

Free

PHILLIP ISLAND VIBE

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The annual Whale Festival will be in full swing from July 5-7 with lots of free and low cost activities for all the family. Check out islandwhales.com.au for all the details. The Phillip Island Festival of Stories will be held July 26,27 and 28 at the Cowes Cultural Centre with a great line up of activities and guest authors. Details at www.pifestivalofstories.com. This months issue features a winter motoring feature so check out those able to assist with keeping your vehicle safe on the roads this winter. Front page pic of Seal Rock by the talented Renee de Bondt photography.



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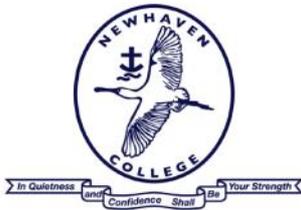


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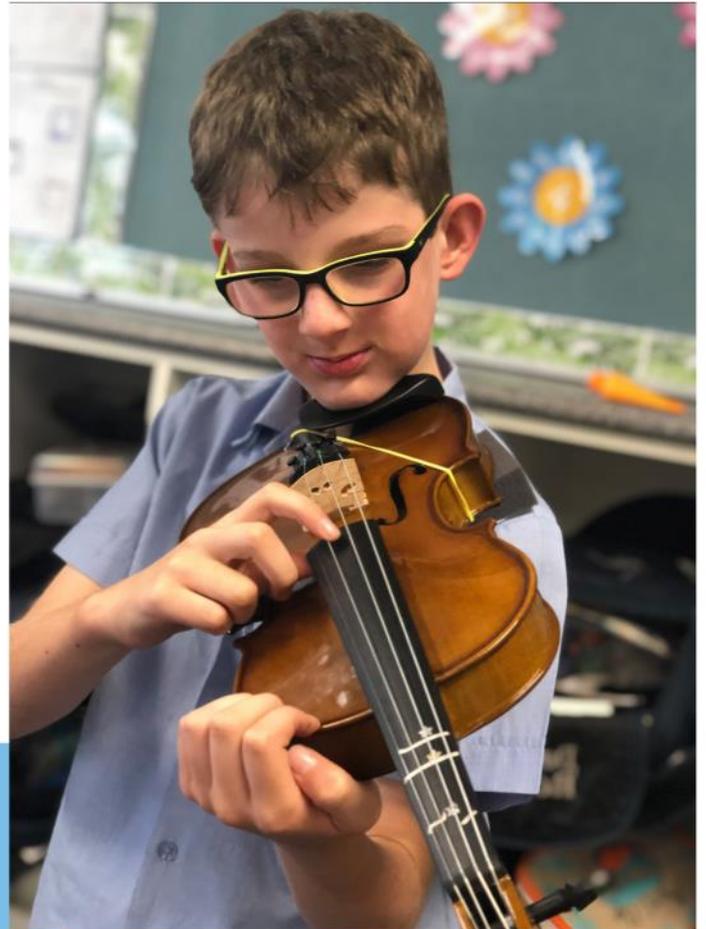


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Enhancing Learning through Music

*If I were not a physicist,
I would probably be a musician.
I often think in music.
I live my daydreams in music.
I see my life in terms of music - Albert Einstein.*



Newhaven College understands that Music has the capacity to engage, inspire and enrich learning by exciting the imagination and encouraging children to reach their creative and expressive potential.

In the Junior School (Prep to Year 4) the Classroom Music program is based on the Kodaly Method that focuses on engaging with music as a part of the natural learning process through singing, playing, moving and enjoying music.

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Contact Belinda Manning - 5956 7505, belinda.manning@newhavencol.vic.edu.au





What's Cooking?

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- 2 1/4 cups plain flour, sifted
- 200 g packet milk Choc Bits

WHAT TO DO:

Preheat oven to 180 degrees. Grease and line 2 baking trays with baking paper.

Use an electric mixer to beat the butter, sugar and condensed milk in a bowl on high speed until pale and creamy. Reduce speed to low. Add the flour, in batches, beating after each addition until dough just comes together.

Stir in choc bits. Roll tablespoons of mixture into balls. Place on the trays, allowing room for spreading. Use your fingertips to flatten slightly.

Bake, in batches, for 15 minutes or until light golden. Set aside on tray for five minutes to cool before transferring to a wire rack to cool completely.



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If you answer YES to any of the above questions, then the one-day "Counselling Skills for the Accidental Counsellor" program will benefit you

This program is designed for those who are not trained counsellors but want to improve their skills in supporting others and informal counselling

You can attend this one-day program in Wonthaggi on Monday 29th July

Venue details provided on receipt of booking

To book, phone Linda on 0431 693313

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Linda is a qualified, practising counsellor working from Phillip Island



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Australian icon Tom Keneally to speak at 2019 Phillip Island Festival of Stories

Schindler's Ark author Thomas Keneally has joined the growing number of storytelling legends who will be presenting at the Festival of Stories from Friday 26 July until Sunday 28 July 2019 at the Cowes Cultural Centre.

