

PHILLIP ISLAND VIBE

Free

phillipislandvibe@outlook.com

P: 0407 266 271

www.phillipislandvibe.com.au



ISSUE 113 JUNE 2019



Whale season is upon us—how exciting! Humpback and Southern Right Whales are now making their way north to breed so come and celebrate this with us at the Island Whale Festival on July 5th—7th with a range of activities on offer. If you're after a chance of a close up look, book a whale watching cruise with Wildlife Coast Cruises who are running cruises daily from June 8th to August 4th. Front page photo by Dave Donnelly, Two Bays Whale Project Manager, Destination Phillip Island.



NOW OPEN

Grass Fed and Free Range
Meat Available
Speciality Tassie Scallop Pies
English Produce

Open Tuesday to Friday
9am till 5.30pm
Saturday and Sunday 9am till 4pm
35 Coghlan Road, Cowes
0409817209

ISLAND ELECTRICAL MAINTENANCE

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

For prompt & reliable service
Call Dave on 0409 435207

R.E.C 20993

THE island INDOOR MAKERS MARKET

+ FREE ENTRY + FREE PARKING
+ FOOD & COFFEE & CAKES & LIVE MUSIC
WWW.MERMAIDSORORITY.COM.AU
WWW.ISLANDMAKERSMARKET.COM.AU
f @



QUEENS BIRTHDAY WEEKEND
JUNE 9TH
9AM - 2PM
COWES LESIURE CENTRE (YMCA)
10-14 CHURCH ST COWES

Choose Quality Air
with a Panasonic
Air Conditioner

UP
TO
\$200 EFTPOS
CARD
when you purchase a selected Panasonic Air Conditioner*



Purchase a Panasonic
Air Conditioner before
June 30 and receive a
bonus Eftpos card
worth up to \$200*

ALWAYS COOL
AIR CONDITIONING

CALL 1800 931 631

*Terms and
conditions
apply



A Rare Opportunity

Newhaven College has a small number of vacancies in 2020 for Year 1, Year 2 and Year 3.

To secure your child's education future contact Belinda Manning - 5956 7505 or belinda.manning@newhavencol.vic.edu.au



Primary School - Opportunities include:

- Music
- Equestrian Team
- Cultural Events
- Dance
- Art
- Leadership
- Physical Education
- Drama
- Public Speaking
- Bike Education
- Sport
- Perceptual Motor Program
- Japanese
- Library
- Numerous interest clubs

Experience school in action at a College Tour - Thurs 13 June, 9.30am



Have a Whale of a time on Phillip Island this July

The winter school holidays mark the half-way point of the school year, and they also herald the arrival of Humpback whales and Southern Right whales in our coastal waters as they make their way north to their winter breeding grounds.

The Island Whale Festival celebrates the arrival of these majestic creatures with an immersive three day event on Phillip Island from 5-7 July, featuring a range of activities right across the island and the entire weekend.

Explore the Bass Coast Whale Discovery Trail, which includes some of the finest whale lookouts in the Bass Coast region.

Of course, whale-spotting will be a highlight of this weekend,

and visitors will have the option to do this from either land or sea. Meet a marine biologist at one of the many whale lookouts right across the island and learn



how to spot the tell-tale signs of whales cruising along the coast, or join one of the whale watching boat tours to circumnavigate the island and search for both whales and dolphins.

For the landlubbers amongst us, there are some great info sessions on marine research and plastic reduction, movie screenings, Boomerang Bag craft activities, and hands on activities. Take part in a photography workshop or tour, listen to presentations on identifying whales and learn about the whales that visit our region.

Kids of all ages will enjoy the Whale out of Water activity which involves climbing inside a 19 metre inflatable whale for a fun and unique learning experience. Experience a range of intercultural activities celebrating the majestic whales and our marine environment including a whale blessing, drumming circles and art activities.

For detailed program information on these and many more great activities happening in July, visit islandwhales.com.au or find the Festival on Facebook and Instagram at @islandwhalefestival

Checkout accommodation and things to do at visitphillipisland.com



AUTO ELECTRICAL & AIR CONDITIONING REPAIRS

**Automotive - Marine
Earthmoving - Caravans - Trailers**



MOBILE SERVICE AVAILABLE

Dräger

Authorised installer for alcohol interlocks

Specialising in:
Diagnostics
Dual Battery Systems
Brake Controllers
Power Windows
Auto & Marine Audio
Plus much more.....

Distributor for:
Engel
Clarion
Furuno
Hella
Redarc
GME
Bosch

**9/30 THE CONCOURSE
COWES VIC 3922**

PH: 5952 2332



**Gas Agent &
Equipment Partner**

MOBILE HAIRDRESSER

- Haircuts • Colours • Perms
- Blowwaves • Sets
- Upper lip and chin waxing
- Eyebrow and eyelash tinting
- Special Occasion

Claire Sunderland
0408 566620



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

As is the case at this time of the year, whiting, gummies and calamari are targeted by those in boats while land-based anglers turn to the surf for salmon and the beaches/jetties for calamari. The fishing days can be limited due to the weather and many local winter sports keep people busy on weekends, but there are some quality, cooler days to be had out fishing. The quality of the fish is much better and generally so is the size, it just takes a little more effort to find a quantity of them.

The whiting started a little slow in May but towards the end of the month they started to improve in number. What was different was that the length actually didn't improve and most were between 32cm and 38cm but the weight of the whiting seemed to have doubled over the previous few weeks. It took a little work to get a bag and several moves were needed most times. Evenings and mornings were the best times but only when there was a tide change. With many overcast days it was just as important that you fished the tide change regardless of when it was during the day and that trend should continue right through the winter. Where to fish, as always, is the number one question but at this time of year it's a bit more like prospecting than fishing. There are the usual areas, Cleeland Bight, Dickies Bay to Reef Island, Rhyll, Long Point and Corinella and you will have days that you visit many of them to find a good bag. Bait can make a difference with several reports needing a couple of different baits on the same day to catch the whiting. Pippies, pilchard and squid are the main ones and the pattern was pick a spot, small amount of berley, a couple of different baits, then if you start hooking them change to that bait. Everybody said that when they stopped, they just stopped and you needed to move and then try the same thing again. Many times they would take a different bait than they just did.

The calamari have been difficult in May but have improved over the last week and some of the bigger breeders have started to show up. Much the same from both boats and land and jig type or colour hasn't really made a lot of difference. It's just been as simple as if they wanted to take the jig they would. Although we are starting to see a few more caught, it's not in big numbers and if you manage 6 or so in a session it's above the average at the moment. They're not as concentrated as they used to be with reports coming from all over the bay in the boats and from the land, mostly jetties and beaches. The calamari will fish all winter. There were some quality gummies caught from offshore out from Kilcunda and a few from inside the bay but the bigger ones were offshore. In the same area plenty of pinkies and several snapper and if it goes the same as last year, the snapper will also be around all year. There was another short run of snapper in the bay but now the reports are of fish that have been in the bay for some time. We are still seeing 100's of pinkies and so small that it's difficult to work out how they can take the bait.

