

PHILLIP ISLAND VIBE

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phillipislandvibe@outlook.com

P: 0407 266 271

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ISSUE 120 JANUARY 2020



Happy New Year to all our regular and visitor Vibe readers. This issue contains our regular favourite columns and some great ideas for summer fun. The front page picture of boats at Rhyll taken during the Boat Festival was submitted by Blair Stuart Photography. Pull up your deck chair and hope you enjoy the Vibe.

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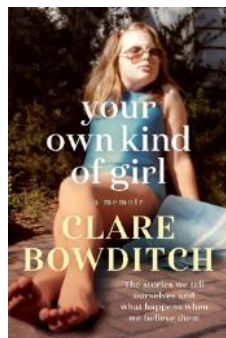
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Book Reviews

**By Turn The Page Bookstore,
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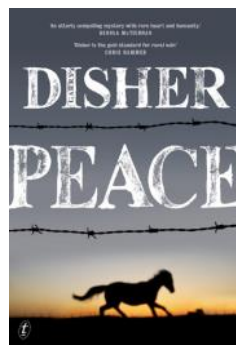
Your Own Kind of Girl
By Clare Bowditch
RRP \$29.99

This is the story I promised myself, aged twenty-one, that I would one day be brave enough - and well enough - to write. Clare Bowditch has always had a knack for telling stories. Through her music and performing, this beloved Australian artist has touched hundreds of thousands of lives. But what of the stories she used to tell herself? That 'real life' only begins once you're thin or beautiful, that good things only happen to other people.

YOUR OWN KIND OF GIRL reveals a childhood punctuated by grief, anxiety and compulsion, and tells how these forces shaped Clare's life for better and for worse. This is a heart-breaking, wise and at times playful memoir. Clare's own story told raw and as it happened. A reminder that even on the darkest of nights, victory is closer than it seems.

With startling candour, Clare lays bare her truth in the hope that doing so will inspire anyone who's ever done battle with their inner critic. This is the work of a woman who has found her true power - and wants to pass it on. Happiness, we discover, is only possible when we take charge of the stories we tell ourselves.

'The words that kept coming to me over and over again as I read this book were authenticity and decency. Clare Bowditch made me feel how wonderful and difficult and amazing it is to be a human.' LEIGH SALES



Peace
by Garry Disher
RRP \$29.99

A must-read Australian rural crime novel, written by one of the masters of the genre.

Constable Paul Hirschhausen runs a one-cop station in the dry farming country south of the Flinders Ranges. He's still new in town but the community work-welfare checks and working bees - is starting to pay off. Now Christmas is here and, apart from a grass fire, two boys stealing a ute and Brenda Flann entering the front bar of the pub without exiting her car, Hirsch's life has been peaceful.

Until he's called to a strange, vicious incident in Kitchener Street. And Sydney police ask him to look in on a family living outside town on a forgotten back road.

Suddenly, it doesn't look like a season of goodwill at all.



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

ONE SHOT AT THE CROWN



*"I used to be a heavy gambler. But now I just make mental bets.
That's how I lost my mind."*

— Steve Allen

Leroy, the famed amateur sleuth based on Phillip Island, pushed his way through the crowded hotel lobby of the Crown in Melbourne and into an elevator. At the tenth floor he found a forensics crew already at work.

"What have we got here?" he asked his mate, Inspector Jack Flint.

"Victim is one Tony Capo," Flint said. "He and his wife and another couple are here for a weeks vacation."

"I need names Jack."

"Wife's name is Bella. The other couple is Yuri and Cindy Frugal."

Leroy jotted the names into a small notebook. "Okay. Now, what happened?"

"The two couples were in the casino gambling. They had plans to eat at one of the city's most exclusive restaurants. Very classy place. Anyhow, Capo left the casino first to come up here to shower, shave, and dress. The others came up later. When they were dressed and ready to go out, Capo hadn't come out of his room yet. That's when Mr Frugal came in here and found the body."

"Didn't Mrs Capo see her husband when she came up here to dress?" Leroy asked.

"Mr Capo was a snorer. His wife couldn't sleep in the same room with him, even at home. They had separate suites here, so she didn't know anything was wrong until Frugal told her."

Leroy shook his head. "How did Capo die?"

"He was shot with his own gun," Flint said. "According to my sources, he takes it with him all the time for protection. He's a jeweller and often carries a lot of gems when he's working. I guess it worked against him this time. "He was shot in the heart at close range. There was quite a bit of blood, as you'll soon see. The medical examiner says with that kind of wound Capo may have lived for ten or fifteen seconds, but not much longer."

Flint ushered Leroy into the bedroom of the late Tony Capo's hotel suite. Several policemen were combing the crime scene for clues. One of them approached Flint. Leroy looked around.

Leroy believed strongly in the efficacy of crime scene work in solving crimes. His standards of forensic science were the highest they could be, or so he thought. Years at the 'bar' as a criminal barrister had also fine-tuned his ability to be logical and to know a lie when it existed in hearing testimony or statements of witnesses and to make the right deductions.

"We found something interesting here. As you'll notice, this room has a fireplace. The hotel doesn't really expect the guests to use it, but it is a working fireplace. Someone did use this one though,

and not too long ago. We found this in it."

With that, the officer held out an evidence bag in which he had gathered some samples of ashes. Leroy noticed the ashes had a peculiar texture -it wasn't the type of ash left by wood or paper.

In another evidence bag were seven melted pieces of plastic and metal. Along with them was a charred piece of metal that appeared to be some sort of clip.

"Have you searched this room completely?" Leroy asked.

"Yes. Here's what we found." Flint handed a list to the sleuth.

Leroy read, "Five undershirts, five pairs of underpants, three pairs of brown socks, two pairs of blue socks, two blue dress shirts, two pull-overs, six pairs of slacks: two brown, two blue, and two black, along with a black belt, six ties- all in the current style and all different colours to match the shirts and slacks, two sport shirts- one brown and one blue, a pair of brown shoes, one pair of walking shoes, an electric razor, pre-shave and after-shave, a toothbrush and toothpaste, a pair of walking shorts, pyjamas, seven handkerchiefs."

"Is that it?" Leroy asked.

"We found the usual things on the body," Flint said. "You know, wallet, change, keys - things like that. You ready to view the body now?"

