

# PHILLIP ISLAND VIBE

Free

phillipislandvibe@outlook.com

P: 0407 266 271

www.phillipislandvibe.com.au



ISSUE 111 APRIL 2019



Welcome to the Easter edition of The Vibe. The Easter Fun Festival at Churchill Island promises two fun-filled days on Saturday 20 and Sunday 21 April. On Saturday meet Peppa and George Pig followed by an Easter Egg Hunt on Sunday morning. Kids can join in the age-grouped hunting sessions which take place every 10 minutes between 10am and 1pm. The much-loved working horses will be at the farm all weekend, courtesy of the Victorian Heritage Draught Horse Club. Don't miss all the action.

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# SINGING GROUP TO COMMENCE IN COWES

In 2018 the Sisters and Misters singing group visited Phillip Island and performed at venues in Cowes and San Remo. They were warmly welcomed by locals and visitors.

The good news is that the group is returning to Phillip Island on Saturday 5th May to once again perform at the Vietnam Veterans

Museum at 2pm, then at the Cowes Foreshore Market at 5pm.

On Sunday 6th May they will perform at the Phillip Island Club, 6 Lions Crt, Cowes at 2pm.

All performances are free.

The Melbourne based group is led by Phillip Island regular Irene Bennetts.

Following their visit last year, many locals enquired about Irene starting a Phillip Island group. After careful planning the Phillip Island Sisters and Misters singing group is about to be launched under Irene's leadership.

No prior singing experience is required as participants are taught both the songs, choreography and group process.

There will also be opportunities for linkages with the two Melbourne based groups, as well as local performances.

**An introductory session will be held on Sunday 7th April at 2pm in Cowes followed by regular weekly Tuesday evening sessions.**

Call Irene on 0412 822 126 or email [sistersandmistersofsong@gmail.com](mailto:sistersandmistersofsong@gmail.com) for details.



## Melbourne Singing Group



*Sisters & Misters*

**are back in Phillip Island!**  
**For FREE local performances**

### SATURDAY MAY 4th

2-3.30pm National Veterans Museum  
25 Veterans Drive, Newhaven

5-6pm Cowes Foreshore Market,  
Jetty Triangle, The Esplanade

### SUNDAY MAY 5th

2-3pm Phillip Island Club  
8 Lions Court, Cowes

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SistersnMisters

Irene 0412 822126

## HAVE YOU EVER WANTED TO SING?

**Melbourne singing group**  
*Sisters and Misters*  
**IS COMMENCING ON PHILLIP ISLAND**

- Songs from 1960's to present
- Women & men of all ages
- Fabulous performance opportunities
- Great social interaction

After a successful tour of Phillip Island last year, Irene Bennetts, founder and leader of Sisters & Misters will be starting up a group in Cowes

**Intro session SUNDAY APRIL 7, 2PM IN COWES**  
**followed by regular TUESDAY EVENING sessions**

Interested or want more information?

Contact Irene on 0412 822126

[www.sistersandmistersofsong.com.au](http://www.sistersandmistersofsong.com.au)

[sistersandmistersofsong@gmail.com](mailto:sistersandmistersofsong@gmail.com)



SistersnMisters



*Sisters & Misters*

## GARAGE SALE EASTER SATURDAY

6 Lions Court, Cowes from 8am - around 2pm

Bric a brac, handbags, jewellery, scented candles, crafts and much, much more plus

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## Introduction to family history research



Ever wondered about your ancestors? Where they lived or what they did for a living? How big was the family? Were they rich or poor? And what about skeletons in the family closet? The advent of the world-wide-web and the digitising of historical records all over the world has blown many a well-kept family secret.

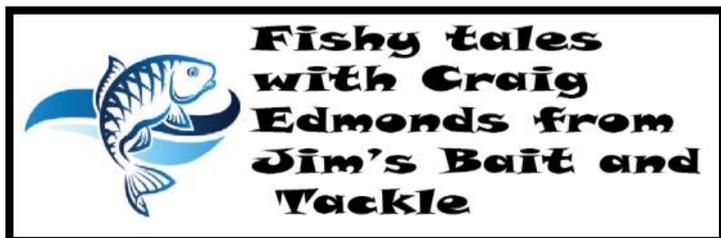
Our forebears needn't have had to carry proof of identity but that doesn't mean records of their identity don't exist. Many countries introduced statutory reporting of life events - births, deaths and marriages, in the mid-1800's and for centuries before that, life event records were archived by religious organisations and regional authorities.

Official population censuses were introduced once a decade in the United Kingdom from 1841 and they are opened when they are 100 years old. So, the 1921 censuses are due for release in 2021. Those already released contain a wealth of information about family groups including relationship, location, occupation and birthplace. Lots of other countries have similar information available. There are literally billions of records that are now accessible - if you know where to look!

So, to assist anybody wishing to explore their family history, the Phillip Island and District Genealogical Society are conducting an 'Introduction to Family History Research' from 1pm-4pm on Wednesday, 17 April, at their family history rooms - 56 Chapel St, Cowes (next to Waterboy Café).

Family history is the world's fastest growing hobby and the biggest family tree 'nursery' is Ancestry.com but there are many others. As of November 2018, Ancestry.com claimed to provide access to approximately 10 billion historical records, to have 3 million paying subscribers and to have sold 14 million DNA kits to customers.

If you would like to find out a little more about this exciting pastime and book in for the obligation-free introductory session, email secretary Malcolm Swaine at: [piadgs@gmail.com](mailto:piadgs@gmail.com) or phone 0418 178 343. The cost is \$10 and includes afternoon tea.



Easter is just around the corner and again, this year we will be running our Good Friday Appeal fishing competition. The prize list is finished and can be viewed in store or on our Facebook page. You will also see the list of giveaways that you could win just for entering with the major lucky entry prize, a flight donated by Phillip Island Helicopters. Everybody that enters goes into these draws and you don't even need to catch a fish to win. We donate 100% of the entry fee to the appeal and we hope we can double last years \$2,000. The competition runs from Friday to Monday over the Easter weekend, but you need to be entered by 2pm on the Friday so as we can get the donation included in the Good Friday appeal. We will be taking entries over the counter, online and over the phone. If you aren't into fishing and would like to get involved in the fundraising on Good Friday, don't forget the Walk for the Kids organised by the Westernport Hotel and the San Remo Traders Association. For more information and entries look on the Facebook page, drop into the San Remo Hotel or Jim's Bait and Tackle.

The magic line of Easter is coming, and it seems to be the trigger for many to pack up the fishing gear and sit on the couch for the next 4 months.

There is plenty of fishing to do through the colder months and especially boating where the bigger gummies will be caught in the bay. For those who discovered it last year the reef off Kilcunda produced plenty of snapper, flathead and the gummies offshore don't ever seem to be small.