The salmon are just showing up on the beaches with the weather governing the best place to fish. The weed at Kilcunda has made it difficult as it has all through the year. Normally the pattern is the bigger salmon at Kilcunda and the smaller ones at Woolamai but, possibly because of the weed, the bigger ones we have seen were caught at the island beaches.



Opening Hours

Monday - Friday 8am - 5pm
Saturday and Sunday 8am - 3pm
511 Ventnor Rd, Ventnor Ph: 5956 8437

Security Doors & Fly Screens

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

LOCKSMITH - 5952 5552

"Proudly Securing the Island Community Since 1996"

www.phillipislandonline.com

CONSCIOUS COURSES WITH PIP



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

Contact Pip for more details 0437 670 820



Healthy and Healing with Pip

This month I would like to talk to you about "random spot-on intuition" ... have you had it?

I remember my Dad entering the kitchen when I had brought my new boyfriend home to meet the family. He wandered into the room and sang loudly ... (I think it was a Beatles tune) ... "happy Jack was there but he wasn't very happy." And we all laughed. Then we paused. And we looked at Jack. I said 'Dad ... why did you sing that? Jack isn't unhappy...' 'I don't know' ... he said shrugging ... 'it just came to me.'

Then he wandered out of the room whistling. I felt a bit uneasy, and had a feeling of 'knowingness' in my stomach. (*Note: I didn't know it was 'knowingness' back then). 'Are you unhappy?' I asked. But Jack assured me he was good. He said he was enjoying the visit and was keen to do some travelling around Oz. Little did we know ... Dad was right. After that day in the kitchen there were a series of events that lead to the relationship ending. And when I look back now, I have to say Dad's song was spooky in its accuracy.

Have you had that happen to you?

I called it "random spot-on intuition" ... And although people normally think women are the only ones who are intuitively switched on, I've met some pretty cool men who are tapped in to their intuition all the time. Have you ever made a comment like my Dad that made people gasp, or look surprised, and then they stutter and say 'What? No no ... I don't know what you're talking about, I'm fine.'

The key here is that they look like they aren't fine. They feel to you like they aren't fine. Their tone of voice is somehow 'off'. But their words are saying otherwise.

Have you been there?

So, here are some tips for you to trust your intuition. Look ... at their face, eyes, body ... are they sweating, looking down, fiddling with hands, or breathing shallowly. Feel - what is YOUR body doing as they speak ... do you feel tense, nauseous, jumpy, wobbly, angry, hot, cold, lonely, afraid. Hear - listen to their tone of voice. Are they saying 'I'm happy, fine, good' ... but their tone is angry, sad, or frustrated. Sometimes their volume will be louder than it needs to be. 'I'm FINE!'

A lot of the time we may not know on a conscious level that we are not happy. Jack didn't know on that day back in that kitchen. He was sure things were going well. Our subconscious mind or inner truth shows itself through the mirror of our body language.

Pay attention to these intuitive cues and you'll learn a lot more about people than the words they speak to you.

We are all capable of tapping into a more conscious version of 'random spot-on intuition' ... Trust me. Trust yourself.

If you need any more tips or support let me know.

Blessings Pip xx Contact - 0437 670 820

www.consciouscoursesandtherapies.com

Minkara Paving

*House Slabs, Factory Floors,
Garages, Driveways and
Decorative Concreting*

Mobile: 0417 343954



**LANGMAID
BUILDERS**

0409 039 877



- Renovations • Additions • Decks
- Pergolas • Maintenance

We Have Moved



**Creators of the Australian
Organic Cotton Bedroom™**

Bedding and Bedlinen made from
100% Certified Organic Cotton
and Hardwood Timber Bed & Furniture

The healthiest bedroom for
you and your family
ALL MADE IN AUSTRALIA

Caring for health, allergies, eczema,
asthma and chemical sensitivities

Now at shop 1/8-10 Forrest Avenue,
Newhaven (next door to Island Healing)
Phone 5932 0914



Cotton Onto Craft

Friendly customer service

**Haberdashery, Quilting fabric,
knitting, jewellery making
and much, much more**

Shop 8 (Woolworths Complex),
133 Thompson Avenue, Cowes
Phone 5952 5202
www.cottonontocraft.com.au



A1 Handyman

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

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

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



Call Bart on 0408 950570

Check out my work on Facebook
A1 Mowing and Handyman



Meet a local community volunteer



John Walton has been volunteering at the National Vietnam Veterans Museum for 12 years where he assists with restorations, helps with customer service duties at the front desk, acts as a guide and does almost anything else that is asked of him.

Thanks for sharing your time with The Vibe John.

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

Retired, so I do as my wife wishes!!!

What is the best part about your job?

Every single thing!!

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

I started life as a Panel Beater, then joined Army Reserve, where I remained in R.A.E.M.E (Royal Australian Electrical & Mechanical Engineers) 1961 to 1985. The last 28 years of my working life was with Victoria Police, serving in Uniform, Breath Analysis Section; Crime Cars; temporary stint with C.I.B, Crime Prevention and lastly in Neighbourhood Watch.

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

None that I could share with your readers!

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

I truly think that my colleagues may know too much about me.

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

If any of the Vibe readers have not been to the National Vietnam Veterans Museum, I suggest that they visit Post Haste. It is a very friendly, welcoming place and all the staff here are fantastic.

If you are interested in volunteering with the National Vietnam Veterans Museum, please contact Volunteer Coordinator Liz Fincher on 5956 6400 and she will explain all of the wonderful volunteering options available.

 *Annual*
**WINTER
S A L E**

20% OFF
ALL MARKED PRICES
ALL STOCK REDUCED
4 DAYS ONLY FRI - MON
JUNE 7TH-10TH



island shoes
FOR SERVICE, RANGE & VALUE



Home Heating Feature

The friendly and experienced team at Always Cool Air Conditioning specialise in installation of heating and cooling systems.

From left: Kirk Humphry, Samuel Groenewald, Kieran Dover, Craig Hughes and Matthew Kiley.



ALWAYS COOL
AIR CONDITIONING



Panasonic
Air Conditioning Specialists

CALL 1800 931 631



With supply and install of two Panasonic highwall split systems or supply and install one Panasonic split ducted system

FIRST IN BEST DRESSED FOR YOUR CHOICE OF ONE OF THE FOLLOWING:

One Panasonic action camera with night vision or one Lumix FT30 digital camera



**Conditions apply*

JACKSON ELECTRICAL & AIR CONDITIONING

- Reliable & fully insured
- Split system installers
- All types of electrical services
- Air conditioning sales and service
- TV Antenna & data
- Free quotes
- Hot water systems
- Ovens and cooktops

CALL MICHAEL 0427 633667

CAPE WOOLAMAI REC 17893 LIC. 48834





92 Dunsmore Rd, Cowes
 Tel: 5952 3855
info@bluegumgardencentre.com.au



Our friendly, experienced staff can assist with all of your garden and heating requirements. We offer an extensive range with Island wide delivery.

Blue Gum are authorised resellers for the following brands of Wood and Gas Heaters.

KEMLAN
 HEAT & GLO

Jetmaster
 EST 1982

#1
 heatilator

heatilator
 The first name in fireplaces

QUADRA-FIRE
 NOTHING BURNS LIKE A QUAD

SPECIAL



Whether you are in the market for a new wood or gas fireplace, spare parts, accessories or firewood, we can help you with Stand Alone, Enclosed, Rotating, Gas, Wood & Outdoor units, including everything you need for installation. Demo units on display.

