

Free

# PHILLIP ISLAND VIBE

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ISSUE 112 MAY 2019

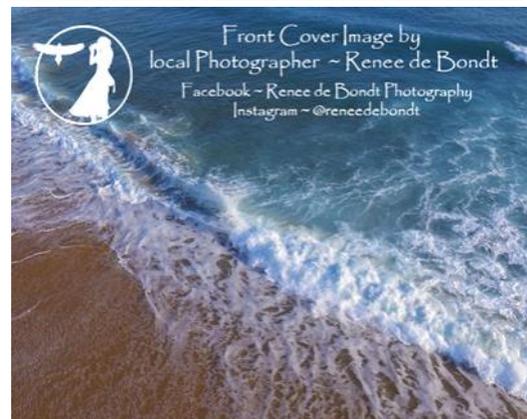


Thanks to Renee de Bondt Photography for this stunning photo of the Newhaven Marina. Hoping all our readers and advertisers enjoyed the Easter break. This month you can check out the delicious Indian fish, cauliflower and coconut recipe that Bass Strait Direct have supplied us with on page 6 as well as all the regular monthly articles. Happy reading.

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

### Surf Rip Curl Pro 2019

It's hard to try describe what happened at Bells Beach during the Rip Curl Pro. We can say that a bit of everything made this event super special and forever remarkable. The small waves at the start to giants wave mountains in the finals was one of the biggest test for the best surfers on the planet. Ten days of different events were integrated with lots of fun and incredible surf. Finals Day at the Rip Curl Pro Bells Beach 2019 was awesome. Solid waves and great conditions. The men's final was incredibly decided at the last minute with Hawaiian John John Florence the winner and Brazilian Filipe Toledo second. In the women's final, American Courtney Conlogue claimed her 3rd Bells trophy and Hawaiian Malia Manuel took out second place. The tour now goes to Bali after Margaret River for more action.

### Occy v Curren

During the Rip Curl Pro Bells Beach, the Heritage Heat between Mark Occhilupo and Tom Curren took place. Two formers world champions in a rivalry that spans two continents and four decades. Mark Occhilupo beat Tom Curren in the second WSL Heritage Heat. The pair are tied 1-1 in Heritage match ups, and this win puts Occy ahead of Curren 11-10 in all time head-to-head match ups. Legends, friends, competitors. This is what it's all about.

### #risingtides

Rising Tides is a fantastic initiative from the World Surf League that brings together young girls at each World Tour venue and offers them the chance to surf with their female surf heroes. At Bells, a group of 50 Victorian girls got the chance to surf with Stephanie Gilmore, Islander Nikki van Dijk, Carissa Moore, Courtney Conlogue and had a special visit from 10 times Bells Beach champion Gail Couper!

### The 50-Year Storm

The 50-Year Storm was arrived for Rip Curl's 50th anniversary. Three consecutive days of competition lined up with up to 15-20 ft waves on offer for the world's best!

### #fightforthebight

The Fight for the Bight paddle out in Torquay was a tremendous success with thousands of people including top surfers coming together to protect the beautiful Australian coastline from off-shore drilling. Well done to all who were involved.

### Surfers Rescue 24/7 Program

All surfers should know how to perform rescues using their boards and also know CPR for the worst case scenarios. Surfing Victoria are running the FREE Surfers Rescue 24/7 Program. For more info #surfersrescueVIC



*Courtney Conlogue Woman's champion at Bells. Photo: Daniel Haymann*

## PHILLIP ISLAND CLUB NEWS

What a fabulous day we had at our annual garage sale on Easter Saturday. Big thankyou to the people who hired a table to sell their wares and goods. We enjoyed your company and all the people you helped bring in. Your success added to our success and we hope you enjoyed yourselves too. Thank you too to our local IGA in Cowes for your contribution. We appreciate your business and community minded spirit, attitude and friendly service. There were so many bargains and lots of foot traffic coming to check us out. Thanks to Beverly Robertson for the best scones on the island. So fresh and perfect for morning and afternoon tea.



