

# PHILLIP ISLAND VIBE

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## DOLLARS AND SENSE BY DAVID WELLS

### Investment Rules 101

As a professional Investment adviser I hear stories from clients how they have been advised by friends and families as to how they should be investing, where they should be investing and in particular just how well their friend has done in specific areas of investing. Sometimes the friend was met in the front bar of a pub, sometimes it's a trusted family member. Sometimes the friend is much younger and claims that things are "different now". Whatever, the consistent thing here is that advice is being offered by people who have some experience but are not licenced.

Generally, they are talking about how well they have done, but in many cases they don't tell you about the disasters along the way. Mostly these people are genuine and I hesitate to be critical about them wanting to help, but in quite a few cases the advice, while well meaning, is not in the best interests of the investor.

Over the decades experience has led to the development of so called rules of investing. You won't find these rules in any regulations or statutes but they can be applied as basic rules of behaviour of investing. While tomorrow is never certain in its outcomes, as Mark Twain is believed to have once said: "History may never repeat, but it certainly rhymes".

Off the top of my head there are about a dozen regular rules of investing and over the next two articles I'll do my best to explain some of the more important ones. They apply to shares, property and even direct business investments. As I don't see crypto currencies as investments due to their lack of any credible basis of value can't say they apply there apart from the second one! I always start with "Let the profits run". Simply put, if some investment is still rising in value and you have no need of the funds, hang on for the ride. I have mentioned in the past some investment "boo boos", including mine. Selling great investments too soon is a common problem. What ends up happening is that an investor when wanting to buy a new investment will take a profit on a good investment

rather than sell a loss making one.

Eventually, as not every investment works as planned, they end up with a portfolio full of losers. We talk in the share market of "baggers" – one bagger, two bagger (twice the cost) and even ten baggers where the return is tenfold. If the investment is sold too soon then a two bagger is unlikely let alone a five or six bagger.

Think of an employer - why sack the hard worker who's contributing rather than the lazy idler?

That's effectively what happens when the performing investment is sold. Not applying this rule will always diminish portfolio returns rather than increase them and yet it's the rule investors break the second most often.

The next rule is "The first loss is the cheapest". This is the rule that's broken the most often and with a big margin to the next. No-one likes to admit a mistake and often when an investment loses value then we tend to hold on to see it recover. Many times it doesn't. While we buy with a view of holding for the long term, that decision was made with certain circumstances in mind – quality, management, future opportunities or whatever – that we thought would add value.

Sometimes things change and plans don't work out – maybe the management changes or someone plans a new freeway next door – and the price falls. If there is any trigger for the price to fall, then sell the investment. Any fall from a change in circumstances will continue for a while. Take a small loss rather than a bigger one later on. If the story changes again you can always buy back and usually at a better price. Admitting that the first decision was not a good one – not necessarily a wrong one – is one of the hardest calls to make but it is essential in order to become a good investor. In this sense taking that first call early is the most profitable, as long as the original justification has changed in some way.

The third rule in this article is "the market is ALWAYS right". Whether we're in the property market or the share market or even the beef cattle market, the prices on offer are determined by buyers and the greater effect of broader conditions than we can control. House prices are a factor of supply and demand as are share prices and cattle prices. The greater the demand then the higher the prices and conversely low demand leads to low prices. That, simply, is a fact of life. Never be too greedy. There's no point in having a great price on your house when you want to sell it if means that it's too high for anyone to want to buy it. It's the same as wanting that extra dollar to sell BHP and then seeing it fall by a third. What's in the market is the fair price. Waiting longer leads to higher opportunity costs which may never be recovered.

I'll continue this theme next month and then look at ways to invest that may help you avoid making these mistakes in the future.

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

## The Trial of the Black Widow

In the heart of Cowes, Phillip Island's premier village, a courtroom buzzed with anticipation as the trial of the Black Widow commenced. The accused, a captivating widow, stood at the centre of attention, accused of poisoning her late husband at a beach house party. Twelve jurors, representing the island's finest citizens, listened intently as the events leading to the alleged murder were unveiled.



Leading the defence was Leroy Cunningworth, a once-renowned barrister and now the island's esteemed sleuth, reluctantly pulled out of retirement by the widow's plea. His former varsity flame, the accused, relied on his expertise to navigate the intricacies of the legal battle. Opposing him was Inspector Jack Flint, a stalwart of the Cowes constabulary, whose investigation led to the arrest of the defendant and whose testimony stood as the cornerstone of the prosecution's case.

As the trial progressed, the courtroom was engulfed in a whirlwind of testimonies, evidence, and dramatic revelations. Witnesses recounted the events of the ill-fated party, each adding a layer to the mystery surrounding the husband's demise. Expert witnesses dissected forensic evidence, painting a picture of a meticulously planned poisoning. The prosecution painted the accused as a cunning manipulator, driven by greed and a desire for freedom from her marital bonds.

Yet, as Leroy Cunningworth meticulously dismantled each piece of evidence presented by the prosecution, doubt crept into the minds of the jurors. He dissected witness testimonies, exposing inconsistencies and highlighting alternative explanations for the husband's death. With eloquence and precision, he crafted a narrative of innocence, weaving together strands of doubt that cast a shadow over the prosecution's case.

Inspector Jack Flint, once confident in his investigation, found himself on the defensive under Cunningworth's relentless cross-examination. Doubts emerged about the integrity of the crime scene investigation, casting doubt on the reliability of key pieces of evidence. As the trial wore on, the once air-tight case against

the widow began to unravel, leaving the prosecution scrambling to salvage their narrative.

In his closing arguments, Leroy Cunningworth delivered a masterful plea for justice, urging the jury to see beyond the sensationalism and media frenzy surrounding the case. He painted a portrait of a woman wrongfully accused, a victim of circumstance caught in the crosshairs of speculation and conjecture. With passion and conviction, he implored the jury to deliver a verdict based on facts, not emotions or preconceptions.

After hours of deliberation, the jury returned with their verdict: not guilty. The courtroom erupted in a mix of shock and relief as the accused, tears of gratitude streaming down her face, embraced her defence counsel. Leroy Cunningworth, the reluctant hero of the day, nodded solemnly, knowing that justice had prevailed.

