

PHILLIP ISLAND VIBE

Free

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www.phillipislandvibe.com.au



ISSUE 116 SEPTEMBER 2019



So nice to see the sun making a more regular appearance - the perfect weather to grab a cuppa and a copy of the Vibe and find a nice sunny spot where you can appreciate the amazing colours in this front page photograph supplied by Blair Stuart Photography. You'll be also be able to read all about the inaugural Phillip Island Running Festival being held on Sunday September 15th. The festival is being presented by Trailsplus in partnership with Phillip Island Nature Parks. Courses range from a 2km kids' run right up to a heroic 50km. More details on page nine.



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Thurs 31 Oct	2:30-3:15pm	Creative Young Artists	School Nurse, Uniform & Continuous Feedback Presentation
Thurs 7 Nov	2:30-3:15pm	Meet the Orchestra Music & Drama Session	Parent Volunteer Presentation
Thurs 14 Nov	2:30-3:15pm	Love the Library	Literacy presentation by Linda Austin, Prep teacher
Thurs 21 Nov	2:30-3:15pm	Little Builders	Numeracy presentation by Rikki Porter, Prep teacher
Thurs 28 Nov	11.30am-1pm	Meet your 2019 Year 6 Buddies	School Transition presentation with guest speaker Melinda Vander Reest from Walker Learning
Fri 7 Dec	9:30am-1pm	Orientation Day - Meet your classmates and teacher	School uniforms will be on display

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**For enquiries please contact
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www.newhavencol.vic.edu.au





THE HAMERKOP

When a Hamerkop is gazing into the water it is not only looking for fish. Zulu folklore has it that it is also critically examining its reflection, all the while muttering "I would have been a handsome fellow but I am spoilt by this and that." Most of us will be familiar with the same preoccupation from our teenage years!

Given its uniform dark brown plumage, few would describe the bird as handsome,

let alone pretty (both sexes are alike) but the Hamerkop has long had ornithologists puzzled. None of them seem quite sure which family to assign it to, so it



usually pitches up in books between herons and storks, though it is very different from both.

The Hamerkop is widely distributed throughout sub-Saharan Africa, occurring wherever there are ponds, rivers and marshes, even in otherwise arid areas such as the Karoo. It also appears in suburban gardens from time to time where, undeterred by frightening garden gnomes, it checks out ornamental fish ponds.

In some African tribal cultures the Hamerkop is identified with Impundulu, the lightning bird, a mythical creature that is visible only to women, and, how can I put this, people who are not men. Thunder is caused by the Lightning Bird flapping its wings, and a bolt of lightning is a sure indicator that the bird has descended to earth to lay its eggs.

The Khoikhoi tribe believed that the hamerkop could see the future reflected in the mirrored surface of a pond and consequently regarded the bird with great awe and respect, and not a little trepidation. If one of the birds flew up to a Khoikhoi dwelling and emitted three sharp cries, the occupants could be reasonably certain that it had foreseen the imminent demise of one of their number.

Certainly the humble Hamerkop, preoccupied with real estate development, theatrical productions and fishing trips, is unaware of its mystical status. Perhaps the real magic lies in the effect this otherwise drab bird has on our imaginations, something that has undoubtedly helped ensure that it is left in peace.

They are justly famous for their prodigious nests, which are unlike any other bird. A nest can contain a staggering number of twigs and sticks and other items with one estimate putting the total at 8000, not far short of the number of bricks needed to build an average three-bedroomed house. The nest can sometimes weigh up to 50 kilos and measure a commodious 160 centimetres across and 150 centimetres high.

With Phillip Island's shortage of accommodation in the summer, impending world wide recessions, revelations about Jeffrey Epstein, and Trump's trade wars, one may be left to wonder whether these cavernous nests could house visitors from Melbourne. Probably not, but still some entrepreneurial locals might fancy having a punt after a pint or two or three!

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Make Your Health a Priority

Celebrating Women's Health Week Sept 2019

This week, from 2-7 September, we celebrate Women's Health Week. As a local Naturopath and Yoga Teacher, I see a lot of women in my clinic and classes.

Many of these women are fatigued, stressed, time-poor, worried, anxious, irritable and unmotivated. Physically they may experience poor gut health, disrupted hormonal cycles, including fertility issues, weight that won't budge and sleep deprivation. These are the signs and symptoms of women who are sitting on the edge of burnout.