The multi-award-winning author and his daughter, Meg, with whom he co-wrote the Monsarrat crime fiction series, will be delivering the keynote speech on the opening night of the festival.

"To have such a beloved giant of the Australian literary scene open our festival is just fantastic," said Lois Gaskin, Festival spokeswoman.

"We have a really interesting program this year, with presenters such as comedian Denise Scott, famed musician Kutcha Edwards, living legend Uncle Jack Charles and acclaimed novelist Melissa Lucashenko. There are also storytellers attending who aren't household names but have incredible stories of survival and transformation."

"Everyone has a story, and there will be a story for everyone at this year's Festival," said Ms Gaskin.



Sea Shepherd's Jeff Hansen

The opening night will be MC'd by well-known author Bryan Dawe, while the Saturday night movie is presented by Sea Shepherd's Jeff Hansen. Local talent will include Beau Vernon, Adam Cope and Cr Pamela Rothfield. Laughs are in store with comedians Kevin Kropinyeri, Michael Veitch and John Lane, while a Sisters in Crime panel will have everyone intrigued.

For more presenters and info visit:

www.pifestivalofstories.com. Tickets are on sale via the website or head to the Turn The Page Bookshop, 40A Thompson Avenue in Cowes to purchase.



Good habits to help your photography

Submitted by the Phillip Camera Club

The following is a list of good habits to practise in your photographic journey.

Always take your camera. The best camera is the one you have with you. Even better if you are wearing it and prepared for that “decisive moment” of a never to be repeated capture.

Have spare memory cards. They can malfunction or run out right when the light is perfect or everyone is smiling at you. The solution is to have spare cards with you.

Back-up your photos. Download your images off the memory cards onto your hard-drive. Memory cards can be lost. To be secure store your images in three different locations.

There’s nothing worse for a photographer than having a hard drive fail and losing images.

Limit Chimping. Chimping is constantly checking your screen. Doing this may mean you miss that “decisive moment”.

Use different perspectives. Shooting from eye level all the time gives predictable results. Try working the scene – drop to your knees, lie on the ground seeking new angles. An aerial perspective can be stunning. The best tool for composition is your feet.

Check the background. Look for simple backgrounds behind your subject. Using F4/F5 FStops gives you a narrow depth of field thus blurring the background and isolating your subject from a distracting background.

Use Rule of Thirds. To make a more interesting photo to stand out use the Rule of Thirds instead of centring the subject. Or try to add dynamic by tilting the camera at an angle.

Try to avoid bright daylight. Under harsh midday sun, shadows are short and therefore objects do not look three dimensional, lacking form. Human subjects may squint into the sun or blink. Better to pose people in the shade. Landscapers should learn to



Grey Day at Rhyll by Rhonda Buitenhuis

work with softer diffused light. Thunderclouds overhead will introduce a sense of foreboding that blue skies can’t. Golden hour will exude warmer tones and longer shadows.

Read the Camera Manual. Be methodical and diligently work through the manual for each function of your camera. There may be hidden features you didn’t know about.

Take your camera off AUTO. Take control yourself and learn semi-automatic shooting modes such as Shutter Priority or Aperture Priority. Master them and then try MANUAL.

Try to get it right in camera first go. Don’t think that post-processing can fix anything. Ensure your horizons are straight and that you have the correct exposure. Even do a bit of gardening to remove distractions from a scene can save cloning them out in Photoshop.

Use RAW file format. JPEG files are compressed and can’t be altered effectively. Using RAW files allows you to correct exposure, colour and sharpness. Think of RAW files as digital negatives that need processing and fine tuning.

Limit the amount of photos posted to social media. Carefully select your images and process them. Display a variety but limit them to 3-5. Don’t submit minor variations on the same shot.

Get inspired. Go out and capture that special image and have fun doing it.



Four Galahs by Jenny Skewes

Ref: [13 Bad Habits That Can Ruin Your Photography](#) by Ray Salisbury

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The African Fish Eagle used to be regarded as messenger of the gods, and still is in some cultures, including Africa.

Nowadays Eagles have better ways to spend their time than carrying notes and running errands for the gods, the import of which are invariably ambiguous and at worst downright sinister.

The birds nevertheless continue to soar through the human psyche as symbols of the mystic, military and majestic. They have led Roman legions into battle and down through the ages have been represented on numerous flags and standards, wings outstretched grasping all manner of military symbols and paraphernalia in their talons.

The African Fish Eagle features in the coat of arms of no fewer than three African countries, two in the south and one in the north, giving a rough idea of the birds extensive distribution.



Not bad for a kleptoparasite. Despite their regal status, African Fish Eagles clearly don't feel constrained by the notion of noblesse oblige and make a regular habit of robbing other fish-eating birds of their catch.