SAME DAY DELIVERY SERVICE
- 7 DAYS A WEEK.

EX DEMO MODEL QUADRA-FIRE
3100 STEP TOP WOOD HEATER
JUST \$2,950.00
 (INCLUDES THE FLUE KIT)

PURCHASE 2 CUBIC METERS
OR MORE & DELIVERY
IS FREE FOR PHILLIP
ISLAND AND SAN REMO.

STARTING AT
\$390

www.bluegumgardencentre.com.au



Home Heating Feature

How can I make heating my home cheaper?

Before buying a heater

Make your home as thermally efficient as you can, to keep the heat inside during winter. Eliminate draughts. Make sure windows and doors are well sealed. Use draught excluders and door snakes if needed and close off any rooms you don't need to heat. But remember that if you're using a portable gas heater, you need some ventilation. Insulate the ceiling. Ideally, walls and floors should also be insulated. Rugs can provide some useful insulation on a hard floor. Curtains and blinds will help keep the warmth from escaping through glass windows and doors.

Plan ahead

Before the winter chill hits, think about what sort of heating you're going to need. If you know you're going to need a new electric or gas heater, try to beat the rush and buy one ahead of winter (which is not always easy, as stores often don't stock many heaters until the cold weather arrives). Clean your reverse-cycle air conditioner's filters to keep it running effectively, and consider whether it needs a service. If you're looking at having a new air conditioner or flued gas heater installed, get this done well ahead of the peak cold season; don't wait until the installers are busy.

The right sized heater

Ensure you get the right size of heater for the space you're looking to heat. Room heating calculators can be found online; try searching for room heater size. There are several factors to consider when choosing your heater's capacity: the climate you live in, the floor area and ceiling height of the room, how much natural sunlight it receives, whether the room is carpeted, whether adjacent rooms or floors above and below are heated, and of course the amount of other insulation. As a general guide: for moderate climates, a well-insulated room of 20 square metres will probably need a 2000W electric heater or a gas heater with 6–8MJ input. The same room would need more heating if poorly insulated; even a 2400W electric heater could struggle, and you could need at least a 10–12MJ gas heater. In cold climates, you'll need still more heating power.

How to keep it cheap

Only use the heater when you really need to. That sounds obvious, but it's easy to get into the habit of routinely switching the heater on, when maybe just putting on a jumper is a better option. Don't heat rooms to tropical temperatures; for example, try 20 degrees instead of 23 degrees. Each degree less will save about 10% on your energy use.

Only heat the rooms you're actually using.

Hot air rises to the ceiling, so if you have a ceiling fan with a reverse-direction option, consider using it at a low speed to help circulate the hot air more evenly through the room without creating a downward breeze.

Wood-burning stoves and fireplaces

Wood fires can give a cosy look and feel to a room on a cold night. Modern slow-combustion wood-burning stoves can be quite efficient too. Firewood should be well seasoned (left to dry for at least two summers) so you don't waste energy evaporating water by burning green wood. Hardwood contains more energy than softwood, and burns longer and more steadily. But it's also harder to light.

Ducted reverse-cycle air conditioning

Ducted air conditioners consist of a compressor (which can be installed outside or in the ceiling space, for example) and ducted outlets in the rooms you want to heat or cool. A good system can be very efficient. Consider it if you're building or renovating a house.

Underfloor heating

For this type of heating, electric wiring or water pipes are installed into the concrete floor slab. The slab is heated, using cheap off-peak electricity or hot water. It then releases the stored heat during the day, in a similar way to an off-peak storage heater. The substantial construction work required for this type of heating means it's more appropriately installed when a house is being built.

Island Flue Cleaning

Keeping houses safe and warm since 1987

Richie and Daniel Laing
Owner/operator

0415 106443
5956 6888

PO Box 480, Cowes. 3922

NEW COWLS - SUPPLY AND FIT
WOOD HEATERS, CHIMNEYS & POT BELLYS



FIREWOOD

\$80 for hard and softwood mix

Contains Pine, Cypress, Banksia, Coastal Tea Tree, Swamp Gum, Mahogany Gum, among others,

\$150 for hard wood only mix

Contains Iron Bark, Blue Gum, Sugar Gum, Coastal Tea Tree, among others

Eucy Mulch - Aged - \$40 per cubic metre
Ready for new plants

Plus delivery depending on location. Pick up at 273 Church St, Cowes (opp Anchorbelle Holiday Park) by appnt only or between 7.30-9am or 3-4.30pm or Saturdays 9am-1.30pm

Phone Adam Bailey 0427 052173



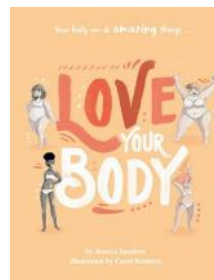
Book Reviews

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



**Everything is F*cked:
A Book About Hope
by Mark Manson
RRP \$29.99**

Materially, everything is the best it's ever been—we are freer, healthier and wealthier than any people in human history. Yet, somehow everything seems to be irreparably and horribly f*cked—the planet is warming, governments are failing, economies are collapsing, and everyone is perpetually offended on Twitter. At this moment in history, when we have access to technology, education and communication our ancestors couldn't even dream of, so many of us come back to an overriding feeling of hopelessness. Now, in *Everything Is F*cked*, Manson turns his gaze from the inevitable flaws within each individual self to the endless calamities taking place in the world around us. Drawing from the pool of psychological research on these topics, as well as the timeless wisdom of philosophers such as Plato, Nietzsche, and Tom Waits, he dissects religion and politics and the uncomfortable ways they have come to resemble one another. He looks at our relationships with money, entertainment and the internet, and how too much of a good thing can psychologically eat us alive. He openly defies our definitions of faith, happiness, freedom—and even of hope itself. With his usual mix of erudition and where-the-f*ck-did-that-come-from humour, Manson takes us by the collar and challenges us to be more honest with ourselves and connected with the world in ways we probably haven't considered before. It's another counterintuitive romp through the pain in our hearts and the stress of our soul.



**Love Your Body
by Jessica Sanders
RRP \$24.99**

My body is strong. My body can do amazing things. My body is my own. Freedom is loving your body with all its "imperfections" and being the perfectly imperfect you! *Love Your Body* encourages young girls to admire and celebrate their bodies for all the amazing things they can do, and help girls see that they are so much more than their bodies. What if every young girl loved her body? Freedom is loving your body with all its "imperfections" and being the perfectly imperfect you! This book encourages young girls to admire and celebrate their bodies for all the amazing things they can do, and to help girls see that they are so much more than their bodies. It introduces the language of self-love and self-care to help build resilience, while representing and celebrating diverse bodies, encouraging girls to appreciate their uniqueness. This book was written for every girl, regardless of whether or not they are exhibiting signs of negative body image. All girls deserve to be equipped with the tools to navigate an image-obsessed world and for parents to begin that important conversation.

Copyright © 2019 Phillip Island Vibe

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



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

KRISTOS

SOUVLAKI BURGERS CHIPS ROASTS

THE HEALTHIER CHOICE...