They wake up exhausted, gulp down a coffee as a pick-me-up, head to work, hit a mid-afternoon energy slump so grab another coffee and a sugar-laden treat. Arriving home, their workday continues as they manage the household, too tired to exercise, often choosing convenience over nutrition and drinking alcohol to help them wind down. Sleep is ever elusive, but, after what feels like two hours, the alarm clock chimes in and it's time to start all over again.

Trying to be the best mothers, wives, daughters and community contributors, they're busy being all things to all people and the fallout is that they're putting themselves last and their health is suffering.

If this sounds like you, you're not alone. It's an all too common scenario. So, why don't women maintain a healthy lifestyle? Research indicates the two biggest barriers are lack of time and health not being a priority.

It's time to press pause on the busy button and take a moment to learn about, protect and begin to enhance your health. You may or may not be suffering from burnout, but

wherever your level of wellness is, it can be enhanced. If you could transform just one thing about your health right now, what would it be?

After all, the health of your loved ones starts with you. You cannot give from an empty cup. You need to be healthy and well with a cup that overflows, so that you have the energy and strength to give to others. In other words, you must show up for yourself first.

Now in its seventh year, Jean Hailes' Women's Health Week is a great opportunity to access information, resources, events and workshops, to help you actively manage your own health and wellbeing. Check out their website today for more information www.womenshealthweek.com.au.

In celebration of Women's Health Week and to inspire you to take the steps to a stronger, healthier, more vibrant you, myself and other community wellness professionals are running a free workshop on Saturday 7th September 2pm-5pm, at Yowza Wellbeing Studio in Cowes.



****If you would like more information on the workshop or about how Naturopathy or Yoga may support your health and wellbeing, call Sharon Pittorino on 0417010266 or visit my website www.thewellnessthread.com**

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PHILLIP ISLAND CLUB NEWS

Love is in the air... well spring is here and our social calendar is already getting filled up at the Phillip Island Club.

Firstly Father's day, where we give all our men a bottle of wine followed by our 48th birthday celebrations on the 6th September. Then we have our Mad Hatter's Afternoon Tea on 9th October as part of seniors week and is open to ANYONE over 55 years old, not just our members. Only \$10 and you'll get tea or coffee with CWA scones with jam and cream and be entertained by live music. We also have our annual handball competition during our lunch on grand final eve. Melbourne Cup sweeps and garage sale and then our Xmas party.

So many things to look forward to so why not join us for lunch any Friday and see what we're all about. Only \$15 for a 3 course roast meal. Book your place before any Thursday on 59522973 and leave a message with your name and contact phone number and how many of you are coming. Our address is 6 Lions Court, Cowes and there is parking at the back of the club at the end of Watchorn Rd, Cowes. Also at the back of the club is the model train club open every Sunday



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

ESCAPE TO THE COUNTRY

"I want to commit the murder I was imprisoned for." Anonymous
"This is why I'm a city boy," Inspector Jack Flint of the Cowes constabulary said peevishly as he started picking hundreds of burrs off his pant legs. He and Leroy had just walked across an unploughed, bramble-choked field to arrive at the murder scene, the grassy bank of a river that separated two neighbouring farms near Ventnor.

"I suppose we could have driven here," Leroy said, ignoring his own burrs. "Like these other people." He was looking at two vehicles, a pickup truck and a farm tractor, both parked on the grass just yards from the body.

"There's enough contamination of the crime scene without us adding to it," Flint said. "Besides, you needed the exercise." Leroy grinned and ignored him.

The victim, a middle-aged man in overalls, might have been napping under the shade of the weeping willow, except for the tell-tale pool of red that had seeped into the riverbank. A bloody tire iron lay a few feet from his mangled head.

"That's Pringle, my brother," said a similar-looking man in overalls. The man introduced himself as Antonio Marelo. Antonio and the deceased had run the farm and shared the rambling farmhouse with their younger sister, Sophia. Antonio and Sophia both stood on the grassy bank along with Boet Erasmus, their neighbour from the farm across the river.

"When did you last see your brother alive?" asked the Inspector.

"I was in the barn on the far side of the house." Antonio pointed past the unploughed acreage in front of them to the distant farmhouse. Leroy could see Inspector Flint's car in the front drive and the top of a red barn behind it. "All morning I was working on the tractor," added Antonio. "About nine a.m. I looked out and saw Pringle getting into his pickup and driving off. There was someone in the passenger seat, but I couldn't see who."

"Man or woman?"

"Don't know. I just saw the silhouette of a head above the seat."

