

PHILLIP ISLAND VIBE

Free

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ISSUE 109 FEBRUARY 2019



A warm welcome to Citrus and Vine Café, Restaurant and Wine Bar who will open their doors on February 9th. You'll have to book but it will be worth it. Their family dining experience will be something not to be missed. Read all about them on page four. Thanks to the amazing Renee de Bondt photography for supplying this stunning photograph of storm clouds rolling in over Foot Beach at San Remo.

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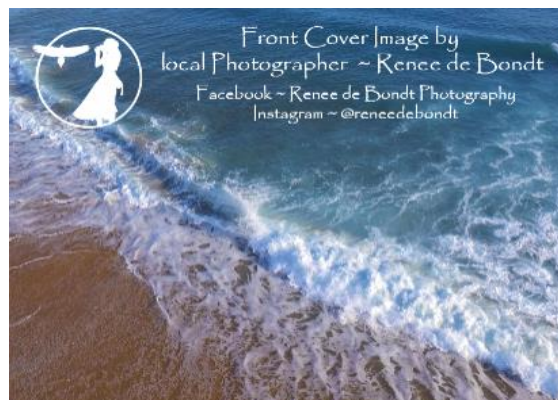


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Fishy Tales with Craig Edmonds from Jim's Bait and Tackle

Another Christmas gone and for most it's back to the normal daily grind with school and work. For the lucky it's time off in what is normally the best time of the year to visit Phillip island. Having said that, we have just come through one of the best Januaries that I can remember in the 13 years we have been in the shop. There wasn't even a hand full of days where fishing wasn't possible compared to the normal 10 days or more of unfishable weather. We had the typical summer wind patterns - calm in the morning and afternoon sea breezes with some brilliant sunrises for those lucky enough to be heading offshore at that time of the day.

The fishing however wasn't quite as consistent with the last couple of weeks a challenge at times to consistently find fish of any species. After we had such a good start with the first couple of weeks they just seemed to turn off and become very difficult to find. But as is always the case this doesn't mean there are no fish because someone eventually wanders in with a story of a good day. What I do find is the reports from those who are successful when no one else is, are generally doing something out of the ordinary or fishing in an area or at a time that might not be considered a common place/time to fish. Something that has been reported many times this year is just how warm the bay and inshore waters are this year. I have had reports from customers that the fish even seem warm at times when you lift them out of the water. Maybe the increasing temperature is one of the reasons. It could also just be as simple as there is so much food around, that they just aren't hungry for a bit of dead bait on a hook.

From the reports we did receive last month, it was a good mixture of all the usual table fish and some of the more challenging fish like Mako sharks and Kingfish. Despite what many think there is no such thing as a magic bait or rig and generally the major factor between those successful and not is time fishing. For the next couple of months, we will come into what is normally the best and most settled weather patterns and the best advice I can give is go where you would normally start but don't sit there for 8 hours then complain nothing happened. Give it some time then move or try something different.

The Kingfish fishing is getting better every year as people leave most of their Kingfish catching ideas at Eden or Bermagui and do what works down here. It would take me a whole page to run through the best of the methods but there are a couple of basics that will help you being live bait and reasonable quality gear. If you want to give the kingfish a go drop into the shop

and I will go through as much as I can based on what customers tell me. The biggest for the season so far that we know of is just below 19kg, with several around the 10kg and too many rats to count. Still offshore and the Flathead are hiding for some as well, but others are having no trouble finding them both in good numbers and plenty of tigers. The frustrating thing is both are fishing in the same area. Plenty of baitfish and if you have any type of berley out you will get 100's of slimmeys come up to the boat. The arrow squid are showing in numbers now also.

The pinkies have slowed considerably but still a few showing up and the odd bigger snapper as usual for this time of the year. There have been some quality rock flathead caught this season as more people actually target them. Hopefully the inconsistencies settle soon, and we get back to some regular reports.

If you are a whiting fisherman drop in and pick up an entry form for the whiting competition that will run through April. Its only \$30 entry for adults and \$15 for kids with adult first prize \$500 cash but all entries must be in before the 1st of April. We will also be running our Good Friday Appeal, fishing competition over Easter and hope to beat the donation total from last year.



