

# PHILLIP ISLAND VIBE

Free

phillipislandvibe@outlook.com

P: 0407 266 271

www.phillipislandvibe.com.au



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Happy New Year to all Vibe readers. Head out to the Grand Prix Circuit on Back Beach Road for some great family fun including Go Karts, Hot Laps, Historic display and tours. Check out their advertisement on page 10 for more details.

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

**FIGURE THAT OUT.....**

Homicide Detective Jack Flint of the Cowes constabulary was visiting his accountant in a small, seedy office building in Thompson Avenue when he heard noises coming from above. First, there were angry voices. Then came a scream, followed by a heavy thud. Flint excused himself and raced up the stairs. On the next floor, he found an open door. Wiley Carraro, a low-rent lawyer, lay on the floor of his office, a switchblade knife sticking out of his chest. Flint called in the murder and immediately found himself assigned to the case.

When his partner arrived, the detectives examined the office. Not far from the victim's hand was a half-smoked cigarette. On the floor beside it were a turned-over wastebasket, a cheap lighter, and a blank notepad. On the desk they noticed a telephone, a pen, a shot glass smelling of bourbon, and an ashtray filled with cigarette butts and burned matches.

"It's funny how none of his neighbours poked their heads out," Flint observed. "Let's go talk to them."

The floor contained three other offices. The first door they knocked on produced Julie Hurly, a massage therapist. She told them she was relaxing between appointments. "I didn't hear a thing," she claimed, pointing to the stereo headphones she'd just removed. "You say Wiley was murdered? I'm not surprised. He must have cheated everyone he'd ever met."

The second office belonged to Brian Cod, an artist. In one hand he held a paintbrush, in the other an unlit cigar. "Sure I heard the scream. But I was right in a moment of inspiration. Besides, you hear all sorts of things in this building." Brian held out his cigar. "Either of you fellows got a light?"

Behind door number three was Bill Wafer, a chiropractor, also between appointments. "I heard a scream. What happened?" Flint told him; then he asked Bill why he was holding an ice pick. "Oh. I'm defrosting," Bill said and returned to the old, ice-laden refrigerator in the corner. "You want a drink or a cigarette? We should celebrate. Carraro deserved what he got."

Later, Flint shared his thoughts and notes with his mate Leroy, the legendary resident sleuth of Phillip Island. "Well, we definitely have a suspect," Leroy said. Flint looked with admiration at his friend. How did you figure that out?

**WELL VIBE READERS WHO DID LEROY SUSPECT AND WHY?**

For a change, no solution is provided in this issue. It will, however, appear in next month's issue of the Vibe. You'll need to exercise your sleuthing skills in the meantime. The clues are there for you to figure it out!!



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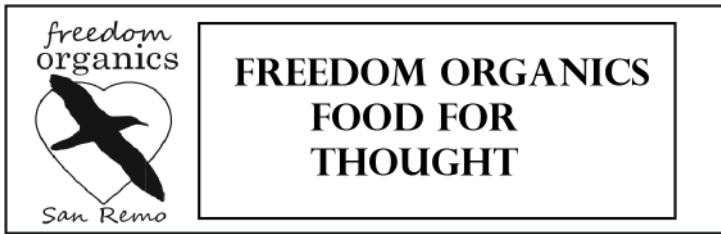
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## ARE YOU READY FOR A NEW YEARS HEALTHY LIFE-STYLE? HERE'S SOME TIPS AND BASIC KNOWLEDGE TO HELP YOU GET STARTED

**Do you want a beautiful, healthy whole food pantry?**

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**FOCUS ON "REAL, WHOLE FOODS"** These are ingredients or products that are in their most pure and basic form, they retain more goodness and nutrients compared to processed and refined packaged foods.

**CLEAR OUT ALL THE NASTIES** Remove all the "bad" items that are currently in your pantry so you can start fresh. That means all the out of date stuff. Then look at what's left, check all packaged refined and processed foods, what do they contain? If there's added preservatives, thickeners, firming agents, food acids and fillers or processed foods high in sodium or sugar, seriously consider if that is really what you want your family eating.

**WRITE A SHOPPING LIST** Create a list of all the ingredients you need to help replace all the products you may have removed to pave the way for better, healthier food options. To help you write up a list, you can download the helpful staple pantry list from the Honest to Goodness website or get one from Freedom Organics in San Remo.

<https://www.goodness.com.au/media/wysiwyg/blog/honest-to-goodness-healthy-pantry-staples-shopping-list.pdf>

**DO YOUR RESEARCH** If you come across an interesting ingredient or product that you've never used before, look up more information about what it is, why it's good for you and how you could use it in cooking. Look for new healthy recipes to try, this will get the whole family excited.

**CHOOSE ORGANIC FOOD** Source organic food wherever possible to ensure your food is pure, minimally processed, highly nutritious, contains no GMO's or added nasties, and is sustainably sourced.

**BUY YOUR FAVOURITE STAPLES IN BULK** This will save you money in the long run. Start off by stocking up big on a few of your favourite grains, legumes, spices, baking ingredients or tinned goods that are used quite regularly, as you know they will all be used up eventually and not wasted.

**LOOK FOR "BPA-FREE" TINNED FOODS** Items such as coconut milk & cream, beans and tomatoes. (*BPA is a toxic chemical that can filter into foods from the lacquer lining of tins, bottles or other containers made from plastic*).

**STORE YOUR FOOD AWAY PROPERLY** Store your dry goods in air tight containers and out of direct sunlight to help maintain the shelf life and reduce the risk of spoiling. Glass jars and bottles are ideal reusable containers.

**KEEP YOUR PANTRY ORGANISED** Organise your pantry ingredients into categories so you remember where everything is kept. Label anything you put in containers, and even write down the best before date to keep track of it all.