As the sun set over Cowes, Phillip Island breathed a collective sigh of relief, grateful that the Cowes Conundrum had finally been resolved. Yet, lingering questions remained, a testament to the complexity and intrigue that shrouded the trial of the Black Widow. And though the case was closed, the echoes of justice would resonate throughout the island for years to come.



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## PHILOSOPHICAL MUSINGS BY JOHN BUTTROSE



### Sam Kerr and racial abuse

The recent kerfuffle over Sam Kerr's interaction with a London policeman raises some interesting issues. She is reported to have called a white policeman a "stupid white bastard". Sam herself remembers saying, "stupid white cop".

This is rude, and she certainly should have shown more restraint. But she is a famous, confident, mouthy woman. Her team had won that day, and she was out celebrating with mates. We have no clear idea of how the incident evolved. Perhaps the policeman deserved the insult, perhaps not. What is interesting is that the policeman, the law and the media, have not focussed on "stupid" or "bastard". They have focussed on the word "white", as if this was the greatest of the insults offered. The charge against Sam Kerr is one of racial abuse.

Is the insult uttered by Sam, in a very brief exchange it seems, really an instance of racial abuse? The concept of race is a dodgy one. Genetically, there is only one human race. There are, of course, a number of superficial and identifiable physical differences, which allow many to categorise people into specific groups. This, too, is a ridiculous concept in the diverse modern world – Sam's Anglo Indian heritage is a case in point.

Racism is the regrettable habit of people using these superficial characteristics to assign other qualities to individuals. "Asian students are great at maths," is a racist comment. However, one of the defining aspects of racism is that the characterisation is overwhelmingly negative. Some of the comments we heard during the recent referendum, referring to Aboriginal people, were appallingly racist. To negatively label a population of nearly one million people, using truly vicious characterisations, was more than disappointing, it was heart breaking. Yes, some Aboriginal people suffer troubled lives, but so often we can see that their troubles arise from poverty, trauma, dispossession, the loss of language and culture, and in particular, centuries of blatant and cruel discrimination. And in no way do such negative characterisations of Aboriginal people apply to even a fraction of those one million indigenous people.

Back to Sam's comments. Is Sam's comment about the policeman being white, racist? In a way, yes. She specifically identified his whiteness. But was she saying that because he was white that he was necessarily stupid or a bastard? These are rather common terms of abuse, and can not be specifically used to describe white people in quite the same way labels such as "drunks", "lazy", "dirty" are so widely applied to Aboriginal people. She was not saying all white people are stupid bastards. Her abuse was not denigrating white people as a whole, as a "race". She was focussing her comments on that particular, rather thin skinned, young white policeman.

Should Sam be charged? Some will say this is reverse racism, and she should be penalised under racial vilification laws, like any other person. This would seem to be a stretch. The hurt, the harm felt by the policeman because he was called "white" can not compare with that caused by the discrimination, trauma and racial abuse suffered by many minority groups. I would not be surprised if Sam Kerr herself has received vicious trolling on line, just because of her face and beautiful brown skin. A white man, a policeman at that, is a privileged member of British society, and is very unlikely to have been subject to intense racial abuse on line, or suffered from discrimination just because of his white skin.

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## PHILLIP ISLAND AND DISTRICT HISTORICAL SOCIETY

### The Naming of Sunderland Bay

By Pamela Rothfield

Nestled on the picturesque south coast of our island, Sunderland Bay stands as a secluded haven, boasting a delightful beach adorned with a rugged rocky platform and boulders, all framed by coastal cliffs. Many of the pioneering families from Rhyll favoured this bay as a picnic spot, relishing the proximity which was Rhyll's nearest back beach.

Phillip Island and District



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Phillip Island & District Historical Society

The origins of its name trace back to the arrival of William Sunderland on Phillip Island in 1871, when he, alongside other courageous individuals, ventured away from the relative security of their mainland life to embrace the unknown challenges posed by a remote and undeveloped island.

Born in Lincolnshire, England, William, was the son of the Reverend Charles Sunderland. In 1862, he tied the knot with Jane Byers, an identical twin born in 1840 in West Lothian, Scotland. Her twin sister Wilhelmina married William's brother, John. The twins, along with their family, immigrated to Hobart Town as teenagers in 1855 under the Indentured system, working as housemaids for Mr. George Wilson.

By the end of the 1860s, William and his family were firmly established in Kyneton, where he operated a grocery store in High Street and was an active participant in the Kyneton community, which included his role as a member of the Kyneton's Mechanics Institute committee. A number of families came to Phillip Island from Kyneton and it is possible that William heard about the island's potential from these acquaintances, cementing his decision to uproot his family. Transitioning from his role as a grocer in Kyneton, William embarked on a new chapter on Phillip Island, establishing a farm on 155 acres along the south coast of Phillip Island. His land overlooked the bay, a place that eventually bore the Sunderland family name.



He and his wife Jane welcomed a daughter, Mary, the year following their arrival on Phillip Island.

The couple's life on Phillip Island was characterized by resilience and community service. Drawing on William's governance experience, he was nominated for one of the six seats on the newly established Phillip Island Roads Board, which served as the precursor to the local Council. In November 1871, he secured election, leading the polls among the other nominees.

He remained on Council until 1878 leaving an indelible mark on the local community.

