

Free

PHILLIP ISLAND VIBE

phillipislandvibe@outlook.com

P: 0407 266 271

www.phillipislandvibe.com.au



ISSUE 107 DECEMBER 2018



The Vibe takes this opportunity to wish all our readers, advertisers, column contributors and stockists a very safe and happy Christmas spent with family and friends.

The Vibe enjoys a great community connection and we thank the many community groups that we have been able to work with this year for allowing us to be part of your contribution to Island life.

Please be safe and careful on the roads and be patient with all the extra traffic.

HAPPY HOMES & GIFTS

Homewares
Beach wares
Holiday needs and more

Woolworths Shopping Centre
Thompson Avenue, Cowes

SHORELEC

Isn't it time you **UPDATED YOUR AIR?**

Shop 10/95 Marine Parade San Remo
Call us on 5678 5361

<p>MARKET ON MAIN PHILLIP ISLAND</p> <p>NYE 31 Dec 3-9pm Opp Coles Cowes</p>	<p>MARKET ON CHAPEL PHILLIP ISLAND</p> <p>15 + 29 Dec 8-2pm 86 Chapel St Cowes</p>	<p>Island Foreshore MARKET PHILLIP ISLAND</p> <p>29 Dec 3-10pm Cowes Jetty</p>
Phillip Island Markets		

THE **ISLAND Festival Vibes MAKERS MARKET**

OPEN AIR + LIVE MUSIC + FOOD
FREE ENTRY + FREE PARKING
120+ HANDMADE BRANDS

SUNDAY 9AM - 2PM
JAN 6TH
COWES FOOTBALL OVAL
8 CHURCH ST COWES

WWW.ISLANDMAKERSMARKET.COM.AU

SUMMER SPECIAL

7KW Panasonic Reverse Cycle Inverter Split System
Fully Installed only \$2100 +gst*

ALWAYS COOL
AIR CONDITIONING

*Conditions apply
Phone Kirk
1800 931 631

Find your place in 2019

Newhaven College guides each individual student along a path of discovery to open their minds to a world of opportunities.

The Year 9 Environmental Centre program is exciting, challenging and stimulating. Students step outside the classroom to connect with the world around them, providing relevance and value to their learning, which enhances academic development and personal growth.

Years 10 to 12 at Newhaven College are the crucial years where previous learning, increasing confidence and a greater sense of their place in the global community culminate to shape young people's future directions. Students also have many pathway options to pursue.

The Victorian Certificate of Education (VCE) is offered in preparation for further study at University or TAFE, or to directly enter the workforce.

Individual students have the option to include a school based apprenticeship or Vocational Educational Training (VET) studies in their VCE studies through Newhaven College's Trade Skills Centre, which is a Registered Training Organisation (RTO). This provides



flexibility for students to customise their year 10 to 12 program to meet their own aspirations and abilities.

Newhaven College also offers:

- **VET Certificate II In Building And Construction (Carpentry) Preapprenticeship**
- **Certificate III in Music Industry (Performance)**

The College also liaises with other RTOs to provide VET studies across a number of industries such as equine studies, electrical, hair and beauty, and hospitality.

Students are also encouraged to discover their passion and are offered a broad range of co-curricular activities such as music and ensembles, surfing, drama, dance, sport, equestrian, chess, public speaking and debating.

For enrolment enquiries please contact Belinda Manning on 5956 7505 or discover more at www.newhavencol.vic.edu.au

Pursue your Passion

Limited places available in 2019



1770 Phillip Island Rd,
Phillip Island, 3923
5956 7505

www.newhavencol.vic.edu.au





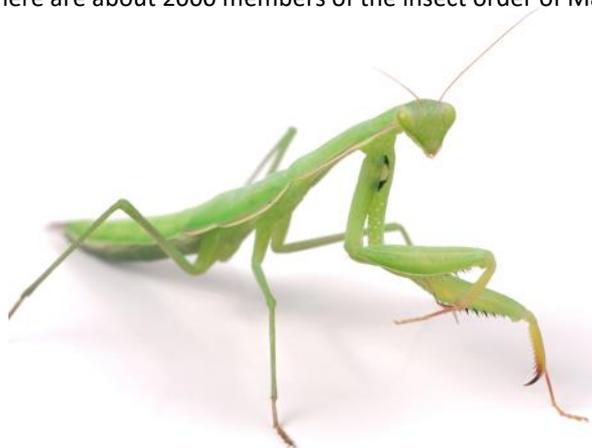
Dear Readers, technically the brief story of this budding theologian should be peculiar to the African bush, but its soon to be Christmas so let's spread the cheer, as even Australia has its fair share, but not the big five! The little guy deserves a better press so let's be kind.

Not many bugs can claim to be a martial arts instructor, a pest controller, a demigod and a prophet, but the mantis takes such job descriptions and accolades in his stride.

While the ancient Greeks were philosophically concluding that the inscrutable insect was contemplating something a great deal more profound than its next lunch, their Chinese counterparts were busy writing poems about its courage and fearlessness.

Meanwhile down south, the San, known as bushmen, passed on strange and occasionally comical cosmological tales in which the mantis was the dashing hero. The rest of us think it's praying, which it probably is, but only for the next moth or grasshopper to come a little closer.

There are about 2000 members of the insect order of Mantodea,



of which about 120 can be found in Southern Africa, the rest being spread out over the whole vast compass of the earth, with the exception of Antarctica. They come in a weird variety of shapes and sizes, adapted to look like leaves, twigs, bark, flowers and grass, depending upon their habitat. The variance most of us are familiar with is the green mantis, the one that flies through to the window at night, lands on your pillow and then looks you up and down, as Leon Herbert thought "It's you who's in the wrong bed". The mantis can move its triangular head and large compound eyes to look up and down and side to side and even – as you jump from the covers and bolt for the door – over its shoulder.

No other insect can do this, and that's enough to freak out all but the most dedicated entomomaniac (dictionary anybody!)

As it is an insect of such obvious accomplishments, the egg laying process is a fairly high-tech affair. The female first sprays a ball of sticky foam, usually onto the underside of a leaf, and then prepares individual chambers in it for each egg. Once in, that eggs are secured by a kind of tiny valve. She has to work rapidly, as the foam soon hardens when exposed to air.

Remarkably, all this is achieved with the tip of her tail and her hind legs so it's little wonder that she needs to be able to look over her shoulder.

Merry Christmas.

(ex Africa aliquid semper nova - out of Africa always comes something new, well, almost new!)

"SEA SPRAY" ISLAND CLEANING
Phillip Island Locks & Keys "Since 1996"

0400 279 338

- * Holiday Home Cleaning
- * Domestic Cleaning
- * End of Lease Cleaning

ABN: 92 498 776 557

BJ's Mowing & Garden
FRIENDLY PROMPT SERVICE



- Household lawns and larger
- Green waste removal •Weed spraying
- Fully insured •Competitive rates

FREE QUOTES

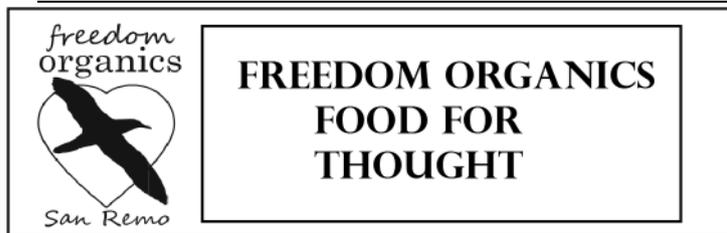
Call now
0414 463 395
Owner Operator BJ Dwyer
Visit www.bjismowing.com.au




NEW WAVE
CONCRETING

0402 454 742

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



WHOLEFOOD BAKING SUBSTITUTES

As we become more health conscious, diets such as vegan, paleo, low FODMAP and ketogenic are now essential to many families. As a result, consumers are seeking out gluten free, dairy free, high protein and additive free baking ingredients. With Christmas just around the corner we want families to have a fulfilling holiday season with all the yummy food available, safe for your family and visitors to enjoy.