**WHAT IS SULPHUR AND IS IT SAFE?** Sulphur dioxides and sulphites (E220 – E228) are naturally occurring chemical compounds that are most commonly used as preservatives in a wide range of foods including beer, wine, dried fruits and meat products. Sulphur is safe for most people, but it can induce asthma in those that are sensitive to it. Some people may even experience other side effects including bloating, stomach pain and digestive issues. You may have noticed that Freedom Organics' dried fruits appear to be significantly darker than ones in the supermarkets - especially our organic dried apricots which are brown rather than a striking orange. This is because our dried fruit does not contain sulphur. While it does mean that your dried fruit will not last on the shelf for as long as conventional products, naturally dried and organic dried fruits have an intense natural flavour and aroma. Sulphur is commonly listed on the ingredients as 220 or 221, 222, 223, 224, 225.

### How to rehydrate dried fruit

Place fruit in a glass or Pyrex bowl. Add boiling water or fruit juice at a 2:1 ratio to fruit. Allow to sit for 15-45 minutes, then drain the liquid. It is that simple! The soaking liquid can be used as a sweet addition to baked goods, hot cereals or dried fruit compotes.

**NATURAL PEST CONTROL IN THE PANTRY** Insects are a common occurrence in homes especially during the summer months. You don't need to use chemical pest sprays.

\* Look around your house and **seal any cracks, holes, leaks or other easy access points** that will let little critters get into your home easily.

\* Regularly clean shelves, bins, and all other locations where there is any possibility of flour or other food particles accumulating. Wipe down surfaces & cupboards with **1 part vinegar to 1 part water to remove odours and food particles**.

To help clear out your drains mix ½ cup baking soda and ½ cup vinegar, pour down and after 5 mins pour in boiling water to clear everything out.

Seal off your garbage in airtight containers that can't be penetrated and keep your compost bin lid on tight. Regularly empty from kitchen and rinse recyclables before putting in the bin. Keep your house dry and make sure that it's got no water leaks – insect pests love moist, humid hideouts & need water to survive! Don't put exposed food on shelves. Check the toaster, microwave and stove for any crumbs and clean them away if present.

### KITCHEN/PANTRY STORAGE

Store all dried foods in pest-proof containers (preferably tight fitting screw top glass or metal containers) this will prevent escape or entry!

Routinely placing newly purchased susceptible products in the freezer before placing in the pantry is very worthwhile, especially



organic products that have never been fumigated. It is worth considering allocating some freezer space just for this, especially in summer.

High risk products that include flours, grains, nuts and seeds should be kept in a cool dark place.

Clean old containers before filling them with fresh food. They may be contaminated and cause a new infestation.

Don't mix old and new lots of foodstuffs. If the old material is infested, the pest will quickly invade the new.

Pantry pests can also breed in rodent baits. Be sure to frequently check and discard infested baits.

Dried bay leaves in your pantry have also been used for many generations to deter pests and will certainly do no harm.

**PREVENTION** If you discover any of these pests in your pantry, it is important to identify the pest and locate the source as soon as possible.

#### Ants:

Ants hate **cinnamon and coffee grounds**; both can be used in strategic entry locations to repel ants from your home's interior. For a stronger solution to eliminate a nest, **mix 1 tablespoon of sugar with 1/8 teaspoon of borax**. Add enough water to make a syrup. Place about a teaspoon of this mix on something like a flat lid in the affected area, but out of reach of pets and children. The ants will carry the syrup back to the nest and eliminate it.

#### Cockroaches:

Cut off cockroaches with **catnip** – Add a small amount of dried or fresh catnip to some water and steep it as if you were making tea. Cool, strain and place in a spray bottle. Apply wherever your ugly cockroach problem is showing itself.

**Leave bay leaves, cucumber slices or garlic in the affected area** as deterrents. Keep a spray bottle of **soapy water** on hand. Spraying roaches directly with soapy water will kill them.

#### Flies:

A few drops of **eucalyptus oil on a scrap of absorbent cloth** will deter flies. Leave in areas where flies are a problem.

You can make your own flypaper with this simple recipe: **Mix 1/4 cup syrup, 1 tbsp. granulated sugar and 1 tbsp brown sugar** in a small bowl. Cut strips of brown kraft paper and soak in this mixture. Let dry overnight. To hang, poke a small hole at the top of each strip and hang with string or thread.

#### Fruit Flies:

Deter fruit flies by applying a **small wad of crushed mint leaves** to window entrances and near doorways. Fruit flies seem to hate natural mint. Or fill a jar with about **2 inches of Apple Cider Vinegar** –cover top with plastic wrap and poke with holes – the flies will be attracted to the sweet smell and drown.

#### Moths & Weevils:

To take care of the immediate problem of moths, **trap them with pheromone moth traps**, which attract and kill them with a sticky substance that they can't escape once they touch.

Sachets made with **dried rosemary, thyme, cloves, lavender, or bay leaves**. Simply fill a small cloth bag with these ingredients, tie it with a string, and hang it up.

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

For current reports while you are on holidays, just visit our facebook page ([www.facebook.com/JimsBaitAndTackle](http://www.facebook.com/JimsBaitAndTackle)) where we will be listing reports as we get them. I get a lot of visitors to the shop from all parts of the state and country, many of whom have been told all these stories that boating in Western Port Bay is dangerous because all you do is get stuck on the mud. While it can be dangerous, Western Port Bay is no different than any other waterway and with a small amount of common sense it can be as safe as anywhere you go boating.

There are a few things you need to be aware of to have an enjoyable days fishing in the bay as it is quite unique. We have current and lots of it, so sinker sizes are important. Also with the current comes short sharp waves. The general rule is wind with tide is flat wind, against tide it can be quite rough and don't forget if it is windy but going with the tide, it will look flat but eventually the tide will turn and go against the tide.

I have listed some of the more popular spots in the bay which should give you a starting point.