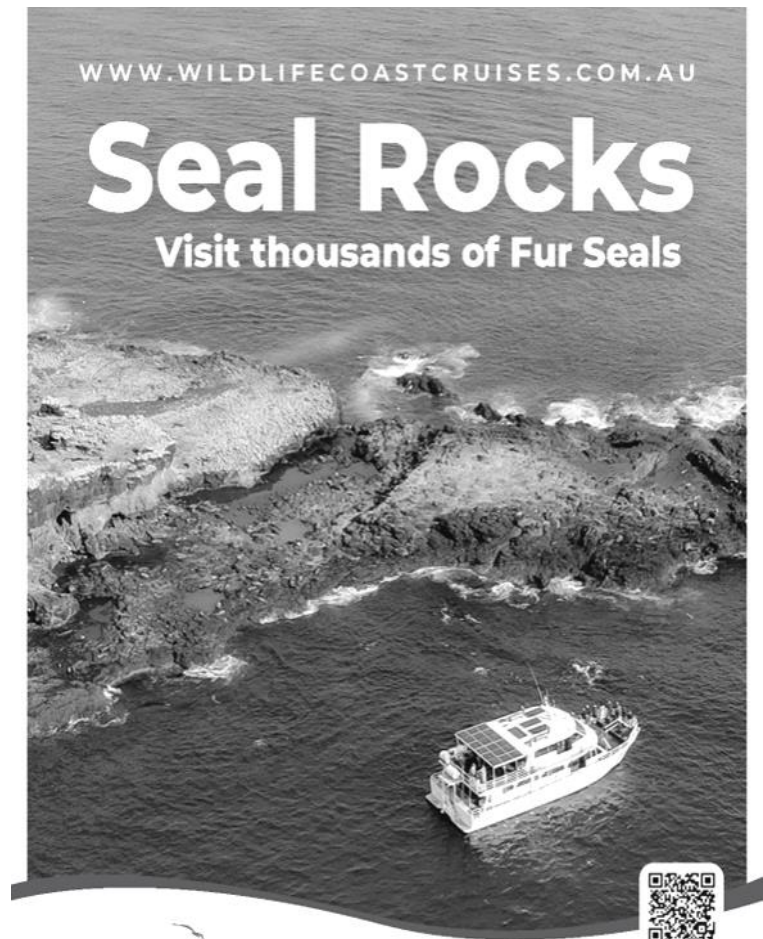
However, the challenges of island farming in those early days proved formidable, prompting the Sunderland family, like many others, to return to the mainland around 1879, resettling in Kyneton.

A poignant report in The Argus newspaper in 1889 paints a vivid picture of the Island's struggles, with dwindling ratepayers and a shift from agriculture to grazing.

In the ebb and flow of island life, Sunderland Bay has witnessed the challenges faced by our early settlers.

The Sunderland family's connection to Phillip Island, as etched in the bay's name, reminds us of the enduring spirit of those who, despite the brevity of their time on the island, nonetheless played a significant role in shaping its history.

William Sunderland passed away in 1919, and his wife, Jane, followed in 1927, both finding their final resting place in Ringwood.



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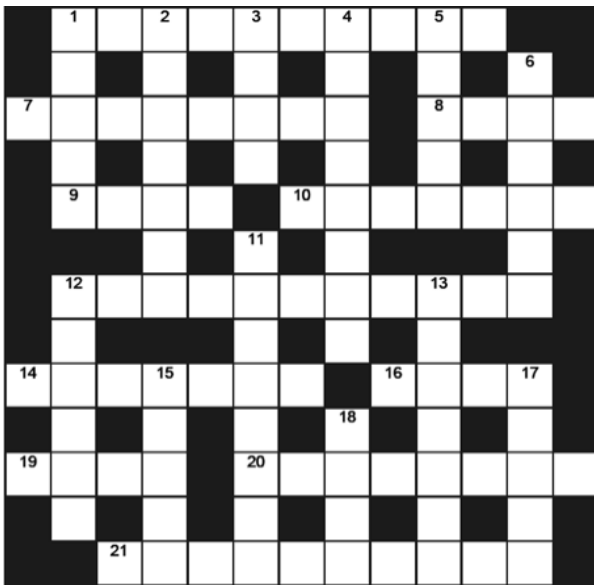
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*William and Annie McFee and daughter Eva picnicking at Sunderland Bay c.1899.*

# Brain Food

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



## Vibe Quick Crossword

### Across

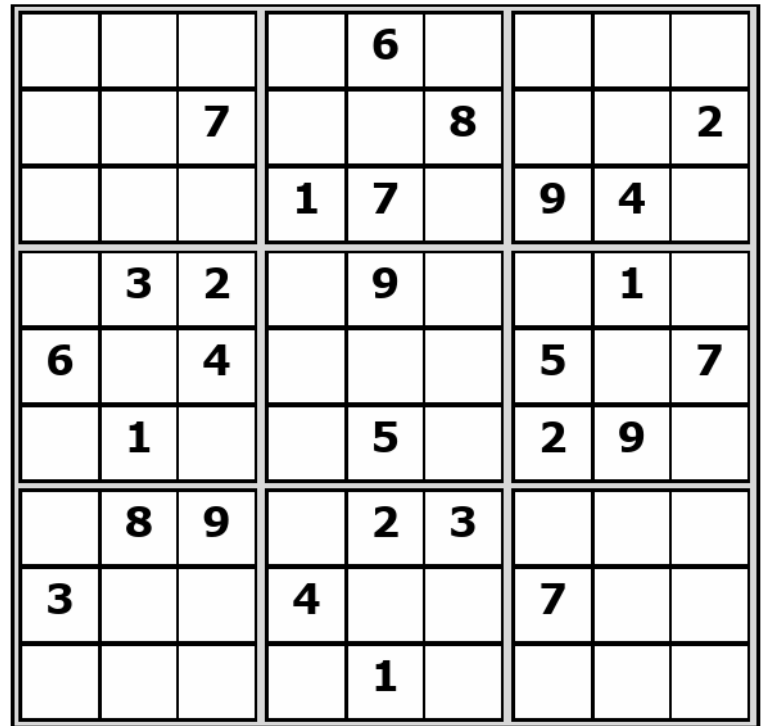
- 1 Someone who doesn't get many dances (10)  
7 Supplier (8)  
8 Consumes (4)  
9 Rave (4)  
10 Plastic (7)  
12 Administrative officer (11)  
14 Behind (7)  
16 Happy (4)  
19 In the distance (4)  
20 Strong (8)  
21 A memory aid (10)

### Down

- 1 Liquid (5)  
2 Expressing much in few words (7)  
3 Trick (4)  
4 Eye specialist (8)  
5 Each (5)  
6 Severe (6)  
11 Tremendous (8)  
12 Trouble (6)  
13 Sickness (7)  
15 Soil (5)  
17 Beats (5)  
18 By mouth (4)

## TRIVIA

1. What is your pollex?  
2. In Scandinavian mythology, who was the god of Thunder?  
3. What fish has brown, sea and rainbow species?  
4. The city of Banda Aceh, devastated by a 2004 earthquake and tsunami, is in which country?  
5. Only airport serves which European city?  
6. What is produced by the lachrymal glands?  
7. In A Christmas Carol, who was Ebenezer Scrooge's late business partner?  
8. What is the main ingredient in Guacamole?  
9. Which mammal has no vocal cords?  
10. How many cards are there in a deck of Uno?  
11. What is the fear of clowns called?  
12. What animal's milk is pink?