Eat in or
takeaway
EFTPOS
AVAILABLE

**TENDER BBQ CHICKENS, LAMB
PORK & BEEF @ KRISTOS**

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

Shop 5/15 The Esplanade Cowes
Open 7 days / Phone Orders Welcome **T: (03) 5952 3355**

Marrina Mouse's Dancing House - new dance and performing arts school in Cowes

Belinda Phillips is excited to introduce a new dance and performing arts school in Cowes. Belinda has a background of performing arts, starting at the age of 3. She has learnt all aspects of dance, singing, TV production, theatre and specialising in children's entertainment.

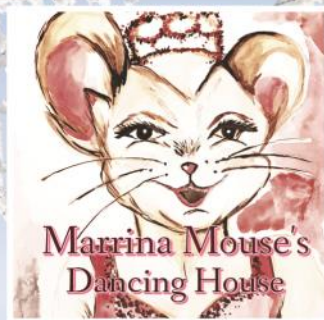
The unique concept encompasses teaching students from page to stage.

Marrina Mouse is an original character and each week students will have the opportunity of opening a new door to the wonderful world of theatre. They will be learning the art of ballet, tap, jazz, costume design, set design and then bringing it all together in a production.

Children will develop theatrical skills and confidence through this nurturing immersive style of teaching. As a Cowes resident, Belinda has first hand experience with Melbourne's leading theatres in the East End Theatre District, and feels it would be a memorable experience for the students as they will have the opportunity to tour these theatres.

On Saturday 29th June, Marrina Mouse's Dancing House will be holding a Winter Wonderland. This will be a free, fun filled family day showcasing what the school has to offer, including a number of free workshops and come and try dance classes in tap and ballet.

For further information contact belinda-phillips@hotmail.com or Marrina Mouse FB page.



presents Winter Wonderland, Saturday June 29

Come and experience the world of ballet, tap and costume design as we take Marrina Mouse's story from page to stage

- | | |
|------------|--|
| 1pm | Imagination live on stage |
| 1.30pm-2pm | Meet and greet and have your photo taken with Marrina Mouse (free activity) |
| 2.15pm | Marrina Mouse storytime around the twinkle tree (free activity) |
| 3-4pm | Ballet Barre: If you have ever wondered about a ballet class, now is the time to try. Bring your grandma, Dad or just yourself to learn feet positions at barre. |
| 1-5pm | Join Betty Bling - wardrobe department. View stage costumes, design costumes for your doll with Betty Bling (make a costume pack \$10, doll included) |
| 1-5pm | Meet Edwina Wig and have your hair and face transformed into a mouse! (free activity) |
| 1-5pm | Paint and Pointe colouring in station. Listen to the beautiful music and colour in your Marrina Mouse pictures (free activity) |

St Philips Anglican Church, Cowes



Facebook message us for further information



**A classic crime story from our
esteemed crime writer,
Leon Herbert**

THE WOMAN WHO FACED THE BRAND OF CAIN

Leroy was frequently asked by his mates to speak of dramatic murder trials before the Old Bailey, England's famous criminal court. The retired barrister and part time sleuth of Phillip Island happily obliged. He was no slouch at story telling, a hallmark of his profession. Readers of the Vibe are once again invited to share their enjoyment of a story that unfolded on a quiet lazy Sunday afternoon at a café on idyllic Phillip Island in the company of Leroy and other diners enjoying pizza at Pino's. So now for Leroy's dramatic account.

"No one who was there at the Old Bailey will forget a December day in 1922. The almost unbearable tension came when the jury had retired to consider their verdict. It was a dismal and murky winter's evening with a slight drizzle falling amidst the fog which was illuminated by the gas lamps in the street.

There was something almost horrible about the crowd in the street that had gathered to await the verdict. It was like a relic of a blood-hungry mob of previous centuries waiting to gloat over those awful words-"To be hanged by the neck....."

His small audience at Pino's had stopped focusing on their plates of food as he continued the story with relish. "At a quarter to six the jury filed back to their box in the court room. Everyone present could see from their white faces and the way they avoided looking at the man and the woman in the dock that their verdict would be a single word "Guilty" in both cases.

But it was the woman's reaction that everyone awaited. Edith Thompson was held upright by her two wardresses while the dreaded sentence was imposed. When she had first come to the Old Bailey she was considered a pretty woman. Yet in the short space of her trial she had become old and ugly. Her face on that wintry night had literally turned a grey colour. The hue was accentuated by the seemingly enormous size of her eyes which seemed to grow and grow as she took in what the Judge was saying. Her delicate and shapely hands were gripping the rail in front of the dock so tightly that the bones stood out at the knuckles, dead white in colour as she heard the words of the presiding Judge and watched his hands move upwards.

As soon as the small black square had been placed on his head her eyes glazed over and she was virtually in a trance when the wardresses gently disengaged her fingers from the rail and half carried her down the steps to the cells. It must have been the

change of environment that forced into her numbed brain the awful truth. Always in a murder trial where the defendant has been found guilty and passes sentence there is a terrible silence lasting a few moments before the Judge rises and thereby permits the people in the court to leave.

In those few moments after Edith Thompson had been taken below there came into the silent court the wails of some stricken animal changing into inhuman shrieks of a human being. The terrible cries were almost unbearable as they became fainter and fainter while the defendant was taken further down the stone passage and at last the shutting of a cell door brought blessed silence to the court room.

In the uncanny way that news of this sort eddies onwards, the crowds in the street quickly knew what the verdict had been. Their muttering became louder until the police cleared them away and the normal life of a city just finishing another working day brought back normality. Her story showed the terrible tragedy which can come to a little suburban house-wife who was possibly not destined by fate to be a killer but through her foolish dreams and her offences against accepted codes of behaviour brought awful retribution from society.

Edith Graydon came from a neat little suburban home. At school she was rather a liar and somewhat secretive, but this was more than made up for by the fact that she was an outstandingly pretty girl and a highly intelligent one. On a train to Piccadilly Station which she took to her secretarial job nearly every day, she often sat in the same compartment as a meek little clerk.

From a casual nod and a smile they began to talk to each other and the friendship ripened into a romance. Soon they married and settled down in a small suburban house. His name was Perry Thompson. However Edith quickly became disillusioned with his lack of physical manliness and plainness. His physique was so poor he had been rejected for military service. She was secretly furious he was not a soldier.

In the beginning she fantasised that he was a highly decorated war hero-however she woke up to the truth and soon only had contempt for him. It was not long before Edith found a handsome youth of nineteen, Fred Bywaters. She pursued him relentlessly with letters and calls and ultimately sex. She pretended to him that her husband was brutal to her and assaulted her often and made her do the most degrading sexual acts. This tirade of attention and tales of brutality had its effect; young Perry became insanely jealous and had murder in his heart for the fiendish husband who failed to appreciate the tender loving Edith. So he happily joined with her in planning a frightful attack.