"I think so," Leroy moved toward the bed. His adrenalin was racing. Was there anything more exciting than this, he wondered, as he had done time and again.

Tony Capo's body lay on the floor near the bed. A fairly large man, he was face down with his right hand outstretched and his left hand tucked under him. A large pool of blood spread out from under the body. Capo was in his underwear and slippers. His right hand was coated with blood.

"Looks like he tried to wipe the blood off his hand before he died," Flint said with a frown. Then he turned his attention to Capo's bed. Neatly laid out on it were a pair of tuxedo pants, a tuxedo top, and a red cummerbund. Next to the pants was a pair of black socks. At the foot of the bed was a pair of black shoes.

"Looks like he never did get dressed for that dinner," Leroy said.

"I'd like to speak to the others in the party. Where are they?"

"Next door in the wife's suite," Flint said.

Leroy went to Mrs Capo's suite where three people sat; all were pale and nervous. The woman who was introduced as Mrs Bella Capo had obviously been crying. She wore a long yellow evening gown with shoes and purse to match. She was a short woman.

"I know what you're going to say," she sobbed. "You're going to say I shot Tony because I hated him messing around with other women. But that's not true. So what if he had affairs? He loved only me."

Leroy's eyebrows went up at this remark and he turned to Yuri Frugal, a once-handsome man who was slowly showing the effects of his age. Frugal was dressed in a tuxedo, white shirt, and black bow tie.

Continued on page 5

From page 4....

"She's obviously upset," Frugal said of Mrs. Capo. "Tony really was devoted to her, even if he did fool around. We were partners, you know, and he confided in me.

"Partners?" Flint said.

"Does this mean you'll take over the entire business now?"

"Well, yes, but..." Frugal began but never finished.

"And how about you?" Flint asked Cindy Frugal, a tall, graceful woman dressed in a red gown.

"You're very beautiful, if I may be so bold. Were you one of Mr. Capo's affairs?"

Flint smiled wryly at his friend's flatteringly disarming style of getting a female witness to relax and be off-guard.

"Good heavens, no!" Mrs. Frugal said. "Not that he didn't try. Oh, I'm sorry, Bella, but the truth is your husband did make several passes at me but I never gave in, and nothing ever happened between us."

"If I have the details straight," Inspector Flint said, "Mr Capo left your group to go to his room to prepare for dinner while you all stayed in the casino. Were you all together?"

"No," Yuri Frugal said. "I was playing blackjack."

"I was at the slot machines," Bella Capo said.

"And I was at the roulette wheel," Cindy Frugal said.

"I think one of you came to Mr Capo's suite earlier than you claim," Leroy said. "You argued with him, lost your temper and shot him with his own gun. And I think I know which of you it was. As soon as I have some evidence examined, I'm sure I can prove it." Flint looked at his friend and waited expectantly for his deductions.

Well readers of the Vibe, who shot Tony Capo?

Was it Yuri or Cindy or Bella or someone else?

If there was a clue to the killer, what was it? There's quite a lot of detail in this story that calls for close attention and also elimination. Maybe read it over carefully more than once. After all, Christmas is now behind you and your resolution to be fresh, alert and sober is fresh in your mind.

If you're still stumped you can peek at the solution on page 20.

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Death in the Digital Age

Christmas has been and gone and your money is spent. Are you keeping track of things with paper or your computer/smartphone/I-pad or other electronic device. I would happily wager that nearly all our readers are using electronics these days. Just think how much you have come to rely on "technology" to help you and how much you now rely on your various devices.

Think of your digital assets – bank log-ins and passwords, your Facebook account, twitter and all your normal electronic access to such things as your phone and electricity accounts. Frequent flyer points and prepayments for I-tunes or airfares must all be done by logging onto the web and giving a user name and password.

And how many of them do you have. We're constantly told to always use a different password, never write them down and to change them regularly for security reasons. I find that impossible to achieve for all my accounts, even while I'm fit and still mentally at full capacity.

Think what would happen if you died or became non compos mentis quickly, or were even just injured in a car accident and unable to communicate?

We all have valid wills that we have reviewed and kept up to date, don't we?

Most of us do, some of us don't. In Victoria, except in rare circumstances, wills must be written on paper and signed and witnessed. That's fine but these days we also have more and more information

and assets available only through computers and phones and other electronic devices. The web has become all encompassing these days.

How would your family or executor or your attorney cope with your bank? With your Facebook account? Would your frequent flyer points disappear for ever? The same with your Coles Fly-Buys and your Woolworths reward cards. And how many of all the other things would be frozen immediately, too?

All these things have a value but some more than others. When you can't look after them someone else must, even if it's only to close the relevant accounts. There may be considerable value in some of the accounts apart from bank balances and credit cards, such as frequent flyer points.

Prudence dictates that you should have a digital will that allows your nominated representative access to all these details. The problem is that you then have to give someone access to all the things that you're told you should keep secret. And if you change a password (and I'm forced to change some of mine regularly) then you must give your representative details of the change immediately.

The first step is to get all the information together. Every credit card, every bank account, Facebook if you use it, your Amazon account, power company, phone company and all the rest. List every user name and password for each. Also list what the account is used for. Don't forget to include computers and data storage, too, and any passwords used for those, and where the hardware is located. I started to do this and have come up with 47 different web access points that all need unique log-ins and passwords, which surprised me. One "app" needs three separate and distinct passwords just to get to my basic information!

You can use a password manager on your computer but you will still need to give someone access to that as well. This does have the advantage of being easily updated each time you change anything, though. But computers are easy to hack, and this information is manna from heaven for cyber criminals.

There are websites specialising in the safe storage of such information, and one even has a "call back" facility that helps defend against fraudulent usage (www.securesafe.com is one). These also need usernames and passwords.

When you've done all this, you need to give access to it to someone you can trust. Your attorney (as in Power of...), your solicitor or whoever holds your will, your executor or someone else close. By doing this you will be giving that person unfettered access to your most confidential data and finances, so you will definitely need to trust them.

And then put it in your will what you have done and who holds the information, because one day your executor will need to access this information.

For your family to lose access to all this information would be a disaster but it can easily be avoided. The only certainty is that at some time in the future, they will need access to it immediately.

Many of your accounts will need to be closed and that again is almost an impossibility without your identity data. And if they can't be closed then your beneficiaries will probably not be able to access these assets without a lengthy and expensive court process.