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

## WHO AM I?

- My father was a hairdresser and mother an astrologer.
- My mother is of half French and half Russian Jewish descent.
- I had my first starring role in a soft core pornography feature film. I had done the film out of desperation after being evicted from my apartment and finding myself homeless for several days.
- My first known film role was in a film starring Robert Redford.
- In 2008, I endorsed John McCain for that year's presidential election.
- My first major lead role was in 1976 where I was nominated for best actor.
- I am a strong advocate of gun control and have been described as "the most anti-gun person working in Hollywood today".
- In the 80's I worked alongside Michael Caine, John Travolta, Donald Sutherland and Dolly Parton.
- I was nominated for best supporting actor in 2015 I broke a finger trying to save a penalty kick from Pelé.
- In 2013 I starred alongside Arnold Schwarzenegger, Vinnie Jones and 50 Cent.
- I have also starred alongside Jet Li, Bruce Willis, Chuck Norris and Liam Hemsworth
- I starred alongside and married Brigitte Nielsen.
- Whilst filming a fight scene with the wrestler Steve Austin I broke my neck.
- I directed and starred in The Expendables
- I'm known for starring in Rocky and Rambo
- My surname is Stallone .

## WHO AM I?

Answer on page 19.



## SEASON NOW ENDING

Well, the Summer garden has finally come to a close. Tomatoes are finished, cucumbers almost done and all others have run their race.

Success? Yes, in many different ways. The star of the show has been the Croation Giant tomato. A vigorous grower, a prolific producer of huge tasty tomatoes. This variety gave me my biggest ever tomato in all my years as a grower; a whopping giant of 925gms. On the same bush, at the same time, another of 720gms, along with dozens of 300-400gm. One of my greatest, most satisfying moments this season was to present the giant tomato to our family doctor, Dr Natalia at the Cowes Medical Centre. The look of surprise and joy on her face made my day. The doctor took my tomato home and presented it to her elderly Russian mother, who I'm told, said she had never seen anything like it! I'm sure they will save the seeds and my Croation Giant will appear in their garden next Summer. Cherokee Purple was another outstanding success,

dozens of beautiful purple/maroon and dark green beauties, lasting well into the season. So an American and a European tomato dominated all other varieties I grew...and there were nine others.

Sadly our season ended rather abruptly as "late blight" set in to almost every grower I know, turning our bushes brown and ending the season prematurely.

Without going into too much detail of all plants, my cucumbers were another winner. I obtained seeds for "Russian Giant" and "Crystal Apple", both performed well beyond expectations. I actually had to make up "cradles" to support the massive fruits these two produced. Cucumbers of nearly 800gms? Surely not.

But yes, both varieties grew to extraordinary proportions. In turn, they were also excellent eating.

Possums, rats and birds all developed a taste for my cucumbers, tomatoes and zucchini. So I wrapped all of these individually in netting. On my prize giants I used three layers of netting! Ingenious black birds worked their way in from the top on occasion, but overall I only lost 7-8 tomatoes. Once they started on a zucchini or a cucumber, I left that fruit on the bush to become the "sacrificial" lamb; let them have that and leave the others alone. They say the joy of giving outweighs the joy of receiving. I can vouch for that. I gave away

many, many kgs of produce this season; to the staff at the RSL and the ladies we have lunch with on a Wednesday. To our Vietnamese restaurant-Saigon Maggie, to Sal at The Wave Cafe', and even to the pharmacists at Priceline and to the staff at The Advertiser.

My eldest son and his wife are vegan, so they got shopping bags full every time we met. My beautiful daughter and her kids - loved giving to them.

It's been a great season and I hope everyone has enjoyed the garden as much as I have. If you don't grow veges; get started!

It's therapeutic and gives many people joy beyond words. Happy Gardening - Burnsie the Rhyll Gardener.



*The two Giant Croations*

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**Seafood with Squid Ink Pasta**



**WHAT YOU NEED:**

- 1 pkt Squid Ink Spaghetti
- 500g Raw Prawns
- 500g Squid
- 1 Lemon
- 4 Tomatoes, peeled and chopped
- 1/4 cup White Wine
- 4 cloves Garlic, chopped

- Pinch Dried Chillies
- 1/2 bunch Parsley, chopped
- 1/4 cup Olive Oil

**WHAT TO DO:**

Boil pasta in salted boiling water until al dente. Drain and mix in a little oil. Pour the rest of the oil into a large fry pan and place on high heat. Add the squid and fry for 3 minutes. Remove and set aside. Add prawns and fry for 3 minutes. Remove and set aside. Add garlic, chilli, lemon zest & lemon juice. Add wine, simmer until garlic is soft then add seafood and stir well. Mix in pasta add parsley and serve.



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

The March long weekend has come and gone and whilst the wind was at a minimum the temperature was not. It seems the predicted hot weather for Summer was a season late but has certainly showed up recently making it hard for a lot of fisherman battling the temperatures and as one customer said it may as well been blowing 90 knots because you just couldn't fish anywhere during the day. It's just typical of this season as a whole, we finally got a long weekend where the wind was favourable, light, northerly and low swells but by the time you thought about going fishing it was already too hot. As usual the island was buzzing with holiday makers and day-trippers, but most spent their time on the beaches or in their accommodation becoming good friends with their aircons. Obviously, there are fish out there and we rely heavily on the reports of our customers with the heat of the weekend reports were a little scarce during the daytime. The weekend wasn't a complete loss and those who headed out very early and very late was where we got most of the reports from in the early part of the week a few locals headed out also and it was good to see some quality whiting finally coming back.