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Citrus and Vine family dining, wine bar and beer garden opening February 9

Citrus and Vine is the newest and most exciting dining experience on the Island and opens officially on February 9th. They cater to all needs and bookings around opening time will be essential.

The family dining area features the largest indoor playground on the island with designated areas for babies - 2yrs as well as toddler climbing equipment, a playing and creating zone and a 5 years+ area which includes a colouring station and TV relaxing zone. Great ingredients for parents to enjoy a relaxing meal where the kids are so well occupied.

Through the beautiful custom-made barn doors is the next zone, the boutique wine bar where you can relax on the couches and enjoy a wine or coffee, signature cheese platter or choose to dine from the menu.

Lastly, the beer garden is enclosed from the weather, providing natural light and a tropical atmosphere.

The business is headed by mother and daughter duo Janet and Sarah.

Sarah's passion for food incorporates foods that can cater to any intolerance. Sarah has relocated to the island with her husband Cameron and three daughters. Cameron finished his AFL football career with Melbourne Football Club last year and has commenced a teaching position with grade 5's at Newhaven College.

Janet and her husband Simon have renovated the building and are passionate about entertaining and providing quality food.

As a family group who love to dine out with their children, they felt there was a need for a true family friendly dining alternative.

They are open for breakfast, lunch and dinner and can cater for any type of function including weddings, birthday functions, celebrations, business meetings, wakes or you can even hire of the whole venue. You name it, they can do it!

Opening hours are Monday 8am - 3pm, Tuesday/Wednesday - CLOSED unless for a private function, Thursday 10am - 10pm, Friday 10am - 11pm, Saturday 8am - 11pm and Sunday 8am - 11pm. Bookings are recommended by phoning on 5909 0906 or 0428 809026

Citrus and Vine is located at 2185 Phillip Island Road, Cowes.



Surf News

by Ed Amorim (prosurfcoaching_)
Around the Island..



Surf Tips

I got really scared the other day when I was driving behind a car that had two surf boards strapped badly on the top roof rack. The boards were fins down, softly tied and moving from one side to the other, like they wanted to fly away at any time. So I decided to give you some help you to transport your surf board the right way.

- 1- A surf bag is very important to avoid damage to your precious board.
- 2- If you have the option to transport the board inside of your car (between the seats or lining down the front sit) it is better in many ways.
- 3- Buying a good roof rack is essential, it needs to be strong and in perfect working order.
- 4- Place the boards nose to front and fins up, one on top of the other. Carefully placed so they don't put pressure on the fins in between the boards. Try place equally volume if you have multiple boards.
- 5- Pass the straps in the right way on the lockers and give one or two twists on the strap to avoid noise on the way.
- 6- If you don't understand some of the tips, message me privately or go in to the surf shop you bought your board at or check it on line. Please don't go around with it done incorrectly, have your skills checked @ PRO SURF Coaching - by Amorim Brothers.

Continued on page 5

From page 4

PIBC Single Fin Classic

Back to the original old single fins model boards, that was the purpose of the new PIBC Single Fin Classic. The annual event final happens in January with everyone enjoying the light onshore breeze and a good tide with the double ups waves at Woolamai. A cool BBQ and tents were set up on the beach to recreate the awesome atmosphere of the good old days surf carnivals.

Sophie Fletcher Takes Victorian Open Series

Hard surf conditions brought the best state surfers to Gunnamatta recently for the Victorian Open Series where Todd Rosewall took out the win in the Men's and local surf star Sophie Fletcher took out the Women's! Now Sophie is packing up to follow the World Surf Tour next month... Good luck.

Attitude +50

Cool to watch. Every day a group of mature mums and dads catch up around 8am to go for a wave at Smiths Beach and enjoy the friendship. If you go to check the surf early it is easy to see the car park movement and everyone excited to organise themselves to go surf/ bodyboard, I chatted with Carol, one of the participants and she said that it is part of her life now and she can't live without it anymore. Well done legends.