A list of all your accounts and the access details will almost certainly make life easier for those who will be left to look after you, or your family.

As with all wills, please use an expert to help prepare it – it's just not worth the risk.

Any advice offered in this article is of a general nature only and does not take into account any reader's personal circumstances. Before acting on anything herein, you are advised to get professional advice as to whether the course of action is appropriate for you.

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- New Phillip Island CFA Station
- Yallock Bulluk Coastal Park
- Rhyll and Cowes boat ramp upgrades
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Fishy Tales with Craig Edmonds from Jim's Bait and Tackle

For current reports while you are on holidays just visit our Facebook page (www.facebook.com/JimsBaitAndTackle) where we will be listing reports as we get them.

Heat, extra traffic with holiday visitors and a little frustration from not being able to get much fishing in over the last couple of months, is going to make for some very interesting times at the boat ramps over the next month or so. The water isn't going anywhere, if the fish are there they will still be there ½ an hour later and if you are in a hurry because of the tide it's very simple, get out of bed earlier and give yourself plenty of time for hold ups. Patience and organisation are the key to making it a more enjoyable day. Often this time of the year you are fishing with non-boating/fishing people, visitors/family and not your regular crew, so on the way to the ramp or even at home give them a job to do when you get to the ramp. I have lost count of the times you get to a ramp and there is one person running around trying to do the lot while 3 are standing with hands in pockets watching on. Another complaint we get a lot from customers is that they get back to the ramp after a day's fishing, especially at Newhaven, and there are 2 or 3 boats tied up at the jetty but no trailers on the ramp and only people cleaning fish at the cleaning tables. Newhaven boat ramp is not that well suited to busy times and a little consideration will make it more efficient. Get back to the ramp, load your boat then park, not across the top of the ramp, and clean your fish even if there is no one there when you get back.

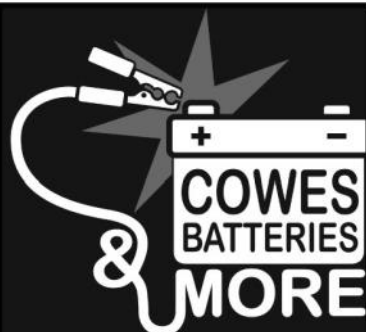
Fishing reports for the last couple of months have been very scarce, not because of the lack of fish but the lack of opportunity. The weather has been the worse we can remember for November and December and with those odd days when it was ok it was usually mid-week when most were at work and it was very rare that we had two days in a row that you could get out.

The reports, with all things considered have been quite good. It has just taken a little longer to find the fish each time because there hasn't been any phoning a mate to see where they were biting the day or night before. The pinkies moved in early and have been, as many have described, in plague proportions and a nuisance at times. The whiting are a little the same, depending on where you go with big schools of nursery fish. Finally, just before Christmas a few days for the offshore fishermen and as you would expect mixed results with it really the first chance for the season.

Calamari haven't been much of a problem all season and with a little work and time you will catch all you need. Land based as always hasn't been quite as productive as boating but still had its days where you can't miss. The San Remo jetty and the Newhaven jetty have been the best followed by the beaches in Cleeland Bight and Ventnor. From the land it's a mixture of baited and artificial jigs with the baited better from the beaches and artificial from the jetties. The size of calamari has been quite good this year with several customers reporting that they have seen a lot of the very small ones but haven't actually caught them, just the bigger ones.

Snapper are still being caught but it can be difficult to get past the very small pinkies and you have 2 options, move and hope they don't follow or persevere. Which is the best way to go? When you work it out let us know because everyone has a different way of dealing with them and to varying degrees of success. Perseverance seems to be the most successful, especially if you sound up some good arches amongst the small ones, this is where it pays to know how to read your sounder. As late as just before Christmas day we had reports from those catching the bigger snapper telling us that they still had roe in them so with the cooler water maybe the bigger fish will stay around for a while yet.

With whiting like snapper, it can be difficult to get away from the smaller fish and to find a feed of larger ones. From the reports, and unlike the snapper, the bigger whiting don't seem to be mixed up too much with the smaller ones and if you are only catching undersized the best advice can be to move and look for the bigger ones. During December the reports suggested to not only look deep but shallow for the bigger whiting and not just in the usual spots. Some of the best whiting reports came from the shallow water around reef island - a spot where you would traditionally find the very small fish.



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Peking Duck Wraps

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- 2 X Fresh Duck Breasts
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- 1 X Jar Hoisin Sauce
- 12 X Small Wraps
- 1/2 Cucumber
- 4 X Spring Onions



What to do:

Duck: Empty Master Stock in pan and heat to simmer. Add Duck Breasts and simmer until tender. Remove and rest. Spread Hoisin Sauce over Breasts and place on a baking tray. Place in oven and roast for 10 minutes at 180 degrees. Remove from oven and rest before thinly slicing.

Slice cucumber and spring onion into thin strips.

Steam wraps or warm as per packet directions.

To assemble place 1 wrap on plate and spread with Hoisin Sauce, add a few slices of Cucumber and Spring Onion and then add sliced Duck on top. Fold the bottom up then fold from left to right to form a small parcel. Enjoy.

Extra Tip:

This can also be made with leftover Turkey.

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WHAT'S YOUR 20/20 VISION?

This month is about bragging and seeing clearly.

As we are starting a new year (and a new decade) it's a great time to look back at how we've grown and celebrate our successes. Denise Duffield-Thomas who wrote the book 'Lucky Bitch' suggests that we do a 'Brag List'. If you think 2019 sucked this is a great way to re-frame it.

The exercise is to make a list of everything you're proud of over the last year.

First – do this with a partner.

That's key, so you don't chicken out and get all bashful, like "I dunno. I guess I did some ... stuff..?"

It's best to do this with someone who gets you and really "sees" you and your accomplishments and who will draw more out of you. Take turns asking each other what you're proud of.

Start with "I'm proud of..." and list out things like:

- Business accomplishments
- Tricky situations that you dealt with
- Boundaries you enforced
- Goals you hit
- Personal accomplishments

Anything that you want to acknowledge yourself for. Don't be shy or modest. Time to really shine a light on everything you've done. And seriously – it's kind of hard to remember everything. So, here's how to take it to the next level.

Your partner simply asks you; "What else?"

And then silence. No prompting. No jumping in for their turn. Just ask the question "What else?" and wait.