Diets and allergies often mean people have to say no to baked goods that are made with common ingredients such as flour, butter, sugar, milk and eggs. However, there are plenty of natural and healthy substitutes available from Freedom Organics San Remo, which enables consumers to continue enjoying delicious baked treats. Whether you follow a plant-based diet, have allergies, or you simply want to incorporate more wholefoods into your diet - it doesn't mean you have to say no to baked goods. There are plenty of natural substitutes you can use to replace common baking ingredients.

BUTTER

The high-fat content of butter retains moisture and helps bind everything together.

Vegetable Oil: You can substitute 3/4 cup of vegetable oil for every 1 cup of butter.

Avocado: You can substitute pureed avocado in equal parts for the amount of butter called for, especially if you want a higher fibre, higher vitamin K/C/B-5/B-6/E alternative.

Greek Yogurt: For a higher protein substitution, use half of the amount of Greek yogurt as the amount of butter. This substitution works especially well in cakes because it creates a velvety texture. Coconut yoghurt can also be used if the taste does not comprise the dish.

Pumpkin puree: For every cup of butter you could use 3/4 cup of pumpkin puree. Note: you can also substitute pumpkin puree in equal amount of the quantity of oil called for in a baking recipe.

Coconut oil: With similar properties of being solid when cool and liquid when warm, use an equal amount of the oil to the amount of butter called for in a recipe. If the recipe calls for a substantial amount of butter, you might notice a flavour difference in the finished product, so, not so good for savoury breads, but great in cakes, cookies, and muffins. Coconut butter can also be used but is quite strong in taste.

Prune puree: Similar to pumpkin puree, substitute 3/4 cup of prune puree (you can use prune baby food) for every cup of butter called for in a baked item. This works best for cakes and brownies. Note: it will darken the colour of the finished product, adding a reddish-purple tone.

Olive Oil: Olive oil can be used as a substitute for butter in baking by using 3/4 cup of olive oil for every cup of butter called for. Note that olive oil has a strong flavour and works best in savoury items like herb breads and pie crusts.

Buttermilk: If you have moderate **lactose** intolerance, consider drinking buttermilk as an alternative. Buttermilk contains less **lactose** than regular milk. For lactose free buttermilk; Add in 1tbsp of lemon juice or vinegar to each cup of your lactose free milk.

Stir it up and leave this for around 10 minutes. You can substitute 1/2 cup of buttermilk for every 1 cup of butter. A mixture of 1/4 cup unsweetened applesauce and 1/4 cup buttermilk for every cup of butter called for in a recipe also works well. Nut Butter or Tahini can also be used if the taste complements the recipe.

EGGS

Egg as Binding Agents: If eggs are binders in a recipe, they can be replaced with Arrowroot, Soy Lecithin, Ground Flax-seed, Pureed Fruits or Vegetables, Silken Tofu, Gelatin or Agar Agar. The ratio is, for every egg replaced, 1/4 cup of the substitute is used.

Eggs as Leavening Agents: If eggs are leavening agents, Buttermilk, Yogurt, Baking Soda or Commercial Egg Replacement Powder can be used.

Eggs for Moisture: If eggs are added for moisture, Fruit Juice, Milk, Chickpea brine, Water or Pureed Fruit can be used. www.egglesscooking.com/egg-substitutes/ Has a useful table. Egg Substitute For One Egg also go to www.goodness.com.au for How to Make a Vegan Egg Substitute.

SUGAR

There is a wide variety of natural sweeteners (both dry and liquid) that can serve as great alternatives to processed cane sugar. These are easily substituted into your baking & cooking.

DRY SWEETENERS:

Coconut Sugar: This is a great sweetener alternative made from 'tapping' the stems of the coconut palm, extracting the sap and dehydrating it at very low temperatures. It is minimally processed ensuring it retains its naturally high mineral and nutrient content. It has a great toffee like flavor & color and is considered low GI so provides a slow energy release for your body. It's rich in minerals & amino acids, making it an excellent alternative to cane sugar. Coconut Sugar can be substituted for other granulated sugars at 1:1 in baking and is the perfect substitute for brown sugar. It can also be used in place of honey or agave in recipes, desserts, coffee and tea.

Stevia: This a natural sweetener that doesn't get as much attention as it should. It is simply the leaf of the *Stevia Rebaudianna* plant, ground into a powder. It has no kilojoules, no carbohydrates and has a zero glycemic index. In fact, research shows it does not affect blood glucose levels or interfere with insulin. Stevia is a highly concentrated sweetener - 1 cup of sugar is equal to approximately 1 tsp of Organic Stevia Leaf Powder & 1 tsp of sugar equals only a pinch of stevia powder so be careful when measuring out your quantity.

Dates: This delicious dried fruit can be ground into a paste and makes a great natural sugar substitute with its caramel flavour. They're great for baking, sweetening smoothies and raw treats. Grind dates in a food processor on their own, or with nuts/seeds, before adding the remaining ingredients. Many raw food enthusiasts also love organic Medjool dates which are even sweeter than normal dates! Dates can be used in place of sugar in equal amounts, cup for cup, especially brown sugar because of their caramel flavour. Dates work best in baking where the sugar does not need to be fine, as they don't dissolve like sugar does, unless you cook them first.

LIQUID SWEETENERS: If you're substituting liquid alternatives for a recipe that calls for sugar, remember you will be adding liquid so you may need to remove a little liquid elsewhere. Do taste tests as you add, you may also need to use less as some are very strong.

Agave Syrup: This delicious syrup is produced from Mexico's Blue Agave cactus plant. It has been extracted by hand from its pineapple shaped core, the flower shoot cut out and the sap collected. Owing to agave syrup's popularity is the fact that it has a low GI (30) and is 1.4 times sweeter than other natural sweeteners. Raw food enthusiasts love it as well because it's not heat treated above 45 degrees.

Continued from page 4

Organic Brown Rice Syrup: Produced from 100% organic brown rice and is a very popular & versatile alternative to sugar and other sweeteners. Also known as *rice malt syrup*, brown rice syrup contains no fructose which is partly why this sweetener is so popular and is suitable for those sensitive to fructose or following a low FODMAP diet. Amber in colour, it has a long shelf-life and doesn't need to be refrigerated. Use 1/4 cup of Brown Rice Syrup for one cup sugar. Use 1/4 cup less of another liquid in the recipe.

Coconut Syrup: Extracted from the sap of the coconut blossom, coconut syrup uses the 'tapping' process. Once collected into clay pots, the sweet sap is then heated and evaporated to form this concentrated coconut nectar syrup. It has a deliciously sweet caramel flavour and is delicious with pancakes, toasted cereals, hot drinks, smoothies and your favourite dessert recipes.

Maple Syrup: Pure maple syrup is made from the sap of the maple tree, which is boiled to evaporate the water and produce a syrup with the characteristic flavour and colour we all know and love! It contains less fructose than other sweeteners and more iron, calcium, zinc, manganese and potassium than honey. Pure Maple Syrup is endlessly versatile - a great substitute in baking, savoury dishes & sauces.