We often get some very good, yes cold but calm days and offshore is worth considering. We also see days of northerly wind patterns which are perfect because they are offshore winds and you stay in close and not too wide. With the reports of the last month or so, I also think you will see plenty of boats offshore during the winter looking for Bluefin and Kingfish. It was only a couple of years ago that the barrel tuna turned up in August and last year several customers told me of Kingfish they had caught right through winter. Live bait was a bit difficult to find so small calamari and squid strips worked well.

Whiting and calamari are now equal in being the most frustrating days, stopping in one spot and all but bagging out to the next day prospecting all day for only a couple.

The calamari reports during the month almost mirrored the whiting with some excellent prospecting all day for only a couple. What makes it even more frustrating is the guy you see at the ramp who had a shocker when you had a good day, then he had a good day when you had a shocker. It's difficult to work out where to point you and you just need to be prepared to look around a bit for both species.

Don't forget to try different spots with some of the reports of both this month coming from some different areas, or areas I haven't seen reports from for some years.

Beaches will start to fire up now with the winter salmon fishermen getting their gear ready to look for the bigger models that seem to come through in winter. Don't forget to wander down to the beaches on the moon phases especially if there is a tide change just after dark. The next few months is the period we see the bigger gummies from the beaches. I am getting regular reports from Kilcunda and have been all season but, it's not fish it's weed. I can't remember so many complaints of weed for that area and even a couple of complaints from the Island beaches. The weather hasn't been all that bad but maybe it's coming from much further offshore. Where it's coming from doesn't really matter, just means you will need to alter your fishing methods and make sure you have a few lures with you. The weed, like the waves, will tend to come through in patterns and you will get periods of no weed and that is the time to bait fish. When there is lots of weed grab your lures out and fish in between the waves of weed.

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Bookings and more information via our Facebook events page  
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*Bill Young volunteers for Phillip Island Nature Parks and assists visitors to learn more about living with wildlife.*



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**How long have you been volunteering with Phillip Island Nature Parks?** 7 months

**What is your role here?** 'Visitor Experience Volunteer' ... which means supporting the rangers, engaging with visitors on the beautiful Koala boardwalks, helping them to spot our Koalas, giving a bit of info about them & our need to protect them Australia-wide or risk losing this beautiful ICON & answering any questions I can. I also volunteer with the Eastern Barred Bandicoots, a joint program between Zoos Victoria & PINP to help protect this amazing, nocturnal marsupial now thought to be extinct on mainland Australia by establishing breeding colonies on Churchill Island & Summerlands Peninsula.

**What do you do when you're not volunteering?** I'm a new member of the Rotary Club of Phillip Island & San Remo & through that meeting some wonderful people & becoming involved with some of Rotary's many fundraising projects! I love all things wildlife, so enjoy walking in the bush in the Red Rocks area & seeing Wallabies, Echidna & the amazing bird life the island is blessed with.

**What is the best part about your job?** The Koala Conservation Centre, is a wonderful place in nature to be (native eucalyptus woodland), it's different each day I'm there, like a natural kaleidoscope. I particularly love & it's a privilege to strive to help improve our visitors/guests experience with & appreciation of Koalas, one of our many national treasures, in such a beautiful bush land setting.

**What did you do in your working life before becoming a volunteer?** I was Technical Director & Product Development Manager-Global with 'Advanced Hair Studio' in Melbourne for 27 years... "Yeah Yeah!" Before that I was hairdressing & Salon Managing in Sydney, (1990), Nairobi-Kenya (1980-1990-during which time I was involved with hair & wigs for theatre, film & TV) & Edmonton-Canada (1970-1977).

**Can you tell us one thing about yourself that your colleagues might not know?** 1. That I was the hair colourist for Ex Charlie's Angel, "View To A Kill" (Bond) & "That 70's Show" Hollywood actress Tanya Roberts on the feature film "Sheena Queen of the Jungle". Shockingly bad film, animal actors were generally better than the human ones but an amazing experience for me. 2. While in Kenya, I lived on a wildlife ranch & fostered/cared for various East African creatures including Thompson's Gazelle, a Bushbaby & a 'teenage' Cheetah!

**Is there anything else you would like to tell the Vibe readers?** Phillip Island Nature Parks offers some simply amazing, unique volunteer experiences, right on our doorstep & there's always room for more 'hands-on-deck'. I'm so glad I joined up!



## Healthy and Healing with Pip

### Why doesn't he like me?

**This month I'd like to address the concept of being liked .**

I had a situation with a family member this month that brought my need for affection to the surface.

I had a conversation where I asked the person if we could be more loving to each other.

And they said 'I don't know how to do that.'

The more I tried to explain ... the more they pushed me away.

And at the end of the conversation I thought we had come to a better place.

But when I made contact the next day - I got a text back saying 'Thank you, but have all the support I need.'

It has become clear that my need to be liked has blinded me to the reality of the relationship.

There is nothing I can do (or say) if the other person is not willing (or cannot) be open. You can't play tennis on your own.

The situation is also more complicated because the partner of the person is significantly influencing his behaviour.

I have spoken before about how we have needs of the heart that we are all running around day in, day out ... trying to be fulfilled.

David Ji says that the four needs of the heart are ... Acknowledgement, Acceptance, Appreciation and Affection.

I remember as a teenager that almost 100% of my time was spent trying to gain the affection of my classmates.

Do you remember that time?

The insecurities ... the fear ... the pain of rejection ... yep it was exhausting. Right?

Even if you were in the popular group ... it was still a tough time for your heart.

And as you grow older, you hope that you will grow out of your intense need to be liked.

But ... the truth is your needs of the heart are still there.

Not quite as raw and on your sleeve as when you were a teenager.

But ... still there.

This month I've learned that no matter how old I am, when someone says they don't like me, I want to change their mind.

My Ego-personality wants desperately to convince that person that they are wrong.

My Ego-personality is scared.

My Ego-personality is hurt by the rejection.

My Ego-personality wants to tell them how great I am.

My Ego-personality wants to argue my case.

But my Soul knows better.

My Soul knows that I am love.

My Soul knows that I am peace.

My Soul knows that I am safe.

My Soul knows that I am okay ... no matter what anyone else thinks of me.

My Soul knows trying to convince someone that I am not what they perceive me to be ... is futile.

My Soul knows that their perception is theirs and I cannot do anything about that.

My Soul knows that the only way to move forward is to LET GO ...

Let go of the desire to change his mind.

Let go of the need for him to love me.

Let go of the wanting to change things.

Let go of the trying to convince him.

Let go of the struggle to be something we are not.