Also, a big thank you to our volunteers whose help make a big job feel easy and effortless.

After the school holidays it's back to business as usual. Friday lunches resume. \$15 for a 3 course hot roast. We also cater to vegetarians and diabetics. And if you're a member we can pick you up and drop you back home on the day.

Our footy tipping competition is heating up. We award those whose team has won 3 games in a row with a prize. So far we have given away 7 prizes in total. And it's still early in the season. Did you know our hall is available for hire? We have a big commercial kitchen and P.A. System. It's perfect for weddings, birthdays, special anniversaries, meetings etc. No matter if it's big or small it's worth giving our hall a look.

Sisters and Misterys will be playing at our club on Sunday 5th May 2019. Doors opening at 1:30pm. Concert starting at 2pm. Tea, coffee and biscuits available on the day.

To find out more about our lunches or to enquire about our hall please call 59522973, leave a message with your name and phone number and we will get back to you within 24 hours.

Great job everyone. Look forward to seeing you at lunch sometime soon.



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

**KILL ALL THE LAWYERS**

Authors research note-"*Let's kill all the lawyers*" is a line from William Shakespeare's Henry VI, Part 2, Act IV, Scene 2. The full quote is "The first thing we do, let's kill all the lawyers". It is among Shakespeare's most famous lines, as well as one of his most controversial, and has been used as the title of movies and books. Shakespeare may be making a joke when character "Dick The Butcher" suggests one of the ways the band of pretenders to the throne can improve the country is to kill all the lawyers. Dick is a rough character, a killer as evil as his name implies, like the other henchmen, and this is his rough solution to his perceived societal problem.

Being a retired lawyer, I think the quote is misleading and does most lawyers an injustice but then that's a personal opinion and for as long as movies and T.V. perpetuate most lawyers as very bad guys and the Bard remains popular, the quote will continue to have an enduring quality - so accepting my fate, it befalls me to knock off a lawyer for my present bite size whodunit story for the Vibe. Hope you enjoy it.

So to the story.....

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Mona Fisher turned and gazed at Jerry, sleeping next to her on their marital bed. Her eyes wandered down to his wedding band. She still couldn't believe she was married to a successful lawyer—such a great catch. They had recently spent a romantic holiday in Acapulco and were planning to start a family. "Couldn't get much better than that," she thought. Turned out she was terribly wrong.

In the morning Jerry Fisher cleaned the few dishes left in the kitchen sink, hugged Mona affectionately, and tenderly kissed her good-bye while he lightly pinched her bum; then he headed off to work leaving behind a very happy Mona. He had an ongoing murder trial to prepare for, and a complaining, not so socially acceptable client, that he couldn't afford to disappoint.

At seven that evening, a cleaning woman entered the law offices of Fisher & Dyce and discovered the body of Jerry Fisher. He had been stabbed to death, a sharp letter opener still sticking out of his chest.

Inspector Flint's first unpleasant duty was to interview the young lawyer's widow. Mona was distraught. "We were only married four months. I never met a man more romantic and honest. Why would anyone want to kill him, although I warned him to stay away from some of his bkie clients. You never know what those guys might do."

Jerry's law partner, Kyle Dyce, echoed her sentiments. "Jerry was a man I trusted completely, and a darn good lawyer. He was still working when I left. About 6 p.m. I walked across to the health club. I didn't work out, just used the tanning bed. I suppose I was jealous of Jerry's great Mexico tan."

The Inspector spent the next hour going through Jerry's papers and discovered that the trusted Jerry Fisher had been skimming money from the law partnership. He reminded himself that a course in accounts when joining the police had its benefits. He could now do the book maths. He also found the phone number of a woman—Gail Lowenski. He had called his mate, Leroy Cunningham, to assist with the crime scene, and the brilliant but eccentric resident sleuth arrived in time for Flint to fill him in. Leroy was excited - crime scenes did this for him. His mind was in overdrive. Look behind the obvious was his motto.