Dickies Bay - located on the eastern side of the bridge behind the police station where there is plenty of weed and sand patches in about 1m to 2m of water. This is one of the most productive areas for whiting in the bay but if you are fishing in this area don't forget the squid jig as plenty are caught during the season as well. Size 6 long shank hook or a size 1/0 circle on either a running sinker or paternoster rig with pippie and or pilchard fillet. Move about 1km further ENE and you will come to Maggie Shoal. With a slightly different bottom you have a very good chance of finding a few rock flathead in this area. Move another 3 or 4km north and you will come to Reef Island another spot for whiting. As you head to Reef Island there are several spots along the way that can be very productive when the pinkie snapper move in as well as being a good area for calamari and flathead.

From the top of the main channel at San Remo you can head towards French Island. North will take you to places like Corinella and Elizabeth Island, North west will take you to Ram Island and Tortoise Head - all very good for bigger snapper and gummies but you will be fishing in deeper water and this is where the 8oz to 12oz sinkers will come in useful. There are far too many fishing spots to mention in this report but generally you are fishing in either a deep hole or on the edge of the channel and it pays to spend a bit of time with your sounder to ensure you are fishing on a ledge or the bank on the channel. Baits

vary again to the angler's preference, but squid and pilchard would account for about 80% of our reports. From Elizabeth Island head SSW towards Rhyll and about half way you will come across the Corals about 6m deep, an area well known for snapper and gummies. This area is also very good to take the kids as there is usually something to catch, even if it is undersize flathead, and keeps them occupied for ages.

If you want to stay a bit closer to the Newhaven boat ramp or the wind is coming from the NW and you want somewhere calmer, head towards Cleeland Bight, west of the bridge. Stay to the correct side of the channel markers in the Bight as on your port side on the way down is a big sand bar. There are several places to fish in the bight and the edge of the sand bar can be very productive for flathead on the right day, just anchor on the side of the channel and fish back to the sand bar. The whiting can be very good further west towards the two green channel markers fishing in about 3 to 4m of water but fish on the Woolamai beach side. You can also pick up some reasonable size pinkies and gummies on the edge of the channel. Another good spot for whiting is further towards the entrance where you will see a big sand hill and fishing only a few 100m from the beach is where you need to be in about 2.5 to 3m of water. The bight is also a very good place for calamari and you will need to be in about 2.5m of water from the sand hill to the public mooring buoys. Anglers use either a baited jig under a float or an artificial jig and both methods work. You need to take some caution in this area as it can get very busy with kayaks, jet skies and water skiers all trying to use the same area of water. Also be careful if you are anchoring along the channel as it is the main channel for the commercial boats which can put up a large wake as they go past.

The last place to mention is offshore and it is a place you should only head if you are confident in your ability as things can change very quickly. There is some good fishing to be had offshore, but I would suggest you drop in and see us at the shop for all the information you will need as it is very different to in the bay.



*A good catch of Whiting - This is what holidays are all about, Granddad and the grand kids out having a fish together.*



## Move in closer

### Submitted by the Phillip Island Camera Club

Almost any photography can be improved by moving two or three steps closer to your subject.

It is better to get in closer in-camera by physically moving closer or optically (zooming in with your camera's lens). If you crop your image in post-production the result is a reduction in file size and resolution.

So always have in mind your "final image". This will result in less tweaking of images in post-production.

Your first course of action should always be to simply walk towards your subject (unless it is a lion or some such thing). Physical proximity is often the best way to fill the frame. Use the camera's optical zoom if you can't get close enough.

Get rid of anything that isn't necessary as this eliminates distractions and focuses attention on your subject.

You don't always want to exclude everything. For instance if you take your children to the park, you might have a wonderful close-up of a laughing face but with time, the viewer might wonder what the child was laughing at. It is important to ask yourself "Is Place Important?". If so, take several contextual shots. This doesn't mean zooming out until your subject is a spot in your image. You still want to see that laughing face but zoom out enough to show that it is a slide that is causing the laughter.

This is a very simple change you can make to your photography that can have instant, positive results.

Try this every time you lift your camera, take a couple of steps towards your subject. The more you make this conscious choice the more it will become second nature to you and the better your photos will ultimately be.



*Photos by Susan*

*Brereton*

*Ref: <http://www.digital-photo-secrets.com/tip/secrets/move-closer/>*

*Move in Closer – David Peterson*

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Monthly column by Trish  
Psychic/Medium, Intuitive Counsellor,  
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## Manifesting into the New Year

Happy New Year, and welcome to 2019.

I hope you all enjoyed the festive season and indulged in all the treats and goodies on offer. So here we are in a new year which bring new beginnings and new opportunities. This is such a good time to start setting your intents for the year ahead and beginning the manifestation process. A great way to do this is by creating a vision board. This involves a simple process of having a piece of paper or cardboard and cutting out images from magazines or photos etc that represent what it is that you are trying to bring into your life.

For example if this year you are wanting to manifest a holiday then finding an image of perhaps the destination you dream of and put it on the vision board. Weight loss is always one that we like to manifest so maybe finding a photo of you when you were at your healthy size and place that

on the vision board. Words and affirmations are great to really create the energy that you want to bring in.

Vision boards are powerful tools. Place them somewhere you can see it every day and when you look at it truly believe that it already is in the process of being fulfilled. There are also different apps you can use to do one on the computer too if you are technology savvy. But whatever method you choose be sure to set the intent and be clear and when you release this to the universe believe that the universe is already conspiring to make this come to fruition.



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## Stop, look and plan before entering the water

Surf lifesavers have issued a plea for beachgoers to stop and think before they enter the water. Recent tragedies (since 1 December 2018) have surf lifesavers around the country on edge. The 2017-18 summer was the worst on record for coastal locations in the past 14 years with 52 coastal drowning deaths (1 December 2017 – 28 February 2018). This is the busiest time on Australian beaches with more than 300 million visitations across Australia's 11,500 beaches.