There is a famous quote ... "If you love someone set them free ... if they come back, they are yours ... and if they don't, they never were." Richard Bach. \*Note: I like to say: 'if they come back, it was meant to be.'

I've always liked this quote. It resonates on the Soul level.

So, this week I'm asking you to consider someone that you could set free ... let go ... and release. No matter who they are. Family member. Friend. Colleague. Acquaintance. For the greater good of both of you. To raise your life to a higher vibrational space.

As you let go ... you set yourself free too .

Your Soul will thank you.

If you need any support or assistance with this process, give me a call.

Blessings Pip. Contact: 0437 670 820 or email: [contact@consciouscoursesandtherapies.com](mailto:contact@consciouscoursesandtherapies.com)

Reference: David Ji – author – Destressifying; The Secrets of Meditation and Sacred Powers

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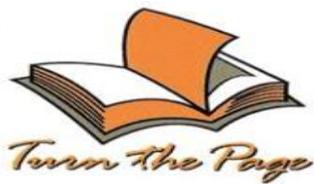
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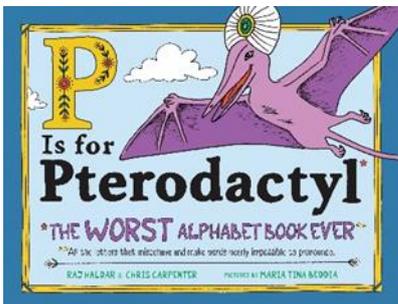
**2015** Bass Coast  
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Business Excellence  
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**2017** Bass Coast  
Business Awards  
Runner Up  
Environment and  
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**2017** Bass Coast  
Business Awards  
Finalist  
Business Excellence  
6+ employees



## Book Reviews



**P Is For Pterodactyl**  
by Raj Haldar & Chris Carpenter  
RRP \$26.99

This is "The WORST Alphabet Book Ever" and enormous fun for everyone!

Age range 4 to 8. From wacky words to peculiar pronunciations, get kids excited about language with this unconventional alphabet book from Raj Haldar (aka Lushlife).

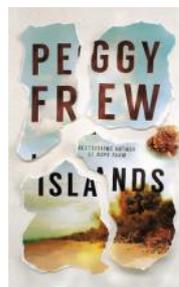
Turning the traditional idea of an alphabet book on its head, P is for Pterodactyl is perfect for anyone who has ever been stumped by silent letters or confused by absurd homophones. This whimsical, unique book takes silent letter entries like 'K is for Knight' a step further with 'The noble knight's knife nicked the knave's knee.'

Lively illustrations provide context clues, and alliterative words help readers navigate text like 'a bright white gnat is gnawing on my gnocchi' with ease.

Everyone from early learners to grown-up grammarians will love this wacky book where 'A is for Aisle' but 'Y is definitely not for Why.'

'You can curse the English language for its insane spelling rules (or lack thereof), or you can delight in it, as this raucous trip through the odd corners of our alphabet does.' New York Times, Standout New Picture Books Selection.

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



**Islands by Peggy Frew**  
RRP \$29.99

Set mainly on PHILLIP ISLAND, this is the story of 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.

We draped ourselves in blame and disappointment and lurched around, bumping into each other. 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.

Islands is a riveting and brilliant portrait of a family in crisis by the breathtakingly talented author of House of Sticks and Hope Farm. 'Peggy Frew is an amazing writer...elegant, tender and very wise.' Chris Womersley, on Hope Farm; 'Peggy Frew's novel, Hope Farm, tells an original tale, drawing into the body of Australian literary fiction, a world between the cracks. Peggy's voice is contemporary, her observations sharp and sensitive. Hope Farm describes the cycle of loss and damage when there are no boundaries to protect us.' Sofie Laguna; 'Brilliant. Peggy Frew is a superb writer, and this is a remarkably confident debut.' Clare Bowditch on House of Sticks.

**Peggy will be at the 2019 Phillip Island Festival of Stories in the last weekend end in July.**



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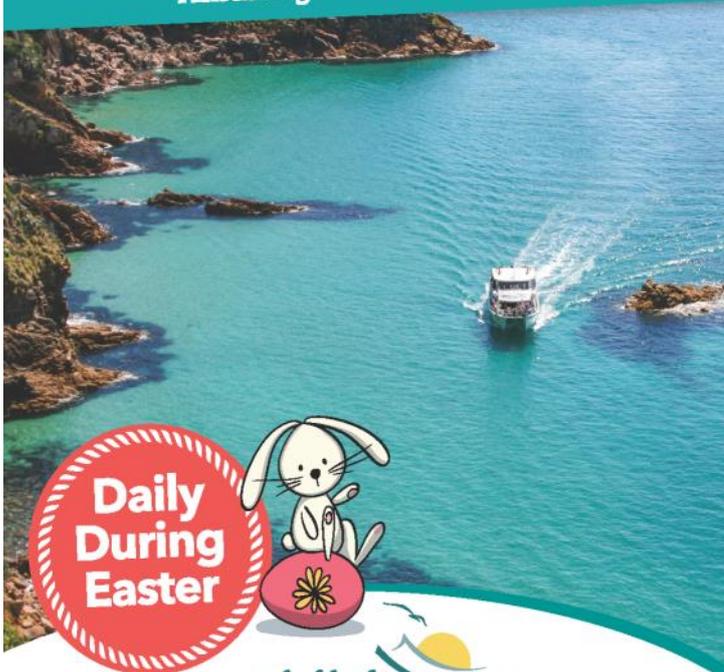


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# EASTER FUN FESTIVAL

Come and play at Churchill Island Farm!

**April 20 & 21 - 10am to 4pm**

<p><b>SATURDAY</b>                  Meet Peppa &amp; George Pig                  10am - 2pm</p>	<p><b>SUNDAY</b>                  Easter Egg Hunt                  (kids up to 15yrs)                  10am - 1pm</p>	<p><b>PLUS</b></p> <ul style="list-style-type: none"> <li>• Make your own toy with the Wonthaggi Woodcrafters (Saturday)</li> <li>• Heritage Draught Horses</li> <li>• Garden &amp; Old Time Games</li> <li>• Vintage Cars &amp; Caravans</li> <li>• Wagon Rides</li> <li>• Food Stalls</li> </ul>
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*\*4 Parks Pass includes entry to the Penguin Parade, Antarctic Journey, Koala Reserve, and Churchill Island*

**Phillip Island NATURE PARKS**  
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[www.penguins.org.au/events](http://www.penguins.org.au/events)