For many the distinctive call of the Fish Eagle is the song that evokes Africa, even beating out a lion's roar, if only by a whisker.

Among their nonplussed victims are pied kingfishers, Goliath herons and saddle-billed storks.

On the salt lakes of East Africa's Rift Valley, African Fish Eagles often dine on Flamingos, both chicks and adults, recalling the banquets of Imperial Rome where platters of Flamingo tongues were regular items on the Emperor's table.

As we can expect of a bird that Hollywood would struggle to invent, the Fish Eagle accomplishes the routine task of fishing with majestic aplomb.

Descending from up high in a shallow dive it seems to tear a slit in the surface of the water with its talons and effortlessly extract a silver and slippery prize. Well that's what the script says. Sometimes it works, and at other times the bird grabs a glutinous mullet or a catfish that has never heard of Weight Watchers. About 2 kg's is the upper limit for an aerial left.

Our Fish Eagle is monogamous and highly territorial usually establishing its throne of the top of a tall tree close to the water's edge. On the huge artificial Lake Kariba between Zambia and Zimbabwe, they occasionally opt for a moat and build their nests on a dead tree standing in the water.

Both sexes utter the birds famous call, throwing their heads back over their shoulders as though the messages are meant for the gods in the skies above, as well as mere mortals. If the gods deign to reply, the African Fish Eagles keep the answer to themselves! As with us humans, some secrets are better concealed than revealed.



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50-year awards presented to local Red Cross volunteers



Woodleigh Vale Red Cross Branch members Marion Walker and Diane Dunn recently attended Government House for the presentation of their 50-year service awards.

Pictured after the presentation are (from left) Marion Walker, Mr Anthony Howard AM QC and Diane Dunn.

Anthony Howard is the patron of Red Cross and also the husband of the Governor of Victoria, the Hon Linda Dessau AC.



Healthy and Healing with Pip

The Wisdom of Bear ... how to work with the energy of Winter

Now that we've had the Winter solstice on the 21st June, the shortest day, it is officially winter.

It is time to follow the wisdom of Bear.

(*note - when I speak about animal spirit guides it is respectful to refer to the collective by name - thus the capital letter.)

I've always resonated with Bear energy.

As a child I had a series of bears as my favourite comforting toy. And recently I discovered (during an animal spirit guide meditation) that one of my power animals is Bear. That made so much sense.

Bear (and other animals) hibernate during this time. Resting and restoring themselves. They spend time sleeping.

That's what we all naturally want to do in winter right? Sleep ... sleep ... sleep.

Do we actually do that? Rarely.

This is the perfect time for you to embrace your Bear-self (or Bare-self) ... to contemplate and comfort yourself.

Winter energy is for focusing on self acceptance, inner peace and gratitude. And couldn't we all do with more of those? Huh? I've found that stress, anxiety and depression all start from a mindset of outer focus rather than inner focus.

Bear doesn't feel afraid of hibernation, or going deep within, or dreaming, or get impatient because it's not sunny.

Bear knows and trusts unconditionally.

Winter offers great wisdom. A place to see people, places and things as they truly are and to reject the need for explanations of why, how and when.

How often have you jumped quickly into a drama or issue only to realise you should have held back? Take a breath now.

My sister loves winter. She layers her clothes, rugs up with a blanket, sits by a fire too (if possible) and watches Foxtel. It's her safe space. So outside while the air is cold and the land is frozen hard, sometimes covered with ice and snow. It is when the world is dormant and still, but inside us opportunity is imminent.

Winter offers us encouragement to find contentment and security in our own skin. We are given an opportunity to look at our dreams and become confident that we can realise our potential. What a magical gift!

We are asked to look in the mirror and smile, certain that we did all that we could from our personal place in time. How often do we beat ourselves up for not doing enough or doing something wrong. That's wasted energy. You did the best you could in that moment.

And if you feel you could do better - learn that lesson and do better next time. What's that quote? You can't move forward if

you are always looking in the rear view mirror.

If you don't feel you have been realising your potential, being your true self, taking opportunities or doing all that you can to reach your goals ... Winter is the time to recognise, accept and allow where you are ... then begin to plan and dream about the changes you would like to make.

Winter is where we find peace, maturity and the wisdom to just BE. Use the hibernation energy of Winter to begin the process of transformation, in readiness for Spring.

Meditation, Yin Yoga (gentle practice), Quiet walks in nature, Gentle rhythmic music, Drumming and slow movements (like Qi Gong) are all wonderful things to explore at this time.

Mindful Monday Meditation classes are happening all winter.

Love to see you.

Blessings Pip

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Leon Herbert**

TO LINGER LONGER

'Murder is commoner among cooks than among members of any other profession' - W.H. Auden

It was a spring afternoon when Leroy Cunningsworth's sixth sense led him down Thompson Avenue, and then left into an alley. Quickly, he realised he was approaching the rear of his favourite restaurant, "Linger Longer." "Good. As soon as I solve whatever bit of crime is waiting for me here, I'll make a reservation."