They located Ms. Lowenski just leaving the art gallery she managed. The attractive redhead appeared devastated by Jerry's death and even more devastated to hear that he'd been married. "We were together just this afternoon, at my apartment. The louse told me he was single. For months he was stringing me on. I was so sure he was going to propose."

The two detectives showed up to witness Jerry Fisher's autopsy. "All three of them had motives," Leroy whispered as they stared down at the cold, naked body. "My instincts tell me the wife did it," said Flint.

"No, my friend, not the wife. But I know which one." Leroy intoned softly. Flint looked at him with amazement.

**Well, Vibe readers, Whom did the brilliant sleuth suspect and why?**



*Meet a local  
community volunteer*



*Faye Rosen has been volunteering at the Phillip Island Visitor Information Centre for 12 years*

**Thanks for chatting with us at the Vibe Faye.**

**What is your role here at the information centre?**

I look after the tourists that come in. The most common question we get is "what is there to do on the Island?" and we tell them about the island's attractions and events. I also stock the information booklets and souvenirs.

**What do you like to do when you're not volunteering?**

I play golf twice a week and keep fairly busy.

**What is the best part about your job?**

I really like the people, both the visitors but also particularly the people that I work with. I get to meet people from all around the world and they're also always happy and cheerful because they're in holiday mode.

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

I was a nurse at a medical centre.

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

I do remember dressing one of the other staff members as a large penguin and walking her out the front where she waved at the cars driving past.

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

I really highly recommend volunteering. I think it's a win win arrangement and both the volunteer and the organisation benefit but sometimes I think the volunteers do benefit the most.

**Anyone interested in volunteering at the Visitor Information Centre should contact Jenni McMillan at the Phillip Island Visitor Information Centre on 1300 366422.**

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## What's Cooking?

Simple, delicious recipes.  
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### Indian fish, Cauliflower and COCONUT Curry

This curry is packed full of flavour and works well with any firm, white fish such as Rockling, Gummy or Duckfish.

Thanks to Bass Strait Direct at Newhaven for submitting this recipe.

#### What you need

- |  |                     |
|--|---------------------|
| 2 tbs ghee   | 1 tsp mustard seeds |
| 2 Cardamom pods, Crushed   | 1 Cinnamon quill    |
| 1 tbs madras Curry paste   | 1 dried red Chilli  |
| 1 Curry leaf sprig, leaves picked, plus extra Crispy leaves to serve |                     |
| 1 tsp ground turmeric  | 400ml coconut milk  |
| ½ Cauliflower, cut into small florets                                |                     |
| Finely grated zest and juice of 1 lemon                              |                     |
| 600g monkfish (or other firm white fish), cut into 5cm pieces        |                     |
| Steamed brown basmati rice and pappadams to serve                    |                     |

#### What to do

In a large heavy-based pan, heat ghee over a low heat. Add mustard seeds, cardamom, cinnamon, chilli and curry leaves. Cook for 1-2 minutes until fragrant, stirring regularly. Add the curry paste and turmeric, and cook for a further 1 minute.

Add the cauliflower, turning to coat each floret with the spice mixture. Add the coconut milk and lemon zest, and stir to combine.

#### How to prepare Citrus fruit

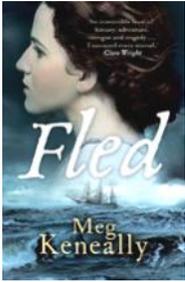
Bring to the boil, season, and simmer for 2 minutes. Add the fish to the pan, gently pushing the pieces down so they are immersed in the sauce. Cover with a lid and simmer for 3-4 minutes until fish is just cooked through.

Squeeze over the lemon juice and scatter over the coriander leaves. Top with crispy curry leaves and serve with steamed rice and pappadams.





## Book Reviews



**Fled**

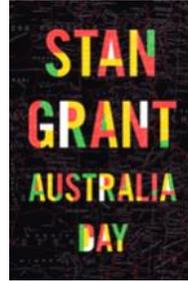
by Meg Keneally

RRP \$29.99

Highway robber. Convict. Runaway. Mother. She will do anything for freedom, but at what cost?