Surf Life Saving Australia (SLSA) is urging all visitors to the coast to assist in reducing this drowning toll.

"Our message is clear – when visiting coastal areas this summer stop, look and plan before entering the water to make sure you and your family are safe these holidays," said SLSA CEO, Adam Weir.

"It is important for all coastal visitors to understand where they are going and the potential risks at those locations. Far too often our surf lifesavers are involved in these tragic situations, which are more often than not, preventable."

SLSA recently launched its summer safety campaign with a focus to rip current related drowning deaths. The campaign however has a far more reaching message which can be applied to all aquatic locations and activity.

"The 'Think Line' is a reminder to all coastal and aquatic users to stop and think before entering the water.

"Take a few moments to just check where you are, check if there are rips, look for other hazards such as large waves or rocks, and have a plan.

"But our core message is always to find a patrolled beach because the red and yellow flags mark the safest place to swim. By simply stopping to take two to three minutes could save your life."

For the latest safety information – including patrolled beach locations – visit [beachsafe.org.au](http://beachsafe.org.au)

## FREAKY FACTS

There are lots of reasons why we cry. Peeling onions can cause a veritable downpour, crying because we're laughing so hard can cause tears and of course we can cry if we're just downright sad and unhappy. Interestingly, the tears we produce under different circumstances all look distinctly different when examined under a microscope.

The word bed looks like a bed

There are less grains of sand in the world than stars in the sky.

Everyone has a unique tongue print, just like fingerprints.

The average person spends 6 months of their lifetime waiting on a red light to turn green.

A human will eat on average 70 assorted insects and 10 spiders while sleeping

The average person walks the equivalent of three times around the world in a lifetime.

Men are 6 times more likely to be struck by lightning than women.

Coca-Cola would be green if colouring wasn't added to it.

You cannot snore and dream at the same time.

A sneeze can travel 100 miles per hour.

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For all the many tragic stories of species we have lost and are losing at an escalating rate, there are a handful of inspiring stories of bringing animals back from the very edges of that cliff-drop into history. Within that handful are a select few stories where the species brought back were saved because of their, well, failures. For the Bontebok, it is both the humans bent on helping them as well as something simple -- the inability to jump -- that kept the species safe.

This large South African antelope species was nearly wiped out just two centuries after European settlers landed on the Cape of Good Hope. Between 1650 and the early 1800s, the species was decimated. Only one small herd of Bontebok survived, and they lived on the farmland of one Mr. Alexander van der Bijl.

This rancher built a simple livestock fence to enclose the herd, keeping hunters out but also keeping the Bontebok in. Unlike their light-footed cousins, this species of antelope can't jump. It can make small little bounds, but anything bigger than a small fence is beyond its ability. Thus, the enclosed Bontebok stayed put, safe from hunters.

However, they didn't expand in numbers since they didn't have an ideal habitat. By 1931, there were only 17 individuals left. But help was on the way. Bontebok National Park was created in an effort to help the species make a come-back. The Bontebok began to multiply, but only slowly. They still didn't have their ideal home yet.

According to local records in 1961, Bontebok National Park moved. That's right: the national park changed locations, to

better match the needs of its namesake animal.

Sixty-one Bontebok were relocated to the new park near Swellendam, an area that still had the indigenous vegetation known as fynbos. There, the population finally began to thrive, eventually reaching the carrying capacity for the small national park. Conservationists moved animals to other Cape national parks and private reserves, and the bontebok thrived. I learned of this story from a pal I play golf with who has just spent a delightful weekend at the park and some research off Google.

Today, there are somewhere between 2,500-3,000 individuals, a striking comeback from the 17 that survived 84 years ago. While it was in all a group effort, the continuation of the species ultimately all comes down to a single farmer with a mind for conservation, and the bontebok's inability to leap a livestock fence.

Well, Vibe readers, now you know it all, well nearly all, and that there are more boka around than just than Springboks, not only in our national rugby side but in the African bush where in fact a humongous number of buck or "bokke" can be found of various species.

I hope you enjoyed your time over the Christmas period- I will be back 'in the flesh' living in Melbourne soon after you read this story!



 **RHYLL TWILIGHT MARKETS**  
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## Where can I walk my dog?

### Dogs must be on a lead at all times

In all public places in Bass Coast (other than those in private ownership) dogs must be on a lead at all times, unless in a designated off-leash area. There are regular patrols to make sure that dogs are registered and on a leash.

Under the Local Law, a person in charge of any animal on Council land must carry a litter device (bag etc) to clean up any

excrement left by his or her animal and must produce that litter device upon request of any authorised officer.

### Off Leash Area Conditions

A dog may be exercised off a chain, cord or leash in any of the following off leash areas if the owner of the dog: carries a chain, cord or leash, has at all times effective voice control of the dog and is able to place the dog under effective control by means of a chain, cord or leash immediately if necessary, does not allow the dog to attack a person or animal or rush at a person; and always keeps the dog in sight. However, if a dog is within twenty metres of an area or ground of an organised sporting or practice event, a children's play equipment area or a permanent barbeque or picnic area the owner must place the dog on a chain, cord or leash.

### PHILLIP ISLAND

#### Designated Off Leash Areas

Beach between Graydens Road and Ventnor Beach Rd, Ventnor (restrictions apply). Dogs are permitted off leash between 7.00am and 10.00am and 5.00pm and 8.00pm from 1 December to 30 April each year. Between 1 May and 30 November each year dogs are permitted off leash at all times at Blue Gum Reserve, Dunsmore Road, Cowes

#### Dog Restrictions

Dogs are not permitted on the following beaches from 1 December to 30 April each year (inclusive) between 8.00pm to 7.00am and 10.00am to 5.00pm.

Cape Woolamai Safety Beach (southern end of The Esplanade to Cleeland Road).

All northern beaches from Ventnor to the eastern most part of Silverleaves with the exception of Cowes Main Beach (Mussel Rocks to Erehwon Point) where dogs are prohibited at all times. Rhyll Beach (McIlwraith Road to Hastings Street).