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**April 6-7 & April 13-14**  
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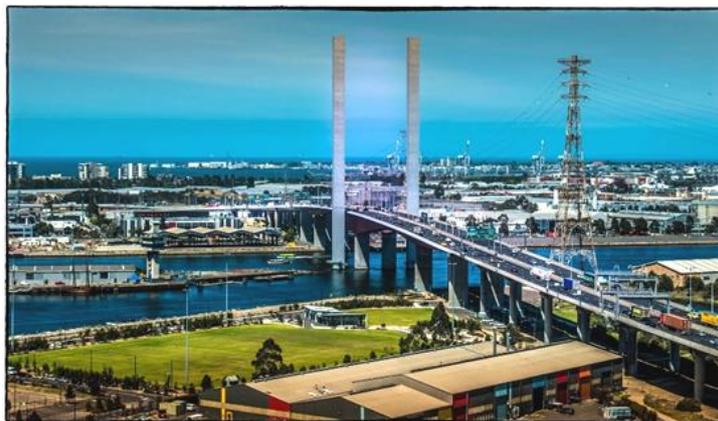
**AUTHORISED STOCKIST**



## COMPOSITION – CHANGE YOUR POINT OF VIEW

(Submitted by Phillip Island Camera Club)

Most photos are taken from eye level, but a more interesting photo can be created by getting up high or down low.



*Bolte Bridge from the Melbourne Star. Photo by Lynne Cook*

Getting up high allows you to capture spectacular views of a city, for instance, especially at night or a fabulous landscape.

Being down and looking up gives a different perspective and allows creativity.



*Down looking up. Photo by Lynne Cook.*

It pays to even get your feet wet to get low down to capture the motion of water flowing over rocks in a stream or even lying on your stomach in mud to get a perfect wildlife shot.

So next time you're out taking photos, remember to try changing your point of view. Be creative and most importantly have fun!

Ref: 20 Composition Techniques that Will Improve Your Photos: Barry O'Carroll

**RSL**  
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**JOEY'S KIDS CLUB PRESENTS**  
**DINOSAUR DIGGERS**  
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## Surf News by Ed Amorim (prosurfcoaching\_) Around the Island..

### #fightforthebight

Awesome to see all the surf communities stand up against a multi national company called Equinor who are trying to exploit Australia's natural environment resources. The paddle out events in protest of Equinor's proposal for offshore drilling in the Australia Great Bight happened all around the nation including here at the island. Everyone is concerned about a possible fail and a massive marine disaster that could affect all of the South and East Coast of Australia and put at risk our dedicated environment. Being part of it means that we are part of this matter, we like to shape today our future, we care about our environment and the health of our next generation. We not happy with our governments intentions and the intent to drill for oil here. Thank you to everyone who took time to make a difference.

### WELL DONE SUPER GROMMETS

Another brilliant season for our local new surf generation. The SUPERGROMS program organised by Amanda and Liz, supported by PIBC is a special example of community work and the results we see with new talents emerging from the group and all the kids are having fun surfing with their mates and learning some new surfing skills in an amazing family environment. Presentation night last month was great, with lots of prizes, medals and trophies for all. We're very proud of each and every one of our groms. Special to Tate Russell, our new Super Grommets Champion 2019, who finished the year winning all 5 events on the calendar. Also Jacob Liatos for a brilliant second place, Rhylee Duell 3th and Hudson Jongen 4th place consecutive. Thanks to the committee members, coaches Bob, Daniel and Ed, top parents and sponsors: Rip Curl and Full Circle.

### TOP SEASON.. PIBC 2019.

The last two events of March were held with epic surf conditions at Flynn Reef and Anzacs. The Phillip Island Boardriders Club finished the season in great style. The 2019 calendar developed by the new Committee had six events and a record of 13 different age divisions, bringing to the water the best surfers from the Island. With great structure, live scores technology, social and special events include state and national titles, and a special WSL QS every year. The PIBC team also make a good appearance on the Boardriders Battle again and represent Victoria on the National final in Sydney. Sophie Fletcher and Carl Wright brought the Open title home with lots more individual good results, Coldy Jeffrey and Sage Goldsbury made history, representing Australia in international events. I think we have reasons enough to be proud and it definitely helps to bring the big names back to the house. Good to see the original members that make history in the past like Bob Matheus and Bob Hippo share



Tate Russell - 2019 Super Grommets Champion

heats with the Wright's, Goldsbury's, Fostin's, Cininas's, Van Dijk's. The Presentation night coming up soon, keep tuning in @pibc.

### SURF RULES

When you start to surf don't take too long to observe the behaviour of experienced surfers. They have a silent conduct code of respect that we can call the surf rules. Without this it would be impossible to surf with crowds. Sorry, but it does not come in a book, we have no certificates or exams. It's a general common sense behaviour to make life easy for everyone and avoid bad vibes around your surf session.

### Here we go with some tips from @prosurfcoaching\_

Only one surfer per wave and if there is someone on the wave, do not get involved. If you are not the person closest to the peak, do not steal it from another person, paddling like a crazy person to arrive earlier, Wait until it's your turn. If you see that someone is waiting in the break point before you, the next wave that arrives is for that person. Tell others the directions where you are going as sometimes waves open to both sides. It is important that you tell others where you are going to avoid crashing and give them the chance to surf the other side of the wave. When you paddle for the wave make sure you go for it.

### IMPORTANT

A good way to learn the Surf rules quickly is to sign up for a surf lesson to acquire a sufficient surf knowledge level that allows you to surf safely and not get frustrated when you see that you do not advance in your confidence. Try to only surf within your level. Do not climb waves above your means. It can be dangerous or release the board behind, which gets in the path of others and can cause an accident.

### WELCOME BACK

We are all looking forward to the Rip Curl Pro at Bells Beach, on April 17 to 27. On Easter weekend the DROP music festival will be take place and also movies, art and lots of more will happen in Torquay Surf City.



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# Easter Holiday fun on Phillip Island

Phillip Island is buzzing these school holidays, starting with 13 days of Antarctic Journey Antics at the Nobbies, and culminating with the ever-popular 2 day Easter Fun Festival at Churchill Island, now in its 11th straight year.

On the weekends of April 6-7 and 13-14, exciting and action-packed Liquid Nitrogen Shows at Antarctic Journey give kids the opportunity to learn and have fun at the same time. The 45 minute shows are on at 11am and 2.00pm on all four days. Every day between April 6 and 18, Phillip Island Nature Parks' rangers will run a program of art and craft activities between 10am and 4pm.

Just in time for the school holidays, you can check out the Antarctic Journey's brand new interactive displays and photo opportunities, fresh off the ship from the Southern Ocean. Kids can start by exploring the portable research pod for an insight into life and work on the frozen continent.

Challenge your senses as you try and identify what you feel, or figure out what that smell could be in the new touch and smell interactive. Discover the hazards of marine debris for our marine

life with the plastic pollution exhibit, then find out how scientists have unlocked some of the secrets of the earth's climate history with the use of ice cores.

