

Free

# PHILLIP ISLAND VIBE

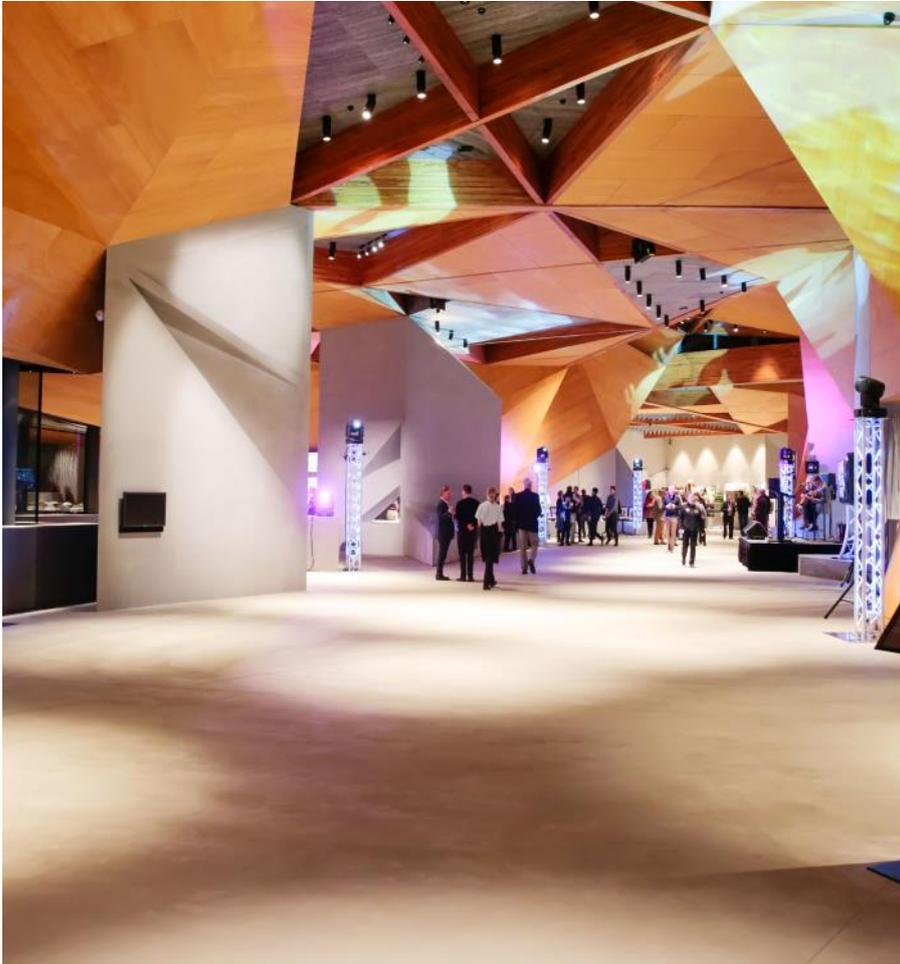
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ISSUE 115 AUGUST 2019



The new Visitor Centre at The Penguin Parade opened recently offering interactive activities, a state-of-the-art theatre, an education wing, restaurant, café and shops. Well worth a visit to see for yourself.

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# Inspiring Tomorrow's Creators

Newhaven College is embracing the latest technology in the classroom to enhance students' learning and help teachers do what they do best – inspire students!



## Sensory Engagement

In early 2019 all Junior School classes received five new touch screen PCs to add to their new banks of iPads. Over the holidays, new 75 inch 'Promethean' boards were installed in each Junior School classroom. Promethean boards are interactive whiteboards onto which staff and students can project images from a computer, tablet, or external camera. They provide an immersive experience at the front of the classroom, deliver a natural writing experience which allows teachers and students to collaborate with ease, and they have built in apps with a range of teaching ideas and experiences.

## New Coding Programs

Spheros are fun spherical programmable devices that use STEAM-centric activities to encourage ingenuity in Junior and Middle School.

Using spheros, students can navigate a maze, program a painting, mimic the solar system, design a boat, the only limitation is imagination!

By introducing coding at a young age, Newhaven students will be equipped with the skills required to pursue more advanced technology in the secondary years. All this is a prelude to the new coding program that will be introduced in Year 7 in 2020.

A limited number of places are available in Year 1, Year 2 and Year 3 in 2020.

Contact Belinda Manning - 5956 7505 or [belinda.manning@newhavencol.vic.edu.au](mailto:belinda.manning@newhavencol.vic.edu.au)





## Meet a local community volunteer



*Phillip Island & San Remo Boomerang Bags ladies Kerry Tait (left front), Vi Pittorino (right front), Chris Schache (standing) and Kylie McMurray (right standing), with the new Vanuatu Chapter.*

### Kylie McMurray "Boomerang Bags"

When Kylie McMurray answered an advertisement to attend an information night on ways in which plastic waste could be reduced on Phillip Island through the creation of reusable shopping bags from post-consumer fabrics, little did she know that this moment two and half years ago would be the beginning of "Boomerang Bags" on Phillip Island.

The concept of Boomerang Bags started in 2013 in Burleigh Heads, Australia, when two local women; Tania Potts and Jordyn de Boer – both passionate environmentalists, became concerned about the amount of plastics that were being washed into our oceans and waterways. Although neither had any sewing skills, when they reached out to their local community, they were swamped with offers to make fabric shopping bags using recycled and donated materials that would have eventually ended in landfill.

While the original "boomerang" philosophy (i.e.; use and return) has morphed into one of "use, re-use and keep re-using", the benefits of removing plastics from the environment is now more important than ever. And the Boomerang Bags program is growing bigger all the time; it now operates over 1,000 programs in more than 26 countries.

Meanwhile, back in 2017 Kylie McMurray was hard at work creating a local chapter of Boomerang Bags for the Phillip Island and San Remo area. From humble beginnings at the RSL, through regular sewing bees at Cowes library, the chapter was fortunate enough to be offered a permanent home at PICAL (Phillip Island Community and Learning Centre) to make reusable fabric shopping bags for the PICAL Pantry - an emergency food relief program for those in need.

