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Phillip

Island Vibe

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Issue 69, November 11, 2015



Trevor Clausen and friends, Phillip Island, circa 1950s. Photo: Graeme Clausen, Phillip Island NSR archive. (Courtesy: Phillip Island Nature Parks).

The Phillip Island National Surfing Reserve has been awarded 'The National Surfing Reserve of the Year' so we thought a snap of old time longboarders was a fitting tribute (see page 6 to read the whole story).

In other news, we catch up with **John McFarland** from **Achieve Business Support Services** and chat about the whys and wherefores of business success.

We also make our way to Wonthaggi to visit **Akers Eyewear** and meet **Leonie Aker** and the team. They've got more frames than you could ever imagine!

Only 2 more *Vibes* left for 2015 so be quick if you want to grab some advertising space over summer (see page 8 for details).

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What's New On The Island...

The Vibe is always out and about checking out what's happening around The Rock. In this issue we visit **Achieve Business Support Services** and chat with **John McFarland**, a retail operations executive with over 30 years' corporate experience, who shares some advice and thoughts about achieving success in business.



When you read John McFarland's CV it would be easy to conjure up an image of a stuffed shirt. However, that couldn't be further from the truth. I caught up with John for coffee just recently and despite his impressive career, mainly in the

corporate world, John's easy-going, affable style became immediately apparent even before our lattes arrived.

Achieve Business Support Services is John's most recent project; a service industry consultancy aimed at helping retail, hospitality and logistics businesses maximise their potential. After working for over 30 years in the retail industry, largely in General Management positions, John is keen to share his knowledge and expertise with local Island businesses.

John and his wife relocated permanently to Cowes just a few months back, however, John has been holidaying on the Island all his life. Originally from a NSW farming background, perhaps this connection to the land has had some influence on John's decision to re-settle to a coastal rural lifestyle after spending most of his working life spread over pretty much every capital city in Australia.

John's first job was in the Protocol Division of the Victorian Premiers Department, back in the days of Henry Bolte and Dick Hammer, supporting international visitors and the Premier's activities. At the same time he was also a keen sportsman, playing for Richmond in the VFL from 1969-70, albeit unsuccessfully (John's words I promise).

He also met his future wife while working in the Premier's Department, a young woman from Perth. So it was an obvious decision to head to Western Australia, which is where John's retail career kicked off. In 1979 John started working for *Target Australia* and this is where his love for the retail industry began. Over the next 30 years, John worked his way up the corporate ladder. His dedication and natural capability to deal with the intricacies of complex business dealings rewarded him with a series of General Management positions for *Target Australia*, *Fosseys*, *Harris Scarfe* and *Retail Adventures*.

By 2010 John was ready for the next challenge and accepted a position at Victoria University for the *Melbourne Institute for Supply Chain Logistics*. Working in the Education sector for 4 years gave John an entirely different perspective on business; combined with his

corporate experience, this has given him an extremely well rounded and inclusive attitude towards workplace training and management. In addition, it was at Victoria University that John also became heavily involved in the *Empowering Women Program* – a mentoring system for female graduate students wishing to expand their commercial acumen. In fact, John is proud to say that his role as a mentor was the most rewarding experience of his career.

Perhaps what really makes John stand out is that he has maintained an extraordinarily successful career as one of Australia's most experienced retail operations executives while also possessing the intuitive skill sets required to be an influential and highly respected mentor. John recognises that the belief in one's self-worth actually becomes the driver of effective work place productivity which ultimately results in achievement and success. Through *Achieve* John wants to help his clients build upon their skills and capabilities to advance their opportunities. If sound leadership and management practices are in place, then other issues such as conflict resolution, effective communication, customer service and sound recruitment strategies can all be met.

John is also working with PICAL to deliver a series of professional development short courses in training and human resource management offering an opportunity for people who'd like to undertake an intensive training program.

So if you're serious about advancing your business, John would love to hear from you for a no obligation chat. At the end of the day, John believes that effective leadership and a commitment to innovation is critical to business success. Even in a small business environment like Phillip Island, the ability to operate adaptively and innovatively will benefit any business in an increasingly competitive market place. Sometimes it's hard to look at ourselves from the outside; but this is where the learning begins. Ultimately, an open mind is always the first step towards progress.