"As far as I know, we didn't have any guests." Sophia spoke softly and rubbed her hands up and down the neat, black surface of her skirt. "I was putting up preserves this morning when I ran out of jars. I needed to drive into town. I saw the pickup and walked over here to get it. That's when I found Pringle, dead like this."

Flint glanced inside the truck at the passenger seat. "I'll have forensics vacuum it, although I don't hold out much hope." He turned to Boet, the neighbour. "How did you happen upon the scene?"

Boet pointed to his own pickup on the far side of the river. "I was driving along the river path when I heard Sophia calling for help. I stopped and walked across."

Leroy noticed that the man's trousers were wet from the hips down. "That's right," said Antonio with a nod. "I drove up in the tractor at about the same time Boet got here. We used my cell phone to call the police. No one's moved from this spot until you guys arrived."

Flint took his friend aside. "We'll have to question them separately. Maybe we'll come up with a motive."

"I don't know about motives," Leroy whispered back. "But I know which suspect is lying."

Well, readers, what do you think? The clues are there but you need to consider the versions of the dramatis personae carefully.

Who is lying- who do you think is the killer? Are you prepared, unlike Leroy, to speculate about motive? Sip your coffee and eat your sandwich slowly while you consider the facts and your verdict, and maybe the motive!

If you can't nut this one out for yourself, check page 14 for the solution.



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Marrina Mouse's Dancing House presents
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**FREE
EVENT**

Saturday September 21st, 12pm-5pm
St Philips Anglican Church Hall, Cowes
Come along in your best spring inspired costumes and have a sneak peak at the upcoming end of year concert and purchase your concert tickets. Feel like a real ballerina! Put on a tutu and learn feet positions with Marrina Mouse and the Mousettes. Sing-a-long in Kitty Millars Meowody tent and treat yourself at Lavender Sprinkles cake stand. Work on your imagination costume with the working bee.

PRIZES AND MORE. CHECK OUR





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

Not a whole lot to write about from last month with conditions making it even difficult for the birds to look for a feed. I could count on one hand the days that we got reports last month because there was only a small handful of fishable days. Winter is normally quiet and only the very best of days get people out fishing with the lounge and heater a preferred option.

Fortunately the days that were fishable produced a few good catches and a promise of things to come in the season ahead. It's not all doom and gloom with the ordinary weather because history tells us when we get a real winter it generally leads to a reasonable spring and a good fishing season; the only problem is history continually rewrites itself so anything could happen.

Whatever is going to happen you won't have any control over, so it's time to concentrate on those things you can control. Make sure all your gear is ready to go, old line is replaced, rigs are re-tied, and reels serviced. Check over the boat as well, refresh the fuel you left in the tank last season, check over the trailer visually and if you know how a bit of grease in the wheel bearings will help stop an embarrassing side of the road break down. It will only take you half a day to go over everything with your gear and your boat, if you have one, and that time can save you missing out on fishing time once the season starts.

Every time you launch or retrieve your boat you need a bit of patience to make the experience a little easier. Early this season you are going to need a whole lot more. Until the ramp at Corinella is finished the shortest distance to the early season snapper grounds is either Rhyll or Newhaven. If you have ever driven down to the boat ramp at Corinella, even mid-week during snapper season you will know how busy it gets. Not all, but the majority of those boats will now be heading towards the island making what is already busy extremely busy. Hopefully it won't be long, and they will be finished, and things will be back to normal.

The reports of late are what you would expect, gummies, snapper and calamari with not a lot of each but the quality was reasonable. The water has been very dirty with plenty of fine weed. Cold and wet then add in more draughtboard sharks that you can count along with the wind and you don't really need any other excuses for not catching fish.

We have seen a couple of quality snapper, 5kg plus, caught by a customer chasing gummies and both came within about 10 minutes of each other then no more. There was a couple of days where offshore boating was possible and the pinkies, up to 40cm are still there and in good numbers. The pinkies were not much bigger than 40cm but 6 or so around the 38cm to 40cm was a reasonable days fishing. The best of the gummies came from the days where offshore was possible and as usual it was the 10kg to 15kg models that turned up. Back in the bay they were considerably smaller and 6.5kg was the best we had reported.



The calamari reports were not as good as we would expect but that had a lot more to do with the weather than the calamari not being there. It's been difficult, especially from the land with the weed in the water. The smallest piece of weed on your jig not only changes the way it works but seems to scare off the calamari. Boating was a bit easier, only because you could see the weed or go to a position where the weed wasn't. Our pippi sales have told us that there hasn't been many at all out chasing whiting as yet so reports have been non-existent but that and all species reports will change soon, once the weather warms up.