National Surfing Reserve Volunteer

Make the difference, join today the National Surfing Reserve Working Committee team. They are looking for community members to join. If you're interested in the ocean in general, or surfing in particular, this might be just to role for you. If you want to know more, download an information pack and application form from: www.penguins.org.au/about/local-community/local-news-and-events/

Surfing Teams Challenge 2019

Invite your mates, make your team and save the date to the annual National Surfing Reserve Teams Challenge 2019. The special tag team event will run a bit early this year on Saturday, 23 February 2019 from 07:30-19:30 at Cape Woolamai - depending on conditions Get your team in and be ready mate. More information soon or on Phillip Island National Surfing Reserve media.

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Healthy and Healing with Pip

"I'm down the rabbit hole"

Yes, I admit it ... I went there.

I bought the book. I had it delivered. I sat down for 'a minute' to read a 'few pages' ... and now ... I'm up to page 226!?!?!?

Ha ha ... ever been there?

What is it about certain books, tasks, or jobs that take us and ... time flies right?

Usually it's the things we love ... beach time, book time, surf time, family time (depends on your family - grin), creative time, sexy time (wink), and ...

then when you are doing something you hate ... ohhhh the time drags and sometimes stops, right?

In fact I feel myself looking at the clock more when I don't enjoy what I'm doing. And only 5 minutes has passed.

I heard Cheryl Richardson (author and life coach) talking about our passions and she said that when you get into your true flow of life, time flies by. An example is meditation.

When I first started to meditate I was thinking all the time, twitchy and kept opening my eyes to see how much longer. Totally normal reaction.

After a little while I'd find a moment in my meditation time where I'd feel light, floaty, peaceful, relaxed, joyful and ... then it would be gone.

Then as I meditated more I found myself in that space for longer and longer ... in the zone - it was my tiny piece of nirvana.

Now I get excited to dive down the rabbit hole in my meditation time ... morning, lunch, afternoon, evening ... whenever I feel the need. No rules.

Why? Because it feels SO amazing!

It reminds me that we really are a soul with a body, not a body with a soul. And because I know particularly AFTER I've been in that connected space ... I feel more clear, calm, empowered, focused, balanced, healthy, strong and able to handle all the earthly stuff.

Being the best version of yourself is not just about physical health, it's about mind, body and spirit.

In fact, we cannot heal our bodies if we focus only on that one element. Every illness in the world has had at least one person fully recover from it. What did that person do? They focused on connecting and healing all elements of themselves.

Meditation is a very useful skill to learn.

It can help you heal physically, emotionally, mentally and spiritually.

We are all unique beings who relax in different ways.

What is your unique meditation style?

Ask me more about it. Meditation classes and one-on-one. Meditation Coaching is held on Thursday-Sunday each week for 2019.

Skype and phone sessions available.

Contact me on 0437670820 or

email contact@consciouscoursesandtherapies.com

P.S. The book I'm reading is: 'The Three Secret Cities' by Matthew Reilly - the next awesome book in the Jack West series.



Book Reviews

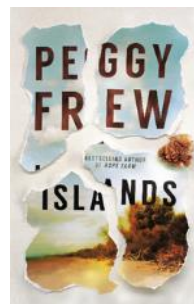
**By Turn The Page Bookstore,
40A Thompson Avenue, Cowes
Phone 59521444**



Small Blessings
by Emily Brewin
RRP \$29.99

Rosie Larson doesn't trust people - and with good reason. Her violent ex-boyfriend, Joel, is out of jail and she's determined he won't find her or their eleven-year-old son. For Isobel Hutchins, the cost of success is beginning to prove too high. Her impressive career and comfortable lifestyle can't protect her from the news her mother is dying or the need to face her past. When tragedy strikes, Rosie and Isobel are thrown together despite their differences. In this difficult space, they draw strength from each other and form an unlikely friendship that may just see them through. *Small Blessings* is a poignant and uplifting tale of secrets, motherhood, innocence and heartache, and ultimately what we're willing to do for love. A powerful debut that will capture your heart.

There will be an author event with Emily soon, so keep in touch with Turn the Page to find out more.



Islands
by Peggy Frew
RRP \$29.99

There was a house on a hill in the city and it was full of us, our family, but then it began to empty. We fell out. We made a mess.