In upcoming issues of The Vibe, John will be sharing his advice and experience in a new regular column called 'Retail Chat'. Stay tuned.

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STRIKING A CHORD

For seasoned guitar players, or those of you who enjoy a casual strum, local guitar teacher **Dean Luke**, shares tips, advice and news about all things guitar.

BEGINNER SERIES THE E & THE A CHORD

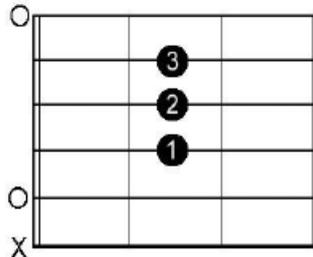
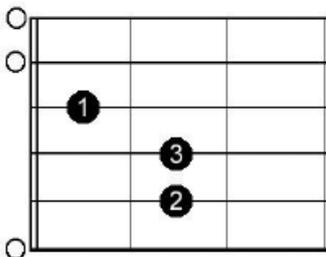
In the previous two issues of this beginner series we looked at playing an Em and Asus2 chord with down strums. Now we are going to be looking at an E major chord and an A major chord.

For these two major chords we will be using three fingers instead of two like the previous chords in this beginner series.

As you can see in the above chords the E major chord and the A major chord look very similar to the Em and Asus2

E Major

A Major



(you can even see the shape of these previous chords within the E and A) except we are adding an additional note with an additional finger.

We will be playing the above E major chord with our 1st finger on the G string in the 1st fret, our 3rd finger on the D string in the 2nd fret and our 2nd finger on the A string in the 2nd fret. Just like the two previous chords we will be playing this E major chord with 8 down strums.

We will be playing our A major chord with our 3rd finger on the B string in the 2nd fret, our 2nd finger on the G string in the 2nd fret and our 1st finger on the D string in the 2nd fret.

Just like with the two previous chords in this beginner series and the E major chord we will be strumming this chord with 8 down strums.

Alternate between playing 8 down strums on the E major chord and 8 down strums on the A major chord.

Stay tuned for the next instalment of this beginner series for the final chord we need to learn in order to start playing some popular songs!



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FREAKY FACT If the wedding ring was worn on the pinky finger then marriage would be the ultimate pinky promise.

Akers Eyewear

This week *The Vibe* crossed the bridge and visited **Akers Eyewear**, an optometry clinic in **Wonthaggi** and caught up with owner and optical technician **Leonie Akers**, whose career in vision services proves illuminating.



Any kind of medically aligned practice can often have a cool, clinical atmosphere which can make things a little daunting for someone who is already feeling a bit uncomfortable. *Akers Eyewear* is a completely different story.

From the outside *Akers Eyewear* looks like a regular shopfront. However, the moment you walk through the doors you notice a quiet hum and sense of gentle busyness about the place. The practice is deceptively large with different 'work' stations placed across the floorplan to accommodate each stage of the optical fitting process. You'll see staff and clients sitting at tables chatting comfortably about their vision needs, while there's a lovely play area for children with plenty of fun activities without being disruptive to the rhythm of the practice.

Business owner and optical technician, Leonie Akers, is very clear minded about her approach to optical matters which accounts for the lovely community atmosphere that pervades the store. In fact, *Akers Eyewear* began as an idea. Having worked with a local optometrist for 18 years, Leonie felt that it was time for a change. After a brief stint at Safeway, Leonie was more convinced than ever that being an optical technician had become part of her DNA, so she decided to open her own practice.

Leonie's career began at the College of Optometry at Melbourne University in 1980. In those days it was necessary to complete a four year apprenticeship at RMIT. At the College, Leonie quickly took on the role of lab manager and started teaching optometry students how to make spectacles and dispense them to patients. Leonie was fortunate enough to be offered a position at Melbourne University (generally they would only take in a new student when a staff member left) where she worked for the next seven years.

As the College was a teaching college for optometrists, Leonie dealt with an incredible mix of patients and their needs, gaining experience with more routine patient

requirements such as low vision, through to patients who required spectacles with half a face or ears attached to the spectacles. The diversity of situations Leonie experienced meant that she developed sophisticated problem solving skills from having to constantly think outside the box.