Easter is now upon us and it's a very important and busy time in the shop for us with our good Friday appeal fishing competition. Fishing starts 7am Good Friday and finishes 12pm Easter Monday. There are heaviest fish categories for adults and juniors, snapper, flathead, squid, whiting, gummy. There is a mystery weight, and you can weigh 2 of each species each day. There is a heaviest capture prize for the ladies. There is one for the game fishermen with a longest tuna or kingfish and if you don't own a Tiagra this might be for you. There are also lucky entry draws every hour, so you don't need to fish or weigh something to win a prize. The first 50 juniors entered got a show bag full of goodies. Our sponsors have been extremely generous this year and the prize pool is sitting around the \$20,000 mark with some quality prizes to be won both for fishing and just for entering. While there are some great prizes and its all a bit of fun we shouldn't loose sight of what its all for. 100% of the entry fee is donated to the good Friday appeal.

Do you remember when you were a kid, you would read 'Where's Wally?' with friends, one of you would find him and all of the bonus characters straight away, whilst the others would be looking and eventually need him to be

pointed out. Well, that's what whiting fishing has been like. Some are searching and searching for the Wally's of the whiting but cannot find him. Others don't even need to put a rod in the water, and they already have their bag worth. The reports have started to improve and in a way the heat has helped because its forced people to fish those very late tides into the dark where they normally wouldn't. The best reports have come from on or just after dark and the fish have been plentiful and big. Fish your regular shallower spots, small amount of berley, a few mushed up pilchards in a berley bucket with small holes or in a stocking inside the pot the best, pilchards by far the best of the baits after dark with squid second and have a gar rod ready as well.

Smaller pinkie reports are mostly coming from those fishing for whiting and seem to go off the bite as the whiting come on the bite. Some reports from those just fishing over the corals and in the channels looking for gummies with a couple of reports from mid-week of bigger 50cm snapper around Rhyll in the deeper water. Gummies are at times a nuisance in the bay. Customers are telling us because they all seem to be tiny pups and 100's of them but not much to take home. The ones from offshore have been much better and a couple of 20kg models over the long weekend.

It's amazing, the phone still rings a couple times a day with someone wanting to talk Tuna, now the celebrity of Bass Strait and how times have changed. The simple answer is, and the only answer based on what we were told yesterday, yes there are Tuna still around and still in big schools. As we have seen all season though, finding the schools and getting them to take a lure is totally different. The most important thing to remember is we give reports based on what was happening, what will happen, we can tell you tomorrow.

The other thing is we are getting very close to that time where they will be there one day and gone the next but for now still shallow is better, late evening accounts for many of the reports with early morning next and during the day the least reports. The usual suspects, Halco King Brown, Gravel rash and Silver Shadow divers with poppers and other surface lures in the same colour. The only thing standing out with skirts is small 4" or 6" small head the best. We have also seen the return of mako and blue sharks this year and although several were hooked on lures and lost, several people have put in the time on a berley trail in a quieter areas offshore with success.

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phillipislandvibe@outlook.com ABN: 609444475

# Book Reviews

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

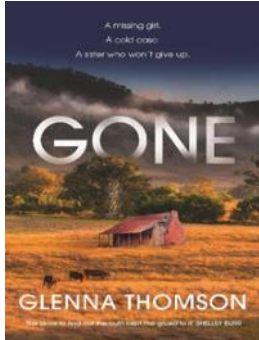
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**GONE**

**BY GLENNA THOMSON**

**Price: RRP \$34.99**

**(10% discount to registered  
customers)**

Gone is a gripping rural crime novel of a grieving family and their forty-year journey to discover the truth.

A missing girl ... a cold case ... a sister who won't give up ...

'I was there on the day Rebecca disappeared. I watched her hurry away. If I close my eyes I can still see her...'

When Rebecca Bundy fails to return home after the last day of school in 1984 her father reports her missing. But the teenager has run away before and recently she's been bragging about going to Queensland, so the police tell the family to wait it out.

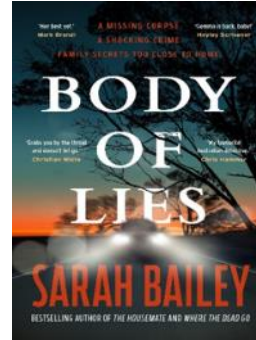
Days pass. Rumours swirl. A man seen loitering near the bus stop might have followed her. Was there something going on between Rebecca and a male teacher? What about the sheep farmer on Glen Lochan Road where she babysat? And why is her boyfriend, the rough cattle guy Bull Tennant, so sure something sinister has happened?

Then a shocking murder-suicide at a local farm diverts police attention and Rebecca's disappearance all too quickly becomes a cold case.

But her younger sister Eliza has never forgotten, and for almost forty years she's been looking for answers.

Once she kept Rebecca's secrets. Now she's ready to share her story . . .

*'Superbly written literary crime fiction.'* Sydney Morning Herald.



**BODY OF LIES**

**BY SARAH BAILEY**

**Price: RRP \$34.99**

**(10% discount to registered  
customers)**

'Sarah Bailey just gets better and better. Body of Lies is nuanced, compelling and so very entertaining.' Chris Hammer, author of Scrublands and The Seven.

'With Body of Lies, Sarah Bailey proves she is the master of the relatable protagonist and the queen of dramatic tension. I defy readers to put down this book once they start.' Hayley Scrivenor, author of Dirt Town.

A car crash victim clings to life and is rushed to hospital but can't be saved. Hours later, her corpse is stolen from the morgue. No one knows who the dead woman was or why her body was taken. Detective Sergeant Gemma Woodstock is back in her hometown of Smithson on maternity leave when the bizarre incident occurs. She is intrigued by the case but reluctant to get involved, despite the urging of her journalist friend Candy Fyfe. But in the days after the body goes missing, the town is rocked by another shocking crime and Gemma can't resist joining the investigation.

Candy and Gemma follow the clues the dead woman left behind. As they attempt to discover the identity of the missing woman, Gemma uncovers devastating secrets about the people she thought she knew best. The closer Gemma gets to the truth, the more danger she is in. She desperately needs to confide in someone-but is there anyone she can trust?

A gripping, white-knuckle thriller from the bestselling author of The Dark Lake and The Housemate.