Molasses: Blackstrap molasses is a thick, dark, strong flavoured syrup made from the extraction process of sugar cane juice. It has a rich, full-bodied robust flavour which gives natural caramel colour and tones when baking. Unlike processed sugar, molasses is extremely rich in the vitamin inositol, B Vitamins, copper, phosphorus, calcium, iron and potassium. It is also an anti-inflammatory. Blackstrap Molasses is popular in baking biscuits, breads, in sauces, marinades or as a flavour enhancer.

COCOA Cocoa Powder is the standard "go-to" ingredient for most people looking for a chocolatey flavour and colour. Try

substituting cocoa for Cacao Powder which has not been heated to high temperatures like cocoa. Carob Powder is also an alternative to cocoa, with a delightfully unique and natural sweet taste.

CHEESE An easy and effective way to replace soft cheeses (such as cream cheese) or create cheese substitutes is to blend raw Cashews that have been soaked in water for at least 4 hours. If blended well, the soaked cashews reach a lovely smooth and creamy consistency. This is a great option when making raw vegan 'cheesecake' dessert alternatives.

DAIRY MILK This is one of the easiest ingredients to replace in baking or cooking. You can choose from Soy Milk, Oat Milk, Almond Milk, Coconut Milk or any just about any other plant-based milk you like.

See www.goodness.com.au for recipe's and substitutes. All ingredients available at Freedom Organics San Remo.

ISLAND ELECTRICAL MAINTENANCE

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

For prompt & reliable service

Call Dave on 0409 435 207

R.E.C. 20993



The Pilates Company

Pilates Studio & Instructor Training Centre

COME AND TRY PILATES TODAY

Ask about our 'New Client Special'

WHAT CAN PILATES DO FOR YOU!

Improve core strength & overall fitness

Increase muscle tone & strength

Improve mobility

Improve balance

Give you relief from pain

Improve surfing & other sports

Help you cope with stress

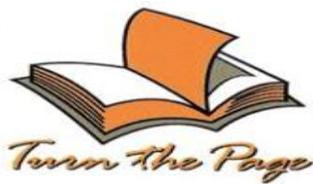
Make everyday life better



71 Phillip Island Road. San Remo

Ph: 9533 4831

www.thepilatescompany.com.au/san-remo



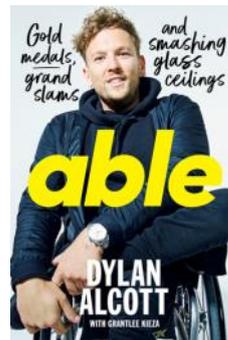
Book Reviews



“Becoming”
by Michelle Obama
RRP \$49.99
Our price \$44.99

In a life filled with meaning and accomplishment, Michelle Obama has emerged as one of the most iconic and compelling women of our era. As First Lady of the United States of America—the first African-American to serve in that role—she helped create the most welcoming and inclusive White House in history, while also establishing herself as a powerful advocate for women and girls in the U.S. and around the world, dramatically changing the ways that families pursue healthier and more active lives, and standing with her husband as he led America through some of its most harrowing moments. Along the way, she showed us a few dance moves, crushed Carpool Karaoke, and raised two down-to-earth daughters under an unforgiving media glare. In her memoir, a work of deep reflection and mesmerizing storytelling, Michelle Obama invites readers into her world, chronicling the experiences that have shaped her—from her childhood on the South Side of Chicago to her years as an executive balancing the demands of motherhood and work, to her time spent at the world's most famous address. With unerring honesty and lively wit, she describes her triumphs and her disappointments, both public and private, telling her full story as she has lived it—in her own words and on her own terms. Warm, wise, and revelatory, *Becoming* is the deeply personal reckoning of a woman of soul and substance who has steadily defied expectations—and whose story inspires us to do the same.

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



“Able”
by Dylan Alcott
RRP \$39.99

The incredible life of an astonishing athlete Dylan Alcott has never let his disability get in the way of what he wanted to achieve. His family treated him no differently to any other kid, and it was the best thing they ever did. Growing up, Dylan always had a positive attitude to life. When he discovered sport, he'd have a go at anything and could always be found at the centre of the action, giving his best and playing to win. Then he tried wheelchair basketball and tennis and was hooked.

Fast forward ten years or so, and the now three-time Paralympic gold medallist, Order of Australia recipient, Grand Slam tennis champion and philanthropist combines elite sport with a love for music. But Dylan's greatest passion is changing the way those with disabilities are perceived, and to inspire young people - whether they have disabilities or are able-bodied - to achieve their dreams. It's a passion that drives him every day of his life. This is the tale of someone who's proud of who he is, who has a go, does everything with heart and soul, who always sees the upside and never takes himself too seriously.

As inspiring, honest and funny as its author, *Able* proves that for every one thing you can't do, there are 10,000 other things that you can.

“Create your own adventure”



Locally owned and operated business providing quality camping equipment for hire

Visit our website for full range of products and services
www.phillipislandcampinghire.com.au

P: 0411 606 866

E: phillipislandcampinghire@gmail.com

Do you want to feel better about yourself and your life?

I can support you to overcome challenging and negative situations, circumstances and feelings. We discuss your concerns in a safe, confidential and non-judgemental environment. I am experienced in working with many issues including stress, anxiety, grief and loss, relationship issues, low self-confidence, emotional impact of illness and negative body image.

For further information please visit www.lindawilson333.com or contact me on 0431 693313 or lindawilson333@hotmail.com

You deserve to feel happy



Composition in Photography

Submitted by the Phillip Island Camera Club

Watch the background

When composing your image, know what your point of focus is. A too busy image can leave the viewer searching for a point of focus, but they will soon lose interest when they can't find one.

Try to avoid unsightly objects like power/telegraph poles and lines, signs, overexposed or particularly bright areas and blocks and dots of bright colour as these will pull the

eye from the focus point.

For a portrait, ensure there are no unwanted protrusions from your subject's head. If the background is not needed, throw it out of focus by selecting a wide aperture (F2.8/F5) on a DSLR camera or select PORTRAIT mode on a compact camera to tell it you want to work with a wider aperture.

And now all that's left to do



is to go out and practise these points in your photography over the summer holidays until they become second nature to you. Have fun!

Where is your eye drawn to in this picture? Your main focus should be the silos but the no entry sign pulls your eye away from it.

Picture by Lynne Cook



Scout Christmas Trees For Sale

Scout Hall, Bluegum Reserve, Dunsmore Rd, Cowes
Sat & Sun, first 3 weekends in Dec,
from 10am-2pm
Cost: from \$55 - various sizes

Pre order via email: gl.phillipisland@scoutsvictoria.com.au

Psychologist Open in Cowes

Clinton Batty is now available for appointments



The most common conditions treated include:

- Couple Counselling ▪ Depression and Bipolar disorder ▪ Quit smoking
- Post-Traumatic Stress Disorder (PTSD) ▪ WorkCover and TAC cases
- Anxiety, Panic Attacks, Phobias and Obsessive Compulsive Disorders (OCD)

Modalities used include: Hypnosis, Mindfulness & Cognitive Behaviour Therapy (CBT)

Centre Peace Psychology

PICAL Consulting Suite, 56-58 Church St, Cowes

Phone 0400 066100 to make an appointment

www.centrepeace.com.au





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

BLOODY CHARACTERS

Leroy Cunningsworth, Phillip Island's resident ace sleuth, seconded by his mate, Inspector Jack Flint of the Cowes constabulary who was busy training the local footy team, gazed at the corpse and couldn't shake the feeling that he was taking part in a cheesy mystery novel. He had heard stories about murder victims writing a last dying message in their own blood. Such things actually did occur. But why would someone use his last ounce of strength to crawl over to a wall and write in blood ... his own name? It made no sense.