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Healthy and Healing with Pip

Inside I'm FREAKING OUT!!!

I've just had a lovely morning doing transformational yoga, then having coffee with a friend and now I am sitting down to write my blog ... but inside I'm FREAKING OUT!!!

I have to be honest with you.

I wouldn't be walking my talk if I didn't.

My bills are 100% more than my income this week!!!

I tried to distract myself. ... It didn't work.

I tried to do some creative accounting. ... It didn't work.

I tried going to yoga ... I thought about it for the whole class.

So, I asked my Guardian Angels 'what should I do?'

And I heard 'do nothing'

And I replied (in my head) 'what?! Nothing at all? Really? Nothing?'

And I heard 'yes. Nothing.'

Then I sent a text to my sister and told her what I heard.

She said 'Myeah! Exactly! Sometimes nothing is exactly what's required!!'

And I said 'oh ... that's ... I don't know ... I'm not sure I know how to do that.'

And I realised in that moment ... I really DON'T know how to do that.

I know how to watch tv and veg-out.

I know how to read a book and let my imagination take me away.

I know how to ride my bike and get energy.

I know how to listen to a positive podcast.

But truth is ... I don't know how to just DO Nothing.

Do you? Can you? More to the point ... can I?

I believe my Guardian Angels (and my sister) are referring not just to the action of doing nothing (stopping does relieve the pressure to fix or be responsible and it can take away the pain of the situation) ... but also there is doing nothing about the judgement and criticism of doing nothing.

I usually try to do nothing and then find myself in a struggle with my ego about being 'useful' and 'productive' and 'worthy' ... there is a voice that says 'can't sit around here all day' ... and so my beautiful, blissful, magical doing nothing gets hijacked by guilt.

So, I feel there is some more 'Pip love' that needs to happen.

I'm currently reading Meggan Watterson's book 'Mary Magdalene Revealed - the first apostle, her feminist gospel and the Christianity we haven't tried yet'. Wow! I mean ... seriously wow!

It's like this book was written for me.

It's opening and healing my heart in ways I didn't even know it needed to be opened and healed.

You know you've found a portal to transformation when you can't stop reading right?

In our world, we can be chaotic, separated, messy and disconnected ... and it feels like it's time to open up and heal our hearts.

We need to DO less and BE more loving.

I believe that Mary's gospel is the answer that we are all seeking.

So, I hear you say "what will you do about your bills this week, Pip?"

I'll be kind to myself.

I'll be honest.

I'll consider what's really important.

I'll be asking for help / time / support.

I'll be taking care of myself first.

Blessings Pip x

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Phillip Island Running Festival

Famous for its little penguins, Phillip Island also provides a spectacular backdrop for the inaugural Phillip Island Running Festival, sure to become a regular on runners' calendars.

Courses include a 2km kids' run, 5km, 10km, half and full marathon, right up to a heroic 50km along the Island's 'roads less travelled' and a variety of terrains including white sandy beaches, clifftop boardwalks, sealed and gravel roads and wetland and woodland tracks.

The event is being run by Trailsplus in partnership with Phillip Island Nature Parks and the course will take runners through a variety of the Island's spectacular terrains with most being off road and designed to showcase the natural beauty of Phillip Island's beaches, coastline and woodlands.

The event also supports local community volunteers and important charities with \$1 from each entry going to the Penguin Foundation, Thin Green Line Foundation, Bass Coast Landcare Network, Change for Sam and Canteen.

Phillip Island Nature Parks is proud that the newly opened Penguin Parade visitor centre will set the stage for the start and finish of the event and also play host to a festival for runners, supporters and spectators to enjoy. The festival will include fun for kids, music and DJs, stalls, food and more.

It's not too late to tackle one of the shorter runs and to be a part of the first year of runners in this exciting event for Phillip Island. So set your Fitbit, register your distance and we'll see you there!

LOCK IT IN:

Sunday 15 September 2019

www.phillipislandrunningfestival.com.au

#phillipislandnp



 The poster features a woman in a yellow tank top and dark shorts running towards the camera on the right side. On the left side, there is a group of penguins on a beach. The background is a blue sky and ocean. The text 'Phillip Island RUNNING FESTIVAL' is prominently displayed in the center, with '15 SEPTEMBER' below it. A list of race distances is on the far left.