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

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## Health and Healing with Pip

### How to A.L.I.G.N with the divine to create a more juicy life

This month's article is a transcript from my interview with Michele Scott, Our Wellness Community facilitator, on Casey Radio 97.1FM. We talked about how you can A.L.I.G.N with all things divine (within and outside of you) to create a more juicy life.

Michele: You help women find and get in touch with and bring out of themselves the most divine part of themselves. So that leads beautifully into a new course that you wanted to share with our listeners today. You've created the divine alignment coaching program, is that right?

Pip: Yes. I started working with a beautiful coach recently myself, and she's been helping me to work out what I can do to help women to find and remember, and reset and align with their own soul, their own divine beings.

So, I've been putting together this coaching program, that can be done one-on-one or in a group, which is great. And, it's a five step process and it perfectly works out to be the, the words, the letters of align as, as it would have it.

We start with the letter A which is all about acknowledging where you are now. We begin at the beginning and clear away the guck! You know, the stuff that we hold onto from the past, and we always need to work on our clearing and, and preservation of our beautiful selves.

Then L is for love, acts, and rituals to take care of yourself. Because a lot of women spend a lot of time taking care of others, but they don't take care of themselves very well sometimes.

And I is for intuitive skills and trusting yourself. You know, a lot of women that I meet, talk about how they've forgotten their self-worth and their abilities. And so we look at that as an important element of aligning.

And then G is for getting guidance and self knowledge.

Then N is for nurturing your future vision, where do you want to go? Where do you want to be? What's your purpose and all those beautiful things that are come from self exploring exploration.

So, I use psychology, EFT tapping, which is emotional freedom technique and meditation, some simple mind and body alignment techniques so that women can, and can remember the way back to your true self.

Michele: That's fantastic. Pip it makes sense. Of course, after finding your own soul at sea, then creating the journal companion that can teach others how to find their soul, no matter where they are. And then that flows beautifully into this gorgeous program where you can take them deeper and deeper into that journey of self discovery.

I thought I might get you just to go a little bit more into what does that mean to align with your divine being? ... for those that may not have that spiritual kind of foundation in their lives.

Pip: That's a good question, because as I say, you know, that whole concept of getting to know yourself and being in alignment is ... I guess the feeling that many people have when they're NOT in alignment is things like, ... frustration or resentment or you know, there's that sort of niggly thing

under the surface, that you can't quite work out. That irritation that you might have, you know, your life feeling like it's not quite right in some way.

And usually that's because if you're doing a lot of things for other people, or you're doing a lot of things that were old commitments, you know, things that you committed to years ago, but that don't resonate with you anymore.

So aligning with your true self, or aligning with your divine being, is for me back to that, the essence of you. Working out what it is that you actually truly desire now. Where you'd like to be going and what you're going to be doing rather than holding to a commitment that no longer serves you.

Michele: Yeah. I love it, yeah, that's a really good way to put that actually Pip that. You know that you're not aligned with your true self or your divine being when you're experiencing those feelings. And those things that you just said, even even anxiety and depression.

I can think of a friend who started to experience depression.

And she came further and further into that journey of depression, of course, was trying all the different pathways you take to fix that. It was quite the journey for her for many years. It's a familiar story that I have heard, amongst other coaching clients. When the relationship that she was in ended and when that particular cycle of her life came to an end, honestly, the depression lifted and she came off the medication and honestly, good as gold.

Sometimes a lot of what we are feeling that is adverse negative and unhappy, as you said, could be misalignment.

Pip: Definitely, definitely. That's so cool that you are using that word alignment, because a lot of the time, the fact that you're having that feeling (of misalignment) is an indication that your soul, your true self, has another plan for you. You know, the fact that you have that feeling is an indication that there's something else that's better for you because you're, otherwise you wouldn't be having the feeling.

Michele: Ah isn't that a much better of way to think about it. Wouldn't that be a much more hopeful and joyful to think about it like that instead of I'm feeling anxious and depressed and frustrated. It'd be so much more helpful to think, what my body's telling me or what I'm feeling like this in this situation, is giving me indication that yeah, there's something better in plan for me. A new direction.

Pip: Definitely. If we could talk about it in that way, rather than thinking that's the way the person's going to be forever. Oh, well, you're depressed forever now, or you're, you're going to be angry forever. Yeah?

Michele: Definitely. Yeah.

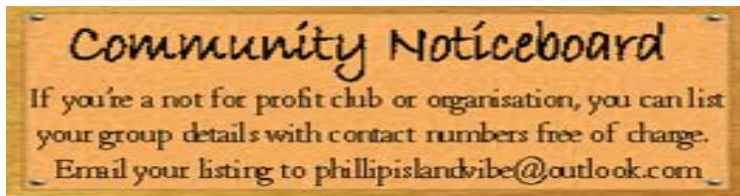
Pip: I find that really interesting. When you talk about teachers or coaches, they always end up coaching and teaching about the things that they have questioned and queried in their journey through life. And that's what I've been questioning and journey through over the last few years. So, it's all about discovering that sacred path so that you can write your own, your own story.

Michele: I love that. So to book in for the Divine Alignment Coaching Program, can people just send you a message or go to your website?

Pip: Yes ... they can go to [www.pipcoleman.com](http://www.pipcoleman.com) and they can also book in a complimentary 'what's it all about?' chat to ask questions and see if the program suits their needs.

Or send me an email: [pipcoleman@yahoo.com.au](mailto:pipcoleman@yahoo.com.au)

Or join me over on Facebook at Pip Coleman Author Coach



**Phillip Island Lions Club** Trash and Treasure market. Sat & Sun 9.30-12.30. Dunsmore Rd, Cowes (next to transfer/recycling depot). Volunteers welcome. Text only 0433 191 654 f/b Phillip Island Lions.

**Phillip Island Bicycle User Group** Every Wed 10am starting at Amaze'n Things car park. Very social, speed is the slowest rider. Contact Trevor Hayes 0408 574360.