Some of us wailed and shouted; some of us barely made a sound. None of us was listening, or paying attention. And in the middle of it all you, very quietly, were gone. Helen and John are too preoccupied with making a mess of their marriage to notice the quiet ways in which their daughters are suffering. Junie grows up brittle and defensive, Anna difficult and rebellious. When fifteen-year-old Anna fails to come home one night, her mother's not too worried; Anna's taken off before but always returned. Helen waits three days to report her disappearance. But this time Anna doesn't come back ... A spellbinding novel in the tradition of Helen Garner and Charlotte Wood.

This book is set predominantly on Phillip Island with amazing descriptions of the Island and Island life and highlights how we are each an island independent within ourselves.

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Michelle has recently sold Freedom Organics and would like to thank the loyal readers who have followed her monthly 'Food for Thought' column. We look forward to exciting changes and new contributions by the new owner.

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

THE MURDER OF PETER "LITTLE PETER" BANANA

Rosie was a lonely woman who liked to use her binoculars to observe the world from her living room window. Then one afternoon, while scanning the building across the street, Rosie got more than she bargained for. No, readers of the Vibe, this is not a plot from 'Room with A view' starring James Stewart, but the background to a murder trial in which you are a juror must decide. Just imagine..... Now to the courtroom.

Rosie: Several weeks ago, two unsavoury looking men moved into the dilapidated house directly across from my place. A tall thin man and a short fat one, like the Mutt and Jeff characters you read about in crime books. Sometimes a third man would come over. He looked different, nice and mild mannered, like a solicitor. All three often talked or played cards. Sometimes the nice little man made notes on a little notepad. Well, on this particular Sunday, the nice man came to visit again. Only the short fellow was at home and he seemed very drunk. They talked for a while and got into some sort of argument. All of a sudden the short man pulled out a tiny silver gun and started waving it around. The nice man managed to grab it from him. Then they moved out of my line of sight and I had to change windows.

I heard the shot. It wasn't very loud. At the next window, I refocused my binoculars. The short man was grabbing his chest. It was like a scene from a play I had seen, Hamlet, I think, well anyhow, the short man was falling with blood all over his white T shirt. The nice man was holding the gun. He looked stunned. This was about 5.25am.

A few seconds later, the tall guy came home. He and the killer tried to revive the guy, but you could tell he was seriously dead. Then the two guys closed the blinds, so I couldn't see anymore. I ran into my bedroom and called the police. Believe it or not, I was put on hold for ten minutes before someone took my information and another seven minutes before the police car arrived.

According to the police, the body of Peter, "Little Peter" Banana, was discovered a half hour later, not in the house itself but two blocks away, in an alley behind Joe's Bar. Based on Rosie's statement, the nice mild-mannered guy, Percy Wheedle, was arrested. A nitric acid test showed he had recently fired a gun. Gun powder residue was also found on the right hand of the deceased but not on any other suspect. The tall guy of the trio Joey Costello, was arrested as an accessory after the fact for trying to help Percy Wheedle cover up the crime and dispose of the body. The third character was not charged.

The prosecution expected the defence to enter a plea of self-defence or accidental homicide. Bumble Q.C. was surprised when his formidable adversary Leroy Cunningsworth Q.C. claimed total innocence. As he began his final argument to the jury, you immediately see his line of attack- the credibility of the Crown's star witness.

Leroy Cunningsworth Q.C.; Rosie is a woman desperate for

attention and blessed with a vivid imagination. Just look at the holes in her story. The victim was found wearing a brown dress shirt not a white T shirt. She says he was killed by a small silver pistol but the evidence will show the weapon to be a .45 calibre weapon. Even her evidence about the time of the shot is obviously wrong and then Ladies and Gentlemen the body was found in an alley behind the bar and not in the house. The police forensics show he was shot in the alley. Ladies and Gentlemen, you have no option but to disregard Rosie's testimony and find my client not guilty. The barman testified that the tall guy had walked in and ordered a drink at 5.35pm and appeared happy. He said he heard a gunshot about five minutes later. The wife of the deceased testified that on the day of the incident Percy Wheedle had withdrawn a large sum from the ATM, he also owned a gun.- the evidence further revealed Percy Wheedle had been doing research on con artists and low-lifers for a book he was writing. The cops later found a silver pistol in Joey's possession. It was not the murder weapon.