The Boomerang Bags "PISR" crew have been sewing not just for PICAL Pantry, but also for the local community ever since Fast forward to 2019, and Phillip Island has become one of the most prolific producers of all Boomerang Bags chapters, of reusable fabric items. Not only reusable fabric shopping bags, but also produce bags for fruit and vegetables, door sausage draught-stoppers and other useful items that help to lower energy consumption and make a difference to the local environment. Kylie co-ordinates the local program, which now operates primarily out of the Cowes PICAL centre, and also collaborates with the chapter at Rhyll, and just recently Kylie and a couple of the "bag ladies", Chris Schache and Vi Pittorino travelled to Korumburra to present to interested community members on establishing a local chapter. They have scheduled their first community sewing bee there for August 12; the Korumburra ladies are well informed and are now also ready to go.

Not only does she co-ordinate Boomerang Bags, but this has also seen Kylie take on the role of volunteer Secretary of the PICAL Committee of Management for the last 1 1/2 years, and in July this year, she stepped up to Chair the Committee.

In that time, she has also been involved as part of a working group in establishing Totally Renewable Phillip Island (TRPI), which also operates out of PICAL. After a three-day community consultation process, TRPI was created in mid-2018 to not only advocate and educate on renewable energy matters, but also to be a voice for a wide range of recycling, recovery, repair and re-use issues, all of which are aimed at minimising our carbon footprint and making a difference to the environment in practical, grassroots ways.

A local farmer involved with TRPI is experimenting with carbon farming, which is taking greenhouse gases out of the environment through carbon sequestration. TRPI and other groups are also working together to achieve the vision of a "plastic-free Phillip Island". It is all part of what Kylie refers to as the circular economy. Under Kylie, Boomerang Bags Phillip Island and San Remo also spread its wings internationally. In March 2018, Kylie and 3 members of the local Boomerang Bags group (Vi Pittorino, Chris Schache and Kerry Tait) travelled to the remote isles of Mystery Island and Aneityum Island, the southernmost island of the archipelago of Vanuatu. The group guided the local community to establish the Mystery Island Boomerang Bags chapter. Aneityum Island has almost no infrastructure, so using hand-operated sewing machines and headlamps the group shared the skills to make Boomerang Bags and other items from recycled and donated fabrics.

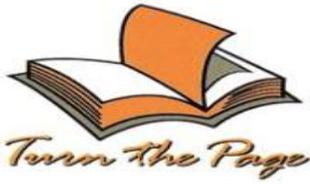
Not only did Phillip Island's "Bag Ladies" teach the local ni-Vanuatu women and men how to make patterns and sew materials, but they also taught them screen printing, allowing them to print in house rather than outsourcing, thus allowing greater self-sufficiency. Upon returning three months later in June 2018 with Vi Pittorino, Kylie was very pleasantly surprised to find these villagers had created a bank account and are now building a Sewing Centre for 20 local women. The Boomerang Bags PISR group used proceeds from their bag sales to purchase a generator for the group so that they can now use electrical sewing machines.

This was the first time that anyone from the entire international Boomerang Bags program had successfully seeded a start-up in another country. Very shortly, Kylie and another of Phillip Island's long-standing "bag ladies", Marita Kraft, are off to Bali to meet Boomerang Bags founder Tania Potts, to look at seeding more overseas chapters.

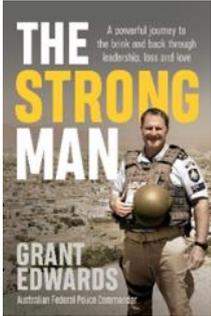
When asked what she does when she is not volunteering, Kylie laughed. It seems that volunteering has always been an essential part of her makeup, and a trait that rubbed-off on husband Andrew, who also does an enormous amount of the "heavy lifting" work for Boomerang Bags and for PICAL.

Kylie and Andrew met at Melbourne University where they were both working, and moved to Phillip Island with their family nine years ago. They have both previously been involved as volunteers with Newhaven Residents Association and the San Remo CFA, as well as raising two daughters and a son along the way.

The bag ladies of Phillip Island & San Remo Boomerang Bags and the wider PICAL community all agree that they wouldn't be where these groups are now, without Kylie's drive, energy and compassion. As for the lady herself, Kylie says she has a ball every time she steps "into the office". She believes there is something special about the Phillip Island community and people, and feels a greater sense of connectedness here more than anywhere else she has lived. Last words come from Kylie herself, who says "There is so much community spirit here, and to be part of something bigger makes everyone happy - I mean really happy - we just laugh the whole time we get together."



# Book Reviews



**The Strong Man**  
by Grant Edwards  
RRP \$35.00

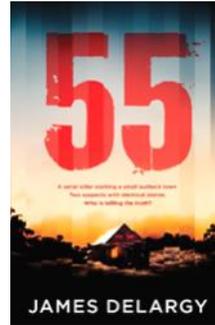
This is a searingly honest account of Grant's descent into PTSD and his extraordinary battle back from the brink.

Grant Edwards was once an elite athlete, Olympics qualifier and Australia's strongest man. His Guinness Book of Records feats of strength were acclaimed internationally, and as a high-ranking police officer he spent decades protecting vulnerable people around the world.

But nothing could shield him from catastrophic harm in the line of duty. Rising above his tough beginnings in 1970s suburbia, Edwards found sanctuary in elite sport. But he found his true calling with the Australian Federal Police, rising swiftly through the ranks to Commander and personally establishing cybercrime units to fight child exploitation and human trafficking.

A highly sought after and disciplined security advisor for governments around the world such as East Timor, Afghanistan and the Americas, Edwards was considered the last person to 'crack' - but a narrow escape from a deadly attack in Kabul pushed him to breaking point.

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



**55**  
by James Delargy  
RRP \$29.99

There were 54 victims before this. Who is number 55? A thriller with a killer hook, and an ending that will make you gasp!