**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** Girls and volunteers both welcome. Girls aged 7-14 on Thursday night from 5pm to 6.30pm at Scout Hall, Dunsmore Road, Cowes. Contact Chris Oliver 0428 644397 or email: chris.oliver@guidesvic.org.au

**Phillip Island Club (Senior Citizens)** Carpet bowls, cards, ballroom dancing, craft. Membership \$15 per year. Fridays 12noon, 3 course lunch \$20. Island Celebration Centre Hall for hire. Ph 5900 2921 or 0431 867058 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 16 Warley Avenue, 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 information contact Anja 0408 035 163 or email probussanremo@gmail.com

**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 World Vision Club** 2nd Wed of each month 1.30pm, St Phillip's Church Hall, Cowes. A friendly group undertaking fundraising events around the Island to raise funds for sponsored projects around the world. New members welcome. Call Thelma 56785549.

**IAA Island Astronomy Association Inc.** Our Club meets on the first Wednesday of each month at 7.15 pm at the Croquet Club. New members are very welcome. To find out more details please contact Bob Wolstenholme at bobwolstenh@yahoo.com.au

**Phillip Island Masonic Lodge** - meets every 2nd Wednesday of the month at 7.30pm (opp Coles) New members and visiting brethren welcome. Hall for hire - contact Ian Samuel 0413157284.

**Phillip Island and District Railway Modellers** is a model train club that meets every Sunday to run trains at the Cowes Senior Citizens Club (back door) from 1:00pm to 4:30pm. Visitors are welcome, new members more welcome. More details Geoff N on 0419 357 097 or Geoff B on 0429 419 011. Or email to piadrm@gmail.com

**Home Library Service** For information on applying for our home library service or volunteering, please speak to library staff on 5644 3320 or visit our website www.myli.org.au/about/volunteers

**The Probus Club of Phillip Island Inc** meet 4th Wed of month 10am, Anzac Room, Phillip Island RSL, New Members most welcome. Further info Chris Cannin 0434 489011 or Ash Rizvi 59521604.

**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

**PIRSL Community Men's Shed** meets at the rear of the RSL every Tues, Wed & Thurs mornings 9am-noon. Anyone welcome. Contact Brian Walmsley at the Phillip Island RSL Community Mens Shed on email mensshed@pirsl.com.au Leave details and Brian will respond.

**Phillip Island TOWN Club Weight Loss Group** Thurs 9-11.00am, Ryhll Hall. Joining fee \$60, 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 to come and try Thursday and Friday mornings 10am-12pm. Please phone before coming to the club. Secretary 0493 614265 John 0409 858985. Blue Gum Reserve, Dunsmore Rd, Cowes.

**National Vietnam Veterans Museum** needs volunteers for gardening and cleaning. Contact Julie on 5956 6400 or apply online via our website www.vietnamvetmuseum.org.

**Phillip Island RSL Day Club** Mondays, ANZAC Room, RSL, 10am-2pm. Games, craft, exercises, guest speakers and outings. Transport can be arranged if necessary. Ph: PIRSL Reception on 5952 1004.

**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 Monday of the month (except November, when meeting will be held on 13th) at the Newhaven Yacht Squadron Clubrooms, 1:30 - 4pm. Contact Graeme on 0407 092 352 or email phillipislandcameraclub@gmail.com.

**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. Email: phillipislandadultridingclub.com.au

**Cape Woolamai Coast Action** Volunteer group who meet on the second Sat monthly from February to November. We undertake maintenance and plantings along the Cleeland Bight foreshore. Meeting at Cottlesloe Ave 8.00am to 10.00am followed by morning tea. Ph: Marg 0419007758 Email: capewoolamaica@gmail.com

**Cowes Branch Country Women's Association (CWA)** 1st Thursday of the month February-November. currently meeting at Rotary Shed-Dunsmore Rd 1pm Ph Penny 0437 042 084 Cowes CWA Shop Thompson Ave Cowes Tues-Sat 10-2 cwaofviccowes@gmail.com

**Country Women's Association Victoria Inc. Phillip Island Twilight Branch** Join us for "Sharing, Fun and Friendship". We are a group of women who are engaged in social issues, learning new skills and fundraising for women and children. We meet the 2nd Wednesday of the month at St John's Hall, Chapel Street, Cowes at 7 pm. Contact Sally Matthews 0409521825 and Rosie Brewin 0409792245

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

**The Phillip Island & Districts Dart League** P.I.D.D.L. is a community-based organisation that organises a competitive Darts comp for players of all skill levels. Weekly round-robin format. New players welcome. Contact Scott Lethbridge 0407543154; scott@glpc.com.au



**Phillip Island View Club** builds friendships and connections for local women. Raises funds to support 5 children through the Smith Family. Meets on the 4th Monday of the month at 11.00am at The San Remo Hotel, San Remo. New members welcome! call Chris Sproson on 0406 469 824

**Phillip Island & District Historical Society** 56 Chapel Street, Cowes. Contact: Pamela Rothfield 0418 368 607

**Phillip Island Library, Myli Libraries** is open at 91-97 Thompson Avenue, Cowes. Opening hours are Mon, Tues, Thurs and Frid 9.30am - 5pm, Wed 9.30am - 6.30pm and Sat 10am - 1.30pm

**San Remo Library, Myli Libraries** is open at 92 Back Beach Road, San Remo. Opening hours are Mon- Fri 9.30-5.30pm and Sat 9.30-1pm. Please ring 5644 3320

**Friends of the Library** Call Celia 59521901.

**Bass Coast Toastmasters** Meetings in San Remo. Contact Patricia Jamieson 0412339795 basscoasttoastmasters@gmail.com

**San Remo Bowls Club** Social Bowls 12pm for a 12.30pm start. Stick draw. New bowlers and visitors most welcome. April to September - Tuesday's and alternate Saturday's. October to March - Wednesday's. 1a Wynne Road San Remo, next to the Primary School. Ring 0493237913 for details.