The murder scene was in the offices of Marty and Kramer, certified public accountants. It was an oddly shaped space. In the front was a reception area guarded by Mona Lapinski, a middle-aged assistant. Behind her station, the office split like a "Y," with two long corridors angling off. At the end of one corridor was a frosted glass door, with painted letters proclaiming "Douglas Kramer." At the end of the other corridor was a similar frosted door, this one with the name of his partner, "Gil Marty." On the day of the murder, Mona left the office around noon to walk in the park and eat the sandwich and apple she brought every day from home. Gil Marty left a few minutes later to have lunch with a client at his private club. That left Douglas Kramer alone in his office.

Mona was the one to find his body. "I was coming back from the park," she said in her statement. "I saw Larry, the guy from Island Parcel, on the sidewalk, ringing our buzzer. He said no one was answering, which isn't unusual at lunchtime. I signed for the parcel, said good-bye to Larry, and unlocked the door. People in this building are very good about security. Strangers don't get in."

"Anyway," Mona continued, stopping to take in a deep breath. "The parcel was for Mr. Marty, so when I got inside, I took it straight back to his office. A soon as I walked in..." she shivered. "Chairs turned over, lamps broken. And the blood."

When Gil Marty walked in a minute later, he found Mona standing in his private office, screaming at the top of her lungs. His business partner, Douglas Kramer, lay next to the wall, a pair of scissors embedded in his stomach. On the wall, by his outstretched hand, were four letters printed in blood. "D-O-U-G."

"Doug and I weren't really friends," Marty told Leroy. "The last time I saw him was this morning. He came into my office to borrow a pair of scissors." He identified the scissors, which were currently sticking out of his partner's stomach.

Leroy Cunningsworth pointed to a brown leather wallet, untainted by the blood, sitting prominently on his bloody desktop. "Mr. Marty, this is a crime scene. Did you just put that here?"

"No, no," he replied. "I forgot it when I left. I charged my lunch

on my account at the RSL. That wallet's been here all day." Leroy put on plastic gloves, then checked the contents— three credit cards and two hundred twenty dollars in cash. Nothing was missing.

The last interview was with Larry Baker, the delivery guy. He'd been called back by his dispatcher and didn't seem too pleased to have his route interrupted. "I don't know what I can tell you," he said. "I had several deliveries in that building today, but I didn't see anything unusual. I made two trips from my truck. On the second, I ran into their assistant and she signed for the package. I didn't even go inside again."

"Do you make a lot of deliveries to Marty and Kramer?" Leroy asked, Larry thought for a moment. "Couple times a week. But I never met either one of those guys. I just dealt with the assistant. From the way he talked, I got the sense that they didn't get along."

Leroy drove back to the station house where Inspector Flint was probably there waiting for him, no doubt exhausted from running on the footy field. The crims would be happy to know that, Leroy mused. Leroy hated thinking that his much younger and very bright policeman friend might be able to solve this puzzle when he couldn't, so he reviewed the case in his mind.

There would still be time to enjoy a pizza and a red at Pino's with his friends Tony and Peter and the lovely Rosa. Vicki from the Vibe had also promised to attend their pre-Christmas lunch. He forced himself to focus on the job, not his ample stomach.

Robbery couldn't be the motive, since Gil Marty's wallet was still on his desk, untouched. The security camera showed no strangers entering, and everyone else in the building at the time had an alibi. But the big question was why. Why were those four letters scrawled on the wall?

Then Leroy smiled with relief. The answer was obvious, or was it? Come on Vibe sleuths.

Christmas is around the corner and the sleigh bells can almost be heard. Don't let the culprit get away.

WHO KILLED DOUGLAS KRAMER?

WHY WAS "D-O-U-G" WRITTEN ON THE WALL?

For the feint hearted who can't stand the sight of blood the solution can be found on page 22.



Mojo Tree and Stump Removal

Qualified Arborist Cert 4 Hort/Arb
24 years full time experience

- Tree pruning and removal
- Tree stump removal
- Onsite mulching
- Mulch and firewood supplies

Fully insured servicing Phillip Island for 15 years

Call Adam Bailey on 0427 052 173



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

WWW.WILDLIFECOASTCRUISES.COM.AU - CALL 1300 763 739

SUMMER ON THE ISLAND

**Take a cruise
this summer!**

Seals, Dolphins, Bird-life & Coastal Scenery

DAILY BOAT TOURS




Christmas is just around the corner already and the holiday period on the island is about to start which will not please some but for business people this is how we keep our doors open for the locals during the winter.

Reports indicate the season so far has been a good one with some quality fish being caught as well as some quantity. There are some that have struggled but that is always the case and will always be the case, no matter how good a fisherman you are. Luck just isn't always on your side. Although the weather in November was a little unsettled and a bit more like the early spring weather we are used to, there was still some very good days, and on weekends which was even more of a surprise. We have had reports all month from all over the bay and offshore with most inside concentrating on snapper, whiting and calamari, while offshore the target has been flathead and gummies with some welcome surprises.

November produced another two 10kg snapper with plenty around the 5kg mark and we started to see plenty of pinkies show up early. The snapper were a little different towards the end of the month from previous years. You would fish early morning in the deep and afternoon in the shallow. We were getting some very good reports from daybreak in 4m of water. So, to be successful just look around and try different things, different times and tides, you just don't know what will work.

Whiting reports are excellent now with plenty of big whiting being caught, that's what I should be writing this time of the year, but the sad fact is it's not what's happening. The reports of good numbers are few and far between and the reports of big ones are even fewer. Its not all doom and gloom with plenty of people reporting they are catching a lot of very small fish with one or two bigger ones mixed in. While many of the small are undersize they will be the autumn stock as they grow very quickly and we do occasionally have someone wander in and they fell on the school of big ones taking home a respectable bag. All the usual spots are worth a try and don't forget to try a night time whiting fish as it was very successful last year for some of our customers.

Calamari reports have been a little up and down but overall very good from both the land and the boats. The land has been a bit more difficult with plenty of weed in the water after we have had a windy period whereas the boat you can at least travel around to find some cleaner water. Artificial or baited jigs is not making much difference with both working and when they are on bagging out is more than a possibility but expect mixed sizes.



TUNES ON THE Terrace

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

WWW.PIRSL.COM.AU

WHAT'S ON IN DECEMBER

- 2nd: Bern Carroll
- 9th: The Times Mark Howard & Dave Manning
- 16th: Andrew Williams
- 23rd: Troy Wilson
- 30th: Colin Matthews

GROOVE TO THE TUNES OF LOCAL MUSICIANS



If you are looking for a present for Christmas or maybe just want a bargain check out our current Jarvis walker catalogue. Don't forget to take advantage of our layby and if you are going to have trouble hiding that new rod or reel, we are open until 5pm on Christmas Eve so come in and organise it then leave it here for as late as you want. We will be going to our normal holiday hours through the Christmas period from Boxing day. We will be opening at 6am, 7 days a week right through until the end of January. From Robyn, Melanie and myself have a safe and happy Christmas and if you are lucky enough to have some time off, enjoy your time on the water or sitting somewhere on the land trying to catch that fish of a lifetime.

Katering Kitchen and Glassware A complete shopping experience



When I visited Katering Kitchen and Glassware in Cowes recently, I wasn't expecting to feel like I didn't want to leave.