Wilbrook in Western Australia is a sleepy, remote town that sits on the edge of unexplored wilderness. It is home to Police Sergeant Chandler Jenkins, who is proud to run the town's small police station, a place used to dealing with domestic disputes and noise complaints.

All that changes on a scorching day when an injured man stumbles into Chandler's station. He's covered in dried blood. His name is Gabriel. He tells Chandler that he was drugged and driven to a cabin in the mountains and tied up in iron chains. The man who took him was called Heath. Heath told Gabriel he was going to be number 55. Heath is a serial killer. As a manhunt is launched, a man who says he is Heath walks into the same station. He tells Chandler he was taken by a man named Gabriel. Gabriel told Heath he was going to be victim 55. Gabriel is the serial killer.

Two suspects. Two identical stories.

Which one is the truth?

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## Big Boys Toys at the National Vietnam Veterans Museum

All you model and radio remote control model enthusiasts will want to visit the National Vietnam Veterans Museum on Sunday 8 September – the week after Father's Day.

The following clubs are putting on displays of their amazing and remarkable models at the Museum for your pleasure and enjoyment.

South West Amalgamated Model Plane Society; Phillip Island District Railway Modellers; Large Scale Radio Control Club; The Pakenham Modellers Group; Victorian Armoured Remote Control Club and Phillip Island Gamers Society.

There will be action, noise and excitement. Come along and have a look - this will be a real treat. Don't forget you can also look through the Museum and watch the holographic Light & Sound Show. Light refreshments will be available from the Nui Dat Café.

A special entry fee to the Museum will be \$10 per person and \$40 for a family ticket with 3 kids.

Thanks to our sponsor Archisign.

See our website for further details:

[www.vietnamvetmuseum.org](http://www.vietnamvetmuseum.org) or call us on 03 5956 6400.

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- Pakenham Modellers Group
- Large Scale Radio Control Club
- Victorian Armoured Radio Control Club

- \$10 per person or \$40 for a family\* (\*up to 3 children)
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**PHONE: 03 5956 6400**  
[www.vietnamvetmuseum.org](http://www.vietnamvetmuseum.org)  
NationalVietnamVetsMuseum

## Calling Gippsland writers

While there are many short story competitions in Australia, prizes for short non-fiction are much rarer.

The Bass Coast Prize for Non-Fiction, launched by author Tom Keeneally at the Phillip Island Literary Festival, is one of the richest competitions for non-fiction in Australia with a total of \$10,000 in prize money. The first prize winner will receive \$5000, second \$3000 and third \$2000. The prize is open to writers living in, working or attending an educational institution in Gippsland.

Sponsor Phyllis Papps, a Phillip Island writer and activist who has written, compiled or edited some 20 books, says she wants to encourage and support writers of non-fiction in an era of diminishing options for publication.

"I particularly want to support writers in rural/country areas because they don't have the opportunities and networks that writers in urban areas have."

The prize is auspiced by the online magazine Bass Coast Post. Post editor Catherine Watson says Ms Papps's generous sponsorship makes it one of the richest non-fiction competitions in Australia. Most importantly, she says, the prize gives Gippsland writers a deadline and a guarantee that their work will be read.

Entries can be in the form of an essay, profile, memoir, long-form journalism or a substantial portion of a book manuscript but they must pertain to the Gippsland region, issues or people. The length is 5000-10,000 words. Ms Papps and Ms Watson are joined on the judging panel by Geoff Ellis, a Bass Coast councillor, journalist and editor of the Waterline News.

Entries close on November 29, 2019 and prize winners will be announced in February 2020. The winning entries will be published in the Bass Coast Post and may be republished as an e-book or hard copy following consultation with the writers.

For more information and entry criteria, email Phyllis Papps at [p.m.papps@waterfront.net.au](mailto:p.m.papps@waterfront.net.au) or visit Bass Coast Prize for Non Fiction at [basscoastprizeforfiction.weebly.com/](http://basscoastprizeforfiction.weebly.com/).

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Monthly column by Trish  
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Past Life Regressionist and Healer*



### **Grief... It's one of most soul destroying emotions there is.**

When we are greeted by grief in any form it can completely turn our world upside down. Mostly grief of a loved one who comes to pass can consume us like a bad case of the flu. It takes all our energy, it hurts like hell and we just want to curl up in a ball and not move. Although it is such an awful thing to go through, it's also very necessary as it's part of how we are as human beings. We need to be able to release our emotion because it effects us both physically, emotionally and spiritually. There is no time frame for grief either. It can also come in waves and out of the blue, so again it's so important to acknowledge it, allow it to come to the surface and then release again. One of the things that happens when I am doing a mediumship reading for a client and someone in the spirit world comes through for them is the absolute unconditional love that loved one had for their living person is so overwhelming at times it even brings tears to myself. I know it's not the same as having them still here with us on earth but I really want you to know those same feelings of love, of compassion of adoration etc are all very real, just as if they were still here. They also don't want you to be angry, bitter, sad or heart broken. They want you to be able to learn how to connect to them, how to still communicate with them and how to feel them around you. When you allow yourself to get trodden down with the guilt it makes it a lot harder to do this. So if you are struggling in grief at the moment for someone that you have lost, no matter how long ago, let me tell you this, - they know this, they see this, they are trying to let you know they are still there with you. They love you exactly the same as they did when they were here in the physical form and if you just allow yourself to free yourself from the painful part of it, you will then make space for them to come in and connect with you once again.



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## Healthy and Healing with Pip

### What if I'm the toxic one?

#### This month I'd like to talk about self reflection.

Last night I was watching Kitty Flanagan do her stand up show and she told a joke about crazy neighbours.

She said there is always one crazy person in the neighbourhood right? And if you say 'No, we don't have any crazy neighbours' ... then that person is you. It's an old joke. But it got me thinking.

This month in my life there has been discussions in my family about 'toxic' behaviour. Toxic ... it's a strong word.