Jenny Trelawney is no ordinary thief. Forced by poverty to live in the forest, she becomes a successful highwaywoman - until her luck runs out. Transported to Britain's furthest colony, Jenny must tackle new challenges and growing responsibilities. And when famine hits the new colony, Jenny becomes convinced that those she most cares about will not survive. She becomes the leader in a grand plot of escape, but is survival any more certain in a small open boat on an unknown ocean? Meg Keneally's debut solo novel is an epic historical adventure based on the extraordinary life of convict Mary Bryant.

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



**Australia Day**

by Stan Grant

RRP \$34.99

'As uncomfortable as it is, we need to reckon with our history. On January 26, no Australian can really look away.' Since publishing his critically acclaimed, Walkley Award-winning, bestselling memoir Talking to My Country in early 2016, Stan Grant has been crossing the country, talking to huge crowds everywhere about how racism is at the heart of our history and the Australian dream. But Stan knows this is not where the story ends. In this book, Australia Day, his long-awaited follow up to Talking to My Country, Stan talks about our country, about who we are as a nation, about the indigenous struggle for belonging and identity in Australia, and what it means to be Australian. A sad, wise, beautiful, reflective and troubled book, Australia Day asks the questions that have to be asked, that no else seems to be asking. Who are we? What is our country? How do we move forward from here?

Stan Grant is a Wiradjuri and Kamilaroi man. A journalist since 1987, he has worked for the ABC, SBS, the Seven Network and Sky News Australia. From 2001 to 2012 he worked for CNN as an anchor and senior correspondent in Asia and the Middle East. As a journalist, he has received a string of prestigious international and Australian awards. In 2015, he published his bestselling book Talking to My Country, which won the Walkley Book Award, and he also won a Walkley Award for his coverage of Indigenous affairs. In 2016 he was appointed to the Referendum Council on Indigenous recognition. Stan is now Professor of Global Affairs at Griffith University and International Affairs Analyst at ABC.

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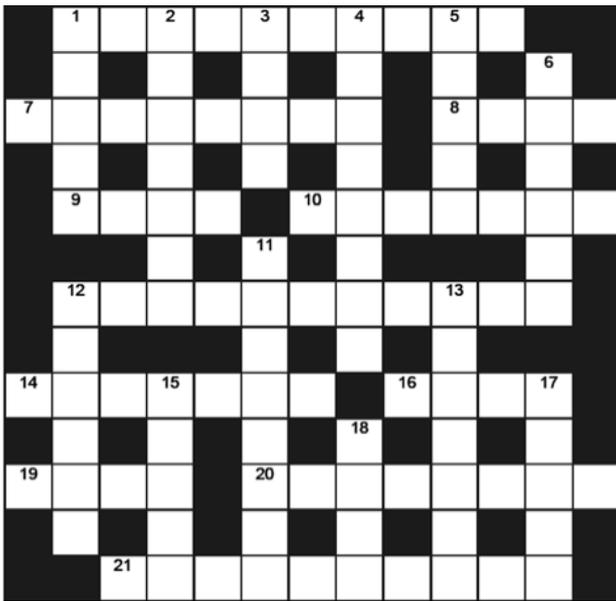
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# Brain Food

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



**Vibe Quick Crossword 112**

- | Across               | Down                   |
|----------------------|------------------------|
| 1 Greeting (10)      | 1 Dodgy ventures (5)   |
| 7 Cardigan (8)       | 2 Climbing tools (7)   |
| 8 Test (4)           | 3 Pulls (4)            |
| 9 Stalk (4)          | 4 Perseverance (8)     |
| 10 Receives (7)      | 5 Very overweight (5)  |
| 12 Stop (11)         | 6 Fight (6)            |
| 14 Groups (7)        | 11 Unity (8)           |
| 16 Feral (4)         | 12 Lovingly (6)        |
| 19 Cut (4)           | 13 Louder (7)          |
| 20 Fantasised (8)    | 15 Trap (5)            |
| 21 Large animal (10) | 17 Arranged fights (5) |
|                      | 18 Powder (4)          |