Keep asking until you have AT LEAST 50 brags.

There will be lots of pauses when you think you're done and then, "Oh yeah! I forgot about this one!" Then keep asking, "What else?" Trust me, you'll be buzzing at the end of it, so don't give up. The list of brags is important but the question "What else?" is extremely important. You'll probably get stuck at about five things you're proud of, because you don't want to brag, you discount your accomplishments or you've just forgotten.

Bragging is GOOD for you. It's awesome to remember everything, it's great for manifesting to acknowledge all your wins, big and small so you can attract even more luck and abundance into the new year.

January is also the time to begin, what I am now calling my "Intentional List of Fun" (I.L.O.F) for next year (or next decade, if you feel inspired to over-achieve).

My I.L.O.F in the past has been filled with items I wanted to buy or win or earn. In the last few years it's changed to include emotional states (like be happy, be hopeful, be peaceful, be forgiving, be passionate) and people I'd like to spend time with (friends or family or clients) and experiences I'd like to have (like going to LA for a concert or high tea at the Ritz Hotel London or a massage & dip in the Peninsula Hot Springs).

As always, I will remind you that your mind is a VERY powerful tool ... so be careful how you use it. I believe most people do unconscious lists and wonder why their life is messy and surprising (and not in a good way).

Why not use Denise's 'what else?' process for your 2020 vision too.

Ask yourself 'What fun do I want to have for 2020 in my love life, career, health and family?'

And when you get stuck ... ask yourself (or your friend can say) 'what else?'

You will keep connecting the dots, feel more inspired and get more answers if you keep asking, ... But if you say 'I don't know' ... it stops the flow.

My top 3 things on my I.L.O.F are:

1. Live launch events for my book Jan, Feb and July (so far).
2. Heal Thy Money Mindset course
3. Open my heart to romance

I invite you to share your **top 3 brags for 2019** and your **top 3 fun things for 2020** on my Facebook

page: [@Conscious Courses and Therapies](https://www.facebook.com/consciouscoursesandtherapies) - [CLICK HERE: www.facebook.com/consciouscoursesandtherapies](https://www.facebook.com/consciouscoursesandtherapies)

Then we can share the joy.

Happy holidays xxx

Blessings Pip

P.S. My one-on-one coaching, treatments and meditation sessions are available during school holidays. Go to: www.pipcoleman.com / Or call: 0437 670820

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What I Learned From My Divorce



Like so many people not only in Phillip Island but around the world I guess, my marriage started to disintegrate to the point where divorce was inevitable.

I consulted with some of my friends as well as some reasonably close acquaintances I had made through my children's school, so I suppose they could be included as friends. They all said overwhelmingly that the most important thing I had to do first was get a GOOD lawyer.

It was amazing, it's as if they were all reading from the same hymn book, I suppose in a way they were as they were all divorced or separated. I thought it wasn't much point getting advice from someone who was happily married. How could they relate to my situation. But it was one thing that was constant, and that was get a good lawyer.

On more than one occasion, the name James McConvill & Associates came up. I did some research and I suppose it was because they were local to the Phillip Island/Bass Coast area and most likely understood the local market here, especially when it came to family law.

Anyway I was really happy with the support and service they provided. Here are some of the things I learned through my experience and dealing with James McConvill & Associates.

If your situation is becoming unbearable and you need to leave, make sure to plan ahead on where are you going to stay, and make arrangements ahead of your announcement to leave.

If there is property involved, you really need to start preparing for the division of that property, do not leave it to the last minute, make it a priority in the whole separation process.

Along with the property you are currently living in, any investments including shares, and investment property that may or may not be held in joint names also needs to be catalogued as to the acquisition contribution made to acquire those properties. If you have children, and you have spent

most of your time as unpaid work caring for those children, then you could be entitled to a greater proportion of the split of those assets. And also, if that were the case, then you may well be entitled to a portion of your ex-partners superannuation.

Though because this becomes a deciding factor depending on your individual case, you would need to consult your lawyer with regards to this.

Where children are involved, you need to start making plans for what kind of parenting arrangements you desire with your ex-partner in relation to the children. Make a list of all the activities you currently do with your child along with times and duration of the activity. Try and create a pre scheduled itinerary of these activities ahead of time, and highlight any special rituals only you and your children do.

Make a list of your personal support groups you have access to in the event of an emergency. And above all, if the mood of the separation is becoming hostile in relation to caring for the children, then highlight a list of reasons why you are in a better position than your ex-partner to care for your child on a regular basis.

Ideally it is best to try and negotiate all this with your ex-partner directly, when it comes to parenting rights, though sometimes this is not usually the case if the relationship rapidly sours during the separation. In which case, if you are unable to come to an agreement on parenting rights, and it needs to go to a mediator and/or court, then having all this prepared ahead of time will put you in a stronger position of negotiation.

At the end of the day, with the right support and advice you can come through a divorce and separation a new person with a new lease on your life. Society has changed dramatically, and there is no longer the negative stigma there once was on divorce.

We have come a long way with changes to the Family Law act and the number of support networks available. It is not the end, but a new beginning. If you need to call a lawyer you can contact James McConvill & Associates on: 0400 138 786

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PHILLIP ISLAND CAMERA CLUB

COMPOSITION IN PHOTOGRAPHY—PATTERNS

To help you rise to higher levels in your photography try adding a new dynamic of patterns.

PATTERNS can be found everywhere—in nature and man-made constructions. They are made up of repeated objects, shapes, or colours and whether they're random or ordered can be very pleasing to the eye.

One of the simplest ways to produce a striking image is by filling the entire frame with a strong pattern. To add a level of complexity, find subjects that interrupt regular patterns. The interplay between the pattern and its disruption brings an element of surprise that keeps the viewer's eye moving back and forth around all areas of the picture.

Quite often a pattern is not so apparent because of its size. A world of patterns can be found if you move in closer to your potential subject. For instance a bright red fire engine may not seem to have patterns, but, move in closer to the grill, a tyre or the weave of a hose and the world of patterns opens up. A keen photographer will always find patterns in old subjects.



Zebra by Brenda Berry 1

The lessons learned when creating pattern photos can be applied to other types of compositions, including sweeping grand landscapes. Pattern photos require a patient approach, and a keen eye for the subtleties of our natural world. The rewards, however, are definitely worth the effort.



