our special report on page 2 Of this first edition.

Want to make a contribution, feel free to contact us.

Editor

Check out the website and subscribe FREE - www.grantvillehistory.com.au





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 User Group Every Wed 10am starting at Amaze'n Things car park. Very social, speed is the slowest rider. Contact Ruth Scott 0409 946696.

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, 1:30-4 pm. Contact Susan Brereton of 0408 136 717 or phillipislandcameraclub@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 fortnightly on Wednesdays 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 Light Railway Inc. is having a Members General Meeting. Anyone welcome. Meeting to be held at the RSL in their Boardroom Wednesday 22nd August @ 7.30 pm, Boardroom, R.S.L. 225 Thompson Avenue, Cowes. We would appreciate an RSVP to give us an idea of numbers. The Secretary, Bev Munro, 0417 578 435 or Facebook.

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 re-opening 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.

Phillip Island Health Hub Auxiliary meets 2nd Monday of every month at 10.00am at the PI Health Hub in Cowes. We fundraise to purchase much needed equipment for specialists and medical staff offering services at the Health Hub. New members very welcome. For more info – Maree 0408362600.

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PUZZLE SOLUTIONS

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 104

Quiz Solution 104 1. The King of Hearts 2. 0 3. Ben Williams 4. Westpac 5. Kabul 6. Perth 7. A Royal Flush 8. Venice 9. The Stern 10. ACDC 11. 1997 12. Carpentry

FOR SALE: KD Hardwood sliding lockable window. 1840mm(w), 640mm (h). Selling for \$590. Brand new. Selling due to design change. Suitable for weatherboard timber frame construction. Bought new for \$770. Call Rob 0429 424435

The Combined Churches of Phillip Island

Phillip Island Baptist Church

Cnr Settelement & Dunsmore Rds, Cowes. Worship time: 10am Sunday. Good Friday and Christmas day at 9am
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



Vibe Crossword Solution 104

SOLUTION to the "AND THEN THERE WAS NONE" whodunit

Background- A fishing ship picks up a bottle inside its trawling nets; the bottle contains a written confession of the killings, which is then sent to Scotland Yard and the hand writing verified. It is not clear how long after the killings the bottle was discovered. In Agatha Christie's inimitable and delightful fashion she thus provides the answer to our baffling question in the form of a postscript. Confession In the confession. Justice Wargrave writes that he has long wished to set an unsolvable puzzle of murder. His victims would be of his choosing, as they were not found guilty in a trial. He explains how he tricked Dr Armstrong into helping him fake his own death under the pretext that it would help the group identify the killer. He provides details of his heinous deeds. Finally, he reveals how he used the gun and some elastic to ensure his own death. Although he wished to create an unsolvable mystery, he acknowledges in the missive a "pitiful human need" for recognition, hence the confession. He is satisfied the crimes will go unsolved unless his confession is read.

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 September 22 - 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.

Market on Church Saturday November 3rd

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.

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6pm – 10pm
SATURDAY
4pm – 10pm
SUNDAY
10am – 12noon/4pm – 10pm

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