The Easter Fun Festival at Churchill Island promises two fun-filled days on Saturday 20 and Sunday 21 April. The farm comes alive with family favourite activities, demonstrations, and entertainment, and even special visits from Peppa & George Pig.

On Saturday, Peppa Pig and her little brother George will make their way to the farm for some meet and greet sessions with the kids between 11:00-11:20, 11:40-12:00, 12:20-12:40 1:00-1:20, and 1:40-2:00pm.

What Easter Festival would be complete without an Easter Egg Hunt on Sunday morning? Kids can join other kids their own age in the age-grouped hunting sessions which take place every 10 minutes between 10am and 1pm.

You'll have plenty to keep you busy all weekend with lawn and garden games, Jenga, Noughts and Crosses, Table Tennis, and some Old Time games as well. Nature Parks Education Rangers will

also have plenty of fun art and craft activities for the kids, and maybe even for Mum and Dad to join in.

The much-loved working horses will be at the farm all weekend, courtesy of the Victorian Heritage Draught Horse Club, plus there's a whole range of traditional hands on farming activities and demonstrations including scheduled tractor rides, cow milking, sheep shearing, working dogs and whip cracking. Step into yesteryear with a wonderful display of vintage cars and caravans. The Wonthaggi Woodcrafters will be there on Saturday to help you make your own wooden toy.

So come along and spend the weekend having some good old fashioned family fun, bring a picnic or sample some fare from the food stalls providing a variety of options.

Entry to the Easter Fun Festival and Antarctic Journey Antics is FREE with a great value 4 Parks Pass which includes entry to the Penguin Parade, Antarctic Journey, Koala Reserve, and Churchill Island, so why not make this Phillip Island holiday one to remember?



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Sheep shearing demonstrations will be one of many activities at Churchill Island when the Easter fun festival is held on April 20 and 21



## What's Cooking?

Simple, delicious recipes.  
No experience necessary.

### VEGETABLE FRITTERS WITH POACHED EGG

Submitted by  
Bimbadeen Phillip  
Island



#### WHAT YOU NEED:

2 large zucchini, trimmed and sliced 5 eggs  
2 cups (about 300g) diced pumpkin 1/3 cup olive oil  
1 carrot, trimmed, sliced 1/2 cup self raising flour  
1 cup mint leaves 150g feta cheese crumbled  
3 green onions, thinly sliced  
1/2 cup frozen peas, thawed  
1 1/2 cups panko breadcrumbs

#### WHAT YOU DO:

Preheat oven to 180 degrees. Line a baking tray. Place zucchini in a food processor and process until finely chopped. Transfer to a clean kitchen cloth and squeeze, over the sink to remove excess liquid. Place zucchini in a large bowl. Add pumpkin, carrot and mint to food processor and process until finely chopped. Add to zucchini with onion, peas, breadcrumbs, flour and feta. Lightly whisk 1 egg in a small bowl and add to vegetable mixture. Season. Stir until combined. Form 1/3 cups of the veggie mixture into fritters and place on a tray. Heat half the oil in a non-stick pan over medium heat. Cook fritters in batches for 3 minutes each side or until golden. Meanwhile bring a medium saucepan of water to the boil. Reduce heat to low when bubbles subside, use a spoon to stir the water until a whirlpool forms. Break an egg into a small bowl and gently slide into whirlpool. Cook for 3 minutes or until white is cooked. Use a slotted spoon to transfer egg to a plate. Repeat with remaining eggs.



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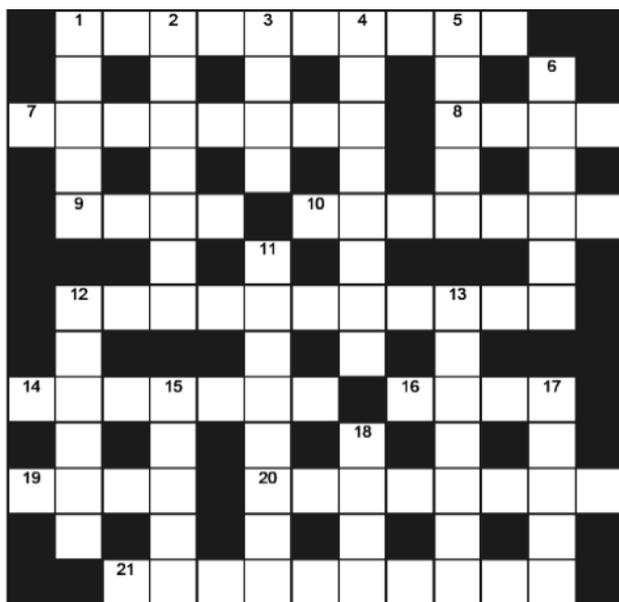
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# Brain Food

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



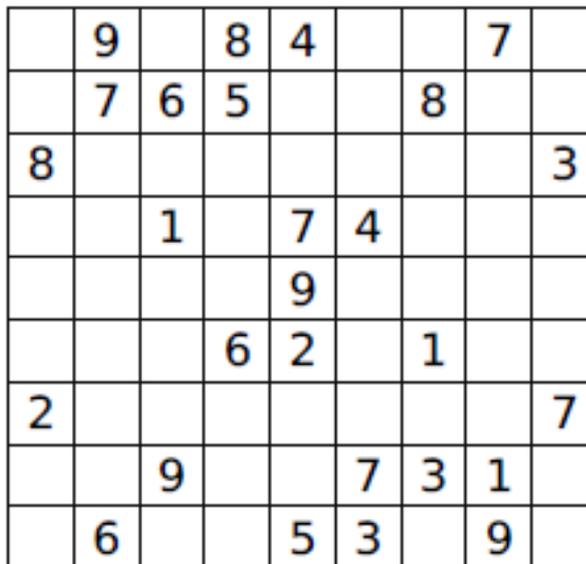
Vibe Quick Crossword 111

**Across**

- 1 Divergent (10)
- 7 Guilty parties (8)
- 8 Level (4)
- 9 Amend (4)
- 10 Contempt (7)
- 12 Unhappy (11)
- 14 Monkeys (7)
- 16 Worn on a riding boot (4)
- 19 Also (4)
- 20 Regard as perfect (8)
- 21 Skin tightening liquid (10)

**Down**

- 1 Dark tan (5)
- 2 Serviettes (7)
- 3 Sinister (4)
- 4 Most appetising (8)
- 5 Fix (5)
- 6 To the rear (6)
- 11 Smellier (8)
- 12 Not possible (6)
- 13 The product of force (7)
- 15 Sanctuary (5)
- 17 Reboot (5)
- 18 Legume (4)



**Vibe Sudoku 111**

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

## Phillip Island Club news

What are you doing at Midday Fridays? Why don't you join us for a 3 course meal for only \$15. Bring a friend or family too! Bookings are essential so we know how many to cater for. Call us on 59522973 no later than 10am Thursday mornings to let us know you're coming. Did you know we have a courtesy pick up and drop off bus for our members? Our yearly membership is only \$15.00 This \$15 enables you to be part of our family. We have an entertainment sub committee currently working on many different activities for our members, some of which include a footy tipping competition and concerts, carpet bowls, raffles and exclusive op shop and so much more.