Pitcher pattern by Gillian Armstrong

Ref: PictureCorrect Wayne Turner - <https://www.picturecorrect.com/tips/photography-pattern-form-texture/>
For more information on Phillip Island Camera Club phone Susan on 0408 136 717.



Cruise ship arrivals for Phillip Island

The cruise ship season runs from end of October to March 2020. Cruise ships will continue to anchor off Rhyll, with shuttle services for passengers running from Rhyll Jetty to Cowes Transit Hub. The Rhyll Jetty provides the best access for the ships tenders and passengers. Passengers are offered pre arranged shore excursions by the ship and are free to make their own arrangements.

Regatta*	Thurs 2 Jan 2020 (685/386)
Massdam*	Fri 3 Jan 2020 (1258/580)
Seven Seas Voyager*	Fri 10 Jan 2020 (706/447)
Golden Princess	Wed 29 Jan 2020 (2636/1100)
Seabourn Encore	Sun 2 Feb 2020 (604/450)
Seabourn Encore	Fri 7 Feb 2020 (604/450)
Seabourn Encore	Thu 5 Mar 2020 (604/450)
Seven Seas Navigator*	Mon 24 Feb 2020 (550/315)
Seabourn Encore	Wed 18 Mar 2020 (604/450)

*First visit to Phillip Island for these cruise ships (passenger /crew numbers)

Cruise Information will be shared on our Facebook Page as well as local industry news @destinationphillipislandindustry

For other information you can contact our office 03 5952 2729

If you are visiting the region check our our regional website with information on where to stay, play and eat visitphillipisland.com
Our visitor Facebook Page - Friends of Phillip Island
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AFRICAN ADVENTURES By Vicki Glen

If a visit to Africa has been on your bucket list, I highly recommend that you work towards making it a reality.

I have recently returned from a family holiday to South Africa, Botswana and Zimbabwe and although I thought it would be a great holiday, it exceeded all expectations.

The sophisticated beauty of Cape Town and the breath-taking rugged coast down to the Cape of Good Hope were a stunning start. Peeping through the clouds at Table Mountain and a visit to the apartheid museum and town tour were highlights.

Next stop was 6 nights at a private game park on the edge of Kruger National Park where we slept in traditional African rondavels and enjoyed our many safaris and day trip to the Drakensberg mountain range. The scenery and animal sightings took your breath away every day. Just when you thought you'd seen the highlight of your trip, along came another. Lions with cubs, a lion hunt and tracking cheetahs moving through the park to drink were amazing and unbelievably only metres away.

With three of the big five ticked off it was off to stay riverfront in the Chobe National Park. Our luxurious treetop accommodation was a treat and a leopard and Cape Buffalo sightings ticked off the list for us. The mass waterings of buffalo, elephant and hippopotamus left us in awe of nature and these beautiful animals. They were mesmerising. We really enjoyed our sunset wildlife cruise down the Chobe River.

Off to Zimbabwe to view the Victoria Falls and get our fix of adrenaline activities. Once again, our accommodation was a haven from the heat with first class service and facilities. We walked the Victoria Falls National Park, zip lined across the gorge, the brave indulged in the 200-metre drop gorge swing or swam in Devils Pool on the edge of the falls. A helicopter ride over the falls and dinner at the grand Victoria Falls Hotel rounded off a memory making adventure. We've scratched the surface but we'll be back for more.

As first-time visitors to Africa, we felt our itinerary was perfectly tailored to our needs by Travel Managers agent Kerrin Poupou. Kerrin listened to our needs and created an itinerary that met all our needs and our travels went without any problem at all (which included 10 flights in total). We also felt well supported along the way and knew that Kerrin was always just a phone call away.



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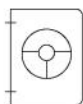
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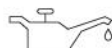
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Dog walking lowdown



Summer is finally here, it's time to pack your sunscreen, grab the kids and your furry family members and hit the beach. Phillip Island Nature Parks and Bass Coast Shire Council also ask you to remember one more thing to ensure your summer is safe and relaxing for everyone – including our wildlife. Please check and observe all beach entry signs that explain the dog regulations before you hit the beach.

"Phillip Island's dog regulations are in place so that everyone can share and enjoy the beach and help to ensure the safety of our wildlife," said Ben Thomas, Phillip Island Nature Parks Ranger in Charge.

Phillip Island's beaches are divided into three main categories:

1. No dogs anytime all year round.
2. Dogs permitted on leash.
3. Dogs permitted off-leash.

In addition, between 1 December - 30 April, dogs are only allowed on beaches between 7am – 10am and 5pm – 8pm where dogs are already permitted.

Dog owners can also opt to exercise their pooches at the designated off-leash areas at Ventnor Beach and the inland off-leash area at Blue Gum Reserve on Dunsmore Rd in Cowes, where no time restrictions apply, or at the time restricted off-leash beaches of Cowes West Beach and Cape Woolamai Beach (Cleeland Bight).

The Island's busy holiday season is also a peak breeding period for some special and threatened wildlife such as Short Tailed Shearwaters and Hooded Plovers that depend on our beaches to survive.

"The period before and after sunset and sunrise is really important for wildlife that nests, roosts or feeds in the dunes, beaches or intertidal zones," said Ben.

"Just the presence of dogs, either on or off lead, can cause a lot of stress for wildlife and some people. Restricting dog walking to off-peak times provides the best balance for the enjoyment of all beach users," Ben said.

Another reason to read and observe all beach access signs is to avoid risking a fine. Both Nature Parks rangers and Bass Coast Community Safety Officers will be out on patrol this summer to answer questions and to enforce the laws.

Pick up the updated Where Can I Walk My Dog? brochure from the Cowes or Newhaven visitor information centres; Phillip Island Nature Parks Cowes office or online at www.penguins.org.au www.basscoast.vic.gov.au

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Better news for shearwaters

Phillip Island Nature Parks researchers are pleased to report that, after a rocky start, things are looking up for Phillip Island's Short-tailed shearwaters. Good numbers of birds have returned and there are eggs in burrows signalling a late, but positive start to the breeding season. The 2019 Short-tailed shearwater breeding season has been extremely unusual. It started with the birds arriving from their 15,000 kilometre migration from waters around Alaska 10 - 14 days later than normal. This is a significant delay for a migratory bird that has a very tight schedule to keep.