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

**Vibe Sudoku 112**  
Each row, column and sub-box must have the numbers 1-9 occurring just once.

## The Phillip Island Bowls Carnival

This week saw the staging of the Annual Phillip Island Bowls Carnival. Over the week of the Carnival around 140 bowlers from 40 Victorian clubs competed in a range of events, which included singles, pairs, triples and fours. There was a strong representation of local bowlers who also participated. The Carnival runs for just on a week and concludes on Friday night with the final of the major event, the singles championship. The trophy in the past has been won by some great players and in 2015 the Australian champion Aaron Wilson was successful.

Winners of the two bowl triples this year was Brian Butler and Kevin Brady (Yarraville –Footscray) and Dennis Murphy (Altona North). The Pairs was won by Kevin Brown and Dave Hanlon and the Sunday Pairs by Arthur Denny and Adrian Goldsmith and Monday Pairs John Curtain and Mick Morgan both from Hastings.

The Carnival has been going for 26 years and for the last 25 years has been under the tutelage of Robin Blackman who still oversees the administration and acts as the MC for the presentation of all trophies. He is supported by a strong team of workers who assist in many ways. There are also twelve volunteers who provide 300 lunches, 150 breakfasts and afternoon teas under the supervision of Jill Boyce and Ruth Partridge.

The Phillip Island Bowling Club has a membership of around 140 and warmly welcomes those who would like to have a try at bowls. Bowls coaches for new bowlers provide two supervised practice sessions (Monday and Friday) every week.



Brian Butler (Yarraville Footscray) and Robin Blackman

## Q&A

### TRIVIA

1. Who am I? I was voted Young Australian of the Year in 1990. 2. What

chemical element is diamond made of? 3. Who did Matthew Perry play in Friends? 4. What Shakespeare play features a brooding Danish prince and his girlfriend Ophelia? 5. Who voiced the Genie in Disney's Aladdin? 6. In what country were the 2014 Winter Olympics held in the town of Sochi? 7. In a standard pack of cards, which King is the only one to not have a moustache? 8. Who wrote "The Scarlett Letter"? 9. What is the official language of Brazil? 10. Who is Winnie the Pooh's gloomy donkey friend?



## Healthy and Healing with Pip

### Is it hot in here?

This month I'd like to talk about menopause (peri-menopause) and all the important 'pauses' that happen in our lives.

(So, gentlemen this blog is mostly for the ladies, but you may find it useful).

A lot of my clients are women ... and a lot of those women are between 45-65 years old.

So, a lot of my clients have experienced the unique events that happen during this 'pause' in life.

I was talking to a mum today about her 2-year-old having crazy mood swings and what she's doing to manage and allow her daughter to be who she is through that process.

We agreed that you have to love your children through this process ... right?

It's a significant shift in everyone's life.

It must be ... we can all relate to the "terrible twos".

This conversation made me think about other times in our lives when we have these shifts, transitions or 'pauses' ...

As a teenager

As a thirty year old

As a forty year old

As a fifty year old

As a sixty year old

These are not times to berate, or scold, or handle ... these are times to pause.

Reflect.

Be kind.

Rest.

Understand.

Hug.

There are different questions to ask at each stage. Different emotions. Different things to understand. Different needs.

But all are in essence the same ... because I've realised, it's a time to pause and be loving to ourselves.

Not to push through.

Not to ignore.

Not to belittle.

Not to manipulate.

Not to fight.

Not to criticise.

And so, I invite you this month, whatever stage of 'pausing' you are in ...

Practise being fully IN THE PAUSE.

Breathe. Sit. Feel. Allow. ... and just let that hot flash envelope you.

You are being given an opportunity to know yourself more deeply.

Take this pause. You deserve it. It's your time.