Quality local food is cooked by Phillip Island's own Melva Smith and Leanne L'Hotellier. Did I mention our members have access to free bread proudly donated



by Woolworths and Bakers Delight each week? We are a culturally diverse and non judgemental club and welcome people from all walks of life and embrace what you have to bring to our club. Why not check our our facebook page at [www.facebook.com/phillipislandclub/](http://www.facebook.com/phillipislandclub/) And with school holidays coming up why not bring the grandkids to the train club situated at the back of the club hall. Entrance through the carpark off Watchorn Rd, Cowes.

Have you got stuff you'd like to sell but not quite enough for a garage sale? Why not book a table at our annual Easter Saturday garage sale. Only \$10 to hire a table for the entire day and you can get free advertising with us. Bargain! Bookings necessary. Call the club on 59522973 and leave your details so we can get back to you asap or email us at [piscc123@gmail.com](mailto:piscc123@gmail.com) or call or text our club secretary Liza on 0431867058. The day is always a lot of fun!

## Q&A EASTER TRIVIA

1. The idea of the Easter Bunny originated in the 1700's in which country?
2. What flower is associated with Easter?
3. What job did Zacchaeus hold in the bible?
4. What Australian animal is sometimes substituted for a rabbit at Easter time?
5. What was the purpose of the Easter Act passed in 1928 by Parliament in the United Kingdom?
6. At the last supper, what food did Jesus liken to his body?
7. When was the Cadbury company started?
8. Easter celebrates the resurrection of Jesus Christ. After his crucifixion, Jesus rose from the dead after how many days later?
9. 76% of people eat which part of a chocolate Easter Bunny first?
10. Rabbits with long floppy ears can't hear as well as those with ears upright. True or false?



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



## Forgiving for inner freedom

Being hurt, betrayed, used is all part of life. It's part of the human persona and well, it's very hard to not experience during our life.

Of course what we don't realise is that these things that happen to us are of course life lessons.

So how do we move on from such hurt towards us? How can we ever feel okay within ourselves again when what could of happened may have been absolutely disgusting, and just incomprehensible.

Well here is the answer - Forgiveness. Say what? I know you just said that, but yes, you did read that correctly.

Forgiveness is the answer and this is why. By holding onto hate, spite and feelings of possibly wanting revenge in fact does absolutely nothing to the perpetrator who did this to you .

In fact it lets them feel they won. It just gives them more ammunition and it just keeps this nasty cycle going.

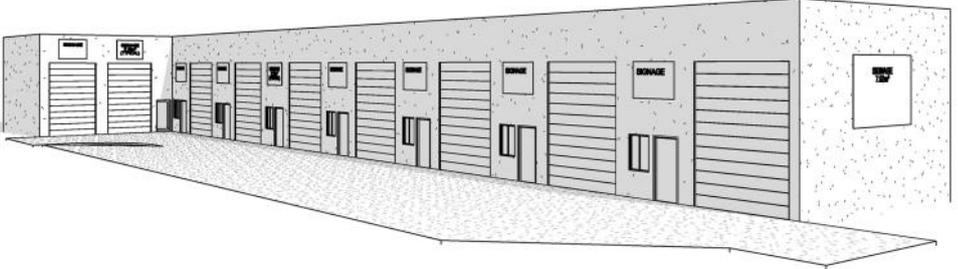
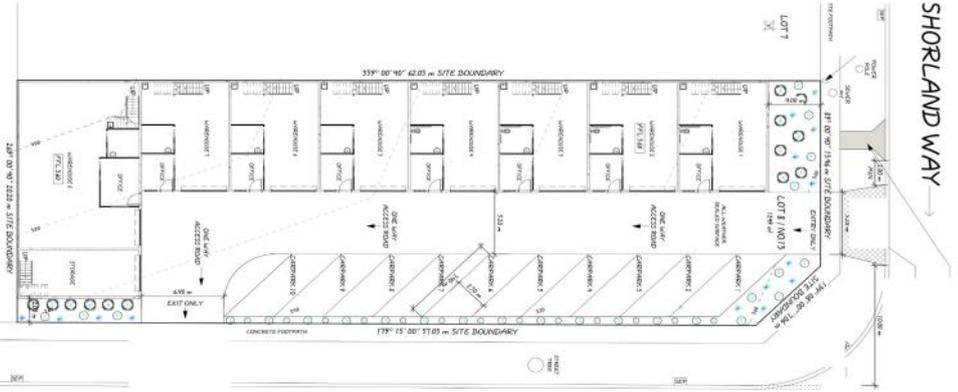
But if you can find that space within, and oh believe me it's hard to at times but trust me its there, giving yourself permission to forgive the

perpetrator is honestly life changing. Now let me clarify it in no way condones their behaviour and in fact its not even something you are going to necessarily say to them in person, but it is freeing you from the situation it gives you back your power. It gives you freedom.

Forgiveness doesn't always mean forgetting and hoping it doesn't happen again, or allowing it to repeat itself. Forgiveness is also closing the door, it leaves them standing there behind that door wanting more. But no, they aren't getting it because you are going to lock that door, throw away the key and move forward to your best life yet because you have forgiven, you have let it go and it now holds no emotion, no power or hold over you anymore. But for them, I guess they now know they didn't win in the end because you have taken away their power so that they cannot hurt you any longer.

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# REINVENTING THE RUMPUS ROOM

Many of us who have grown up in Australia will remember the rumpus room – a playroom in the family home for kids that often featured a TV, pool table, bean bags and toys. A foosball table was an enviable rumpus room attraction. And, although the rumpus room still exists today, recreational spaces in the family home have evolved, catering for every family member, not just the kids!

Metricon's Gippsland Regional Manager, Jeff Telford says, "Our definition of 'play' has shifted to include gaming, surfing the net, browsing social media, streaming, cooking and entertaining. It's not uncommon for homes to feature multiple recreational spaces to support all of these varied activities," Telford adds.

"In regional areas, it's common for families to build a home with two distinct living spaces – one for parents, and a hang-out space for kids. Studies, theatre rooms and outdoor rooms are also popular if land size permits. And of course a double garage, AKA man-cave, is a must-have for many", Telford says.