"The shearwater arrival at the end of September is usually very predictable," says Nature Parks Deputy Research Director, Dr Duncan Sutherland.

"Initial numbers of birds arriving in the Phillip Island colony in October were very low, less than 10% seen in normal years."

"Interestingly, the birds that did return were in good condition."

"We didn't know what had happened to the rest of the birds and whether they would actually return to breed this year."

A collaborative research project between Phillip Island Nature Parks and the Victorian Ornithological Research Group includes regular visits to 180 burrows in the 1.4 million-bird colony and has slowly built a more positive picture.

"Although less than half the usual number were thought to have returned by November, numbers in the colony were

Checking the Shearwater burrows.



increasing at each research visit."

In November, the shearwaters undertake a two week 'honeymoon' in which they fly down to feed in Antarctic waters before returning to lay a single, large egg in their sand dune burrows.

Researchers visited the colony after this honeymoon trip and were very surprised and pleased to find that many more birds had returned to lay their egg and that the colony contained at least as many birds with eggs as in a normal year.

While this is great news, it still leaves many questions unanswered. Like - what's really been going on with all those birds?

"We don't know yet," said Dr Sutherland.

"It could be poor food supplies in their feeding grounds in the Bering Sea near Alaska, or perhaps a lack of favourable winds may have delayed their migration. Another theory is that many of the birds may have initially bypassed their breeding colony on Phillip Island to forage in the Southern Ocean."

The team is hoping to recover tracking devices that were deployed on birds over the last couple of years.

"Data from these devices should tell us when the birds actually undertook their migration this year and where they were spending their time once they reached the Southern Hemisphere."



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Surf News by Ed Amorim (@prosurfcoaching)

Surf for life

Surf for life is another @prosurfcoaching_ program for all schools with the objective being to introduce surf, skating, safety on the beach and environmental basics for the students.. Already happening at Cowes Primary and Newhaven Primary. Please ask for your school to contact us to organise sessions at your school 0490406005/ prosurfcoaching@gmail.com

Surf and yoga

With the arrival of summer @prosurfcoaching_ starters will dive into the benefits of yoga that improve your surfing skills with special sessions combining surf and yoga at Smiths Beach this summer. Check out some benefits of yoga: flexibility, stronger core muscles, improved breathing techniques, improved balance, more stamina, greater mental focus, restored and revitalized energy, calm and relaxation. Everyone is welcome to book a session or more information 0490406005/ prosurfcoaching@gmail.com

How to find a second hand board?

A good starting point is to check Phillip Island Secondhand Surfboards. This Facebook page will help you find a very good second hand board and all the surf gear you may need. Also go around some surf shops like @ripcurl_phillipisland offering great deals on used boards. Keep checking, you will find a magic board.

Sage and Sophie top list

Congratulations to @sophieffletcher_ and @sage_g_ the two local surfers who made @surfinglife hottest 100. They represent the Island around the word and have had a brilliant year of great results. Well done bring on next season..

Bye Bye 2019

Thank you everyone for the great time in 2019. Bring on a special new year and make the 2020 even better for everyone. Amém, myself and @prosurfcoaching_ would like to say to all of our surf students, sponsors and supporters a massive thank you for making history together. For all the good times, the waves, achievements and principally the consolidation of our friendship in a beautiful surf family concept. Bring on 2020 for lots of more.



TAKE A WALK ON THE WILD SIDE!



Sandstorm Events has a new home this summer, with the much-anticipated launch of **WILD** at the Penguin Parade on Phillip Island, in partnership with Phillip Island Nature Parks.

Commencing on Boxing Day, the never-before-seen exhibit will transport visitors into the WILD as they discover more than 60 animals from around the world brought to life in incredible, intricate sand sculptures.

Featuring some of the world's most majestic creatures, WILD will shine a light on many of the earth's wildlife species that are at risk of disappearing from our planet.

Visitors will be invited to uncover hidden secrets in the sand and solve puzzles to find out how they can help these endangered animals, all the while learning about the importance of sustainability and responsible wildlife tourism along the way.

Comprising of 700 tonnes of sand, the impressive exhibit features 37 intricate sculptures that took a dedicated team from around the world more than 5000 hours to create.

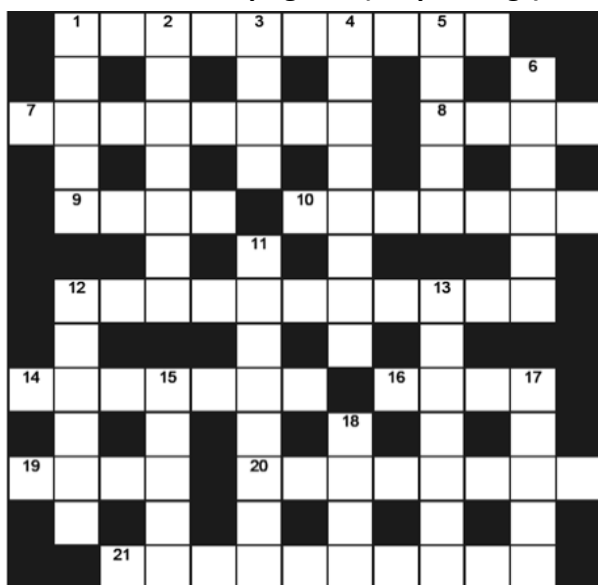
Surrounded by the island's colony of over 30,000 penguins, join the Sandstorm Events team and look out for elephants, monkeys, whales and more on a sand safari during the day, then then why not stay and discover the magic of the Penguin Parade once night falls.

The perfect way to spend a day out, experience everything Phillip Island Nature Parks has to offer. From family-friendly attractions and activities, to stunning coastal and woodland reserves – there's something for the whole family to enjoy!

For more information or to buy tickets to WILD please visit www.sandstormevents.com.au or www.penguins.org.au/wild

Brain Food

Find all the answers & solutions to Puzzles
& Quizzes on page 26 (No peeking!)