Proprietor Kate Oldfield opened the store in July for both locals and visitors alike with the aim of creating a kitchen lovers delight and a welcoming and enjoyable experience at the same time.

The shelves boast a thoughtfully selected range of items that shoppers will be delighted by including the latest European French oven to Japanese knives, Italian glassware and affordable Australian kitchenware products. Also available is a range of luxurious kitchen skincare, organic tea, Mason and Cash mixing bowls and items from the French Academy 1930's range, sculptural pieces and even tea towels featuring original designs by Kate.

Whether you need to replace a champagne flute, buy a special gift or update your kitchen with the latest trends, you will find what you need at Katering Kitchen and Glassware.

The fit out reflects the thought gone into the store and is a blend of old and new and features a number of historic local pieces including signage from the original Wonthaggi Fish and Chip shop, a tannery table, timber from the Korumburra Saleyards, timber from the original Kilcunda Hotel, fencing from the original Wonthaggi Cyclone Factory and re-purposed furnishings from Gippsland and South Gippsland homes.

The store provides a whole shopping experience which is un-rushed and enjoyable as you meander around taking in the feature pieces and quality kitchenware on offer.

It certainly offers the ideal opportunity to pick up a few Christmas gifts, especially for those who may be difficult to buy for.

Located at 151B Thompson Avenue, Cowes, the shop is open 7 days a week over summer.

Cotton Onto Craft

Friendly customer service

- Quilting fabric • Wool
- Haberdashery
- Craft projects
- Jewellery supplies
- Dry cleaning and sewing machine repairs



2/134 Thompson

Cowes

5952 5202



www.cottonontocraft.com.au

katering



Unique and affordable Christmas gifts

- Cookware - Bakeware - Glasses
- Knives - Cheese Boards - Jars
- Utensils - Kitchen Skincare

Leading European & Australian brands

Come and enjoy the experience

151B Thompson Avenue, Cowes

Phone 5952 6927

kateringkitchenglassware@gmail.com

OPEN 7 DAYS OVER SUMMER

SAN REMO  **plus LIQUOR**

135 Marine Pde, San Remo, VIC 3925
Phone: 5678 5337 Fax: 5678 5756

 facebook.com/sanremosupermarket

**Exceptional customer service,
wide range of groceries, fresh
produce, fully stocked deli, onsite
butchers and liquor**

**Extended opening
hours over Summer**

2015 Bass Coast
Business Awards
Winner
Environment and
Sustainability

2015 Bass Coast
Business Awards
Finalist
Business Excellence
6+ employees

2017 Bass Coast
Business Awards
Runner Up
Environment and
Sustainability

2017 Bass Coast
Business Awards
Finalist
Business Excellence
6+ employees


*Monthly column by Trish
Psychic/Medium, Intuitive Counsellor,
Past Life Regressionist and Healer*



Christmas is sneaking up

Is it just me or does Christmas always seem to just sneak up on you and bam there it is? Just like it is now.

Christmas, as we know, is a time for friends and family spending quality time together and reconnecting through festive celebrations. It's a time for children and the magic of the man in the red suit and it's a time for reflection of the year that has been.

However for some it's not such a happy time as it is for most. There are many who may be experiencing their first Christmas alone without their loved one. It may be the hardest time of the year as they grieve their loved one, no longer here to celebrate with.

To these people I want to say your loved one's in the spirit world - yes they may not physically be here but please let me reassure you they are there in spirit, still sitting in their favourite chair at Christmas lunch and still watching you prepare the beautiful feast for your family. They are there singing along to the Carols that are playing in the background. They truly are there with you and they don't wish you to be sad, they wish you to remember the joy, the good times, the memories you shared.

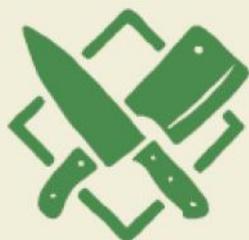
They also want you to know that you can simply think their name and that creates the energy for them to come through and you will feel their presence. Its okay to talk to them, in fact they love nothing more than to hear from you. The only thing they do get a little bit cranky about is that they no longer get to enjoy their favourite Christmas cheer anymore.

I've had lots of laughs when I have connected with someone's loved one in spirit and they tell me 'Oh how I would give anything for a nice cold beer'. So with all this in mind, I send you all a happy, magical, safe and wonderful Christmas.

Be sure to take time to rest and recharge and remember that it's not about how many gifts or how much food there is, it's about connections.

Copyright © 2018 Phillip Island Vibe

This work is copyright. Apart from any use permitted under the Copyright Act 1968, no part may be reproduced by any process, nor may any other exclusive right be exercised, without the permission of Phillip Island Vibe, PO Box 239, Cowes. Vic 3922.
phillipislandvibe@outlook.com. ABN: 609444475



**ISLAND
PRIMARY
PRODUCE**
BUTCHERS &
WHOLESALE

Paddock to Plate



**Place your
Christmas
orders now**

**OPENING HOURS: Monday to Friday
8am-6pm, Saturday 8am-3pm,
Closed Sundays**

**PHONE ORDERS TAKEN
EFTPOS AVAILABLE**

**Jake and Tania McStay,
511 Ventnor Road, Ventnor. Phone 5956 8107**



Healthy and Healing with Pip

Are you a control freak? (like me) ...

This month's article is about being a control freak ... yep I am going to say it straight.

At this time of the year, as we near the Christmas and end of year holidays, I have a lot of people who come to class or treatments with this issue.

I mean, you don't have to admit it ... but ... are you a control freak? (Like me)

Do you desperately try to work out how things will play out?

Do you plan and over think?

Do you worry about taking the wrong action?

Do you say that you are 'going with the flow' but deep down you know you are not?

Do you beat yourself up when your plans don't go as planned?

Hello!! ... Me too!! I may seem like I'm pretty chilled out ...

Some of my friends and clients might say 'I love how relaxed you are.'

But I spend a lot of time working on that.

My natural inclination is to plan ... plan ... and plan some more.

Jean Haner ... in her book 'Your Hidden Symmetry' ... talks about a unique method of Numerology ... and how we have 3 numbers that are relating to our Personality, Stress Reaction and Life Purpose / Challenges.

My numbers are 9.2.3 ... this will mean nothing to you (unless you've done a Numerology reading with me) ... so let me quickly explain.

The last number is my Challenge to overcome, so that I can fulfil my Life Purpose.

And wouldn't you know the number 3 is all about learning to let go of control and go with the flow.

What?! Yes!! Cool ... I KNOW RIGHT!?!?

So, when I re-read this in the book yesterday ... I was reminded that a) this is my divine life challenge; b) I am not the only one; c) I have plenty of time to practise this; d) there is no need to judge or criticize myself and e) there are tools I have that can help.

What a relief! What a weight off my mind. It was also cool to read that Louise Hay (one of my mentors) had a 3 as her last number too!

She mastered the art of going with the flow ... taking each moment as it comes ... and dealing with the present moment with grace. And I have been modelling myself on her behaviour.

So, how perfectly divine it is that her life challenge is also mine to learn.

Not only that ... just as a little confirmation (nod from the Universe) I decided to read the last few pages of Jean's book and there, Jean references a book called 'My stroke of insight' by Jill Bolte Taylor!?

What!??? ... I'm reading that book right now!?

In fact, I just put it down a few minutes ago when I was guided to pick up Jean's book.

Wow! I love how those Universal signs work.