Well, readers of the Vibe, it's time to consider the evidence and also apply your imagination, and then decide for yourself- Is Wheedle guilty or not? - create if you can a likely scenario for the unfortunate death of the man with or without a white T shirt. Please remember that for the classic whodunit this writer does not always rely on police technique, trivia or even pure logic. It's also based on imagination and an understanding of human behaviour. The fate of the Defendant rests in your hands!

Turn to page 10 for the verdict and the solution to last months mystery.

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FROM CITY TO COAST: BUILDING A METRICON HOME IN GIPPSLAND

Over the past several years, Phillip Island has seen an influx of people making the switch from city to coastal living. Among those are Peter and Colleen Pringle who, after holidaying in Phillip Island for eight years, finally decided to swap their family home in Mount Waverley for a beachside abode in Cowes.

Taking advantage of the increasingly coveted Phillip Island postcode, they lived seaside for a few years before deciding it was time to build their dream home on the Island. They purchased a block of land in the then newly opened Seagrove Estate and, after a lengthy search for a design that captured their vision, stumbled upon Metricon's Chelsea 33.

"We had been looking but couldn't come up with a design we wanted," Peter recalls. "Then friends of ours who had built three houses previously with Metricon suggested we look at them. We saw this design online and loved it straight away. We knew as soon as we walked in to the display that it was going to be our house." It was the Chelsea's simple, single-storey floorplan and light-filled living spaces that captured Peter and Colleen's attention. As retirees, they were looking

for something easy and low-maintenance, but also with plenty of space to relax, entertain or accommodate guests – like their two children who like to stay with them over the holidays.

They needed a flexible design that would accommodate all of their needs, including a butler's pantry, a sewing room for Colleen,

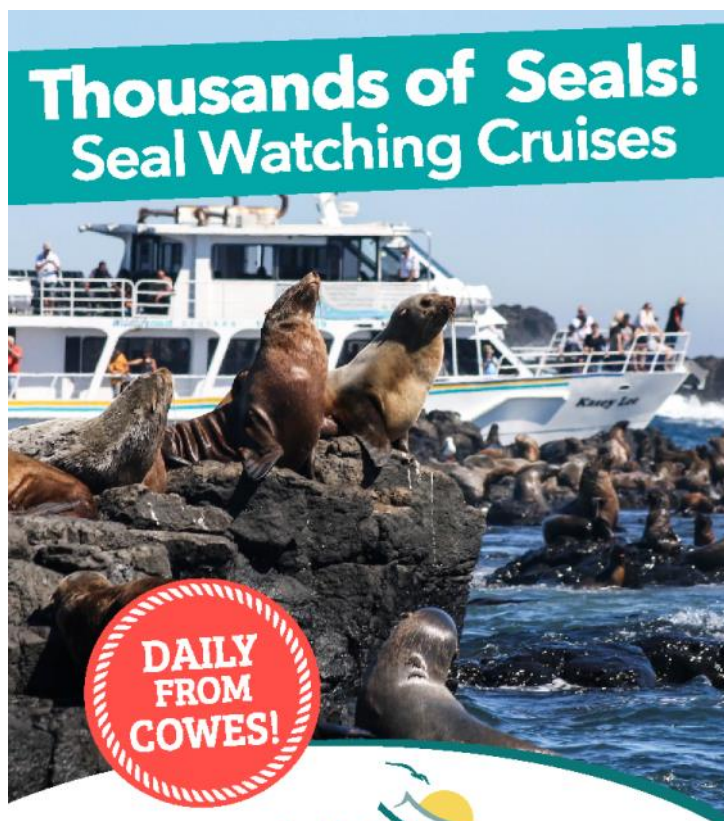
enough room out the back for Peter's man cave, and a floorplan that catered to the indoor-outdoor lifestyle that has become so synonymous with seaside living.