His pace quickened as did his pulse as he recalled the words of his favourite sleuth "the world is full of obvious things which nobody by any chance ever observes".

But when Leroy took in the scene in front of him, his heart fell. "No time for any Linger Longer tonight," he thought. For there in the alley, directly behind the restaurant's service door, lay the body of Pedro Sanchez, owner and chef.

The knife was still in his stomach, imbedded up to its hilt and surrounded by a wet patch of crimson.

Three men stood over the deceased. Leroy knew them all.

"Afternoon, my good fellows."

"Mr. Cunningsworth," they said in near-unison.

"I told you he'd show up," said one of them to the others. "He's famous for turning up at murder scenes."

Leroy nodded. "Did anyone touch the body?"

"No," said Bill, the headwaiter. "We were just coming to work. We all got here within a minute of each other and this is what we found. It looks like a mugging to me."

"I called the police on my cell phone," said Peter, the prep chef.

"They should be here any minute."

Leroy bent down to examine the body. "Did that knife come from the restaurant kitchen?"

"Why, yes," said the third man, bending over to see. Tony was the bread and pastry chef—best in the city, in Leroy's opinion.

"All our knives have those identical black handles."

"So, Pedro's assailant must have been in the kitchen before the attack."

"It looks that way," said Peter. "I check the equipment every night before leaving."

Last night that short paring knife was in the rack with the others. Whoever killed the boss must have been inside the restaurant today."

Bill frowned. "Or maybe Pedro was inside and heard a noise out here. Maybe he grabbed a knife, came outside and caught a burglar trying to break in."

Leroy pulled a magnifying glass from his pocket and approached the kitchen door.

He saw no signs of forced entry and no pick marks around the lock. "Did all of you get along with Pedro?"

The three men exchanged glances. "You're asking if one of us had a reason to kill him," said Tony. "Maybe one of us did."

"Tony!" Bill seemed upset by the chef's lack of discretion.

"Mr. Cunningsworth, you have to understand. Restaurants all have a little thievery. Steaks disappear from the freezer; friends get free drinks at the bar. An owner expects that. But Pedro suspected some major stealing—big crookery, according to him. Several employees have keys to Linger Longer, including each of us. Pedro thought this thief might be coming in early and doctoring the books to cover up his crime."

"That's probably what happened," said Tony. "Pedro caught the thief in the act. They argued and fought and probably continued the fight out here." He paused as the sound of sirens grew in the distance.

"Yes," said Leroy. "I suppose you're right." He was no longer worried about the crime. That part had been easy. What he was worried about now were his future dinners.

Would Linger Longer be able to survive without its owner—and without one of its key employees? He certainly hoped so.

Vibe readers- Who killed Pedro Sanchez?

What pointed Leroy to the killer?

Time to sharpen your cerebral knives!!

Page 18 reveals the answers to these questions.



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Winter tyre safety

Correct tyre care, maintenance and selection can greatly enhance your safety on the road this winter.

Make sure your tyres have adequate tread depth to keep you safe and legal.

Ensure your tyres are properly inflated and checked at least once a month and before any long journeys.

Check the condition of your tyres by looking for any lumps, bulges or cracks and remove any objects embedded in the tread.

When checking the tread, pressures and condition, don't forget the spare.

Consider fitting winter weather tyres for the whole winter period. At temperatures below 7 degrees they provide much better safety and grip.

Remove wheels or jack the weight off any vehicles' tyres that will not be used over the winter months such as caravans, horse-floats or motorcycles

Visit your local tyre dealer for a tyre safety check.

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Winter driving tips

Winter driving: Extreme weather and poor light can make driving dangerous in the winter months. Make sure you adjust the way you drive by following these steps. Maintain a safe distance to the car in front, it takes twice as much distance to stop in the rain.

Turn headlights on: In fog or snowy conditions, use fog lights instead of setting your headlights on high beam. Avoid large puddles. Avoid unnecessary travel in heavy rain. Driving in snowy conditions requires a lot of concentration and patience. Stay calm if you're stuck in a long queue and always follow road signs and directions given.

Before you take off: Check road conditions by visiting Vic Traffic or downloading the Vic Traffic app. Make sure your car battery is in good condition and that the air conditioning system is working properly. Anti-freeze is recommended in your radiator. Pack your sunglasses if you're heading to the snow.

As you drive: Drive cautiously with two hands on the wheel and steady pressure on the accelerator. Brake with steady pressure. Avoid braking when cornering. Fit chains to your tyres when advised or if the road looks icy. Engage low gear when you drive down a mountain. If you hit ice, remain calm and apply the brakes gently to slowly regain traction. At night, only use low beam lights. High beams do not work in high mist areas. If you can't see, pull over, put on your hazard lights and keep your engine running.