It activates most people. No one wants to be referred to, or thought, of as toxic. However, after I soothed and calmed my inner child's hurt feelings. I took a good look at myself.

I believe three (3) key things ...

1. Self reflection is essential to growth.
2. Separating the behaviour from the person helps us to understand &
3. The words we choose to describe a situation in our lives will affect how we move forward.

Am I a toxic person? No . Have I behaved in a toxic way? Yes probably.

The truth is I've been judgmental, critical, rude, ignorant, gossipy, mean, exclusionary and lots more .

I'm not perfect. I'm a human being on a spiritual journey.

And anyone who says they are perfect is not being completely honest with themselves.

So ... why might I have behaved in a toxic way? Fear, hurt, anger, confusion ? There are many reasons why I might behave in a 'less than zen' way.

I certainly don't do it from a conscious and mindful place.

Does that make me a bad person? No

Can I learn something from this? Yes definitely

I've learned that the words I use to describe myself or the situation are key to my healing and dissolving issues.

If I use words like 'toxic', 'bitchy', or even 'dysfunctional' ... there is a lot of negative weight in those words. No wonder I don't want to be referred to or connected to them.

However, if I use 'unbalanced', 'disconnected', or 'unaware', there is a self-compassion and understanding behind them. This makes it easier for me to address the behaviour and be more willing to forgive it and let go.

Which brings me to my next self-reflective questions.

Am I willing to forgive myself for my behaviour?

And ... once you've done that, you can move onto the next

question. Am I willing to forgive others for their behaviour?

And here's the thing ... I've realised that I HAVE to do the self-reflection and self-forgiveness part to heal and move forward.

If I only point fingers at others' behaviour, I'm not considering something vital.

The only constant element in all my interactions is ME.

So as I consider, reflect and soothe myself about my family interactions this month, I'll be spending the MOST time on me.

No one is responsible for my happiness or pain. That's up to me.

I feel more empowered, peaceful and happy when I remind myself of this deep truth.

I'm here for you if you need someone to talk to or if you need some suggestions for self care options. You are not alone.

**\*\*Note - If you'd like a very loving gentle way to release emotions, pain and issues that are not serving you ...**

**Jana and I are doing our monthly Full Moon Sound Healing and Meditation on 15th August (Thursday) night @7.30pm at my Cape Woolamai studio. Go to the store on my website for details and payment options.**

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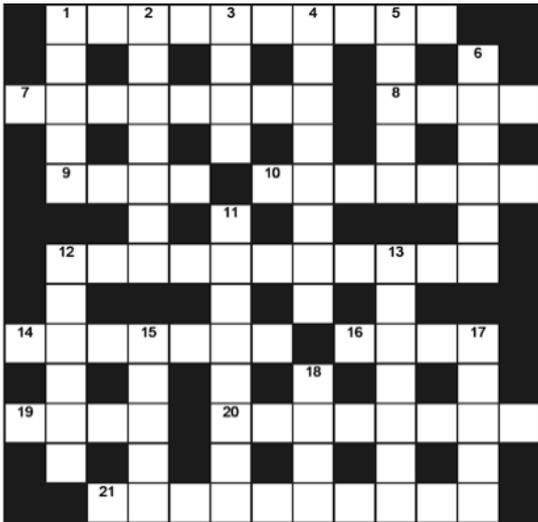
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# Brain Food

Find all the answers & solutions to Puzzles & Quizzes on page 12 (No peeking!)



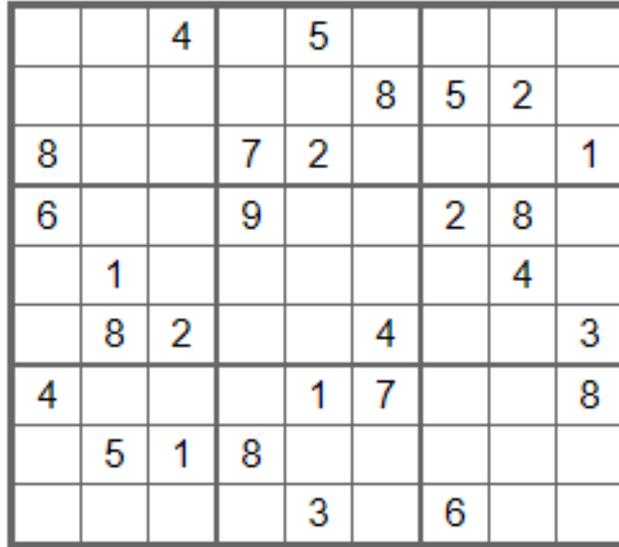
**Vibe Quick Crossword 115**

**Across**

- 1 A magnifying instrument (10)
- 7 Those who have fled (8)
- 8 To give off (4)
- 9 An elegant bird (4)
- 10 Starts a fire (7)
- 12 Shining brightly (11)
- 14 Elevated platform (7)
- 16 Heavenly body (4)
- 19 Section of a house (4)
- 20 Parts (8)
- 21 Commuters (10)

**Down**

- 1 Fogs (5)
- 2 Neck ware (7)
- 3 Used for baking (4)
- 4 Pads (8)
- 5 Implore (5)
- 6 Best (6)
- 11 Defames (8)
- 12 Cause (6)
- 13 Great in degree (7)
- 15 Punctuation mark (5)
- 17 Scores (5)
- 18 Enthusiastic (4)



**Vibe Sudoku 115** Each row, column and sub-box must have the numbers 1-9 occurring just once.

## News from Phillip Island Club

So, a new month and a new start to the year for the club with all committee members being re elected unopposed at our AGM on Friday 19th July. We said farewell to Judy Wardell who decided to not to continue on as a committee member this year and to pursue other things. We thank her for all her hard work and dedication on the committee. Thankfully Judy is remaining as a member of the Phillip Island Club so we'll continue to enjoy her company. And welcome to our new committee member Dianne Barker. Thank you to all who attended our AGM and special thank you to our Mayor Cr Brett Tessari, for chairing the meeting and for taking many questions from our members in regards to what's happening with the Shire. He was very thoughtful and caring and answered each question with knowledgeable conviction.