One night while Edith and her husband were walking arm in arm through the deserted streets of Ilford to their home, suddenly, in a quiet avenue, Fred lunged out from the shadows and hurled himself at Perry Thompson, slashing him again and again and again with a knife. One thrust was so viscous it laid the victim's spinal column bare. A neighbour came on the scene and Edith explained while wailing hysterically, "why didn't you come sooner and save him?" And then as if taking further refuge in her imagination or ingenuity she added, "If you will allow him to be taken home I will make him better." Perry died where he was stabbed. He could not be saved. It wasn't long before the Police put two and two together and Edith and her lover were arrested and confessions were extracted. They were both tried for murder and sentenced to death by hanging." Leroy sensed from their reactions that his audience were satisfied with the story including the result and happily accepted his invitation to join him with a glass of red. It was good to be alive!!

ANIMAL TALES

PET SUPPLIES

**Receive a FREE grooming bag valued at \$29.95
when you purchase 4 Ammo horse wormers at
\$15.50 ea Newhaven Store Phone 91123033**

144 Thompson Ave,
Coves

E: animaltalescoves@gmail.com

Ph: (03) 5952 5516





The jackal headed God Anubis played a pivotal role in the funerary rights of ancient Egypt. He monitored the Scales of Truth to protect the dead from eternal death and conducted the Opening of the Mouth ceremony among other important official duties.

Anubis probably got the job by association, because jackals were always hanging around Egyptian burial grounds.

This suggests that visibility and persistence can get you deified or at least elected to high office, even if you have a thin CV and dubious motives.

Having a name synonymous with treachery and deceit in popular culture is bad enough but jackals have slid even further down the slippery slope of opprobrium. Regarded by some as vermin, hunted or poisoned in many areas of Southern Africa, in effect becoming victims of their own success. Jackals live on their wits, something that has enabled them to survive, and even flourish in areas outside game reserves, where other large carnivores were long ago exterminated to make way for sheep and people.



Black Jackals are omnivorous, and, like most of us, certainly enjoy lamb chops. Given the opportunity, they will prey on accessible livestock, especially those that are weak or incapacitated. However by far the bulk of their diet consists of wild fare. Typical menus include lizards and rodents but their menu sometimes extends to small mammals and even on rare occasions items like juvenile wildebeest.

Jackals are amongst the earliest and oldest members of the Canis genus, and they have had a long time to size us up, maybe going back to the Stone Age. Some think they inter-bred with dogs but the evidence is weak. Perhaps like Anubis, they weighed us on the Scales of Truth and decided that we're not, after all, to be trusted. They may be right!




**ISLAND
PRIMARY
PRODUCE**
BUTCHERS &
WHOLESALE

Paddock to Plate

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

PHONE ORDERS TAKEN
EFTPOS AVAILABLE

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



**LAST WILL AND TESTAMENT
& ENDURING FINANCIAL
POWERS OF ATTORNEY**

Act now - you owe it to your loved ones. Get these expertly drawn documents from us that -

- Are drawn locally by a resident retired lawyer;
- Are easy to read and to the point;
- Comply fully with Australian law;
- Satisfy your estate plans;
- Protects your beneficiaries in need;
- Will give you and your loved ones peace of mind;
- Are affordable and uncomplicated;
- Come with free support from our lawyer;
- Entitles you to a spousal will for \$150;
- Entitles you to have us customise your letter of wishes;
- Entitles you to our full explanatory notes on the docs;
- COSTS ONLY \$300 for each - payable as half on order - and -
- The other half on your approval of the final draft document

We invite you to chat/contact our Leon Herbert at any reasonable time and request our Q&A. Once we get going it's easy - within 48 hours your draft will or EPA is on its way for approval and signing.

Our details are - **ONLINE WILLS - ABN 27 316 863 155**
Keysborough. Mobile 0402 264775
Web: onlinewillsaustralia.com
"Where there's a will, there's a way - your way!"

Make Tracks to the Circuit



**Guided
Circuit Tour**



**History of
Motorsport
Display**

**Race
Simulators**



**Champions
Licenced Cafe**



**Go Karts > Family Fun
Hot Laps > Slot Cars
Historic Display > Tours**



**Push Bike
Ride Days**



Visitor Centre & Go Karts
Back Beach Rd, Cowes
Phone 03 5952 9400
Event and Circuit Enquiries 03 5952 2710
www.phillipislandcircuit.com.au

the ride is only half the experience
phillip island grand prix circuit



Surf News

by Ed Amorim (prosurfcoaching_)

Skating for Surfers

Hand positions body movements, momentum, weight balance, eye contact, compression, extension, positioning... everything we learn at training so you don't need think about it, you just need to surf.. but surfing is so goddamn hard! It's not like skateboarding where the conditions are always the same, where you can practice the same tricks over and over again until you get it. In surfing the conditions are never the same, they're constantly changing, and this is what makes it so difficult. Granted, some days everything just clicks, and you ride some of the best waves of your life. Yet the very next day you have a shocker. You've no idea why you can't even get to your feet, and why you're kooking it the whole time. If you aren't lucky enough to be able to surf every day to keep your consistency up, you'll need to find another way, or you'll take a long time but never improve. So, what can you do? Use a surf simulator Smothstar that's what! Why? Well, it shares so many of the fundamental elements of surfing that you can practice over and over, regardless what the surf conditions are doing. Below I've listed a few reasons why skateboarding can be so beneficial to your surf .

1. Flow

There aren't too many sports where you can practice flow. Luckily though, skateboarding happens to be one of them. Flow is initiated in the body, performed by gentle movements between your upper and low body, generating speed and forward momentum.

Practicing flow on a skateboard is an easy way to learn the biomechanics of surfing as you have complete control of your surroundings. With repetition, you'll understand the effects of moving your body in relation to the way your board responds. Practicing this will teach you the principles for generating your own speed when you get back in the water.

2. Practice

Skateboarding is an awesome practice ground for your surfing. It allows you to try out new carves, helps to visualize new lines and mimic similar movements to surfing in real life. Even better, you are guaranteed to practice these manoeuvres whenever you want and as much as you want, as you are not dependent on the same variables as surfing – wind, tides, swell.

3.

Style

Everything in surfing happens so fast. Oftentimes your ride is

over in the blink of an eye. As a beginner, all your focus is on not falling off, and you rarely spend any time on style. And let's face it, everything just looks so much better with a bit of style. A bend of the knees, a flick of the hair. So, use skating to fine tune your style and get rid of that poo man style once and for all.

4. Fitness

Skateboarding uses very similar lower body muscle groups to surfing. Strengthening and building endurance in these muscles will improve your surf fitness massively. I am a firm believer that fitness should be fun, and what better way to get an all-around workout than skateboarding.

5. Timing

Timing is everything in surfing. There are so many variables you have to deal with when you're surfing that your timing and decision making has to be so on point. Skating regularly will keep your timing honed in even when the surf is flat.

6. Focus

Both disciplines require focus. Without focus, you're going to "eat it!"... A lot. There won't be too many comparisons to surfing when it comes to your reaction time but skating comes pretty close. Skating the bowl requires a very similar focus to surfing. One wrong move and there's going to be some serious pain.

7. Commitment

Skating is all about commitment. If you go into any trick half-heartedly you'll fall and you'll be in a world of pain. You have to be fully committed or you're destined to fail. This translates perfectly to surfing. Approaching a late drop, hitting a steep section, or doing a big floater all require one thing...Commitment! Hold back at your peril.