So, my invitation to you this month is to consider doing a Unique Symmetry Numerology Reading with me (can be done by phone, Skype, email or face-to-face). Then you will know what your strengths, weaknesses, challenges and purpose are.

Knowledge is power.

It gave me comfort to know, maybe it can for you too.

Blessings Pip x

You can contact me on 0437 670 820 or email:

contact@consciouscoursesandtherapies.com



A1 Handyman

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

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

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



Call Bart on 0408 950570

Check out my work on Facebook
A1 Mowing and Handyman

Security Doors & Fly Screens

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

LOCKSMITH - 5952 5552

"Proudly Securing the Island Community Since 1996"

www.phillipislandonline.com

CONSCIOUS COURSES WITH PIP



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

Contact Pip for more details 0437 670 820



Meet a local community volunteer

Kaye Cannin has been volunteering at Islander Day Club for 12 years.

Her role is organising tours and entertainment for members. When not volunteering for Islander Day Club, Kaye organises dine outs for Probus Phillip Island and attends meetings.

Kaye says the best part of her job is making the members smile, and making new friends

"In my working life I was in marketing at Ford New Holland and owned a ladies fashion boutique in Berwick. I am about to start writing a book about my colourful childhood and a broken family life", Kaye told the Vibe.



Kaye is pictured with Bill Simondson, co-ordinator of the day club at the cup eve event which celebrated the club's 12th birthday.

On your own Christmas Day? Tuesday December 25th, 2018

The Phillip Island Community Services Group is hosting their 8th annual Christmas Day Community Lunch at St Philip's Hall, Cnr Church St and Thompson Ave, Cowes.

This alcohol-free community lunch is for people who might be on their own or not able to have a Christmas lunch with others.

Volunteers will co-ordinate and host the day with goods and funds donated by the local community. There is a charge of \$5 per person to help with costs which must be paid when booking. Bookings open from November 14 to December 14. Please contact PICAL reception Mon-Frid 9am-3pm



Members of the Islander Day Club enjoy Christmas at Warook Farm, just one of the many outings that Kaye organised.

Islander Day Club in Cowes is a club that welcomes ex service members retired and other members of the community that are isolated and would like to become a member of this club. The club comes under the umbrella of the Department of Veteran Affairs and are subsidised and looked after by the Phillip Island RSL. They meet every Monday at the RSL from 10am till approximately 1.30 pm.

The club offers a range of activities. They have a variety of speakers, play indoor bowls, trivia and mind games, corn in the hole, (an American game,) craft, musical bingo along with many other activities,

Members can enjoy four bus trip a year and they usually try and get away on a trip for four days. A raffle every week and a trading table help to sustain the club.

The club is ran by a committee and 15 volunteers, and offers pickup transport from the RSL for those with no transport.

They have approximately 80 members at the moment and do have a small waiting list.

If a member is absent for 6 weeks without notification they are contacted and given the option of resigning or going back on the waiting list to allow others to join.

The contact person for information is Carmen Bush 59569456, not the RSL.





What's Cooking?

Simple, delicious recipes.
No experience necessary.

CHOCOLATE CHRISTMAS BALLS

WHAT YOU NEED:

2 pkts Chocolate Ripple biscuits
395g tin condensed milk
Two 55g Cherry Ripe bars, roughly chopped
Two 55g Peppermint Crisp bars, roughly chopped
Coconut

WHAT TO DO:

Process biscuits into fine crumbs. Mix biscuits, condensed milk and chocolate bars together. Roll into balls and roll in coconut.



MY NANA'S LEMON BUTTER

WHAT YOU NEED:

125g butter 1 cup sugar
Juice of 3 lemons 4 egg yolks
Grated rind of two lemons

WHAT TO DO:

Place butter, sugar and lemon juice in a saucepan and stir over low heat until boiling. Simmer 5 minutes.

Beat egg yolks in a bowl and gradually blend in the hot mixture. Return to the pan and stir over low heat until thickened. Remove from heat and add lemon rind.



KRISTOS

SOUVLAKI BURGERS CHIPS ROASTS

THE HEALTHIER CHOICE...

Eat in or
takeaway
EFTPOS
AVAILABLE

TENDER BBQ CHICKENS, LAMB PORK & BEEF @ KRISTOS

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

Shop 5/15 The Esplanade Cowes

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



Summer Soul Dance

A weekend treat for body &
spirit, recharge your energies,
awaken your creativity

Experienced leader, great music

Newhaven - January 19 & 20, 2019

Cost: \$225/\$145 conc

For flyer call Tony on 0418 134709 or
visit [f](#) Soul Dance - Tony Norquay

Community Markets

Churchill Island Farmers' Market

December markets on Sat Dec 22 and Sat Dec 29, 8am-1pm.
Churchill Island Nature Park

Cowes Island Craft Market

2nd Sat of month with Make, Bake and Grow theme, Phillips
Parish Hall grounds, Thompson Ave, Cowes.

Island Foreshore Market

Cowes Jetty 1st Sat every month from Jan 5 2019 plus extra
markets Dec 29th, 2018 and Jan 27th, 2019.

Market on Chapel

Christmas market Dec 15 and then Dec 29 8am-2pm Variety
Market with 50+ stalls. Uniting Church, 86 Chapel Street,
Cowes.

Market on Main

New Year Eve, December 31st. Variety Market, Opposite Coles
in Cowes. 3pm-9pm.

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 Rec-
reation Reserve, weather permitting.



COASTAL LIVING REDEFINED



Image depicts items not supplied by Metricon such as feature fencing, landscaping, paths and water feature.

Inspired by the timeless elegance of the Hamptons in Long Island New York, the Bayville is Metricon's newest edition to it's premium Signature by Metricon collection.



To hear more about the Bayville, or learn how we can help you love where you live, visit our stunning display at Whytesands Estate, Ventnor Road, Cowes. Open Monday to Friday 12pm – 5pm, Saturday & Sunday 11am – 5pm

1300 METRICON
metricon.com.au

TIPS FOR PLANNING YOUR NEW BUILD

It can be tricky working out a realistic budget when you're a first time home builder and budget overruns are commonplace if you don't know what to expect when you embark on the build journey. And, even if you have built before, each project is different and can produce surprises.

Metricon Homes, a popular choice with customers in regional Victoria, has some handy tips and advice for those thinking about embarking on a new build.

According to Jeff Telford, Metricon's Gippsland Manager, the three most important factors for a successful build are land choice, budgeting and contract transparency.

"Building a new home starts with a block of land. It's critical to be aware of the correlation between land and build expenses. For example, if you have an unusually shaped block or a site with poor access, it's likely that you'll pay a premium for design and trades," Telford said.

"It might sound obvious, but setting a budget from the outset - and more importantly, sticking to it - is the best way to start planning," Telford said. "You would be amazed at how many people progress down the building path, without clear cost parameters, and this is a recipe for disaster," Telford added.

Similarly, not being informed about what is in and out of your build contract can lead to issues. "Often people don't fully consider all of the elements that go into creating the home they have in mind or the costs that can crop up along the way," said Telford. "Things like soil and contour tests, bushfire ratings, landscaping, driveways and fencing should all be factored into the mix."

"Ultimately a successful build boils down to working with a reputable builder that has experience in your area," Telford concluded.

Metricon's top tips when embarking on a new build:

Consider your ideal home and be realistic about your must-haves vs nice-to-haves - you may have to make compromises

Do upfront homework - visit displays and research online

Establish a detailed and realistic budget based on your financial circumstances, allowing a buffer for unforeseen costs and/or variations

Carefully evaluate the land you have or intend to buy for build suitability

Get the right advice early - talk to a builder that has a strong track record in your area

Study the inclusions in your quote and contract before committing - a reputable builder will be transparent about what's in and out.