Our previous office bearers were returned to office and are as follows:

- President Allan Droscher
- Vice President Ian Burns
- Vice President Teena Burns
- Treasurer Arthur Robertson
- Secretary Liza Lee

We also welcomed a longstanding member to lifetime status. Congratulations Marlene Droscher. All your hard word and continued support for the club has not gone unnoticed. We look forward to continue seeing your warm beautiful smile.

With the club being awarded a couple of grants (from RSL and Bass Coast Shire) we have started proceedings to have solar panels installed on the top of the club roof. This will help to reduce our electricity bill and in turn we hope to be able to do more for our members.

Behind the scenes we are busy preparing for upcoming events including Father's Day, our club's 47th birthday, footy grand final lunch and afternoon tea for senior's week. If you'd like to know more about upcoming events or to make a booking to join us for lunch on any Friday, please call us on 59522973 and leave a message with your name and phone number so we can call you back. Have a great month everyone and look forward to seeing you

## TRIVIA



1. Which year was the film The Terminator released?
2. In which Australian state would you find Yanchep?
3. Name the largest planet?
- 4.

What is the only metal to be liquid at room temperature? 5. What is the name of the last boy to visit the Chocolate Factory owned by Mr Willy Wonka? 6. What is the current name of Southern Rhodesia? 7. On which river would you find Devonport? 8. Who was Australia's first Prime Minister? 9. On which Australian banknote would you find the portrait of Henry Lawson? 10. What do you do when you nictate? 11. What year did Aussie Rules become known as Australian Football League (AFL)? 12. What is the third sign of the Zodiac?



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

A very mixed month of weather, sunshine and tee shirts one weekend then gale force winds and snow gear the next. The reports followed the weather, which is what you would expect, unlike the summer when even on the not so good days somebody will be out fishing on these very cold days most prefer the warmth and comfort of the lounge room. It has been a little surprising just how many people do head out when the sun comes out and to their surprise just how many fish are around. The fishing during the month was respectable and typical of the winter time with no real patterns making any sense and not huge bags of fish. The fish are generally better in quality during the winter and that has been the case especially with the whiting. The reports are telling us the average length is only around 36cm, but they are all in such good condition, one fish makes a meal. The whiting have been caught in most of the usual areas and the best advise I can give from the reports is

expect to catch a handful of rubbish and be prepared to move around a bit to find them. There are plenty of reports coming from many other areas that you don't expect to see whiting and one of the most consistent reports has been from a customer that is catching his whiting on the southern edge of the corals. Calamari are always good this time of the year and we regularly saw them between 1.5kg and 2kg caught from the boats and the land. Because we have had some very good weather the artificial jigs are catching more than the baited jigs have been, which is opposite to what we would normally see for the winter. Like the whiting we are seeing calamari caught in many more places around the bay and because they seem to have spread out into more places it seems that there aren't as many around.

The San Remo jetty has been quieter than normal, but the Newhaven jetty has been far more productive for the calamari. When you can get the boat out, there doesn't seem to be too many problems in catching a decent amount and at times you will have them fighting each other to get to your jig. Almost everyone that has been giving us whiting reports are also giving us calamari reports, all from the same spots.

Offshore has been very good with several quality days to get out for a flathead fish or chasing gummies or snapper on the rough bottom off Kilcunda. It has also been well worth the effort to just head offshore and do a bit of whale watching and plenty of our customers are seeing them without too much looking. The flathead have been plentiful, but you will need to do a bit of prospecting to find the bigger ones. You will find them at all depths but from the reports the bigger ones seem to be staying together and that's the difficult part. I had customers telling me that they even seemed to change form the morning to the afternoon and you will be finding yourself chasing them from 20m to 50m.

The surf beaches are a bit more active this time of the year with people chasing salmon and anything else that comes along. The salmon haven't been playing their part and we are only seeing small fish with only a couple over the 1kg mark reported for the month. There seems to be plenty of salmon but as I said, all small school fish. The reports are coming from all the major surf beaches both on and off the island. The best salmon reports have come from the inlet at Inverloch where the bigger models and trevally have moved in.



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Nailing a dead owl to the barn door was one popular and predictably useless method of warding off evil on the farm in medieval Europe. In our own more enlightened times the barn owl is encouraged to set up home in the barn, even to the extent of the farmer cutting a hole in the eaves to give easy access to the rafters.

The reason for this agrarian about-turn lies in the realisation that barn owls consume vast quantities of rodents, particularly mice, which might otherwise get stuck into the seed stocks and adversely affect the farmers bottom line. The owls close nocturnal association with witches and warlocks is now politely overlooked or more likely dismissed as the nonsense it always was.

In many African cultures, owls in general, and the common barn owl in particular, are viewed as harbingers of bad luck, ill health and death and are associated with a seamier side of the black arts. The Belozzi people who live in the Caprivi Strip in Namibia believe that owl induced disease merely by being in the neighborhood while the Shona of Zimbabwe traditionally regard them as witches' birds. In Afrikaans the barn owl is sometimes known as the doodsvael which translates as 'death bird'. This gloomy label arises from the belief that when the owl emits its eerie call from the roof of a house in which one of the inhabitants is already croaking, death is sure to follow.

The great big eyes and the thousand metre stare contribute to the sense of unease that many folk feel in the presence of owls. Add a teacher's mortarboard to its head which illustrators of children's books often seem compelled to do, and you really feel as though you've been summoned to the headmaster's office.

Two species of the family occur in Southern Africa, the ubiquitous barn owl and the grass owl which is limited to Africa south of the equator. Barn owls occur just about everywhere in Africa and in many other countries so we don't claim exclusivity except for the folklore. As readers of the Vibe are aware Mr. Big Eyes can also be found in Australia without the sophistication of superstition and the occult.