Vibe Quick Crossword 120

Across

- 1 Divergent (10)
- 7 Guilty parties (8)
- 8 Level (4)
- 9 Amend (4)
- 10 Contempt (7)
- 12 Unhappy (11)
- 14 Monkeys (7)
- 16 Worn on a riding boot (4)
- 19 Also (4)
- 20 Regard as perfect (8)
- 21 Skin tightening liquid (10)

Down

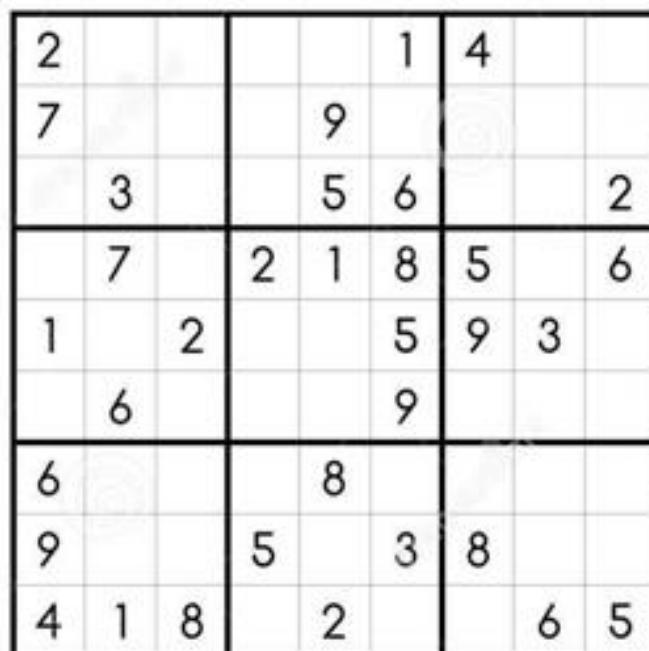
- 1 Dark tan (5)
- 2 Serviettes (7)
- 3 Sinister (4)
- 4 Most appetising (8)
- 5 Fix (5)
- 6 To the rear (6)
- 11 Smellier (8)
- 12 Not possible (6)
- 13 The product of force (7)
- 15 Sanctuary (5)
- 17 Reboot (5)
- 18 Legume (4)

TRIVIA QUIZ



1. Who wrote "East of Eden"?
2. Where in a tree does photosynthesis occur?
3. What game does the Queen of Hearts order Alice to play?
4. Which river flows through

Liverpool? 5. What sport has players throwing from behind the oche? 6. Which country owns the Azores? 7. What country boasts the southern most point in continental Europe? 8. What did the Australian government bury 20,000 of after over catering for crowds at the opening of Parliament House in 1927? 9. What European city would you visit to stroll on the Via Veneto? 10. What part of the body is inflamed by Hepatitis? 11. What are alleged to have been Ned Kelly's last words? 12. What Roman emperor does the King of Diamonds represent?



Vibe Sudoku 120 Each row, column and sub-box must have the numbers 1-9 occurring just once.

ONE SHOT AT THE CROWN SOLUTION

The inspector remembers that the only person in the group in a tux was Yuri Frugal, so he deduced he was the killer. When he was shown the scene of the crime, he deduced something was missing. Tony Capo was preparing to go to a formal dinner, but nowhere in the room was the white dress shirt, bow tie, or studs he would need for his tuxedo.

Then I remembered the smear on Capo's hand. Nothing found in the room indicated where he had wiped the hand. The inspector realised that after he was shot, Capo must have clutched at his wound, getting his hand bloody. Then he wiped the hand on the closest thing he could- his killer's clothing.

The killer certainly couldn't leave Capo's room with bloody clothes, so remember the ashes? He removed the clothes, burned them in the fireplace, and put on Capo's shirt, tie, and studs.

The only person in the group in a tux was Yuri Frugal, I'm not a gambler but am prepared to wager my precious tickets for the next world cup rugby union final that Yuri is the killer.



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It's been a big year for the Phillip Island Club

What a great year we've had at the Phillip Island Club during 2019. Easter garage sale, mothers day, club birthday, AGM, fathers day, footy tipping, footy grand final eve lunch with the very popular handball competition. Melbourne cup sweeps, Melbourne cup weekend garage sale, Xmas breakup lunch. Lots of entertainment, carpet bowls, great raffles, fabulous members... what else can we say!! Fantastic meals every Friday with a new cook. Our previous cook is also great and we are very thankful to all our kitchen staff. You guys rock!! A new year, a new start. Some of what's coming includes health talks, more entertainment, weekly trivia, footy tipping, more fabulous 3 course roast meals, more carpet bowls, more table activities like finger twister, weekly trivia, boggle, sudoku etc. We start back on Friday 7th February 2020. Only \$15 per week - meals are held every Friday from 12pm. Come along and make new friends and join in some table activities.

We have a BYO licence so you're more than welcome to bring a bottle of wine or beer or whatever is your thirst quenching pleasure. We also have a bus service where we can pick up and drop off our members for our lunches on a Friday. As the main bus driver I can tell you it's like catching the bus to and from school ... so much fun. So much cheek, so very easy!

Come join in on the fun and frivolity. Call us to book on 59522973. Leave your name, phone number and how many people you are bringing to lunch.

Hey if you have any ideas, we are very welcoming, just let us know.

Look forward to seeing you in February.

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Metricon unveils new display home in Cowes



Metricon Homes, regional Victoria's most awarded home builder, has unveiled a brand new display home in Cowes. The Merricks 38MK2 is a sought-after double-storey design that is a truly beautiful home packed with thoughtful design elements.

Metricon Homes' Manager, Gippsland, Jeff Telford said, "We're excited to bring this new display home to Phillip Island, and the Merricks 38MK2 with the Jensen façade is the perfect choice. It's the only display of its kind in Victoria, and offering exceptional features and space, it's an exciting and fitting addition to the local market."

Featuring four bedrooms, three living areas, an outdoor room, two bathrooms and double garage, the Merricks has everything that families could need. It has wonderful entertaining spaces with an integrated kitchen, living and dining room that can also open out onto an outdoor room. However, it also allows for luxurious privacy when necessary, with a private study at the front of the home, a large sitting room and a spacious upstairs living room. With a walk-in pantry and walk-in linen closet, this is truly a home you'll love to live in.

Telford added, "The interiors of the Cowes Merricks display are styled to blend in with the home's surroundings. It pairs natural timbers and textures with a neutral colour palette, and tops it off with lots of natural light and hints of earthy colours to give it that coastal feel."

"At Metricon, we pride ourselves on creating homes for people to love where they live. We achieve this time and time again by offering flexible floor-plans and plenty of choices. The Merricks is available with or without land, and with five floorplans and fourteen facades to choose from, we expect it will become a favourite with residents," concluded Telford.