Blessings Pip xxx

\* **Reading material** - Cheryl Richardson - **Waking up in Winter**  
- Dr Christiane Northrop - **Women's Bodies, Women's Wisdom**  
Pip Coleman – [www.consciouscoursesandtherapies.com](http://www.consciouscoursesandtherapies.com)



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The last holiday period is all over for the season and we will soon be heading into the winter period, colder and much shorter days. I am often asked to assess the season which from my side of the counter which is difficult at the best of times, mostly because we see some many people through the shop making it difficult to get a true read on what fish are around. The more you stand behind the counter, the more you realise there is just as much luck involved as there is skill. We get plenty of reports from those who fish here all the time, but we get just as many, and sometimes even more from those who have never been

here before and have no idea where they are going. Often we get more reports from someone new to the area because they will try different things or go to different areas and this season was the perfect example where this worked.

The water temperature was all over the place this year and at one stage got so hot in the shallows that the fish came up almost ready to eat. It was those who tried something different and started fishing for their whiting in 8m to 10m of water that were successful. Snapper were the same and the most successful were those trying something out of the ordinary, generally visitors. From the reports already this winter, it has that same feel about it and I wouldn't be putting the boat away just yet.

The reports over the last couple of weeks have only just added to the strange season with more than a dozen 5kg or better snapper being reported over the Easter break. The snapper that we saw looked like they belonged in a September report more than an April report. They were in good condition, bright and shiny like they had just headed into the bay for the new season and caught in the same areas you would catch them in September. There are plenty of theories as to why they have come back in, but I guess enjoy it while it lasts and when they stop being caught in the bay, head to the offshore reefs off Kilcunda where there is a chance they will be taking up residence for the winter like last year.

There were a few breaks in the conditions last month that allowed people to fish offshore and especially over Easter. It was good to see several respectable tiger flathead starting to show up with plenty of smaller ones also. The gummies were exactly what you expect over the moon phase of Easter and we saw plenty of models around the 10kg mark. Over Easter we had a couple of Makos, Kingfish and some big schools of baitfish and krill so good chance the tuna might have also been around.

Whiting and calamari were both good during the month and early in the Easter weekend, but both became a bit difficult to find later in the month when the weather changed. We didn't see a lot of longer whiting, 36cm about the average but, what we did see was in very good condition and well worth chasing. One customer described it as "they have already got their winter coats and have filled out and not grown much longer."

It will be colder on the water and less daylight hours over the next few months, but you can still head out to find a feed of fish. Try fishing the tides and target a species, maybe do a few things you don't normally do or go somewhere you might not normally head to and do it slower, keeping a close eye on the sounder, you just might be surprised with the areas you can find when you look.

We will now go to our winter hours and will be closed on Wednesdays from May onwards, opening a little later, Monday to Friday from 9am, Saturday and Sunday from 8am, then from June to September the hours will be the same, but we will be closed two days, Tuesday and Wednesday.



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## The Importance of Constructive Criticism Submitted by the Phillip Camera Club

Most of us have received critiques of our work at some point of our life. Some of the most subjective feedback is that directed at works of art. Photography is no exception.

With a lot of people picking up photography as a hobby, it's no wonder that a lot of photography related forums are created with the purpose of sharing. And one of the popular subjects of these groups is critique, where members get to give "constructive" comments with the hope that it will help the image maker. The reverse is also true where a photographer posts his best shot and hopes to get constructive and helpful criticism in order to learn from the more experienced photographers.



*Dragonfly by Will Hurst*

It is important when offering a critique to put it forward from your own point of view as every one of us perceives beauty in our own way. Start simply by saying "In my opinion...." to let it be known that it is purely your own opinion and not personal. The image maker can perceive beauty differently from the one critiquing



the work.

For the one posting the image, most likely it will be his best shot and he thinks it perfect, so the main thing is not to belittle anybody, because we're most likely to have been in their shoes at some time. So if we don't have "Eyes" to critique and comment on our own work, what better way than to ask others. In doing so be prepared for comments and criticism.

### Avoid Rules

When commenting or critiquing on an image, look at different aspects of photography. Stay away from the rules in photography, eg "Rule of Thirds" because they're not prerequisites when making a photo. We would live in a world of **zero** creativity if everything was so rigid.