According to the old English tradition, concoctions made from owl eggs are supposed to cure alcoholism, whooping cough and predictably improve eyesight, even for members of Australia's cricket teams. The current World Cup results might support that belief. Strangely, or perhaps fortunately for the owl no such remedies could claim to install wisdom!



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## **THE BLESSED ART OF SLEUTHING**

*Blessed are the weird people, the poets & misfits- The artists & music makers, the dreamers and the outsiders, for they force us to view the world and works of art differently.” ( A Leroy misquote)*

I was surprised at the large number in the art class in the Cowes Community hall, but more surprised when I learned from the convenor that my presence as guest speaker on the subject “ the art of sleuthing “ had created a lot of interest among local artists who were also into my exploits as the island’s resident sleuth. My mate Inspector Jack Flint of the Cowes constabulary was persuaded against his will to also attend and brush up on his limited forensic police academy education. He was not a happy chappy. Art was not his bag but he owed me big time for helping to keep the crime rate down on the island.

A little secret of my humpty dumpty past, and so far not revealed to the hard working and not to be under-estimated Inspector, would have disclosed that apart from my love of the law, the justice system and sleuthing, was a love for art in most of its forms. I couldn't paint to save my life, but I had studied art and could critique art at a professional level, had done so many times in my earlier days for various exhibitions, for which I received grudging acclaim from my learned peers.

To enthusiastic and flattering applause from most of the 50 or so attendees I started talking.

“Fellow art lovers, (I could sense Jack flinching) in many art forms painting and sculpting, for example, the artist brings different - and sometimes random - elements together to create something new,” much like the approach of a skilled photographer who often sees things that others miss.

When you think about it, all of the things that make a person an artist are similar to the talents that make someone a sleuth. It’s a case of innate talent versus teachable skills. Even though some individuals may be more predisposed to detective work than others, it doesn’t mean that – as with any art form – the skills can’t be learned .

There are exceptions, of course, like in my case, and despite being left handed creativity, even from the so called creative part of my brain, could not be transferred to my fingertips.

An art exhibition I attended a few years ago was entitled “The Art of Sleuthing”. It displayed many famous fake works of art that clever sleuthing and investigative work had uncovered.

“For example when Andrew Mellon gave the painting “The Smiling Girl” to the National Gallery of Art in the 1930s, the portrait was credited to the famous 17th-century Dutch artist Johannes Vermeer. But it was found to be counterfeit and removed from the gallery’s walls decades ago and placed in storage away from the public’s view.

It was believed the forgery was actually completed around 1925 by either Han van Meegeren, one of the most successful and ingenious art forgers of the 20th century, or van Meegeren’s friend, Theo van Wjingaarden.

After a lengthy process of denial, re-negotiation and paperwork, the counterfeit Vermeer was the centrepiece of an excitingly interesting exhibit that focused on the mysterious side of the world of art. Art was now being looked at from the CSI investigative point of view.

An art sleuth did not uncover van Meegeren’s deception. It was van Meegeren himself who disclosed the fraud. During World War II, wealthy Dutchmen wanted to prevent a sell-out of Dutch art to the Nazis so they bought what they thought were originals of the masters. A counterfeit Vermeer ended up in the possession of General Hermann Goering. After the war, the forgery was discovered in Goering’s possession and van Meegeren was arrested as a collaborator. That would have constituted treason, an act punishable by death, so van Meegeren confessed to forgery.

Van Meegeren forged the paintings of Vermeer and others after critics panned his own artistic talent. He went to great lengths to create the perfect imitations, from using old paint formulas to making his own badger-hair brushes to baking a completed work and rolling it over a cylinder to increase the cracks. An important and key part of the exhibition related to Nazi-looted art. One of the stories told in the exhibit is that of Ferdinand Bloch-Bauer, the original owner of the Klint painting featured in one of my favourite movies, “Women in Gold.” screened in 2015. The movie shows the fierce legal battles fought by Austrian Maria Altmann to win back her family’s painting.

“Not all investigations are due to forgery. Art sleuths use some of the same techniques to authenticate a painting or to track its ownership as detectives use to solve a crime. They’ll study an artist’s signature (or lack of one) for similarities in location and appearance. If a signature is painted on top of an image, they’ll check to see if the paint from the signature fills in the cracks of the canvas. Some artists, such as Cranach, “signed” his work with a unique symbol.

A black light can reveal new paint or where a painting was restored in the past. X-rays show where Italian painter Tintoretto changed his mind and painted over a part of one of his early works.

For an example clues as to location can be found by flipping a painting over. On the back of Caesare da Sesto’s “The Madonna and Child, with the Infant Saint John, in a landscape” a notation saying “Formerly in the Collection at Malmaison” was discovered. Malmaison was the country retreat of Emperor Napoleon and Empress Josephine. Further research revealed the Bonapartes once owned the painting. So there you are.

That ladies and gentlemen concludes my very brief foray into the often dark and fascinating world of the art of sleuthing. I hope you enjoyed it as much as my friend Inspector Jack Flint.” Jack, suddenly the centre of attraction, looked startled, apparently woken by the sound of cheering, laughter and hearty applause. He would, no doubt, seek his revenge at a later time.

“Boring, boring, boring, you are weird man” was all he could mutter when we departed the centre after tea and scrumptious scones which Jack consumed with great relish after his self imposed punishing ordeal. Clearly he had no appetite for art in any form. On the other hand I felt elated and ready for the next crime scene.





# Good habits to help your photography

## Submitted by the Phillip Camera Club

A photo should include a main subject or point of interest. The focal point gives the viewer's eye somewhere to rest. Without a focal point the image is unlikely to hold the viewer's attention.

Ask yourself, when taking a photo, "What is my main focal point?" or "What is my main subject"? Sometimes you need to search out an interesting subject to include in your scene.



*Hire Boat by Lynne Cook*



Photographs are 2D but by including foreground interest in the frame it gives the scene a 3D effect.