Parking: Leave the car in gear with the front wheels turned away from slopes. Reverse into a car park or make sure you can drive out forward. Poor vision makes reversing out of car parks dangerous. Put your wiper blades up to avoid them freezing to the windscreen.

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Black ice: You cannot see black ice. It generally forms at night, in the early mornings or on sections of the roads that haven't been exposed to sunlight, like under tree cover. Take the following steps to minimise risk:

1. Check for black ice warnings by visiting Vic Traffic or downloading the Vic Traffic app.
2. Delay your trip if you can to avoid icy conditions. If you have to drive, allow plenty of time. If possible, use a car equipped with Electronic Stability Control (ESC). Braking takes longer in icy conditions so always allow for plenty of room between you and the car in front. Slow down and be patient.
3. If you hit black ice, you will have little or no control over your vehicle.
4. Until you clear the patch of ice, use the accelerator, brakes and steering as little as possible

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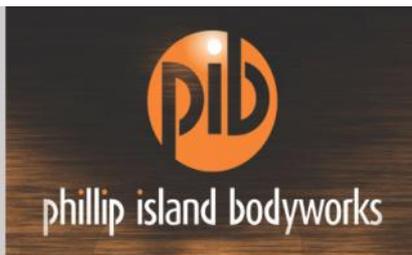
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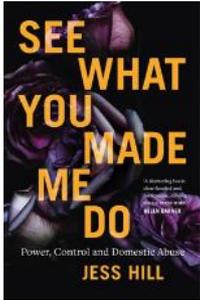
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Book Reviews



See What You Made Me Do
 By Jess Hill
 RRP \$32.99

Domestic abuse is a national emergency- one in four Australian women has experienced violence from a man she was intimate with. But too often we ask the wrong question- why didn't she leave? We should be asking- why did he do it?

Investigative journalist Jess Hill puts perpetrators - and the systems that enable them - in the spotlight. See What You Made Me Do is a deep dive into the abuse so many women and children experience - abuse that is often reinforced by the justice system they trust to protect them. Critically, it shows that we can drastically reduce domestic violence - not in generations to come, but today. Combining forensic research with riveting storytelling, See What You Made Me Do radically rethinks how to confront the national crisis of fear and abuse in our homes.

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Meet a local community volunteer



Michelle McKenzie has been volunteering at Phillip Island Community and Learning Centre (PICAL) for almost ten years.

Hello Michelle. Tell us about your role at PICAL. I am the Coordinator of PICAL Pantry, an emergency food relief program for residents of Phillip Island and surrounds who are experiencing financial hardship. My tasks include ordering food for Food Bank, restocking the pantry, collecting and bagging bread which is donated to us, and liaising with various community groups.

What do you do when you're not volunteering? I do a little casual work, pet minding and gardening.

What is the best part about your job? Helping people in a very practical and tangible way.

What did you do in your working life before becoming a volunteer? I was a public servant many years ago, working for the Department of Social Security. After that, I worked in child care, and with young people with disabilities. I was also a carer for my elderly parents. I completed a community service course at Chisholm, Bass Coast a few years ago.

Can you think of a funny story related to your volunteering that you would like to share with the readers? I cannot think of a funny story, but I have shared many happy moments with my fellow volunteers and with the people who use the pantry.

Can you tell us one thing about yourself that your colleagues might not know? I love the great outdoors and experiencing mother nature, whether that is bush walking, partaking in water sports or just walking on the beach observing the bird and animal life.

Is there anything else you would like to tell the Vibe readers? The Pantry receives donations (food and financial), from various community groups and individuals. Without this support PICAL could not run the program, so this support is greatly appreciated. I would also like to acknowledge Andy Daniels who picks up fresh food through the Second Bite program 3 days per week. Great effort Andy. Also, our PICAL Casseroles cooking group, headed up by Hazel Landry. The group cooks casseroles on a monthly basis and they are currently looking for more volunteers.

Phone PICAL to discuss volunteering opportunities 5952 1131.

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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.

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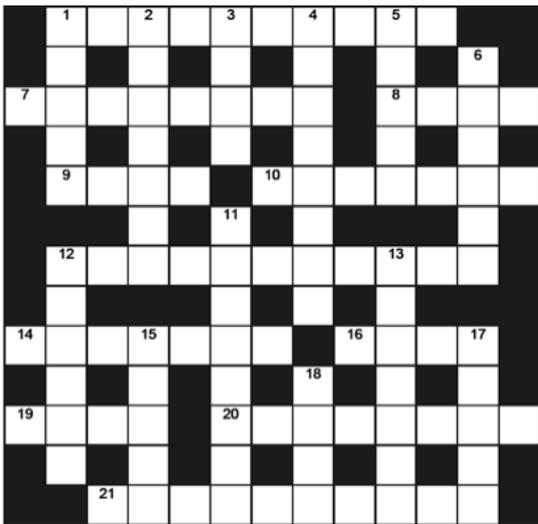
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Web: onlinewillsaustralia.com

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Brain Food

Find all the answers & solutions to Puzzles & Quizzes
on page 18 (No peeking!)