Improving Emotional wellbeing

By Clinton Batty, Centre Peace Psychology, Cowes

As a psychologist, I have had clients attend counselling to address a wide variety of concerns. By establishing a nurturing and supportive therapeutic alliance, one can help them to better manage this condition or situation.

However, it is also important to improve their coping strategies so that they have the skills to better cope with future problems. This leads to an overall improvement in their emotional resilience - something that has been defined by Andrew Fuller (a well-known Melbourne psychologist) as the ability to bungy jump through the pitfalls of life. As the saying goes, it is better to teach someone how to fish, rather than simply giving them a fish for a day.

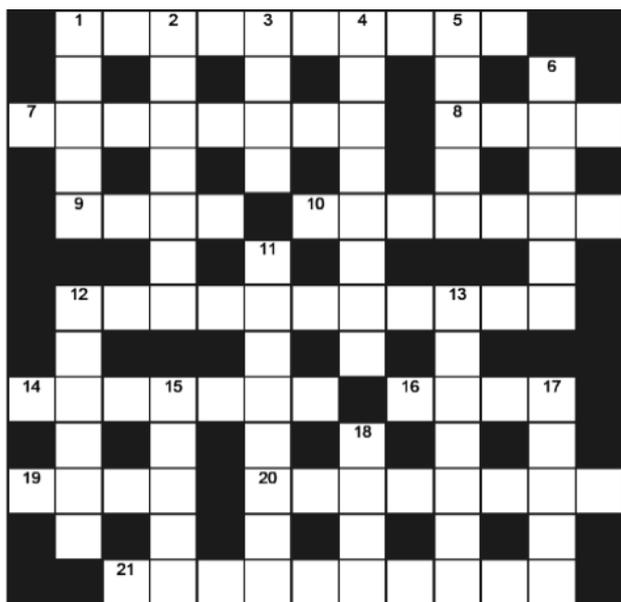
Those who become involved in improving their mental health frequently have greater resilience than those who simply rely on medication to "fix" their symptoms. Clearly there is a role for medication in mental health. However those who seek counselling can improve their overall emotional wellbeing by taking responsibility for their own behaviour, learning from their mistakes and improving their coping strategies. To not do so may well result in the past being repeated and people getting locked into a victim mentality.

According to the World Health Organisation, 30% of the adult population suffer from a recognisable psychiatric disorder in any given year; while one in five suffer from depression at some point in their lives. Clearly the need for mental health services continues to rise. The stigma associated with going to see a mental health professional appears to be reducing as almost every family has been impacted by at least one member suffering from mental health concerns at some point in their lives. Among men, programs like "Man Up" aired on the ABC have helped men recognise the need to address their issues, rather than simply rely on avoidance behaviour. This leaves the condition untreated and the problems are likely to resurface at some future point in their lives.

Just as one doesn't have to be morbidly obese to see a personal trainer, so people don't have to wait until their condition is really dire before seeking help. Getting help early improves their prognosis and facilitates them implementing the required changes to better manage their issues. Conversely the longer the situation is left untreated, the more entrenched their maladaptive behavioural patterns and the harder it is to implement the required changes.

Brain Food

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



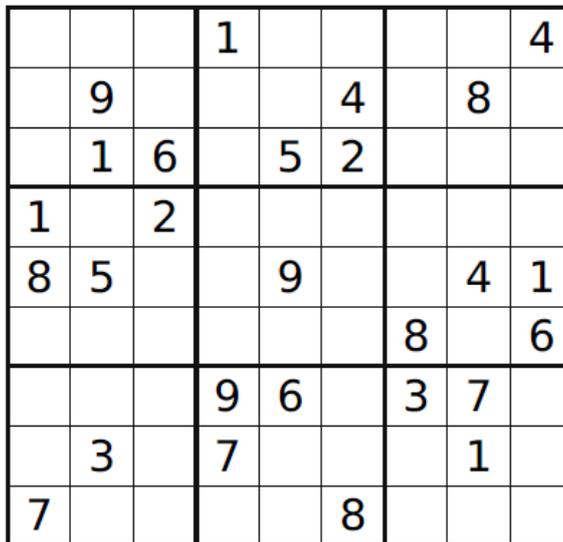
Vibe Quick Crossword 107

Across

- 1 Frightens (10)
- 7 Elegant (8)
- 8 Join (4)
- 9 Amend (4)
- 10 Widely separated (7)
- 12 Alleviated (11)
- 14 Space (7)
- 16 Dry (4)
- 19 Assist (4)
- 20 Bestows abundantly (8)
- 21 Condescends (10)

Down

- 1 Brief (5)
- 2 Accept (7)
- 3 Fools (4)
- 4 Misleading (8)
- 5 Impish (5)
- 6 Rise (6)
- 11 Round (8)
- 12 Lessens (6)
- 13 Pushes (7)
- 15 Greek letter (5)
- 17 Lees (5)
- 18 Furnace (4)



Vibe Sudoku 107

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

Living with Wildlife

The days are getting longer, the weather is changing, and the island is starting to come alive with all the activity that spring brings with it. There is plenty of action within our local wildlife community, and living with such a diverse range of wild species, we can all make ourselves aware of what to expect, and how to help.

Echidnas

At this time of year we sometimes start seeing echidnas roaming a little more widely, and they can appear in our backyards and even on the roads, and there are plenty of ways we can help.

- If you see an echidna in your backyard, keep your pets inside and leave it alone so it has space and time to move on when it's ready.
- Give way to echidnas crossing the road as they have large territories, and they may have puggles (young) stashed somewhere. Remember, unless an echidna is injured it's unnecessary, and in fact illegal, to move it from its surroundings.

Possums

A Brushtail possum's preferred location for a den is in the hollow of a tree, but in urban areas they will often inhabit roofs where gaps allow access. Research has shown that relocated possums do not cope in new environments and usually die within a few days of release. Often, removing a possum from your property will only make room for another one to move in, so try one of the below to help the possum and yourself:

- Securely attach a possum box high in a tree
- Block up all holes in your roof after you see the possums leave the roof space, usually just after dusk, to stop them regaining access
- Call the Department of Environment, Land, Water and Planning (DELWP) for further information on 136 186

Snakes

Snakes love nothing more than basking in a bit of sun at this time of year, and it's possible they may choose your backyard to warm themselves. If you do come across a snake, here are a few things to keep in mind:

- Stay calm, and do not attempt to capture or move the snake
- Move yourself, anyone with you and also your pets away, keeping your pets inside until the snake has moved on
- Call a qualified snake handler if required, or call the Department of Environment, Land, Water and Planning (DELWP) for further information on 136 186
- Clean up around the house and cut lawns regularly as snakes are attracted to shelter such as piles of rocks and timber, sheets of metal, or building materials.

For more information, or if you find injured wildlife, you can call Phillip Island Nature Parks on 5951 2800 or Wildlife Victoria on 8400 7300.



CHRISTMAS TRIVIA

1. After leaving Bethlehem, to which country did Joseph, Mary, and Jesus travel? 2. What is the French name for Santa Claus? 3. What ornament does every elf have on the tip of their shoes? 4. Everyone is familiar with the mistletoe tradition. What is the color of the berries of the plant? 5. How does Santa Claus go back up the chimney to continue his journey of delivering gifts? 6. How many points does a snowflake traditionally have? 7. Name the eight original Reindeer. 8. Traditionally, kids leave out snacks for Santa Claus. What are these snacks? 9. Which country can be credited with the creation of the Christmas beverage, eggnog? 10. When does the Russian Orthodox Church celebrate Christmas?