The Phillip Island Camera Club meets monthly on the first Monday of the month at the Heritage Centre Meeting Room (near the Library). All welcome.

**The next meeting will be held on Monday, 2nd September, 2019 at 1:30 pm. For further enquiries phone Susan on 0408 136 717.**

Ref:20 Composition Techniques That Will Improve Your Photos by Barry O'Carroll.

*A Rural Sunrise by Lynne Cook*

# PUZZLE SOLUTIONS

### Quiz Solution 115

1. 1984
2. Western Australia
3. Jupiter
4. Mercury
5. Charlie Bucket
6. Zimbabwe
7. Mersey River
8. Sir Edmund Barton
9. \$10
10. Blink
11. 1990
12. Gemini

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	S		O			D		K		R		A	
R	O	O	M			E	L	E	M	E	N	T	S
	N		M			R		E		M		E	
		P	A	S	S	E	N	G	E	R	S		

Vibe Crossword Solution 115

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

Vibe Sudoku Solution 115



## What's Cooking?

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### Choc-mint protein balls Gluten free - Nut free - Vegan

#### WHAT YOU NEED:

- 1/2 cup chocolate pea protein powder
- 1/2 cup oat flour (or rolled oats processed into powder)
- 1/2 cup unsweetened desiccated coconut
- 2x20ml tablespoons raw CaCao powder
- 1/4 cup unsweetened almond milk or water
- 1/4 cup tahini
- 2x20ml tablespoons extra virgin coconut oil, melted
- 2x20ml tablespoons rice malt syrup
- 1 drop pure peppermint oil (or to taste)
- Extra coconut for coating

#### WHAT YOU DO:

- Mix the protein powder, oat flour, desiccated coconut and CaCao powder together in a large mixing bowl.
- Make a well in the centre and add the almond milk (or water), tahini, melted coconut oil, rice malt syrup (and/or peppermint) if desired.
- Roll the mixture into balls and coat in the extra desiccated coconut. Leave to set in the fridge. Store in an airtight container in the fridge or can be frozen.



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## Surf News by Ed Amorim (prosurfcoaching\_)

### Survival techniques for surf in the cold winter

You check the waves and realise the crowds are gone. The cold winter has arrived and everyone is leaving the island for a warm place to surf. Wait a minute, no not everyone. Lots of the real locals stick with the cold and take advantage of the empty line up to enjoy the surf with a few friends.

To improve your ability we have some tips to make surf life easier in the winter. Winter is well and truly here in the Extreme Southern Hemisphere and if you know where to look, the waves have been pumping! A little cold is no excuse to skip your dose of surf stoke.

Sure, given the choice, most of us would opt for a surf destination warm enough to surf in board shorts, but there's actually a lot to be said for the chillier oceans on this planet, so here we go with some tips to make really cold water surfing more enjoyable.

**1. Right Gear: Neoprene.** There's no way around it: if you want to actually enjoy those frigid waves, good rubber is absolutely essential. Buy the best 5mm suit you can afford. Liquid-sealed seams are key, and ideally go zipper-less or chest zip to minimise flushing. Likewise, repair any rips or tears – while a couple of holes aren't a big deal in summer, you'll really notice the cold water flooding in. Look for a suit with a good warm lining, and consider a quick dry lining – nothing puts a damper on a session like struggling into a soaking wetsuit in a windy car park. The new Rip Curl is my tip. Pay attention to sizing and fit too, though wetsuits are getting more and more flexible, if your suit is too tight it will restrict blood flow, making you feel colder quicker. If you're surfing really cold water, maybe even consider a heated suit or vest. Forget the macho banter and get a good pair of boots, gloves and a hood. You can't surf if you can't feel your feet, and stubbing clumsy toes on sharp rocks somehow hurts even more when your feet are useless lumps of frozen flesh. A good hood will help prevent ice cream headaches on duck dives.

#### 2. Start your session right

Don't set yourself up for failure before you've even started. Fuel yourself properly before your imminent gladiatorial contest with the ocean with a good dose of complex carbs, protein and water. Make sure you're warm before getting changed. Blast the heaters in the car on the way to the beach. Layer up with a good down jacket for the pre-session surf check. When you immerse yourself in icy water, your body's natural defence mechanism is to reduce blood flow to your skin and extremities; the aim is to reduce heat loss from the skin, and keep warm blood in your core to protect vital organs.

Unfortunately this can also make your hands and feet near-unusable, which rather defeats the whole object of going surfing. Warming up before heading into the water gets your blood pumping strongly right from the start, extending the amount of time you can feel your toes. This is also one of the benefits of heated suits, when your core is warm, your body feels less need to shut off blood flow, so your feet stay warm and functioning for longer.

**3. Moisturiser and Vaseline** Spending a lot of time in cold water and strong winds is pretty disastrous for your skin and lips. No-one likes dry cracked lips, so do yourself a favour and rub in a liberal amount of moisturiser – the thicker and denser the better – before your session and repeat after your post-surf shower.

**4. Surfboards** Winter normally brings bigger and better waves – why else would you brave the hypothermia and ice-cream headaches? There's also a theory that cold water is denser, heavier and more powerful than warm, which when combined with your heavier and less flexible wetsuit, means you're going to need a little extra help to get into the waves. Pick something a little bigger and with more volume than your normal summer board, and your sessions will involve more stoke and less beatdowns.