Vibe Quick Crossword 114

Across

- 1 Expulsion from a place (10)
7 A thing of any kind (8)
8 A roundish projection (4)
9 Earth (4)
10 Public disgrace (7)
12 Annoyance (11)
14 8 sided object (7)
16 Discover (4)
19 A bony projection (4)
20 Authoritative approval (8)
21 Logical (10)

Down

- 1 Change shape (5)
2 Absence of matter (7)
3 Outer layer (4)
4 Illusionist (8)
5 Synthetic substance (5)
6 Get (6)
11 Roundabout (8)
12 Receive (6)
13 Stupid (7)
15 A kitchen garment (5)
17 Amusing (5)
18 A single thing (4)

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

**Vibe
Sudoku 114**
Each row, column and sub-box must have the numbers 1-9 occurring just once.

Surf News

by Ed Amorim (prosurfcoaching_) Surf with Whales

It's that time of the year when giant ocean creatures "The whales" visit our coast line and it's a perfect time to learn a bit more about their behaviour for next time we meet them in the surf line up.

Sharing the ocean with whales is one of the many joys of surfing. But there are laws that govern how close you can be to these creatures and fines if you get too close.

Many a surfer have come across these fun and awesome creatures. We hear tales of the dolphins surfing alongside the surfers, racing along the wave with them.

Or the whale that suddenly popped its huge head out of the water to say hello! So close that you could reach out and touch it.

In many countries, there are regulations on how close you can be to whales. These regulations are to protect both the humans and the whales from injury and not to disturb these wild creatures in their natural habitat.

Failure to abide by these regulations can result in substantial fines from \$2,000.

Basic Rules When Near Whales and Dolphins

Published by the Australian Government Department of Environment

Remember - keep a safe distance—Do not disturb!

The basic rule around whales is to be quiet and do not feed or touch them.

Be alert and watch for whales at all times.

When in a vessel, do not approach closer than 100m.

The caution zone for vessels is the area within 300m of a whale. No more than three vessels are allowed within the caution zone at any one time and vessels should operate at no wake speeds within this zone.

Approach whales from parallel to and slightly to the rear - not from directly behind or head-on.

When leaving whales, move off at a slow (no wake) speed to the outer limit of the caution zone (300m) from the closest animal before gradually increasing speed.

Keep a lookout and avoid disturbance to mother whales and their calves.

They will be close together and the calves are sometimes difficult to see.

If there is a sudden change in whale behaviour, move away immediately at a slow, steady pace.

Whales sometimes form social groupings and may approach your vessel - if this happens place the engine in neutral and let them come to you; or slow down and continue on course; or steer a straight course away from them.

Do not get into the water if you see a whale. If you're already in the water do not disturb, chase or block the path of a whale or dolphin and if possible, return to your vessel or the shore.

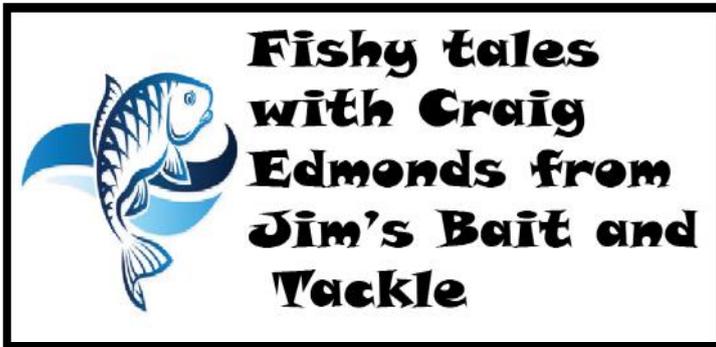
That's some tips you may need to know before getting into this situation but good sense and positive attitude makes all the difference.

TRIVIA



1. In 1964, what sport was added to the Tokyo Olympic games as a medal sport? 2. FE is

the atomic symbol of which element? 3. How many black keys does a modern piano have? 4. Who was the oldest Beatle? 5. In 2015, who won the Oscar for best actor? 6. Who wrote Oliver Twist? 7. What is the name of Prince William's daughter? 8. What is the hottest planet in the solar system? 9. Where would you find the big pineapple? 10. How old was Tiger Woods at his winning of the US Junior Amateur title? 11. What type of blood group is a universal donor? 12. At birth, how many bones does a baby have?



With the weather behaving last month, most of the weekends, including the long weekend saw some very good reports. The weather has been opposite to what it normally is, which is pleasing for most who only have weekends to go fishing. So often the weather is perfect during the week and very ordinary on weekends making it difficult to head out for a fish. It has been cold, as we all know and the water temperature has dropped quickly but all that seems to have done is put condition on the fish with customers reporting not a lot of exceptionally long fish but all are extremely good in condition.