Phillip Island
RUNNING
FESTIVAL

15 SEPTEMBER

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METRICON SHOWCASES THE BEST OF PHILLIP ISLAND

Following significant growth in its regional Victorian business, Metricon hosted booked-out regional showcase events to educate guests about the benefits of either living or investing regionally.

Guest speakers, Dean Ipaviz, presenter on ABC's Escape from the City and a regional living convert, and Nerida Conisbee, Chief Economist at REA Group, delved into Regional Victoria's property market including hotspots, growth areas and why relocating or investing in the Phillip Island region makes sense.

The events were developed when Metricon found that a growing number people were evaluating escaping the big smoke and that the Phillip Island area was one of the locations on the top of their list. Out of the thousands of people who visit metricon.com.au every week, 32% of them are looking to build regionally in Victoria.

Metricon surveyed website visitors who shared their thoughts on what's on their regional relocation wish list, with large living areas, outdoor entertaining and land/ acreage topping the list with easy commuting following closely behind together with the community connection regionally living can foster.

Nerida's presentation highlighted how well the Mornington Peninsula's property prices did through the downturn registering a 15% growth across 2016-2019, presenting a sound investment



opportunity for relocators and investors alike. Metricon's Regional Victoria Housing General Manager, Phil Barrett, said, "Regional Victoria is really booming. Affordability is a key a factor, but lifestyle also plays an important role, as evident in our website survey results.

"Metricon have built 8,600 homes in regional Victoria, including 875 homes in the last twelve months, for a myriad of people at different stages of life and their home ownership journey. This year we're on track to build almost a thousand homes and with greater investment in regional Victoria being a main driver, the outlook for future growth in the Phillip Island looks good."

The host for the day was Chris Carroll, the interior stylist, presenter and author behind TLC Interiors. Other Panellists in addition to Nerida and Dean Ipaviz, included Mark Attard, Director at Finance Path and two Metricon customers who had recently built their regional Victorian home.

Each session was followed by a Taste of Victoria grazing table, that showcased regional produce, accompanied by wine tasting.

"We were delighted to showcase the best of regional Victoria, and to educate guests on the benefits of relocating to a regional area, or investing in one. We had great feedback from attendees, and we hope that they have left excited about the possibilities that regional Victoria offers," Phil said.

For more information about Metricon, its events and homes, visit www.metricon.com.au, or speak to our team at our local display home in Cowes on the Whitesands Estate.

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Spring Cleaning and Home Maintenance feature

Don't forget to spring clean outdoors

Now that winter shows signs of easing and there are some better temperatures forecast, it's time to poke our noses out-doors and have a look around at what needs doing.

Like any spring cleaning list, it is easiest to approach a wide range of chores by dividing them into manageable areas.

For the House

Cleaning the actual structure of your house is easy and will instantly improve its appearance.

Windows: Washing windows and screens will give you a sparkling view of spring even if it's still a bit too cold to be outside enjoying it as much as you want.

Gutters: Cleaning out rain gutters is an autumn/winter chore for many homeowners, but checking them again in the spring will ensure that no debris has become clogged in them during winter storms.

Garage: Cleaning out the garage will give you more space for summer equipment such as bikes, outdoor games and gardening equipment. This may also be a good time to hold a garage sale.

For the Deck

Whether you have a deck or verandah, a few simple cleaning chores can turn it from a winter-neglected spot into a fun outdoor gathering space.

Flooring: If you have a wood deck, inspect the wood for signs of rot or decay and make repairs as necessary. Sweep first, then scrub the wood with oxalic acid to kill microbes, and re-stain the deck if necessary. For a concrete patio, check for chips or cracks that need repair, and scrub away any stains.

Furniture: If your outdoor furniture has been out in the weather all winter, it will need to be scrubbed clean. If it has been stored instead, now is the time to brush it off and return it to the deck.

BBQ: If you have a BBQ, check its connections and operations, following all safety guidelines. Clean the grills and handles, lubricate the lid, and get ready for great barbecues.