#### Phillip Island Nature Parks

Phillip Island Nature Parks manages 1805 hectares of flora and fauna reserves including about 60 percent of beaches on

Phillip Island. In most of the reserves and beaches there are 'no dogs anytime' for the protection of native wildlife and for the amenity of visitors. There are, however some beaches where dogs are permitted 'on leash' ie Devon Ave Ventnor, YCW and Smiths Beach, Surf Beach and the Colonnades, with summer restrictions in line with the Council managed beaches.



Photo copyright Bass Coast Shire



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## WHAT'S ON IN JANUARY

**6th:** Bern Carroll

**13th:** Andrew Williams

**20th:** Colin Matthews

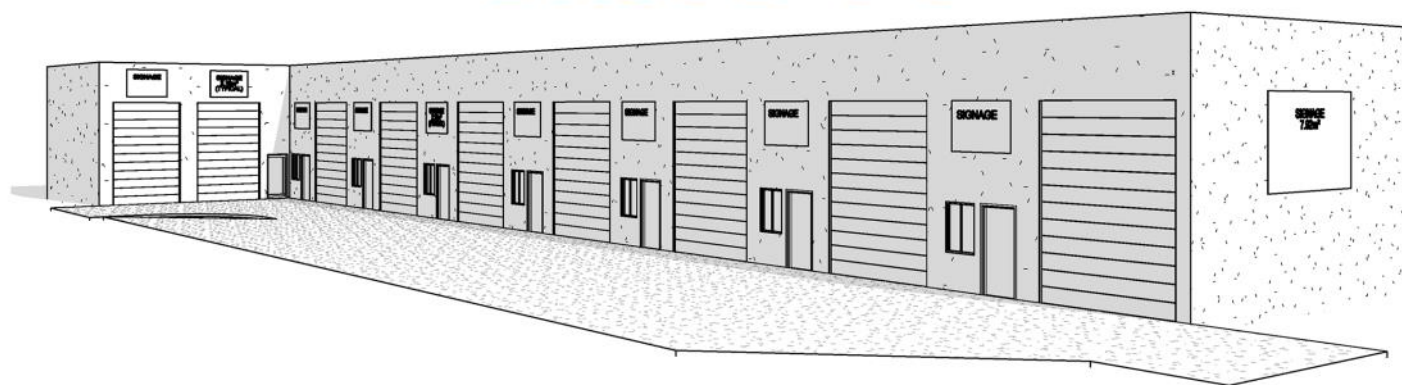
**27th:** Two Up-Garry & John

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## What's Cooking?

Simple, delicious recipes.  
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### Vegan Mac and Cheese

#### WHAT YOU NEED:

4-5 Cups of Macaroni Pasta (or noodle of choice)  
2 Tsp of Oil  
Salt  
For Cheese Sauce:  
1/3 Cup of Nuttelex (or other non-dairy butter/  
margarine alternative)  
1/3 Cup of Plain Flour  
4 Cups of Soy Milk (or other non-dairy milk you like)  
8 Tsp of Nutritional Yeast  
1/2 - 1 Cup of Vegan Cheese (optional)

#### WHAT YOU DO:

Cook the macaroni (or pasta) according to directions on the packet. Add the oil to the water while cooking to prevent it from sticking together.

#### Cheese Sauce

Melt the butter/margarine in a pot on a medium heat on the stove.

When melted add the flour all at once using a wooden spoon to mix the butter & flour together to form a roux (it should look like pancake batter).

Turn the stove off and add your soy milk, a small splash at first to properly blend the butter and flour. Best to use a whisk to mix it together, make sure it's nice and creamy so there's no lumps. Stir in the rest of your soy milk in with your cooking spoon.

Turn the stove back to medium heat for 3 to 4 minutes - stir occasionally to make sure it thickens and doesn't stick to the bottom of the pot. Once thickened, remove from heat. Add salt & pepper to taste and the nutritional yeast. This will make a 'cheesy' sauce. (You can add optional grated cheese but it's not necessary - your nutritional yeast sauce will be 'cheesy' enough).

Finally, add your sauce to your macaroni, serve in your favourite bowl and garnish with a sprinkle of nutritional yeast (or grated cheese).

**Optional:** Other yummy add-ins to further customise your Mac & Cheese can be chopped red capsicum, chopped parsley, peas, fresh tomatoes, hot sauce, dry mustard powder, caramelised onion, garlic powder, tomato sauce, dried chives. You can even add well cooked cauliflower for a really creamy sweet flavour. Get Creative - anything added to cheesy mac will be fabulous.

This recipe was submitted by the Phillip Island-San Remo-Bass Coast Vegan Community



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## Surf News

### by Ed Amorim (prosurfcoaching\_) Around the Island..

**Phillip Island Boardriders Club** - PIBC would like to congratulate our young members for the great effort and awesome results in Victor Harbour SA last week at the Australian Junior Surfing Titles. All competitors are excited to be surfing in the PIBC social tag format events. Everyone meets at Cape Woolamai for a full day of fun together. After 3 events, the idea to put the different levels and divisions together in a large surf community has work very well. Next one will be in 2019, see you all there.

**Supergroms Program** is running smooth again this year, with the little ones, parents and special coaching supervision, with three levels in accordance with the age of the kids. Great to see the new generation in action, mum and dad proudly supporting around the Club.

#### Around the world

Nikki Van Dijk was super excited winning the last QS event of the year!! She is ready to make even more damage in 2019 — Go Nikki!!

Brazilian Gabriel Medina wins his second world title and the

Iconic Pipe Masters. In the final he managed to have victory over Australian Julian Wilson (Runner up) to wrap up the season. Stephanie Gilmore is the new Female Surf Champion WSL Tour 2018.