Whiting during the month were typical for this time of the year, not all that easy to find and when you do don't expect a bag full but expect quality. We didn't see too many bags of whiting but probably in fairness most who reported fish to us spent only a very short time on the water over a tide change and when you look at it that way the quantities reported were probably good. The reports came from all over the place and it was hard to pick the best spot with it seeming to change daily. Reports came from the usual spots and we didn't hear of too many in unexpected areas. The best advice was just to head to your favourite spot for the tide and wind of the day.

Whales, while obviously not a species chased by fishermen, we do get lots of enquires about them, especially over the phone. There have been some very good sightings already and like last year they are coming in reasonably close to shore. There have been a few head into the bay already and while they don't last long in the bay or go too far up the bay they can be seen easily from the beach. Failing them coming into the bay they can be easily seen from the carparks along the higher points, binoculars make it easier. Several customers have reported seeing them while offshore in their boats. Just remember there are regulations as to how close you can get to them and with all the people on the shore watching, do the wrong thing and expect someone to be waiting for you at the ramp when you come back in. We get many questions about the whales but the one that always amuses me and normally over the phone from Melbourne is, "what time should I come down to be guaranteed to see them" almost as good as "where do I go to catch a fish today", if only life was so easy.

Calamari are the other species targeted this time of the year and they have been a little like patchy the whiting, patchy. San Remo jetty has been all over the place with good reports one day then nothing at all for the next few days. We have had several reports from Newhaven jetty over the last month and even a few from Rhyll jetty. Cowes has been a bit like San Remo and patchy at best and the best of the reports have come from the boats and kayaks where we are seeing better numbers. We are also being told though there are several pickers and couta around so baited jigs aren't lasting all that long.

What's the greatest part about being a member of the Phillip Island Club?

So very many things. Friendship, meeting up with like minded people, a chance of being social, but the best part is having a sense of family. We care if you are ill, we rejoice in your happiness and we help wherever we can - mostly in emotional support. We are sad when you are sad and happy when you are happy. We miss you when you don't come to lunch and we love hearing about your adventures.

This month we raffled off the beautiful terrarium that was gifted to us by Grace Landscapes in Cape Woolamai. It was won by one of our more elderly members who lives next door to our club at Melaluca. He was overjoyed at having won it and had a place ready for it when we delivered the terrarium to him.

Have you joined us as a member yet? if not, why not? we are not a bunch of miserable people waiting to cark it you know! we welcome anyone from the age off 55yrs and over. We are always welcoming new vibrant members and who knows, if you're interested you could be invited to become part of our committee. We are always looking for ideas to attract new members while keeping our current members happy, which isn't hard because they are an awesome bunch. Cheeky, lively, stylish and brash. Nothing has changed their personalities from when they were young and wild back in the 60s and 70s.

We have our AGM coming up on Friday 19th July, 2019. Everyone is welcome. RSVP no later than Wednesday 17th July 2019 so we know to set a place for you at lunch - just \$15 for a 3 course roast meal. Phone 59522973 and leave a message with your name and how many of you are coming. Lunch starts at 12pm. In fact why not come along to our weekly lunch every Friday. Such delicious food and lots of fun to be had. Not to mention the awesome weekly prizes which include wine, fruit baskets, munchies baskets and a voucher from the RSL.



it is with great sadness we have farewellled one of our beautiful members last month. We wish her husband and family the best heartfelt wishes during this very difficult time.



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@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.

Phillip Island Community Art & Craft Gallery Cowes Cultural Centre, contact Secretary Aleta Groves 0419 525 609 or email info@phillipisandgallery.com.au

PUZZLE SOLUTIONS

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

Vibe Sudoku Solution 114



Vibe Crossword Solution 114

LINGER LONGER WHO DUNNIT SOLUTION

Inspector Jack Flint of the Cowes constabulary stopped in his tracks. "How did you get here before me?" he growled at his detective friend. "If I didn't know better, I'd say you were Phillip Island's biggest criminal."

The inspector turned to his men and barked a series of commands. The officers put on gloves and fanned out over the scene. "You've taken me to this restaurant, Cunningworth. Is that the owner?"

"Owner and chef. Unfortunately, the establishment might not be able to survive without Pedrol and his prep chef."

"Prep...? Don't tell me there were two murders?"

"No, just one. The prep chef, Peter, is the killer."

"How do you know that?"

"Look at the knife in the victim." Leroy paused while the inspector did as he was told. "Does it have a long blade or a short one? Is it a paring knife or something else, like a steak knife?"

"How should I know? The blade's in the victim."

"Exactly. And yet Peter knew which knife it was—a short paring knife."

The inspector thought it over and then shook his head. "Maybe Peter saw which knife was missing."

"No. All three suspects said they'd just arrived. And all the knives have exactly the same handles. Like it or not, Peter's your man. Gosh I'm hungry. What chance is there of you taking me for a well deserved dinner, before I suffer death by starvation?"