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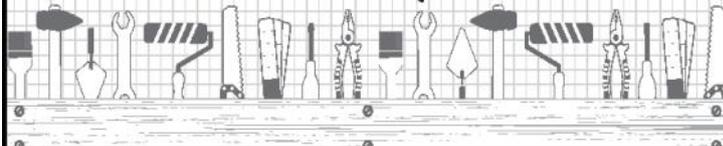
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JOEY'S KIDS CLUB PRESENTS

JURASSIC BRICK LAND

IDEAL FOR KIDS AGED 5 TO 12 YEARS

WHEN: Friday 4th October
WHERE: Phillip Island RSL
TIME: 10:30am and 1:30pm
COST: Joey's \$5 non RSL members \$15

BOOKINGS ESSENTIAL
PH: 5952 1004 BH







Soulful Living



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

Spring is in the air. This would have to be my favourite season. There's something quite exciting about spring. It's like a renewed type of energy that sweeps on in. Winter has been about hibernating, withdrawing, reflecting, perhaps taking time to assist where we are on our journey and then in comes spring, which brings a new sense of hope. New changes like a caterpillar coming out of its cocoon and then blossoming into a butterfly. Spring cleaning comes from this very thing. It's clearing the old and making way for the new. A great season to start new manifesting as you look at what no longer is serving your higher good and if need be, removing it or releasing it so that new opportunities have the chance to enter. The warmth from the sunshine brings new growth and mother nature begins to awaken from a slumber as do we in a sense. It's time to change our look from within to outwards, action those new ideas and enjoy this new shift that is upon us.



Glorious harmonies and ensemble power in the spirit of the Welsh valleys

The Australian Welsh Male Choir

Côr Meibion Cymreig Awstralia



Presented by Phillip Island World Vision Club
 Cowes Cultural Centre
 Thompson Ave Cowes
 2 pm October 12th 2019
 Tickets: \$30 (no reserved seating)

www.trybooking.com/BBYY Phone: Edith Fletcher 0408 012 525
 www.trybooking.com/491424 Nance Gooderham 0407 855 887

School Holidays

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 CAPE WOOLAMAI CRUISE



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Meet a local community volunteer



Andrew Dean volunteers at the Phillip Island Breakers Soccer Club as coach of the under 14's and is also a Committee member.

How long have you been volunteering for the Breakers? Four years.

What is the best part about your job? The diversity in my current role, planning my day and doing a complete 180 turn to deal with other projects on the go, having the flexibility to be able to attend training sessions on time, and it's located just across the road at Newhaven.

What did you do in your working life before becoming a volunteer? Two apprenticeships, carpentry & plumbing.

Can you tell us one thing about yourself that your colleagues might not know? I used to be able to run very fast over 100 meters and ran at state level representing Victoria at the age of 14. Sad thing is I can still beat half the under 14's around the pitch at soccer training- the rule is whoever I beat has to do 10 push ups.

Can you think of a funny story related to your volunteering that you would like to share with the readers? Having never played soccer before and coaching, not knowing all the rules was challenging, especially the off side rule, which I still struggle with. I remember my first year as assistant coach with Greg Sunderland. Greg set up a drill at training for shooting practice. I was instructing the kids to run forward to receive the pass when they said "we'll be off side if we do that." I remember asking the kids what's off side mean? They all laughed thinking I was mucking around.....little did they know I was serious. Thanks to google you can research heaps of stuff on you tube.

Is there anything else you would like to tell the Vibe readers? Don't ever think you are not able to help out at any level, after all we're normally volunteering to help out the kids/ clubs. it's a very rewarding thing, many hands make light work so even if it's just asking what you can do to help, no matter how small, it helps out. Just get involved. Meet new people and keep fit as well.

Surf News by Ed Amorim (prosurfcoaching_)

The perfect wave is coming soon

We're stoked to announce that URBNSURF Melbourne is just a few weeks away from turning on the big taps, and filling up our next-generation surfing lagoon.

The project has been a little delayed over the past few months due to rain – but our wave generator, Roary, has been fully installed and dry commissioning has been completed. The surfacing of our lagoon floor is almost finished. We're excited to have our First Waves pumping soon, and to welcome the firsts guests to URBNSURF Melbourne later this year. More information about our products, pricing, opening dates, and who gets to #surfitfirst, is coming soon.

PHILIP ISLAND PRO is back soon

Everything is ready for the Phillip Island Pro QS1000 2019. The event will return to our world famous Cape Woolamai surf beach. The world surf calendar will be a bit later this year. On November 6 where the event window begins, the Island will receive the best professional surfers from around the globe. They will feature a 1000 rated on the prestige World Surf League Qualifying Series (QS) with mens and womans divisions and an opportunity for the local young guns to line up at the Phillip Island Junior Challenge. The winner here will get a free entry to the main event against the pros. The Indigenous Invitational is a special event coming soon so stay tuned for more details next month.