When building a new home and deciding what recreational space your family is

going to need, Telford suggests families think beyond the here and now.

"You might have a room set up as a playroom while your kids are little, but be able to easily convert it to a study or another bedroom once they get older. Similarly, a twenty-something's bedroom might transform into a lovely sewing room for a parent who is soon to be an empty-nester."

According to Telford, a flexible floor plan is key to maximising recreation spaces in the family home.

"The rumpus room is here to stay, but there are so many other spaces in the home that can be set up to maximise recreation activities," Telford concludes.

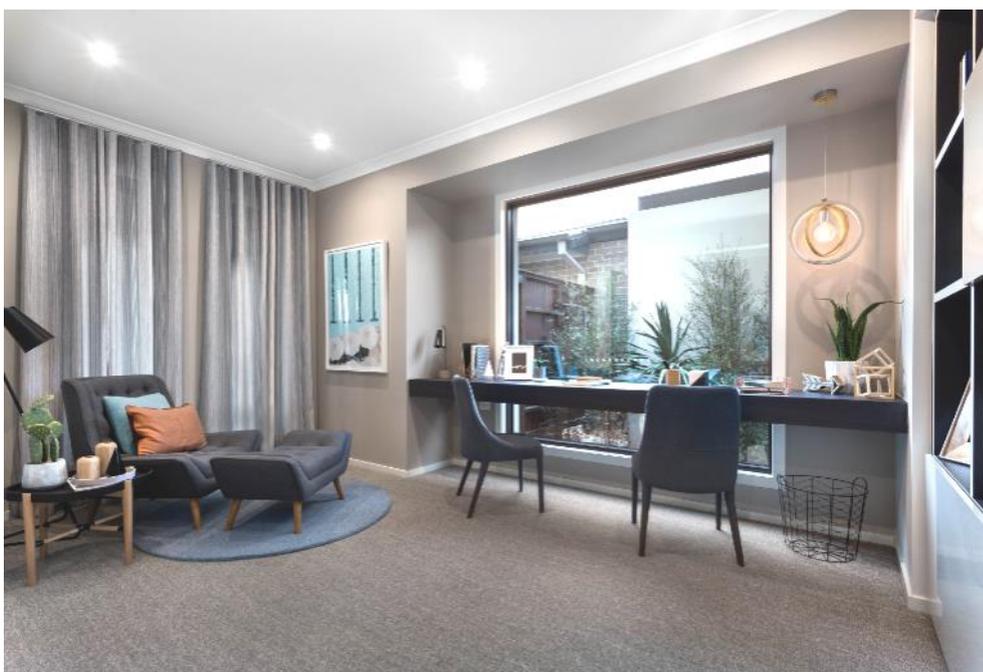
Metricon's must-haves when planning your rumpus room and recreational areas:

**Comfort** – Whether it's a comfy sofa, ergonomic chair or desk at the right height, comfort should never be overlooked  
**Lots of power points** – Kids and adults alike need these for technology, gaming consoles and other devices. Being fully charged is a must!

**Plenty of storage** – consider incorporating built-in storage or purchasing cabinetry to hide unsightly clutter when games and hobbies are not underway

**Noise and privacy** – Do your recreation areas need doors? How important is keeping noise levels down in the home? Most families don't want to hear competing TVs.

For more information on home designs to suit your family, visit [www.metricon.com.au](http://www.metricon.com.au)



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## SOMEONE'S AT THE DOOR DARLING

*Murder's out of tune,*

*And sweet revenge grows harsh.*

*William Shakespeare, Othello*

Inspector Jack Flint of the Phillip Island constabulary did his best to have his mate Leroy Cunningsworth accompany him to murder crime scenes. The logician's uncanny forensic skills and unerring ability to find clues and explanations was the talk of the Police force. Jack's envy of his friend's forensic abilities had long ago been replaced with admiration, but sometimes it irritated him that he could not see what Leroy regarded as obvious when considered in its proper context or his treatise on circumstances evidence.

The brilliant amateur sleuth and some- times barrister was invariably to be found in the book store, on the golf course or fishing, usually in that order, but today Flint was lucky.

Leroy answered the phone, and his excitement for being extended an invitation to help at a crime scene was palpable. "Meet you there in ten," Leroy yelled, while, so it seemed to Flint, the sound of heavy surf, maybe seagulls, was evident in the background.

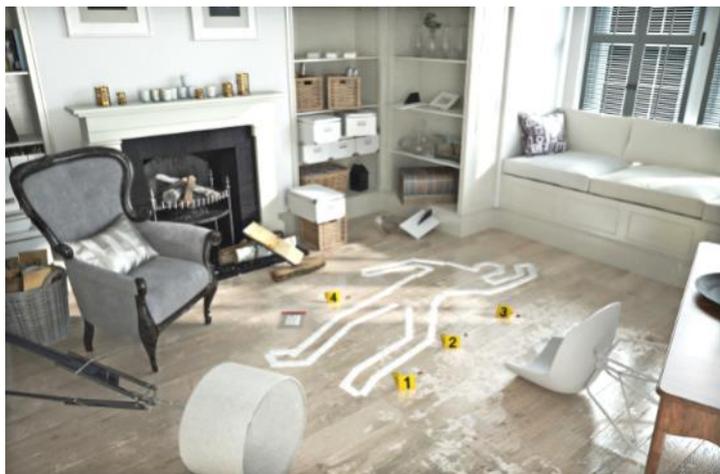
The redoubtable Judge Julie Weinstock of the Melbourne Supreme Court had been found shot to death in her holiday home in Ventnor.

The two detectives met outside the Judge's home.

"This is really bad," Flint kept repeating to Leroy as they were about to enter the secluded country house.

Flint hurriedly explained to Leroy that Judge Weinstock had been receiving anonymous death threats. "She was under police protection even while on holiday. There was reliable information, that members of the Melbourne Mafia that she had named and blamed in her court judgments for "hits" were out to get her."

"And she gets killed the same way?" Leroy whistled. "Wow. That is bad."



They entered through a side door. A crime-scene team was already on the premises. They quickly brought them up to speed. "Dr. Weinstock was the last person to see his wife alive." Leroy eyed a tall, angular man in hospital scrubs sitting on a sofa, his head buried in his hands. The officer in charge read from his notes taken after he had spoken to the doctor.

"This morning, he says, was like any other morning. The guy is a surgeon. He's up at six every day and out of the house by 6:30. The Judge gets up around seven. She makes coffee and then sits down and watches the morning news. It's always like that whether in the city or on so-called holiday. I'm devastated. She was tough on crime, and for that matter, on me in a way, but she didn't deserve this."