Flint responded with a wide grin "a very good chance my dear friend."

Quiz Solution 114

1. Volleyball
2. Iron
3. 36
4. Richard Starkey
5. Edie Redmayne
6. Charles Dickens
7. Princess Charlotte of Cambridge
8. Venus
9. Nambour, Queensland
10. 15
11. 0
12. 300

Phillip Island Community Art & Craft Gallery Give Art & Craft a Try Workshops

Art & Craft's can be such a wonderful past time. Learning new Art & Craft skills can be out of reach for some because often workshops are very expensive and the cost of materials can be exorbitant. Thanks to the Bass Coast Councils Community Grants program the Phillip Island Community Art & Craft Gallery are offering 10 different workshops in August/September where there is a small workshop fee but all materials are provided, so it is a chance for anyone to give Art & Craft a try. Bookings can be made in the Gallery or online with trybooking

Saturday August 3rd

10.00am – 12.30pm Fabulous Flowers in Water colour

In this workshop participants will create a water colour painting using flowers as an inspiration. (\$30 per person)

<https://www.trybooking.com/BDIBD>

Saturday August 10th

1.00pm – 3.00pm Introduction to Macrame Knots and Techniques

In this workshop, each participant will complete a Plant hanger, learning the most commonly used macrame knots and techniques. Suitable for beginners. (\$25 per person)

<https://www.trybooking.com/BDIBG>

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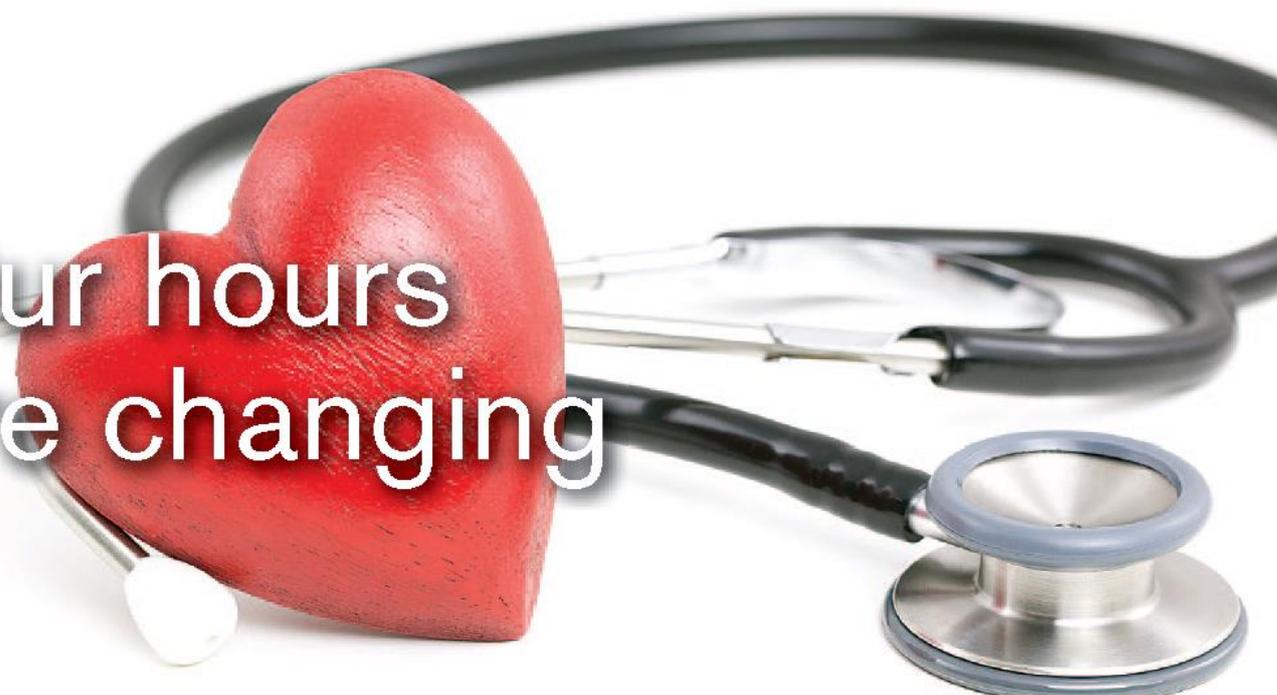
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are changing

We care for our community

NEW HOURS from July 1, 2019

MONDAY 8.30am – 7pm

TUESDAY, WEDNESDAY & THURSDAY 8am – 8pm

FRIDAY 8.30am – 5pm **SATURDAY** 9am – 1pm

CLOSED SUNDAYS AND PUBLIC HOLIDAYS

For Assistance outside these times, please call 5951 1800 to access
Medical & Aged Care Groups Doctor Triage service to speak with a doctor



For your convenience, book your next appointment online
www.cowesmedicalcentre.com.au or phone 5951 1800

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