8. Repetition

The key to success is repetition, repetition, repetition. Apparently, it takes 10,000 hours of practice to become a master at anything. So, unless you have an invite to Kelly's wave pool then skating is going to be the next best thing. You can replicate and repeat the same movements time and time again so they become second nature.

9. Balance

Surfing is a unique type of balance that's hard to replicate out of the water, but skating happens to be pretty damn close. By skating regularly you'll notice a significant improvement when you're back in the water.

10. Fun

Because if it's not fun, what's the point. Skating is so much fun and opens you up to a whole other crew of likeminded frothers. So, stop procrastinating. Get yourself a Smothstar, and go tear it up.



Rippon family on a mission

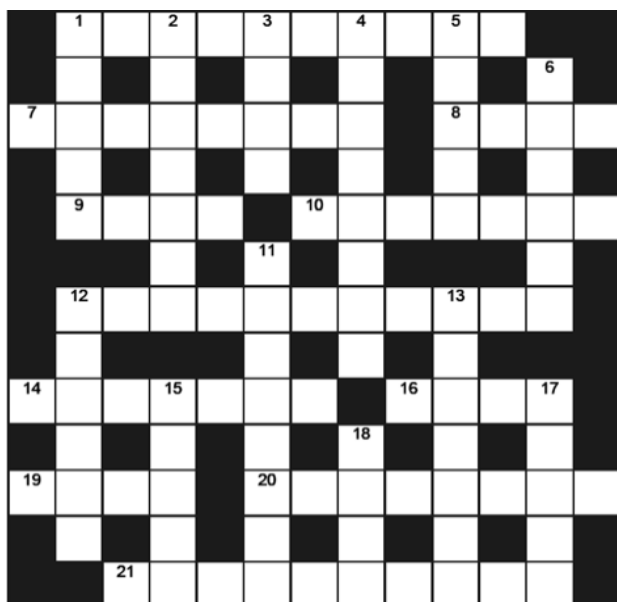
Testimonial

"We have only used the Phillip Island Vibe a few times for advertising and the response from it with our Grass Fed and Free Range Meats at affordable prices has been amazing. We would highly recommend using this magazine to any new business on the Island."

**Paul,
Hill Top Farm Butchers**

Brain Food

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



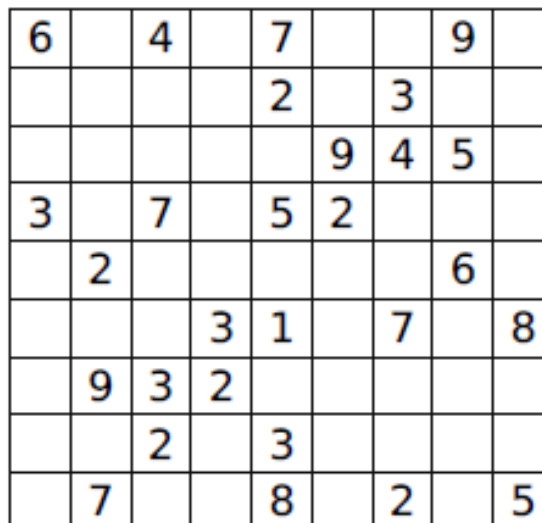
Vibe Quick Crossword 113

Across

- 1 Leader (10)
7 Supplier (8)
8 Slippery fish (4)
9 Target (4)
10 Dressed (7)
12 Meanness (11)
14 Scream (7)
16 Region (4)
19 Ant (4)
20 Made use of (8)
21 Steadfast (10)

Down

- 1 Darn (5)
2 Pithy (7)
3 Slim (4)
4 Impetus (8)
5 Skilled (5)
6 Outsiders (6)
11 Finish (8)
12 Empty (6)
13 Before (7)
15 Consumed (5)
17 In front (5)
18 Citrus (4)



Vibe Sudoku 113

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

Phillip Island Club News

What a great month we've had at the Phillip Island Club. Celebrating Mother's Day, great fun on the bus rides home after lunch and feeling very loved and special with the enormous generosity of our beautiful community. We would like to thank the following in particular:

- * Grace Landscapes for all your yummy cakes and especially the beautiful terrarium donated to us to auction off to help us raise money for the club.
- * Annie, who had a table at our garage sale, donated a bunch of jewellery and make up for us to sell.
- * Panny from Phillip Island Chocolate Factory for the chocolates for our Mother's Day lunch.
- * Phillip Island Winery for the bottles of wine to auction off.

And most importantly, thank you to all our members, new and long term for your continued support and friendship. Without you we don't exist.

If anyone is new to the island or visiting and want to meet some new and interesting people, why not join us for lunch on a Friday. Call and leave us a message anytime before any Thursday morning to book your place. Ph: 59522973. Lunch starts at 12 midday every Friday and is only \$15 for a 3 course roast meal deliciously cooked by our very talented cooks, Melva Smith and Leanne L'Hotellier. Plus you could win some great prizes in our weekly raffles. Lastly, don't forget to visit the train club at the back of the club off Watchorn Rd, every Sunday arvo between 2 - 4pm. Look forward to seeing you soon.



TRIVIA

1. Alpha, Dominant and Nevada are all types of which vegetable? 2. In a



hospital what do the initials ENT stand for? 3. What is the capital city of Columbia? 4. Which product 'gives you wings' according to the its advertising slogan? 5. Who became Olympic champion for the women's 400 metres at the 2000 Summer Olympics? 6. The Aviator starring Leonardo DiCaprio is a 2004 biopic of which American? 7. True or False - A Hippopotamus has webbed feet. 8. Which movement did Sir Robert Baden-Powell create in 1907? 9. Which country, later named Sri Lanka, became independent within the British Commonwealth in 1948? 10. Which are the only birds known to be capable of flying backwards?

Spot whales from April to November on the Bass Coast Whale Discovery Trail

Follow the Whale Discovery Trail and stop at iconic bays, headlands and beaches to enjoy magnificent views as you search for whales. The Trail leads you to a range of coastal viewing points where interpretive signage provides an insight into the majesty and mystery of whales and their behaviours.

Grossard Point

Watch for whales entering the bay close to shore.

Summerland

Home to great surf and the world's largest colony of little penguins that return home to their burrows at sunset.

Pyramid Rock

From these high rocky cliffs you may see passing whales and dolphins. Pyramid Rock is a basalt outcrop shaped by waves over thousands of years.

Western Port

Humpbacks have been spotted from this jetty, so keep a close watch out!

Punchbowl

Follow the George Bass Coastal Walk for spectacular coastal views.

Cape Paterson First Surf

Bunurong Marine Park protects broad rock platforms and underwater reefs that are home to over 300 species of animals and plants.

Harmers Haven

This is a haven for wildlife including whales and the threatened beach-nesting hooded plover. Please follow the signage to protect them during their breeding season.

Hooded plover



Cape Woolamai

Home to Phillip Island's largest colony of short-tailed shearwaters.



Kilcunda

To the east lies the environmentally and culturally significant Powlett River estuary, a sanctuary for birdlife.