Also don't use "It would be better..." and "If I were you..."

Some aspects to look for in a photo is:- creativity, originality, focus, depth of field, exposure, dimension, perspective, tonal range, colour impact, balance.

In "courteous" critiquing, separate our good comments giving them first, then give your suggestion for improvements. This protocol can help the learning process from the critique.

Giving constructive criticism can teach us a thing or two about our own work reinforcing our own knowledge and adding to it. Do it with tact and humility.

The Phillip Island Camera Club offers an excellent way to expand your vision as a photographer learning new techniques and sharing your work.

We offer monthly critiques from trained judges from Victorian Camera Clubs as well as photography workshops and excursions.

For further information contact Susan on 0408 136 717

*Ref: The Importance of Constructive Feedback in Photography by Fauzi Anuar*



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Ph: (03) 5952 3896

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[info@covesindian.com.au](mailto:info@covesindian.com.au)



# COMMUNITY NOTICEBOARD

If you're a not for profit club or organisation, you can list your meeting times and contact details here free of charge. If you're not listed and would like to be email us at: [phillipislandvibe@outlook.com](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 0400 815353.

**Phillip Island Girl Guides** Multi age groups from 5 years, Thursdays 5-6.30pm. More info contact Sue Viney; [sviney@guidesvic.org.au](mailto:sviney@guidesvic.org.au)

**Phillip Island Club (Senior Citizens)** Carpet bowls, cards, ballroom dancing, craft. Membership \$15 per year. Fridays 12noon, 3 course lunch \$15. Island Celebration Centre Hall for hire. 59522973 for more information.

**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 0437 526757 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 0439 020996.

**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)

**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)

**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 0438 808428 or 59526955.

**Phillip Island TOWN Club Weight Loss Group** Thurs 9-11.00am, Ryhill Hall. Joining fee \$48, weekly fee \$6. Nutritional eating, weigh in and group therapy. New members welcome. Contact Vincent Vale on 0414 709066

**Phillip Island Croquet Club** new members welcome. Contact Ken 59568803 or David 0412485913, 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

**Phillip Island RSL 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 on 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 and 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 0418 178343 or [piadgs@gmail.com](mailto:piadgs@gmail.com)

**Phillip Island Adult Riding Club Social** & HRCV horse riding club for beginners to advanced. Rallies held every 3rd Sat of month. New members welcome. Contact Rachel 0435 552518 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 0412 258396 or Colleen 0409 428162.

**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 welcome.

**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” 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. 0417 317470

**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

**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 1st Wednesday of every month at 1.30pm 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 and barefoot bowls over Christmas holidays. Corporate bowls from January till March. Free coaching available. Come and give it a try - contact George Mol on 0407 851065.

# PUZZLE SOLUTIONS

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

**Vibe Sudoku Solution 112**

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

**Vibe Crossword Solution 112**

**Quiz Solution 112**  
 1. Cathy Freeman 2. Carbon 3. Chandler 4. Hamlet 5. Robin Williams 6. Russia 7. King of Hearts 8. Nathaniel Hawthorne 9. Portuguese 10. Eeyore

**Solution To Kill All The Lawyers** The naked body on the autopsy table held the pivotal clue. On Jerry Fisher’s ring finger was a tan line, just where his wedding ring had been. Leroy pointed it out. “When Jerry went over to Gail’s apartment, he naturally removed his wedding ring. Unfortunately, he forgot about the tan line. It’s winter here, not in Acapulco so he never had to deal with this problem before. There’s no way Gail could have spent the afternoon with him and not noticed that line.” Inspector Flint nodded. “Let’s go back and talk to Ms. Lowenski.”