Flint remarked to Leroy that it was obviously a mob hit. Leroy looked at him with arched eyebrows. "Remember my friend, circumstantial evidence is a very tricky thing- it may seem to point very straight to one thing, but if you shift your point of view a little, you may find it pointing in an equally uncompromising manner to something entirely different."

Flint shrugged, unconvinced, he had heard this before, and muttered, "the evidence was more than circumstantial- it pointed in only one direction- the mob, or maybe, one or other of the thugs named by the Judge - no difference."

Leroy remained silent and looked around. Crime scenes were fascinating in the forensic world in which he loved to live. His thoughts were processing quickly as did his pulse. He said softly, "there is no typical crime scene. There is no typical body of evidence and often the trick was to deduce the lies from the truth when evidence and witnesses offered their respective explanations. Let's find the truth."

Leroy crossed to the television. It was still on, and a technician was dusting it and nearly everything else for prints. There were slippers in front of a comfortable-looking chair and a cup of cold coffee on an end table. Leroy then asked Dr. Weinstock to repeat his explanation of the pertinent events. It tallied with the officer's notes.

"Did anyone hear the shot?" Flint asked.

"No," said the same police officer. "We're guessing the time of death was around 7:30 after she made coffee and before she got dressed for work." He offered his own take on what happened. Same thought process as his superior.

Leroy listened intently, pointed around the living room, re-creating the scene. "The judge is watching the news, just waking up, when the doorbell rings. She goes and opens the door and bang—shot twice in the chest. "Classic mobster hit scene, but then maybe not," he said softly to Flint. Flint looked puzzled. There was no other explanation, he thought but knew better than to disturb the logician's train of thought.

Leroy wandered over to the entry hall, now cordoned off with yellow tape. The body had been removed, but red slashes of blood still decorated the walls and floor.

**Continued page 19**

"How far did the shooter get into the house?" Leroy asked the technician. All the local police knew Leroy and shared Flint's respect for the sleuth.

"Don't know," he answered. "There was no reason for him to go inside, but we're dusting and taking samples just in case. Maybe someone rang the bell and boom."

The body had been discovered around noon by the DHL mail carrier. "He's still here. You want to speak with him?"

Leroy and Flint found the mailman standing beside his truck, taking nervous drags from a cigarette. "Her car was in the driveway when I got here," he stammered. "I had a funny feeling. I get that when things don't seem right. Then I saw the front door open and something lying in the hall." He shivered. "I didn't touch a thing, honest. I just called the cops."

A technician was just leaving the house and stopped to give a preliminary report. "We found a lot of prints we assume are from the Judge and the Doctor. A few places were wiped clean—the bell and the doorknob, as you might expect. Also the coffemaker and the TV remote. We'll know more by tomorrow." Leroy smiled to himself. He knew more already.

Inspector Flint was heading back into the house when he turned. Leroy wasn't following him. He was just standing on the front lawn, thinking. "What's the matter?" Flint asked. "Don't tell me you know who killed her?"

"Okay, I won't," said Leroy, but it was clear that he did.

**WELL READERS - WHO KILLED THE JUDGE?**

**WHAT CLUES POINTS TO THE KILLER?**

## Community Markets

### Churchill Island Farmers' Market

Extra Market Good Friday April 19th and Regular Market Saturday April 27th. Both 8am-1pm. Churchill Island Nature Park

### Cowes Island Craft Market

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

### Island Foreshore Market

Jetty Triangle to Erehwon Point. 1st Sat every month - April 6th 3-9pm. Also Easter Saturday, April 20th, 3-10pm.

### Market on Chapel

Saturday April 27, 9am-2pm Variety Market with 50+ stalls. St John's Uniting Church, 86 Chapel Street, Cowes.

### The Island Makers Market

YMCA Phillip Island, 10-14 Church Street, Cowes. Sunday April 14th 9am-2pm

### Rhyll Collectables and Upmarket Garage Sale

April 13 and 14, 10am-5pm. Rhyll Mechanics Hall & Park, Rhyll. Light luncheons, tea and coffee

### Phillip Island Club Garage Sale

Easter Saturday, April 20th. 8am-around 2pm. 6 Lions Court, Cowes.



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ANZAC DAY**

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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](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 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. Ag group 60-90 years. Call Dagmar 59566965.

**“Bee Crafty” New Community Craft** Group is meeting fortnightly on Wednesdays at St Phillips Church Hall, Thompson Avenue, Cowes (opposite Coles). All are welcome. For further details Desma Maxworth 0409 136 620

**Phillip Island University of the Third Age (U3A)** provides learning and social activities such as choir, creative writing, stage-craft, 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@boomerangbagspisr.org

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

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

**Phillip Island Community Meal** operates on Mondays during school terms, 5.30 to 6.30pm. Volunteers prepare and serve a healthy two course meal to attendees. All welcome. Uniting Church Hall, Cnr Chapel St and Warley Ave, Cowes. Facebook @cowescommunitymeal

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

**ASPI Textile Artists Group** A fantastic, friendly group of ladies that share their love of textiles in extended ways. Meeting fortnightly in The Heritage Centre rooms next to the library. Contact Shirley Collins 0410 584025.

**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.

# PUZZLE SOLUTIONS

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

**Vibe Sudoku Solution 111**

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

**Vibe Crossword Solution 111**

**Quiz Solution 111**

1. Germany 2. Lily 3. Tax collector 4. Bilby 5. Establish a fixed date for Easter 6. Bread 7. In Birmingham, England in 1824 8. 3 9. Ears 10. True



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## WHO DUNNIT SOLUTION

**For Someone's at the Door Darling**

Inspector Jack Flint was used to the sleuth's clever theories, but now and then even he got exasperated. "How could you possibly know? There are no clues. No suspects, unless you count the mailman. And no prints, and of course you ignore the mob and the threats," he added with a touch of friendly sarcasm.

"That's the clue" Leroy said, "the fact that there are no prints."

"Of course. The killer wiped them off."

"He also wiped them from the coffeemaker and the TV remote."

Flint frowned. "You're right. That is a little weird."

"Here's a good question," Leroy said. "What would you think if you'd found her husband's prints on the coffeemaker?"

"Well..." Flint thought. "I'd think the doctor was lying about his alibi. He said that his wife always made coffee after he left the house. So her prints should be on it, not his."

Leroy nodded. "I think he killed her before he left for work this morning. He set the stage by making the coffee, turning on the TV, all of that. Then he wiped off his prints. He had to."

"That would explain it," Flint smiled. "I guess I need to talk to Dr. Weinstock about his wife and it won't be to pass on condolences. Well done buddy."

# FROM THE MOUNTAINS TO THE SEA CLASSIC GOOD SERVICE

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