#### Safety on the beach

Summer is on!!... yewww! Great, but remember to be safe at the beach, swim between the flags preferably at patrolled beaches. Look to swim in where the waves are, where there are no rips, watch for warning signs, submerged rocks, shallow sand banks, sun exposure (be protected by sun screen), Keep hydrated after surfing and be aware other surfers around. Always have a Safety Plan in your mind.

#### A surf lesson is the way to go

The best way to start a good surf experience is found in a good local Surf Coach. They have lots knowledge to help you have a good time with tips that can make a difference in your safety and techniques that will boost your process. They will let you know of the more adequate equipment and appropriate surf places to go, suitable for your level. No one is too good, that they don't need a coach, and..... remember surf is for everyone, so no excuses ok?

**Ho ho hooooo...** The Surfer Santa is sending to everyone our "Aloha Merry Christmas" and a top 2019.



*Super Grommets class in action with Bass Coast MP Jordan Crugnale watching on along with PSC coach Ed Amorim and PIBC president Dylan Matthews (photo: Geoff)*

## RHYLL YACHT CLUB

"Come & Try" Sailing Day  
January 5 at 11.30am  
New members welcome

Contact: Wesley 0409 762254 or Mark 0413 001106

### CONSCIOUS COURSES WITH PIP



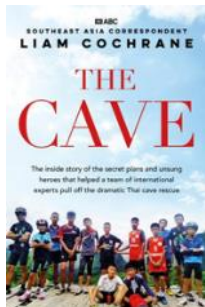
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# Book Reviews

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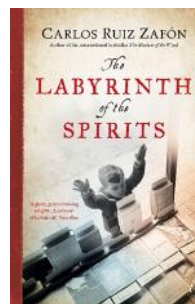


## "The Cave"

by Liam Cochrane

RRP \$29.99

Twelve lost boys, their coach, and the heroes who rescued them. When the 12 young members of the Wild Boars soccer club walked into a Thai cave with their coach, they expected to be out by nightfall. A birthday cake waited in the fridge for one boy, another boy had a tutoring class. They had rope and torches but no food. Then a sudden monsoonal downpour flooded their route out. They were trapped - imprisoned in a cave said to be haunted by a mythical broken-hearted princess. So began the greatest search-and-rescue mission in living memory. People from across Thailand, and soon from across the world, joined hands to find the boys and get them out. ABC foreign correspondent Liam Cochrane was on the ground as the dramatic events unfolded. Using his local knowledge, and working with a team of Thai researchers, he puts us at the centre of the story, witnessing the boys' agonising wait, the divers' battle against muddy torrents, the race to pump out flooded caves, the secret drilling plans. With unrivalled access, he reveals fresh details about the boys' time inside the cave and gives an exclusive account of the rescue from lead diver John Volanthen. Amidst the hope, there are tensions, tragedy and powerful players guiding the rescue. But most of all, this is the inspirational story of an amazing group of boys and what can be achieved when the world unites.



## "The Labyrinth of the Spirits"

by Carlos Ruiz Zafon

RRP \$32.99

As a child, Daniel Sempere discovered a book that would change his life forever. Now a grown man, he is just one step away from solving the mystery of his mother's death when a new plot is revealed, much deeper and darker than he could ever have imagined. That is when Alicia Gris appears, a soul born from the shadows of war, to lead Daniel to the heart of darkness and reveal the secret history of his family . . . at a terrible price. This is the final chapter in the story that began with *The Shadow of the Wind* and brings it to a grand finale. It is a tribute to the world of books, the art of storytelling and the magical link between literature and life. Carlos Ruiz Zafon is the internationally bestselling author of the 'Cemetery of Forgotten Books' series, including *The Shadow of the Wind*, *The Angel's Game* and *The Prisoner of Heaven*. His works have been translated into more than fifty languages and honoured with numerous international awards. An absolutely beautiful series of book that will become classics in years to come.

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**WHEN? Saturday 23rd February 2019 7:00pm**

**WHERE? National Vietnam Veterans Museum**  
25 Veterans Drive, Newhaven, Phillip Island  
PHONE: 03 5956 6400

**TICKETS PURCHASE ONLINE AT: [www.trybooking.com/ZTWQ](http://www.trybooking.com/ZTWQ)**

**DOWNSTAIRS FLOOR SEATING \$30 - UPSTAIRS GALLERY SEATING \$25**

## Annual San Remo Channel Challenge

The annual San Remo Channel Challenge will be held on Saturday February 7 with the race starting at 4:15pm.

Entrants will be required to marshal at the start 15mins before race time.

You can register online or on the day at race centre at San Remo Hotel Motel and pick up your race pack by 60min before race time.

Results are announced 90 min after the race finish.

The race begins on the San Remo foreshore, south of the pier for a 550m swim across the channel to Newhaven on Phillip Island at ebb tide. Don your shoes at the change station for a 2km run back over the bridge and up the road toward Anderson for a bit before turning back into town to finish in front of San Remo Hotel Motel.

This year features a new team relay category. You can enter as a team of two and choose to race the tide in the 550m channel swim or beat the bridge in the 2km run back into San Remo.

Register online before 6pm the day before and pay Adult \$55, Junior \$30 or team relay \$80. You can also register at race centre on the day and pay Adult \$65, Junior \$40 or team relay \$80.

Enter online at [basscoastseries.com.au](http://basscoastseries.com.au) where all the categories and past winners can also be viewed.



## Which bin do I use?



### Organics



### Recycling



### Landfill







## Meet a local community volunteer

### Volunteers add value for Visitors

If you've been out to the Nobbies recently or visited the boardwalks at the Koalas, you may have also come across some of Phillip Island Nature Parks' newest brigade of volunteers doing their bit to help the island's visitors enjoy their time here, and leave with more than just a photo.

"We have 8 new Visitor Experience volunteers at the Nobbies and 5 at the Koalas, and they are playing an important role in engaging with our visitors and ensuring they have a memorable and authentic experience," said Rachael Ferguson, Phillip Island Nature Parks' Volunteer Coordinator.