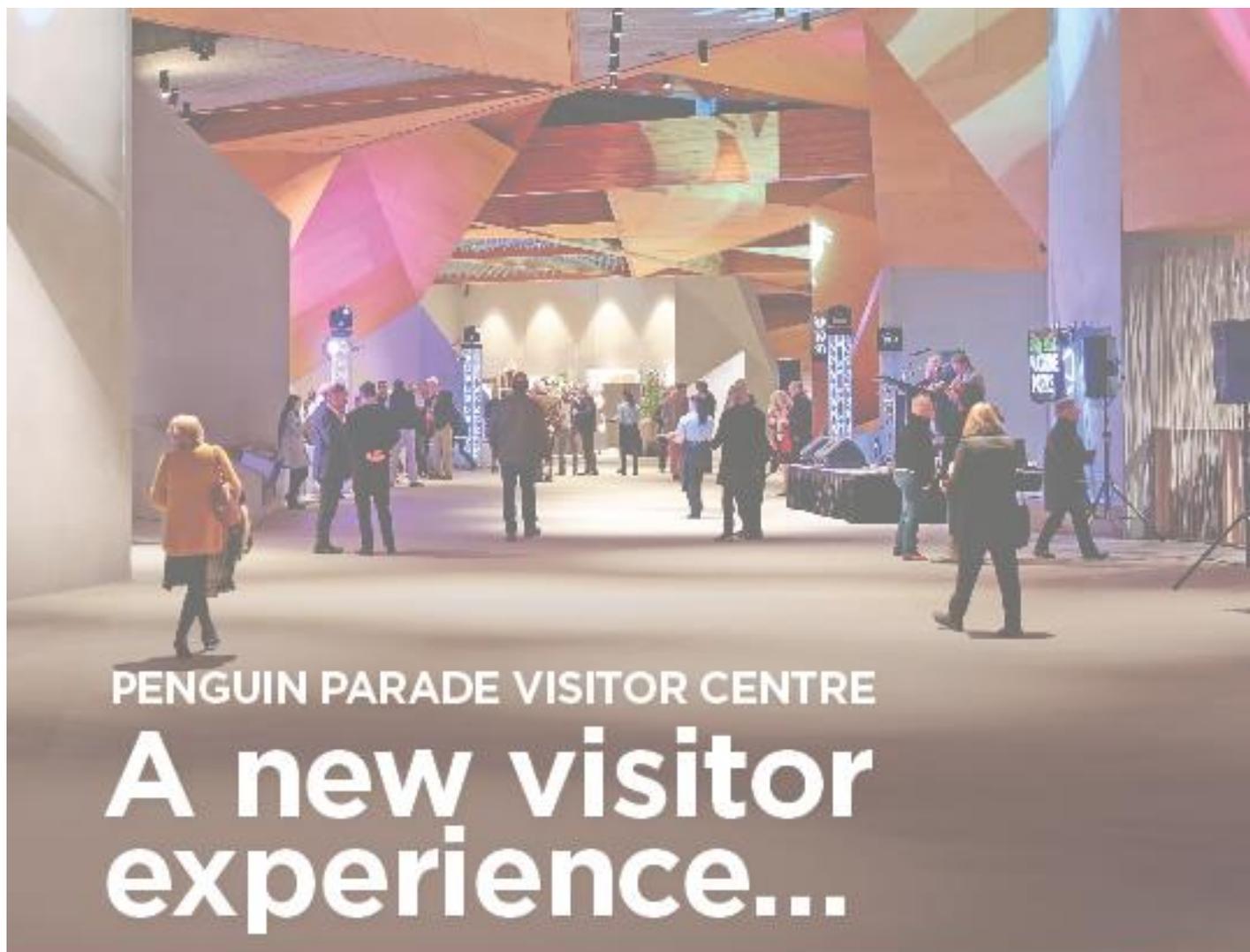
**5. During the session keep moving.** The more you move and paddle, the warmer you'll stay, and the more warm blood your body will pump around your body. Race to make it over the top of cleanup sets and try to avoid duck diving as much as possible. When you're sitting on your board, try tucking your hands into your armpits to keep them warm. Alternatively, hold your arms down at your sides with your hand turned out like you're trying to emulate a penguin, and shrug your shoulders up and down: you can really feel how this forces warm blood down into your hands. If all else fails, remember all that water you drank earlier to avoid dehydration can double up as your very own mobile heating device. Don't stay out too long! Surfing in really cold water is very tiring, as your body expends a lot of energy trying to stay warm. Head in while you still have some energy left to navigate the shore break. Always surf with a buddy, and keep an eye on each other. Watch out for signs of hypothermia.

**6. Changing** Getting changed after your session is probably the worst part of the whole experience, as the wind knifes into your exposed skin across some blustery car park. In a perfect world we'd all have a van to get changed in, but there are a few cheaper methods to make it less miserable. Use a neoprene mat or a bit of foam (camping mattresses work well and are cheap) to stand on – it'll help keep your feet warm(er), and protect you from rock. Organise your towel and clothes before getting in the water, so everything is at hand in the right order to pull on quickly. Plan your changing process.

**7. Make the most of the post-surf high** Getting warm and toasty after prolonged exposure to the cold is one of the most exquisite feelings in the world, so make the most of it! Everything feels better after a good surf, and you've earned some creature comforts!

**Now you're ready to step outside and deal with the cold using everything you have to make your surf life easier... good luck and good waves.**





PENGUIN PARADE VISITOR CENTRE

# A new visitor experience...



*The Penguin Parade welcomed a new era with the opening of the new Visitor Centre doors on Thursday 25 July.*

The new Centre offers fun and interactive activities for the whole family, including the interpretive habitat space which provides a 'penguins-eye' view of the world, complete with life-size grass tussocks and cinematic projections. There is a state-of-the-art theatre, a dedicated education wing, a 300 seat restaurant, 120 seat café and a couple of retail shops.

Australia's largest colony of Little Penguins will benefit from the restoration of more than six hectares of penguin habitat on the site of the old visitor centre and coach parking areas, creating homes for an additional 1,400 breeding penguins.

As a leading conservation organisation, it's completely fitting that the new Penguin Parade visitor centre has eliminated all single-use plastics throughout its food outlets, helping to reduce the amount of plastic entering our waterways and environment.

The star-shaped building sits at the meeting point of basalt bluff, coastal dunes and wetlands on the Summerland Peninsula, the site of a historic buy-back scheme which saw an entire residential estate bought back and returned to wildlife habitat.

The development was made possible through funding of \$48.2 million from the Andrews Labor Government, along with a \$10 million contribution from Phillip Island Nature Parks.

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