**Phillip Island Patchworkers Inc.** We not only do Patchwork but all other varieties of Craft such as Embroidery, Beading and Knitting. We meet Monday Nights 7.30p.m. to 9.30p.m. The first, second and last Tuesday of the Month 10.30a.m. to 2.30p.m. At Wonthaggi first and third Friday of the Month 10.a.m. 2.30p.m. Corinella Crafties second and fourth Wednesday of the Month 10.30a.m. to 2.30p.m. For more information please contact President Gayle Rowden 0400634282 or Secretary Lyn Arnold 0429481875

**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.

**Boomerang Bags Phillip Island and San Remo** Volunteers sew re-useable bags to supply PICAL pantry and local shops thereby eliminating single use plastic in the community. For more information contact Boomerang Bags Phillip Island facebook page or Vi Pittorino on violetepittorino@hotmail.com and we will get back to you.

**SES San Remo Unit** trains every Thursday at 6:30 pm at 14 Davis Point Road, San Remo. Come and meet our friendly group, see what we do. We have a role for everyone. For information email sanremo@ses.vic.gov.au

**Rotary Club of San Remo and Phillip Island** Our friendly Club helps care for & brings our Community together through fund raising & community activities, including our Cowes Op Shop. New members & volunteers welcomed. Call President, Rob Robertson 0412 331218 or Sharon Buxton (op shop) 0437 585546.

**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

**The Probus Club of Cowes**-3rd Monday of each month at 10:00 a.m. at The Phillip Island Senior Citizens Hall Cowes. For enquiries call Sue on 0438 304 082 or email probuscowes2@gmail.com

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

**Island Voice** Meets last Wed of the month 5.30- 7pm PIRSL New members welcome Contact Sec. Linda Marston 0428 344 726.

**Phillip Island Auto Racing Club** want to get close to the motor racing action at the MotoGP circuit? Then join us a a volunteer marshal! All training provided; New members most welcome - please email: info@piarc.com.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 & Warley Ave, Cowes. Facebook @cowescommunitymeal

**The Artists' Society of Phillip Island, ASPI**, is for a wide range of artistic expression from the field of Visual arts through to writers and poets. There is a program of regular activities including Textile Arts, Portraits, Life Drawing, Appraise & Connect, Come & Create, and the Ibis Writers group. Workshops held throughout the year. New members are very welcome. For further information contact aspicommittee@gmail.com or Miranda 0400 927 076 .

**Philosophy Lunch** We meet on the first Thursday of each month over lunch at the Wild Food Farm, on the Rhyll Newhaven Road at Rhyll. We discuss some of the big questions about life, the universe and everything. Newcomers are very welcome. \$37 (including a two course lunch). Bookings or enquiries to John Buttrose: jbuttrose54@gmail.com

**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.

**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 Robyn Holman 0429 700 492.

**Phillip Island Health Hub Auxiliary** We now meet the 1st Wednesday of the month at the Rotary Rooms, 101 Dunsmore Rd., Cowes. for more information - Lyn 0400126435 or Gill 0431672777. We fundraise to purchase much needed equipment for specialists and medical staff offering services at the Health Hub. New members very welcome.

**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 the Club on 5952 2337.

**Phillip Island Community Art & Craft Gallery** Contact Secretary Aleta Groves 0419525 609, email info@phillipislandgallery.com.au

**Ibis Writers** is a group of local writers who meet once a month to support and encourage one another, share writing opportunities and offer each other feedback on work in progress. All writers, beginners or experienced, poetry, fiction or non-fiction, are welcome to join. Contact Lorrie Read 0425 858 067 or Ian Robinson 0407 240 024 for more information, meeting dates, etc

**Rotary Op Shop, Cowes** Run and staffed by Volunteers from all walks of life, including Rotary Club members, our Op Shop is a wonderful, fun place to volunteer, help the community & meet new people! New volunteers always welcome, please call Rotary Op Shop Coordinator, Diane for more info: 0417 577 082

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

**Ventnor Coast Care Association Inc** is a volunteer group, working to conserve, enhance and maintain the Ventnor coastal foreshore between Anchorage Rd and Devon Ave. We meet monthly at 9.30am, for a 2 hour working bee, from February to November, followed by a cuppa. We welcome new members! Please contact Cathie or Trish at: ventnorcoastcare@gmail.com.'

**The Newhaven Residents Group Association Inc.** We are a not for profit organisation advocate for communication and residents concerns. Phone 0413 623 052.

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

## Phillip Island Senior Citizens Monthly Update

We held a very successful fashion show on Friday 22nd March with many women buying fabulous outfits for themselves. Watch out Phillip Island, the women at the Phillip Island Senior Citizens Club and their friends will be strutting their hot stuff at a venue nearby soon!!

Don't forget our lunches are on the first Friday of each month. Only \$20 for a 3 course roast meal and a chance to make new friends. Plus fabulous vouchers and prizes to win through our raffles. For more info and/or to book, please call Pauline on 5900 2921 and leave a message with your name and phone number so she can call you back asap. We look forward to seeing you soon.

There's been a change of the guard.... well secretary that is. Liza Lee has stepped down after 5.5yrs on the job. It was her choice but she is still part of our committee and will continue to work hard and make a continuous contribution for the betterment of our members. Pauline Porter is our new secretary and she is just as keen and hard working and raring to hit the ground running with her new duties.

We are so hopping excited to have the Easter bunny make an appearance at our Easter lunch (just after Easter) on Friday 5th April, giving out choccy goodness for all our members.

Then we celebrate Mother's day for our May 3rd lunch with entertainment from the fabulous and highly captivating Corza who is singing for us.

There will be a sing-along for sure so get those voice pipes warmed up and ready.

The Tuesday before the fashion show we had a great flood at the club. Sadly one of the pipes had worn out and burst, flooding our store room and part of the kitchen.

The Shire's maintenance team cam quickly and worked tirelessly over the next couple of days to fix and repair the damage. We are so grateful for their immediate response and hard work to enable our club able to keep working as usual.



# PUZZLE SOLUTIONS

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

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

Who Am I solution: Sylvester Stallone

- ### ANSWERS TO TRIVA QUESTIONS
- Thumb
  - Thor
  - Trout
  - Indonesia
  - Paris
  - Tears
  - Jacob Marley
  - Avocado
  - Giraffe
  - 108
  - Coulrophobia
  - Hippopotamus



**Russell Broadbent MP**  
Federal Member for Monash

# Explore local on your next weekend adventure



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Russell Broadbent MP

Authorised by Russell Broadbent MP, Independent Federal Member for Monash, Warragul



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