"Hopefully these visitors will also take home a greater understanding of the island's beautiful environment and the importance of protecting our special wildlife and this special place. They may not only learn about the fur seals or penguins or koalas, but also find out what we can all do to help our wildlife, like blowing bubbles instead of releasing balloons, ensuring their rubbish ends up in a bin, using reusable items such as keep cups or planting native vegetation at home."

The Nature Parks is currently looking for additional members to join its new team of Visitor Experience volunteers in either an ongoing capacity or a shorter period over summer and there is a range of good reasons to get involved.

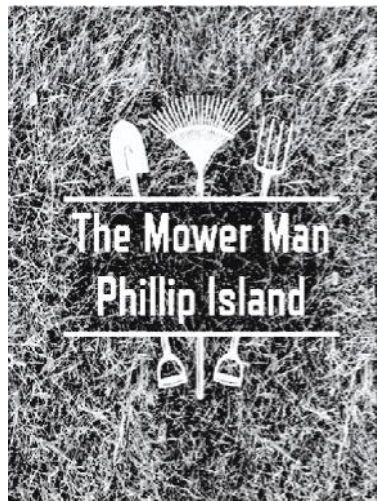
"People volunteer for all sorts of reasons, whether it is to share their knowledge, skills and life experience with people from all walks of life; to broaden their own knowledge; to contribute to an organisation promoting an understanding of conservation; or to be part of a social network of like-minded and interested people."

"One of the many benefits of volunteering in a regional community is the opportunity to make a difference to the place in which we live. Research and first-hand experience also shows that volunteering is an important part of skills acquisition, and can provide great opportunities to gain valuable work experience and participate in community networks."

If you have any questions about volunteering send Rachael an email at: [volunteers@penguins.org.au](mailto:volunteers@penguins.org.au)



Volunteers Rachael and Tegan Carter with visitors from Malaysia.



0438 715 713

Matthew Smith

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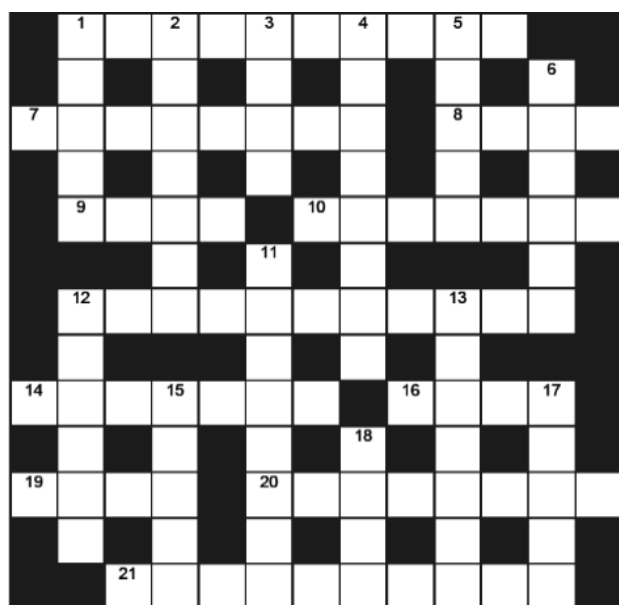
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**OPEN 7 DAYS OVER SUMMER**

# Brain Food

Find all the answers & solutions to Puzzles & Quizzes on page 26 (No peeking!)



**Vibe Quick Crossword 108**

## Across

- 1 Carefully(10)
- 7 Equitable(8)
- 8 Crate(4)
- 9 Slim(4)
- 10 Eroding(7)
- 12 Inundating(11)
- 14 Scared(7)
- 16 Throb(4)
- 19 Bright(4)
- 20 Explosion(8)
- 21 Many times(10)

## Down

- 1 Skill(5)
- 2 Dissimilar(7)
- 3 Scratch(4)
- 4 Unlikely winner(8)
- 5 Fortuitous(5)
- 6 Christmas drink(6)
- 11 Exuberant(8)
- 12 Unlocked(6)
- 13 Provoked(7)
- 15 Scope(5)
- 17 Black(5)
- 18 Tie(4)

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

## Vibe Sudoku 108

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

## 'Back to Nam'

Saturday evening 23 February 2019 - 7pm at the National Vietnam Veterans Museum. Prepare to go back in time to the 1960s and '70s for a lively and entertaining musical ride down memory lane. The energy will be electrifying and move you to tap your feet or get up and boogie. You will laugh, you may cry, but you will certainly have a memorable Night at the Museum.

Our entertainment will offer 3 different acts including:

The Retro Girls, with Retro Rach and Retro San dee, a sassy duo with a repertoire of fun classic hits with a military flair and cheeky interaction with the audience.

Forgotten Heroes, six musicians and songwriters who came together and developed a sound with roots in the music of the Vietnam era, celebrated in the present day and playing classic rock from the late 60s and early 70s with Tina Rogers, David Seedsman, Jordan Scotney, Peter de Ryk, Cath Russell and Hugh McGinlay.

The Times, with Dave Manning and Mark Howard, popular, vibrant Phillip Island local band who will rock you to the rafters with a charged, energetic performance.

The Grand Finale will include all 3 bands on the stage to a rousing and inspiring performance which will leave you on an emotional high!

There will be a raffle for some exciting prizes to be drawn at the end of the show which will be around 10pm.

Come along to have a great night of fun and bring along your dancing shoes. Beer, wine and soft drink will be available at bar prices. Ticket prices are \$30 Floor level and \$25 Gallery; purchase online at: <https://www.trybooking.com/ZTWQ>

Thanks to our sponsors: San Remo & District Financial Services; The Angior Family Foundation; Bass Coast Shire; Archisign.