The Merricks 38MK2 is available for viewing now at 64 McKenzie Road, Cowes and is open every day from 11:00 – 17:00.

For more information about Metricon, its displays and homes, visit www.metricon.com.au.

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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, Tuesdays 5-6.30/7pm. More info contact Lisa Toro lisa_olivia_nathan@hotmail.com

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: PIRSL Reception ON 5952 1004.

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 Bob Hee 0418 173388.

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.

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. Call Thelma 56785549.

Phillip Island Day View Club proudly supporting The Smith Family, Feb-Dec, 4th Monday of month, 11am, Ramada Resort, Cowes. Bookings essential. New members welcome. For information contact Irene 59523447.

Phillip Island & District Historical Society. Cowes Heritage Centre, contact Secretary Christine Grayden 0400 900612. Check out our History on pidhs.org.au.

Phillip Island Library, free wifi and kids programs, Story time every Tues 11-11.30, Baby Rhyme time every Thursd 10.30-11am, Lego Club every Tues 4-5pm. www.wgrlc.vic.gov.au or call 59522842.

Friends of the Library book chat 1st Wed of every month at 2pm, Feb-Nov. Phillip Island Library. Friends of Library meeting 10.30am, 3rd Sat of every month. New members welcome. Call Celia 59521901.

South Coast Speakers Toastmasters meets every 2nd and 4th Wed of month, 7.30pm at San Remo Hotel. Develop oral communication and leadership skills. More information Brigitte Linder 0421 812691

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

Phillip Island Patchworkers Meet Newhaven Hall Monday 7.30pm; Info Centre Newhaven, 10.30am 1st Tues of month; Cowes Cultural Centre 10.30am last Tuesday of month; Wonthaggi Cricket Reserve 10.00am 1 & 3 Friday of month; Corinella Crafties 10.30am 2nd & 4th Wed of month. Contact Lyn Duguid 0427 593 936

Newhaven Indoor Bowling Club meets every Tues at 12.30-3.45pm in airconditioned Newhaven Hall, Cleeland Av, Newhaven. \$5 includes afternoon tea. New members welcome. Age group 60-90 years. Call Dagmar 59566965.

"Bee Crafty" Community Craft Group is meeting fortnightly on Wednesdays at St Phillips Church Hall, Thompson Avenue, Cowes (opposite Coles). All are welcome. For further details Desma Maxworth 0409 136 620

Phillip Island University of the Third Age (U3A) provides learning and social activities such as choir, creative writing, stage-craft, Spanish, canasta and many more. For retirees and semi-retirees. Most activities are ran at 56-58 Church Street, Cowes. For further info call 5952 1131 or 5952 6461

Boomerang Bags Phillip Island and San Remo Volunteers sew re-usable bags to supply local shops and reduce plastic. Sewing bee every Wednesday 10am-4pm Garden Room 2, PICAL 56-58 Church St Cowes. Everyone welcome (no sewing experience necessary). email Kylie@boomerangbagspir.org

PARKRUN- free 5km timed run/walk for all abilities. Saturdays 7:45 Churchill Island (www.parkrun.com.au/phillipisland/)

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

Cowes AA Big Book/Steps Meeting, 7pm Tues nights, St. Phillips Anglican Church. Corner Thompson Ave & Church St.(opp. Coles) Ph. 0417 317470

Artist Society of Phillip Island(ASPI) meet regularly for Visual Artists, Textile Art, Plein Air, Writers, Portraits & Appraisals & Workshops throughout the year. 2 Art Shows at Easter & Cup Weekend. Memberships Available Contact Lois Green 5956 9595

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 Belinda 0408347722 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@phillipisandgallery.com.au

Community Markets

Churchill Island Farmers' Market

Every Saturday until Australia Day, 2020, 8am-1pm.
Churchill Island Nature Park

Island Foreshore Market

Cowes Jetty, January 25th 3pm till 10pm.

Market on Church

St Phillips Church, Church St, Cowes. Saturday
December 7th, 9am-2pm.

Island Makers Market

Sunday January 5 and Monday January 27, 9am-2pm. Phillip Island Football Club, Cowes

Rhyll Summer Markets

January 3 and 10. Both on Fridays from 4-8pm. Over 60 exhibitors including "Makers & Bakers" section.
Rhyll Mechanics Hall and Park

Grantville Market

4th Sunday of the month. 8am-2pm. Grantville
Recreation Reserve, weather permitting

Phillip Island Lions Club Steptoe's Emporium

Bric a brac, second hand furniture. Every Saturday and Sunday, 10am-1pm. Dunsmore Road, Cowes.

The Combined Churches of Phillip Island

Phillip Island Baptist Church

Cnr Settelement & Dunsmore Rds, Cowes. Worship time:
10am Sunday. Good Friday and Christmas day at 9am
Ph 59523408 Website: islandbaptist.org.au
Facebook @phillipislandbaptistchurch

St John's Uniting Church

Cnr Chapel St and Warley Ave, Cowes. Worship time:
10am Sunday. Good Friday and Christmas day at 9am
Ph 59522083 Website: cowesunitingchurch.org.au
Facebook @cowescommunitymeal

St Philip's Anglican Church

Cnr Thompson Ave and Church St, Cowes. Sunday Worship:
St Philip's, Cowes 9am, St Augustine's, San Remo 10.30am
and St Paul's, Bass 12.30pm. Ph 59522608 Website:
anglicanparishbassphillipisland.com

Hope Church

At Meeting Room, Phillip Island Visitor Information Centre,
895 Phillip Island Tourist Road, Newhaven. Worship time:
4.30pm Sunday Website: islandhopechurch.com
PO Box 348, Cowes. 3922.

St Mary's Catholic Church

6 Rhyll Rd, Cowes. Mass at Cowes Sunday 9am,
St Mary's Star of the Sea, San Remo Saturday 6pm,
St Joseph's Bass Sunday 11am
Ph 59425418

PUZZLE SOLUTIONS

Quiz Solution 120

1. John Steinbeck 2. Leaves 3. Croquet 4. The Mersey 5. Darts 6. Portugal 7. Spain 8. Meat pies 9. Rome 10. The liver
11. Such is Life 12. Julius Caesar



Vibe Crossword Solution 120

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

Vibe Sudoku Solution 120

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