Phillip Island Boardriders Club News

Everyone starts to get excited for the new competition time at PIBC. The 2019/2020 season calendar, schedule and formats are currently under development and will be released upon completion by the new club committee. Keep an eye on @pibc social media accounts for the most recent and up to date information regarding changes for the new season. So 3..2..1.. good luck and good waves.

Father & Son Surfing - Celebrate the Father's Day

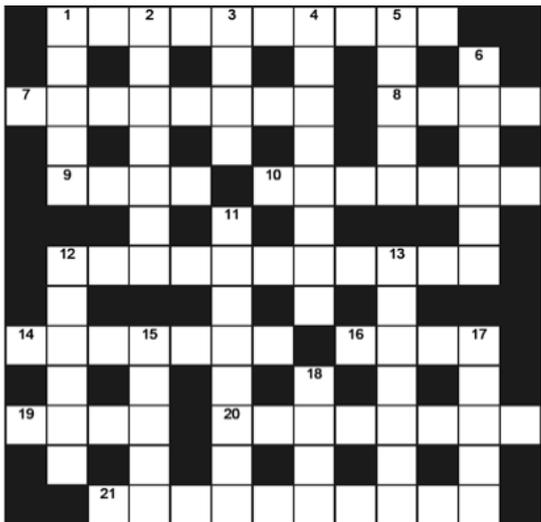
We have noticed lots of Fathers push their kids on their first waves of their life and it make all the difference to the kids choices. Some-time the child introduces surf their dads too, but that is not the case here.

A father figure is important for any child. In surfing, many fathers pass their love for the ocean onto their son or daughter and somehow these men give to their kids an exceptional passion and ability. These particular dads have children in all levels of surf from beginners to a professionals and their influence can be tied back to the success of each surfer.

I asked two times world champion Gabriel Mendana how important it was to have his dad next to him in the tour and he replied, "My dad? He was always important. He helps me concentrate, he trains me, he talks about my hit, he gives me strength. He is crucial in my life. I don't know if I could be here today without him. I'm more calm with him around and he does everything for me to focus just on surfing during a competition. This is really good because I can focus on my job."

Brain Food

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



Vibe Quick Crossword 116

- | | |
|--|--------------------------------|
| Across | Down |
| 1 A device that maintains temperature | 1 Examinations |
| 7 To draw or remove by suction | 2 Things with a hidden meaning |
| 8 Viscous substances | 3 Intend |
| 9 Identical | 4 Very skinny |
| 10 Inflict punishment for | 5 On top of |
| 12 Powerful attraction | 6 A large bottle for wine |
| 14 Shorten | 11 The only one of its kind |
| 16 Precipitation of ice crystals | 12 Stories |
| 19 Second letter of the Greek alphabet | 13 Radioactive isotopes |
| 20 Worker | 15 Likeness |
| 21 Bravely | 17 Straggly |
| | 18 Qualified |

AUSTRALIAN TRIVIA



1. In 1979, at the WACA ground in Perth, cricket fast bowler Dennis Lillee came out to bat. What was unusual about the bat he had in his hand? 2. Which horse won the Melbourne Cup in 2002? 3. Australia has the world's largest sand island. What is its name? 4. Who is on the front of the current issue \$100 note? 5. In what year did cyclone Tracey hit Darwin? 6. Who was Australia's first Aboriginal senator? 7. What is the longest river in the Northern Territory? 8. Who is the longest serving presenter of Playschool? 9. What Australian movie includes the phrase "Tell him he's dreaming"? 10. In 2002 and 2005, the Richmond FC captain wore the number 17 guernsey in honor of which club legend?

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

Vibe Sudoku 116 Each row, column and sub-box must have the numbers 1-9 occurring just once.

SOLUTION TO ESCAPE TO THE COUNTRY

"I'm afraid I can't take full credit for this one," Leroy said with a modest smile.

"Course not," the Inspector snapped. "We're partners—well, not in an official sense."

"Exactly. And thanks for giving me the solution."

"What solution?" Flint demanded. "How did I give it to you?"

"You're the one who pointed out the burrs on our trousers."

"Well, yes, they're pretty obvious. And annoying."

"Anyone walking across that field would get his clothing covered with them, don't you think?" He didn't wait for an answer. "And yet Sophia's black skirt looks perfectly neat and clean."