Further details available on our website

[www.vietnamvetsmuseum.org](http://www.vietnamvetsmuseum.org)



## TRIVIA

1. What is the name of the German airline?
2. In which European city can you find the home of Anne Frank?
3. Which nuts are used to make Marzipan?
4. Who is the giant with 100 eyes according to the Greek Mythology?
5. Which organ is affected when you are suffering hepatitis?
6. Who was the first president of the USA?
7. What is the main component in glass?
8. What do dragonfly's prefer to eat?
9. Which famous group was once known as The Quarrymen?
10. Which famous French engineer designed two bridges for the city of Porto?
11. What is the name given to wooden carving?
12. What year did Albert Einstein die?





## Healthy and Healing with Pip

### It's time to recharge your 'smart-phone-body' ...

Happy New Year Vibers!!

How are you feeling after your Christmas and New Year celebrations?

Anita Moorjani shared this analogy today on her radio show and I loved it!

It fits perfectly with what I wanted to share this month.

Your mind, body and spirit are like a smart phone.

You wouldn't try to use your phone if it's not charged, right?

I mean, you can't! It's empty.

But we try to use our bodies and minds when they are empty, don't we?

We need to take this in for a moment.

Take a moment to really get this ...

Is your battery drained?

Are you over committed?

Do you do too much for others?

Are you falling into bed exhausted?

How long are you going to keep going?

So, I'm offering you a safe space to admit that you've been thinking and behaving like you are a smart phone with unlimited battery life.

I'm offering you a chance to see clearly, know and feel deeply that this is not serving you.

I'm giving you the gift of insight.

From here you can make shifts.

From here you can start to honour yourself.

From here you can feel more fulfilled.

From here you can be happy.

And you don't have to do it alone.

I can help you.

#### Here are some tips:

- Shut off the 'apps' that drain your battery eg. Say no to things you don't want to do and limit time with people who make you feel bad or tired. Cheryl Richardson says that "it's the things we delete from our life that make the most difference for us to shift."

Ask for help ... you don't have to do any of this life alone. Being stubbornly independent is lonely and not our soul's purpose.

Relationships and community support us to grow.

- Be kind and loving to yourself - no one around you is responsible for being kind and loving to you, it's time to take back your power. No martyr was ever a happy person. Write a list of things that fill up your battery and schedule them into your day - alone time is important eg. take a bath, reading a book, listening to relaxing music, have a nap, dance in your living room to your

your favourite songs, have a healing Reiki session or a massage, walk on the beach, do a meditation, ride your bike, swim in the ocean or coffee time with (happy) friends ... be sure to choose ONLY high vibrational things.

-Start to do one of these things every week and then gradually move to daily (15-30 minutes) - baby steps.

Prioritising and taking care of yourself not only reminds YOU that you are important and valuable, it teaches your children and your family to treat you that way ... and they learn to do it for themselves.

Take some time for yourself once a week during this holiday season to recharge your batteries.

Your mind, body and spirit will appreciate it.

As support for you, I'm offering a 30-minute special - until January 30th.

Reiki 30-minute Recharge Session \$60 (includes a healing meditation and free 'what to expect for 2019' Numerology Reading).

Appointments available from 9th Jan to 30th Jan on Wednesday and Thursday (10am till 8pm).

I look forward to seeing you.

Blessings Pip x

References: Anita Moorjani - Dying to be me (book) and Cheryl Richardson - The Art of Extreme Self Care (book).

Contact me on 0437 670 820 or

email: [contact@consciouscoursesandtherapies.com](mailto:contact@consciouscoursesandtherapies.com)

## 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](http://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](http://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](http://anglicanparishbassphillipisland.com)

### Hope Church

At Newhaven Primary School, 12-22 School Avenue, Newhaven. Worship time: 3.30pm Sunday  
Website: [islandhopechurch.com](http://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

# 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](mailto: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: [lionsclubphillipisland@gmail.com](mailto:lionsclubphillipisland@gmail.com)

**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](mailto: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](http://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](mailto: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](mailto: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](mailto: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. Ph: Carmen Bush 59569456.

**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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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 0400 900612. 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](http://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

**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@boomerangbagspir.org](mailto:Kylie@boomerangbagspir.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](mailto: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](mailto: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](mailto:gurdies@australiaonline.net.au)

**The Phillip Island Miniature Light Railway Inc.** 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](http://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](mailto: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.

**PHILLIP ISLAND BOWLS CLUB** 40 Dunsmore rd Cowes New members welcome open to all ages social bowls every Thursday at 12noon barefoot bowls over Christmas holidays and Corporate bowls from January till March Free coaching available come and give it a try contact George Mol on 0407851065.

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

# PUZZLE SOLUTIONS

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

Vibe Sudoku Solution 108

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

Vibe Crossword Solution 108

## Quiz Solution 108

1. Lufthansa 2. Amsterdam 3. Almonds 4. Argus 5. Liver 6. George Washington 7. Sand 8. Mosquitoes 9. The Beatles 10. Gustave Eiffel 11. Xylography 12. 1955



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## Community Markets

### Churchill Island Farmers' Market

January markets on Sat 5th, Sat 12th, Frid 18th and Sat 26th, 8am-1pm. Churchill Island Nature Park

### Rhyll Twilight Market

Friday January 4 and 18. 4-8pm, Rhyll Park. Over 50 stalls. Live music, food trucks, face painting and much more.

### 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, Jan 5 2019 plus extra market on Jan 27th, 2019.

### Market on Chapel

January 26, 8am-2pm Variety Market with 50+ stalls. Uniting Church, 86 Chapel Street, Cowes.

### Friday Night Makers Market Phillip Island

Every Friday in January, 3-8pm. Phillip Island Masonic Centre, Opposite Coles, Cnr Church and Genesta Streets, Cowes

### Island Festival Vibes Makers Market

Sunday January 6th, Cowes Football Oval, Church St, 9am-2pm. 100 plus handmade brands, food and music.





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