Eagles Nest

The site of the 1903 discovery of Australia's first dinosaur bone, the Cape Paterson Claw.

Have you been lucky enough to spot some whales today? What are they doing?
To report sightings and see all the latest recordings - visit our 'Whale Trail' page at visitbasscoast.com

Blow patterns

Humpback

Southern Right

Killer Whale

Breaching

Spy hopping

Tail slapping

Blow

Pec slapping

ISLAND WHALE FESTIVAL

PHILLIP ISLAND WHALE FESTIVAL

5-7 JULY 2019

Celebrate the annual arrival of the whales!

Join in for a whole host of FREE or low-cost activities:

- Follow the Bass Coast Whale Trail
- Whale out of Water
- Science Talks and Discussions
- Marine Wildlife Photo Exhibition & Workshop
- Learn about Boomerang Bags
- Plastic Free education
- Marine Wildlife Movies
- Stories and Craft Fun
- Whale Spotting
- and much more...

For program details and more info, visit:
islandwhales.com.au





national vietnam veterans museum

ANTIQUES EVALUATION DAY

SUNDAY 9 JUNE. 10AM-4PM

• NO NEED TO BOOK •

HAVE YOUR ITEMS ASSESSED BY A PROFESSIONAL

SPECIALIST ADVICE ON ANTIQUES, ART, BOOKS, MILITARIA, JEWELLERY AND MORE!

• EVERYONES WELCOME •

BRING YOUR TREASURES!

STANDARD ADMISSION FEES APPLY - NUI DAT CAFÉ OPEN FOR REFRESHMENTS

WHERE: 25 VETERANS DRIVE, NEWHAVEN, PHILLIP ISLAND
 PH: 03 5956 6400 E: sales@vietnamvetsmuseum.org

WITH THANKS TO
OUR SPONSORS



A WHALE OF A TIME!

FRIDAY 5TH JULY 10.30am - WHALE ART with local artist Karen Allen, painting and making cushions to snuggle.

SUNDAY 7TH JULY 10.30am - WHALE ART with local artist Karen Allen, mixed media to create a painting to take home.

MONDAY 8TH JULY 10.30am - SEAWEED SALLY marine education workshops, hands on discovery.




BOOKINGS ESSENTIAL:
www.pirsl.com.au/events

- Joey's Kids Club members - \$5 (plus booking fee)
- Non PIRSL Members - \$15 (plus booking fee)
- For children aged 5-12 years



Antiques Evaluation Day

The National Vietnam Veterans Museum is proud and excited to present the 4th annual Antiques Evaluation Day at the Museum on Sunday 9 June, 2019. This day will be conducted in the style of the Antiques Roadshow with a range of specialists available to provide advice, information and estimates on items presented to them. Take this opportunity to come along and chat with professionals about your particular treasures. We encourage you to bring, not just militaria, but also other antiques. Our qualified specialists include Bronwyn Pratt (The Goldsmith's Gallery, San Remo); Simon Storey, (Fine Arts, Heritage and Cultural collections); Anne Rowland (Ballarat Arts Gallery); Stewart Dear, (Certified Practising Valuer, Tyabb Packing House Antiques); Gordon Morgan, (Military and Antique Weapons specialist). Between them our assessors have a range of knowledge on different categories including jewellery, militaria, antique weapons, books, artwork, porcelain, ephemera, medals, and coins. The limit this year will be 2 items per person to avoid lengthy waiting times. If you haven't been to the Museum before, take some time to walk among the displays and exhibits. Don't forget to watch the famous holographic Sound & Light Show, which covers the causes and consequences of the Vietnam War. All the activities will take place undercover, so it won't matter what the weather does. The Nui Dat Café will be open for refreshments. The Museum would also like to thank our Sponsors, Bass Coast Shire, the Angior Family Foundation and Archisign for their generous support. Standard admission fees apply. Call the Museum on 5956 6400 for more information or check out the website www.vietnamvetsmuseum.org

YOU CAN SURVIVE A RIP CURRENT BY KNOWING YOUR OPTIONS



AVOID RIP CURRENTS - ALWAYS SWIM BETWEEN THE RED AND YELLOW FLAGS
 IF YOU'RE CATCHED IN A RIP CURRENT, DON'T PANIC, CONSIDER YOUR POSITION AND CONSIDER YOUR OPTIONS

SURF LESSONS

WHAT'S INCLUDED

- 2 Hr Lesson
- All equipment and transport included
- Safety Briefing
- Surf Knowledge Introduction
- Surf Technique Demonstration
- Skating and Yoga Postures

Extras: Feedback Surf Analysis and Equipment Consultation

PRICES

\$140 Per Person/ lesson - One on one Private Lesson
 \$120 Per Person/ lesson - One on one 4 Week Program
 \$80 Per Person/ lesson - Group Lesson (min 3 per group)

BEGINNER • INTERMEDIATE • ADVANCED

We look forward to seeing you soon!

THANK YOU FOR CHOOSING PRO SURF COACHING SURF ACADEMY



Instagram Facebook @PROSURFCOACHING PRO SURF COACHING



Top Tips For Photographing People

Submitted by the Phillip Camera Club

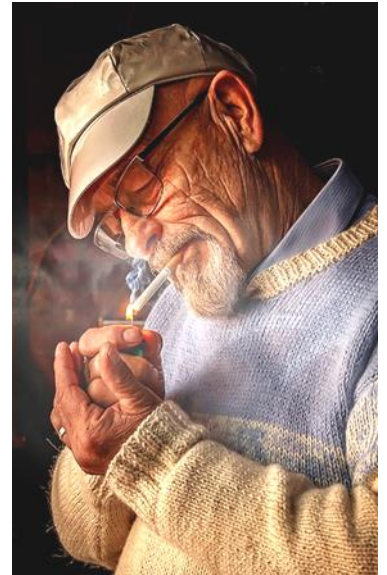
Interaction with your subject. It is important to spend time to get to know your subject as it can make the difference between nicely shot photos or beautiful images that really show the emotion. Share your personality with them so that they get to know you too. This will relax them in your company and they will follow requests when asked.

Composition. The second most important thing to consider when making a portrait is composition. It will not only show them, but their surroundings. Also if possible check out a site beforehand, looking for places that will make a good backdrop.

Keep in mind your image is about the person, so wherever you choose it shouldn't take over, be the focal point or be too distracting.

The eye will tend towards areas that are bright or colourful. Look carefully for anything that will distract the viewer's eye from the subject. Also consider where to place the subject in the chosen background. Make sure nothing – building, lamppost etc. is growing out of their head.

Decide whether to shoot the subject full-length or crop in close. The rule is not to crop at a joint. Don't end the image at the knee, as it can make the limb look like it has been amputated. Also decide where in the frame you are going to place the subject. Dead centre is fine but can be a little boring. Placing the subject off centre, left or right third looking into unused space looks pleasing to the eye. Put their head in the top third too.



The Smoker by Gary Parnell



Monty by Will Hurst

Lighting. You don't need a bunch of fancy gear to take a well-lit portrait. The best to use is natural light and the best natural light is overcast light. The benefit being there is no harsh shadows, colours won't be bleached out and the subject won't be squinting.