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

**A little view into what I do**

Working with the spirit world is truly one of biggest blessings. I feel completely honoured to be able to pass on messages from others loved ones in the spirit world, bringing peace and comfort for them in knowing that their loved ones are always with them still. When I am doing a reading, if a spirit wants to come through they will do whatever is needed to come through and make a connection. They also always will bring through such detailed information and validation for their loved one so that they know “oh yes there is no doubt that that is my Nanna or my friend or my brother” etc. I have had them singing songs to me, dancing for me, telling me the favourite food they used to eat, showing me the famous garden shed where they used to spend lots of time just to name a few examples.

It’s not always easy interpreting what they are bringing through but with persistence, which believe me they have, it always make sense in the end to the person receiving the reading. Readings can be done in a variety of forms such as tarot or teacup readings. How I work is purely with what I see, feel, hear and occasionally I do use the oracle cards if guided. Every light worker is different and not every light worker is the right one for every person. I get asked “well why didn’t spirit tell me when I’m going to meet my soul mate or “why won’t they tell me what I need to do with my job?” This can makes one question the reader, but honestly sometimes they just aren’t meant to know. Imagine if you were told that on May 20th you would meet the love of your life, then of course you would live your life waiting for that date and then if for whatever reason it didn’t happen, how devastated you would be. Spirit don’t tell you specific dates for a reason because life happens and a thing called free will. As humans we are gifted and can slightly adjust our path or slightly go off path. Spirit will only tell you if they feel it’s for your higher good and sometimes it’s simply not. So don’t be discouraged if you don’t always get the answers that you want. Perhaps your journey is to discover them yourself. Spirit always have your back and will only reveal what needs to be at that time.



Baboons usually make the news for all the wrong reasons, but once upon a time a long time ago, they worked in law enforcement.

Ancient Egyptian art depict baboons helping cops in pleated skirts hunt down criminals and control unruly crowds.

Visitors to South Africa can see plenty of these guys along rural roads close to the mountain en route to the beach. It's not unusual to have an unlocked car filled with these playful fellows seeking to master the art of photography or using a left behind mobile phone.

A ranger usually has to be called to persuade the occupants to vacate. Fortunately the problem has not yet extended to land invasions so investors need not be concerned on this score!

Present day baboons often live in close proximity to humans and have long wrap sheets that list an embarrassing array of offences such as breaking and entering, larceny, and malicious damage to property . I have witnessed a large alpha male baboon sitting on the kitchen table in our home munching away at assorted food items especially fruit. The dogs get upset and there's mayhem for a while until the baboon retreats to the open window from whence he entered the house often getting over electric wire and avoiding expensive security apparatus.

They basically hang out wherever there's a reliable food supply and somewhere safe to sleep at night-they see no reason to move until they're pushed - however baboons continue to live their lives blissfully unaware of the need to conform to our social norms; troops typically consist of about 52-60 individuals as they are big believers in the safety in numbers principal, given that they feature prominently in the diet of a variety of predators like lions and leopards when living in the bush where they are found in large numbers.

They live complex social lives usually dominated by large testosterone driven alpha males with fierce looking canines. Even lions usually back off when confronted by a defensive group of large males. The night is another story and

baboons make sure they are safely bedded down in a large tree or on a precipitous rock cliff well before sunset.

If you creep up on them from below you will likely get one final demonstration of the contempt for human social niceties by having one urinating on your head, so better use the camera from the relative safety of a car.

Don't be concerned - they are a source of pleasure and fun with their antics, and do much to make up the wonderful fabric of animal life in the African bush and even suburbia as housewives and staff will testify to.



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## Patient Information

Medical Number: \_\_\_\_\_

### General information

Name: \_\_\_\_\_

Age: \_\_\_\_\_

Sex: \_\_\_\_\_

Occupation: \_\_\_\_\_

Address: \_\_\_\_\_

Marital status: \_\_\_\_\_

Date of admission: \_\_\_\_\_

Date of record: \_\_\_\_\_

Complainer of history: \_\_\_\_\_

### Chief complaint

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Present illness

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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3 Grandview Grove

Cowes 3922

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164 Thompson Avenue

Cowes 3922

P: 5951 1800 (24 hrs)

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San Remo 3925

P: 5678 5402 (24 hrs)

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