Being their dream home, they didn't want to sacrifice on additional inclusions, so invested in double glazing, under-floor heating and extra roof insulation, as well as aesthetic features like wall cut outs and tiles all the way to the ceiling in the bathrooms.



They particularly love the feel that Phillip Island offers. "There are a lot of retirees coming to the island so there is a really strong community feel down here," Peter says. Colleen adds, "It's a great place to live."

From the moment they made the decision to build to receiving the keys to their finished home, Peter and Colleen say the experience with Metricon was seamless. "We never had one single issue," Peter recalls. "Our site manager, Peter, was excellent and our local tradies were all great."



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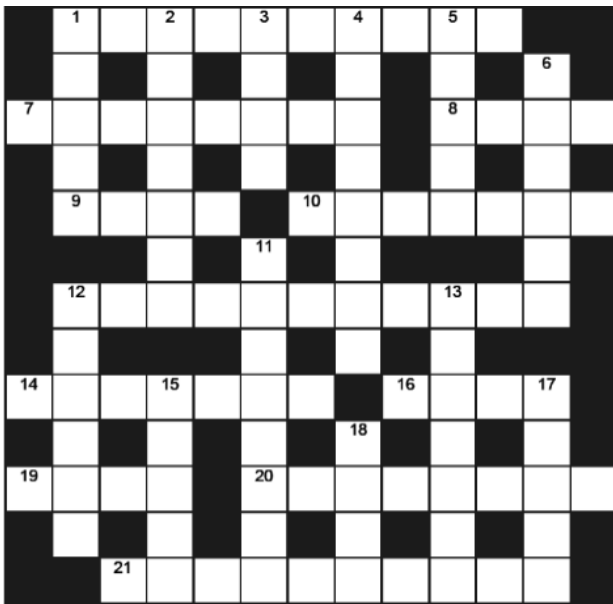
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Image depicts items not supplied by Metricon such as fencing, landscaping, and planter box.
See your Metricon New Home Consultant for details. VIC Builder's Licence CDB-U 52967.

Brain Food

Find all the answers & solutions to Puzzles & Quizzes on page 14 (No peeking!)



Vibe Quick Crossword 109

Across

- 1 Disclosure (10)
- 7 Follow closely (8)
- 8 Leave (4)
- 9 Twelve months (4)
- 10 Over weight condition (7)
- 12 Banker (11)
- 14 Craftsperson (7)
- 16 Distant (4)
- 19 Carnival (4)
- 20 Saltiness (8)
- 21 Diligently (10)

Down

- 1 Prepared (5)
- 2 Evil one (7)
- 3 Slim (4)
- 4 Quivered (8)
- 5 Kilns (5)
- 6 Sour (6)
- 11 Overlooked (8)
- 12 Advertise (6)
- 13 Supports (7)
- 15 Lifeless (5)
- 17 Rodent like (5)
- 18 And (4)

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

Vibe Sudoku 109

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

FEBRUARY WHO DUNNIT VERDICT

You and your fellow jurors argue endlessly for three days trying to reconcile Rosie's evidence with the rest of the evidence, after three days you finally deliver your verdict finding Percy Wheedle GUILTY OF FIRST- DEGREE MURDER. Surprised? Well consider the reasoning and apply your imagination. The key to the case was the comment from Wheedle's wife that he was researching con artists for his book. The mystery, you discover, hinges on the old con game played by the other two on the defendant. The 'murder' witnessed by Rosie was staged for Wheedle's benefit. The tall guy Peter loaded the silver pistol with blanks, then forced Wheedle to "kill" him in self- defence. When Joey walked in a few minutes later, Tony was desperate, wanting to do anything to avoid a murder charge. Joey said for a large payment he would keep his mouth shut- Wheedle had to agree. He left to withdraw the cash. In this time Peter the tall guy disposed of the evidence. But the two con artists underestimated their pigeon. The jurors rightly reckoned Wheedle must have realised he had been conned. Enraged he retrieved his gun that he carried in his car and hid himself. When "the deceased" emerged from his house, very much alive, Wheedle followed him to Joe's Bar, confronted him and shot him, this time for real.