Simonds new fusion range

Simonds Homes, who have been building quality homes since 1949, are delighted to announce their new Fusion range. This new range allows the client to personalise their home to the many and varied needs of their particular household.

Each new home design has a variety of options - new facades, many different sized floor plans and literally hundreds of different variants in order for you to customise your own home.

Create a dream home that suits your lifestyle. Whether you want an additional bedroom, a larger ensuite or a butler's pantry, there's a Fusion option for you.

Brad Martindale, Bass Coast's sales consultant has been with Simonds for over 6 years and said ' This is a refreshing and forward thinking initiative that allows the client so much more flexibility within their home design. The new floor plans are brilliant and the Fusion options allow my clients to create and have more input than ever before. We personalise each and every plan to the client's needs and then give them a price right on the spot. In fact, if the client selects a block with fixed site costs, I can let them know straight away the entire contract price. No surprises, no nonsense.

Tara Chapman, Simonds Gippsland Sales Manager was a key player in driving this new product. "We were really noticing that households were changing. The needs of our clients in the Bass Coast were sometimes very different from the suburban fringes of Melbourne. We needed to be able to tailor plans without the associated risk that costs would change once the plan was drafted. Uncertainty is sometimes what scares people away from customising their plan. Now they can do that with zero risk.

This new offer has been supported with a new display home detailing the Fusion range now open in Whitesands Estate, Cowes. Brad is looking forward to showing clients through the new home. 'We have established a great team here on the Bass Coast. All of our construction supervisors and trades are local to the area. We are passionate about what we do and enjoy working together to build quality homes for our clients with outstanding customer service.




Coves Indian Restaurant

3/134-138 Thompson Ave, Cowes
Ph: (03) 5952 3896

www.covesindian.com.au
info@covesindian.com.au



CHRISTMAS TRADING HOURS

See us for a great range of fresh local seafood

- Sat Dec 22 & Sun Dec 23, 8am-4pm
- Xmas eve Mon Dec 24, 7.30am-3pm
- CLOSED Christmas Day & Boxing Day
- Thurs Dec 27 & Frid Dec 28, 8.30am-5pm
- Sat Dec 29 & Sun 30, 9am-4pm
- NYE Mon 31, 7.30am-3pm • CLOSED New Years Day
- Open 6 days in Jan - Tues-Frid 8.30am-5pm, Sat 9am-4pm, Sun 10am-3pm

24-26 Boys Home Rd, Newhaven Ph 59567980



Resicert

SIMON MANNION

Building, Pool and Pest Inspector

Why you should give us a go:

- Over 40,000 inspections completed across Australia
- Easy to read reports as we use simple English and no building codes
- Fast service - Reports are available within 48 hours
- Reports are backed with Professional Indemnity Insurance
- Resicert is accredited to ISO 9001
- Fully insured - Multi-million in coverage

SAVE \$50

ON YOUR BUILDING AND PEST INSPECTION!

We offer a range of property inspection services including building inspections, timber pest inspections and pool safety inspections all in accordance with relevant Australian Standards.

We are so confident that we offer brilliant inspections and the best reports, that we offer a 100% Money Back Guarantee

smannion.resicert.com.au • 0422291414 • smannion@resicert.com



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, ballroom 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.

Phillip Island Scout Group – Cubs: Wed 6.30pm-8pm, **Scouts:** Thur 7pm-9pm, **Venturers:** Mon 7pm-9pm. Located at Bluegum Reserve, Dunmore Road Cowes. New members welcome. Email: gl.phillipisland@scoutsvictoria.com.au

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-San Remo-Bass Coast Vegan Community Sharing and promoting what's vegan & plant based. Everyone welcome. phillipislandbasscoastvegans@gmail.com

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 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

Boomerang Bags Phillip Island and San Remo Volunteers sew re-usable bags to supply local shops and reduce plastic. Sewing bee every Wednesday 10am-4pm Garden Room 2, PICAL 56-58 Church St Cowes. Everyone welcome (no sewing experience necessary). email Kylie@boomerangbagspirs.org

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

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

ASPI Textile Artists Group A fantastic, friendly group of ladies that share their love of textiles in extended ways. Meeting fortnightly in The Heritage Centre rooms next to the library. Contact Shirley Collins 0410 58A4025.

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/spring and re-opening in Summer.

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 Deb McCann 0428 523 706

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 0408 362600.

PUZZLE SOLUTIONS

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

Vibe Sudoku Solution 107

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

Vibe Crossword Solution 107

Quiz Solution 107

1. Egypt 2. Pere Noel 3. Bells 4. White 5. He places his finger on the side of his nose, gives a smile and a nod 6. Six
7. Blitzen, Comet, Cupid, Dasher, Prancer, Vixen, Dancer, and Donner 8. Cookies and milk 9. England 10. January 7th

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

SOLUTION TO LEON HERBERT'S "THE BLOODY CHARACTERS" WHODUNNIT

The inspector listened as Leroy outlined the case, then sat and thought. "Why wasn't there any blood on the wallet?" Leroy frowned. "Do you think robbery was the motive after all?" "Well, it would explain the scissors and the wallet and why Mr. Kramer was killed in Marty's office." "It would?" "Sure. Larry was already in the building, delivering packages. Let's say he entered their office. It seemed empty. He looked down the hall, saw a wallet, and went to steal it. But just then Mr. Kramer walked in, bringing back the scissors he borrowed earlier that morning. They fought and Mr. Kramer got stabbed. "Now Larry was in real trouble. He needed to blame someone. He assumed that the guy fighting for the wallet was Marty, the guy whose name was on the door." "You mean he got their names wrong?" "Yeah. That's why he wrote "Doug" in blood, trying to blame the guy's partner. Then he wiped his fingerprints off the wallet and went out to his truck. When Mona saw him, he was pretending that he'd just come back with their package." Leroy had to admit it made sense. "Larry could also have changed shirts in his truck, to get rid of the blood." Leroy smiled. "I think you've just earned a place at the lunch table. Clearly you don't need to rest from exhaustion. My shout."

Happy Xmas to my fellow sleuths and avid readers of the Vibe.

NEW

DISPLAY HOME NOW OPEN

Call Brad Martindale
on **0438 889 929**
to book your personalised
tour now.

WINDSOR 207

BAYVIEW FACADE

4 KEMBLA ROAD, WHYTESANDS ESTATE, COWES.

Come and see our new display from the brand new Fusion range from Simonds.

The Windsor has over 60 different options to tailor the house to your family needs.

Open weekends from 11am to 5pm or by appointment.





cm

Cowes

Medical Centre

164 Thompson Avenue, Cowes Vic 3922

Open 7 days
After Hours
Public Holidays

24 hour care to our community

After
Hours Clinic
5951 1800

This is an After Hours Clinic,
charges may apply

MONDAY – FRIDAY

6pm – 10pm

SATURDAY

4pm – 10pm

SUNDAY

10am – 12noon/4pm – 10pm

For Assistance outside these times, please call 5951 1800 to access
Medical & Aged Care Groups Doctor Triage service to speak with a doctor



After Hours emergency medicine bulk billed
MEDICARE CARD REQUIRED



*Cowes Medical Centre After Hours – Funded by Commonwealth, State Governments in conjunction with Medical & Aged Care Group PTY Ltd