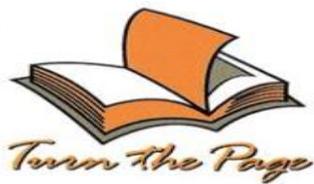
Inspector Flint remembered when checking her out. "You're right. She couldn't have walked across the field to get here."

"And her clothing is dry, so she didn't ford the river. I suspect Sophia was the passenger Antonio saw in the victim's pickup. That places her out here with him around the time he was killed. We often overlook the obvious."

"I'm glad you picked up on my clue." Flint beamed. "Sometimes it takes a city boy to solve a country crime."

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Book Reviews

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



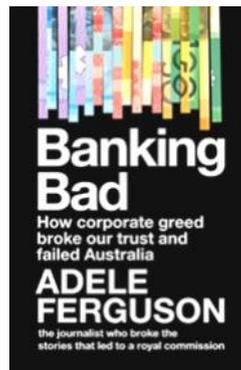
Dog Man For Whom The Ball Rolls

By Dav Pilkey

RRP \$16.99

Can good deed outdo evil doers?

Dog Man and his band of misfits have dished out another serving of justice! The FLEAS are gone, and Petey the cat is back in jail, right where he belongs. All is right in the world... but not for long. Now Petey's got an unrelenting itch that he just has to scratch! Can the Supa Buddies foil the felonious feline's plans before it's too late, or is a cat-astrophe sure to ensue?



Banking Bad

by Adele Ferguson

RRP \$34.99

Our price \$29.99

Australia held a royal commission into the banking and financial services industries and its revelations rocked the nation. Even defenders of the banks were blind-sided.

Few people were more instrumental in bringing about the commission than journalist Adele Ferguson.

Through her exposes in print and on television, she pursued the truth about funds mismanagement, fraud, lack of probity, and the hard-sell culture that took over the finance industry after deregulation in the 1980s.

But it wasn't just light-touch regulators and crooked bankers growing fat on bonuses she put under the spotlight. It was also their victims - men and women who had lost everything, and had no recourse when they discovered empty accounts, egregious fees, forged documents and broken promises.

In Banking Bad, Ferguson tells the full story of the power imbalance, toxic culture and cover-ups. She describes the long fight for justice by whistle-blowers, victims and political mavericks, and she looks at the outcomes of the royal commission - the falls from grace, the damaging hubris, the scathing assessment of the regulators, and the colossal compensation bill - an estimated \$10 billion.

Finally, she asks whereto from here? In May 2019, the Coalition government, which resisted calls for a royal commission, was re-elected. Bank stocks surged and lending regulations were loosened.

Will it all be business as usual from now on, or have our financial executives learned that their wealth cannot come at the expense of ordinary Australians?



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COMMUNITY NOTICEBOARD

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

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/)

The Phillip Island Miniature Light Railway Inc. Secretary, Bev Munro, 0417 578 435 or Facebook.

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 Lunch. We meet once a month over lunch at Rusty Water to discuss some of the big questions about life, the universe and everything. Newcomers welcome. \$35 (includes 2-course lunch). Bookings or enquiries to Ian Robinson: gurdies@australiaonline.net.au

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@phillipislandgallery.com.au



Composition—The rule of Space Submitted by the Phillip Camera Club

The Rule of Space relates to the direction your subject/s in your photo is/are facing or moving towards.

To take a photo of anything moving, say a moving bicycle, there should be more space left in the frame in front of the bicycle than behind it. This implies that there is room left in the frame for the bicycle to move into.

We have a subconscious tendency to look forward to where an object is heading. If the bicycle was at the right-hand side of the frame, this would lead our eyes out of the frame.



The Cyclist by Lynne Cook



This rule can also be applied to people. They should be looking into the frame. It would look odd if your subject was looking the other way – looking out of the frame.

In Rhonda’s “Big Sister”, your gaze is drawn to the Big Sister and then it follows what Big Sister is looking at, thus keeping the viewer’s attention within the frame.

Now you can go out and practise using The Rule of Space.

Ref: 20 Composition Techniques That Will Improve Your Photos By BARRY O CARROLL

Left: Big Sister by Rhonda Buitenhuis

PUZZLE SOLUTIONS

Quiz Solution 116
 1. It was aluminium 2. Media Puzzle 3. Fraser Island 4. Dame Nellie Melba 5. 1974 6. Neville Bonner 7. Victoria 8. Benita 9. The Castle 10. Jack Dyer

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

Vibe Crossword Solution 116

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

Vibe Sudoku Solution 116

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