JANUARY WHODUNNIT SOLUTION

The clues lie in the smoke!! Hope readers got it right. By examining Wiley's ashtray, our clever sleuth concluded that the lawyer had been a smoker and that he lit his cigarettes with matches. The prime suspect and culprit just had to be the artist Cod who smoked cigars and left his cheap lighter on the floor next to the body.



TRIVIA

1. What did the crocodile swallow in Peter Pan?
2. What temperature does

water boil at? 3. What year did the Spanish Civil War end? 4. Where is the smallest bone in the body? 5. What nationality was Chopin? 6. What number does the roman numeral C represent? 7. Which horoscope sign is depicted by a crab? 8. What did the seven dwarves do for a job? 9. Which is the largest ocean? 10. What are the two top selling spices in the world? 11. What nation produces two thirds of the world's vanilla? 12. What was the first organ successfully transplanted from a cadaver to a live person?

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Meet a local community volunteer



Terry Heffernan volunteers as Shed Co-Ordinator of the Phillip Island RSL Men's Shed.

Welcome to the Vibe Terry.

How long have you been volunteering for the Men's Shed?

Since 2010

What do you do when you're not volunteering?

I am a member of the PIRSL Sub-Branch Committee and also the Chairman of the Veteran & Community Services Committee. I am a grand parent with five in Australia and three in Shanghai China, therefore some of my time goes to meeting grand parent duties and of course the usual maintenance around the home.

What is the best part about your job?

Being part of providing the opportunity for men to attend and be part of the Shed Community.

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

I was both a self employed builder and worked as General Manager of a few Melbourne Building Companies. During my working life I also volunteered for a number of groups, associations including thirteen years as a Councillor in Local Government.

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

What is funny is my memory, both short and long term, which is most likely an aging issue. I, from time to time cause the Shed members to wonder why!

Can you tell us one thing about yourself that your colleagues might not know?

I am fairly open about my past however few would know I once employed Dawn Fraser as a swimming coach when I managed a sporting centre back in the nineteen sixties.

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

If male members of the Community are interested in participating as members of the Shed it is open from 9.00 am to 12 noon Tuesday and Thursday each week. Contact Terry Heffernan 0438808428.

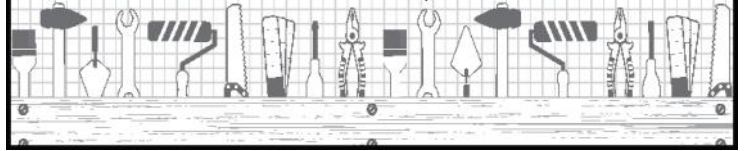
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COMMUNITY NOTICEBOARD

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: 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

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. 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

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 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 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

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

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

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

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 morning; generally 8-10km and graded Easy or E-M, occasionally longer; bush tracks to coastal paths to town walks; an additional shorter 4km walk is also offered; \$40/year subs. Contact Chris 0400 346 078, www.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. 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.

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/)

PUZZLE SOLUTIONS

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

Vibe Sudoku Solution 109

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

Vibe Crossword Solution 109

Quiz Solution 109

1. Alarm clock 2. 100 degrees celsius 3. 1937 4. The ear 5. Polish 6. 100 7. Cancer 8. Miners 9. The Pacific 10. Pepper is first and mustard is second 11. Madagascar 12. Kidney



Composition - Framing Submitted by the Phillip Island Camera Club

Including a "Frame within a Frame" is another effective way of portraying depth in a scene. Look for elements such as windows, arches or overhanging branches to frame the scene with. The "frame" does not necessarily have to surround the entire scene to be effective.

The use of scenery viewed through arches was a common feature of renaissance painting as a way of portraying depth.

Frames don't have to be man-made objects (arches or windows).



Framed - Image by Rhonda Buitenhuis

The tree to the right and the overhanging branch with the cup and picnic table has been used to create a frame around the rural view. The 'frame' doesn't actually have to surround the whole scene for it to still add a sense of depth.



Framed using natural surroundings. Image by Lynne Cook

Using a "Frame within a Frame" presents a great opportunity to use your surroundings to be creative in your compositions. Why not try it?

Ref: 20 Composition Techniques That Will Improve Your Photos
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