On a sunny day, move the subject into open shade and ensure some light is falling on them. The classic choice in bright sunlight is to have the sun falling directly on the face. This will be hard on the subject. Another choice is to have the sun directly behind the subject, necessitating the use of some fill-in flash to light up their face.

If you can only shoot indoors, use the natural light from a door or window. Place the subject so that the light falls gently on their face. Try to avoid using direct flash. You can also use a reflective surface to throw light onto the subject. Good luck with your portraits and have fun.

Ref: "Top Tips for Photographing People" by Marion Frances



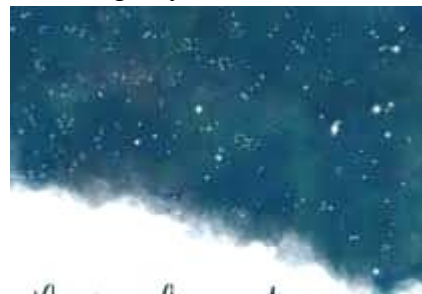
Soulful Living



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

Perfectly Imperfect Perception

There's always another way of seeing things, perception is an interesting subject. I do believe it is what it is, but if that way of



*there's a different
point of view awaiting you
if you just look up*

*Just
Blaise Popescu-Johansen*

thinking isn't serving you, if you feel within that maybe there is an alternative way or a different solution, it's not others you need to prove to or disprove to.

You simply need to ask your higher self, spirit, universe or whatever you like to call it - that is where the answer is,

that's where you can look at another point of view, that's where you can see if your perception really is accurate.

It doesn't matter if others think you are right or wrong, that's not what it's about. Your view is valid, your opinion is allowed and the only one who can adjust that is you. And not because others don't see things the same way as you, but only if it's not working for your higher good anymore. Just look up - that's where unconditional love is and where those who have your best interest at heart.



Cowes Indian Restaurant

3/134-138 Thompson Ave, Cowes

Ph: (03) 5952 3896

www.cowesindian.com.au
info@cowesindian.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

Red Cross, Phillip Island Branch meets every 2nd Thurs of month, 1.30pm, Uniting Church Hall, Chapel Street, Cowes. New Members welcome. Contact Ron Hateley 59522549 or Averil Roberts 59522602.

Phillip Island Lions Club Meets every 2nd & 4th Sunday of month, 1.30pm, Lions Club Rooms, Dunsmore Rd, Cowes. More info: lionsclubphillipisland@gmail.com

Phillip Island Bicycle User Group Every Wed 10am starting at Amaze'n Things car park. Very social, speed is the slowest rider. Contact Ruth Scott 0409 946696.

Phillip Island Bridge Club duplicate games Mon & Wed 12.15pm for 12.30pm start. Located at back of Newhaven Hall. Visitors welcome. For partner or lesson info contact 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

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 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

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

Phillip Island-San Remo-Bass Coast Vegan Community Sharing and promoting what's vegan & plant based. Everyone welcome. 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

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 Liz Fincher 5956 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

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

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

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 0435 552518 or email 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 Winter roll up in Mufti every Tuesday at 12.30pm, weather permitting. New bowlers and visitors most welcome. 1a Wynne Road, San Remo, next to Recreation Centre. Phone 56785558.

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@boomerangbagspir.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](https://www.facebook.com/cowescommunitymeal)

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

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

Vibe Sudoku Solution 113

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

Vibe Crossword Solution 113

Quiz Solution 113

1. Cauliflower 2. Ear, Nose and Throat 3. Bogota 4. Red Bull 5. Cathy Freeman 6. Howard Hughes 7. True 8. Boy Scout Movement 9. Ceylon 10. Hummingbird

“Whale” your time away during Phillip Island’s winter whale season!

Humpback whales are about to pay Phillip Island a visit again, en route to the warmer waters of NSW and Queensland for calving. Southern Rights and the occasional pod of Killer Whales also drop by during the Island’s winter whale season between May and August.

The Humpbacks are the easiest to spot because of their white underbelly and the hump that appears when it arches its back to dive. They also have large pectoral fins and tail flukes that often make appearances out of the water, especially if they are engaging in some acrobatics, including spectacular breaches. Southern Rights, on the other hand are completely black (except for the odd patch of white here and there), and have a rather large head covered in rough patches of skin called callosities. Unlike Humpbacks, which have a single blow hole, the Southern Rights have two, producing a distinctive v-shaped blow. Humpbacks and Southern Rights are similarly sized and can reach lengths of 18m. Their all-round bigness and distinctive blows make them easy to spot and identify from prime whale



watching locations on the Island, such as Cape Woolamai, the Nobbies, and Pyramid Rock. For closer encounters, these whales can also be seen from the sea itself. Wildlife Coast Cruises are about to commence their Winter Whale Cruise as well as the Dolphin & Whale Cruise. During the 2018 whale season, 400 whales were sighted off the boat and more numbers are predicted this year.

Both cruises offer prime whale watching opportunities, visiting cetacean hotspots around Phillip Island. The skippers provide great educational commentary throughout the cruise, which circumnavigates Phillip Island, including a visit to Seal Rocks. The Winter Whale Cruise departs from Rhyll and includes morning tea and a freshly made lunch on board. The Dolphin and Whale Cruise includes a delicious morning tea and departs from San Remo. There is a licensed bar and kiosk on both cruises.

Don’t miss out on this great opportunity to see these magnificent leviathans. They say seeing a whale changes your life forever. Be sure to experience such a life-changing event this year. It’s good for the soul.

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

WHALE WATCHING PHILLIP ISLAND

**DAILY WHALE CRUISES
JUNE 8TH - AUGUST 4TH**

**WINTER WHALE CRUISE
RHYLL - 9:00AM - 4HRS**

**DOLPHIN & WHALE CRUISE
SAN REMO 12:45PM - 3¼HRS**





Medical & Aged Care Group

www.maacgmedical.com.au

The **Heart** of Family Medicine®

Have you made
your next GP
appointment
before the busy
season?



**For your convenience, book your next appointment online
and use our self check-in kiosk at your clinic**

gv | Grandview
Family Clinic

www.grandviewfamilyclinic.com.au
3 Grandview Grove
Cowes 3922
P: 5951 1860 (24 hrs)

sr | San Remo
Medical Clinic

www.sanremomedicalclinic.com.au
123 Marine Parade
San Remo 3925
P: 5678 5402 (24 hrs)

sg | South Gippsland
Family Medicine

www.southgippslandfm.com.au
Shop 4-6, 1 Billson Street
Wonthaggi 3995
P: 5672 4111 (24 hrs)

cm | Cowes
Medical Centre

www.cowesmedicalcentre.com.au
164 Thompson Avenue
Cowes 3922
P: 5951 1800 (24 hrs)

ls | Long Street
Family Medicine

www.longstreetfm.com.au
1 Long Street
Leongatha 3953
P: 5662 4455 (24 hrs)

ll | Lang Lang
Community Family Medicine

www.langlangcfm.com.au
5 Whitstable Street
Lang Lang 3984
P: 5997 5799 (24 hrs)



Bulk Billing ALL Medicare Card Holders*

* Grandview Family Clinic & Cowes Medical Centre are mixed billing.

MAACG
Medical & Aged Care Group

HM4832