Leonie met husband, James Akers, in Melbourne and then down the track in Inverloch. The rest, as they say, is "history". The Akers family have lived in Wonthaggi for many years so once they married, it was an obvious decision for Leonie and James to remain in the area. In fact, the Akers family have run a local business in Wonthaggi for over 90 years which is well known to locals and visitors alike. It's for this reason that Leonie decided to call her practice *Akers Eyewear* as the name is so recognisable to people she thought it was very important to maintain its identity.

Akers Eyewear is committed to providing excellent care and knowledge while treating their patients with the respect they deserve. This doesn't mean that professionalism is compromised. All the staff at *Akers Eyewear* take the time to sit down with their patients to discuss their needs in detail.

Akers Eyewear bulk bills eye examinations, they support Veteran Affairs cardholders and they also participate in the Victorian Eye Care Scheme (VES). Leonie is a firm believer in giving everyone a fair go and working together as a community.

There are three optometrists at *Akers Eyewear* who all speak a second language: Italian, Greek and Korean. This has proven to be a wonderful service for many patients whose first language isn't English, especially for some of their more senior patients. The remaining staff consists of two dispensers, Tracy Grenville and Declan Akers, and receptionist Fiona Dwyer completes the team.

Akers Eyewear also does repairs and they will cut your own lenses into new frames. While there is a range of pricing options for all budgets, all of the frames and sunglasses at *Akers Eyewear* are of the highest quality. But be warned; the selection of frames at *Akers Eyewear* is HUGE! If you walk out without a pair of frames you must have had your eyes closed.

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nature parks

Phillip Island's National Surfing Reserve of the Year



The Phillip Island National Surfing Reserve has been awarded the honour of being named „The National Surfing Reserve of the Year“ by the National Board.

The annual award was presented to the Community Working Group „in recognition of their ongoing and outstanding dedication to managing and raising the status of the Phillip Island National Surfing Reserve and working with other Phillip Island and State stakeholders to ensure the Reserve is both well managed and well known“.

“Congratulations on the tremendous effort the Phillip Island National Surfing Reserve Committee has put into the Reserve before and since its dedication,” said Andrew Short, Chair, National Surfing Reserves Australia.

Since the Reserve was officially launched by Layne Beachley in March 2013, the Community Working Group has met regularly to ensure the Reserve is promoted, protected and respected within the community. Achievements include:

- memorial plaques placed at Cape Woolamai, Smiths Beach, Summerland and Cat Bay;
- the production of a book and brochure about the Reserve;
- development of a history archive of surfing on Phillip Island and the Surfing Reserve;
- running an annual Tag Team Surfing Challenge for the community.

“Our role is to work together to ensure the values of the Reserve are protected and promoted under our motto of „Share, Respect, Preserve“,” said Geoff Owens who has been a key member of the Working Group since

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it“s inception.

“We are lucky to have a great team who work together and is supported by a wonderful community of surfers,” Geoff said.

“On Phillip Island, we are lucky to have the natural and cultural values of our coastline protected by Phillip Island Nature Parks and Bass Coast Shire Council. The Surfing Reserve adds a layer of recognition of the importance of surfing to the area and community.

The Phillip Island National Surfing Reserve is the first of its kind in Victoria and one of eighteen across Australia. National Surfing Reserves is a voluntary collaboration dedicated to recognising iconic surfing sites in Australia and assisting NSR sites globally.

The Phillip Island National Surfing Reserve community project continues to be proudly supported by: Bendigo Community Bank San Remo, Cowes and Grantville; Ramada Phillip Island; Phillip Island Nature Parks; Bass Coast Shire Council; Phillip Island Board Riders Club and Woolamai Beach Surf Life Saving Club.

Weigh better for penguins

The human obsession with weight watching also transcends to the penguin world. When penguins cross the beach at Phillip Island every night, they are closely monitored by a weighbridge system. But for penguins, being heavy is better – it is a sign of good health.

The penguin monitoring system or weighbridge, is celebrating its 20 year anniversary this month. The system has revolutionised the way researchers collect weight and attendance data on penguins. During this period, the weighbridge information has helped to inform more than

30 students at honours, PhD and post doc level and is also responsible for over 50 scientific publications.

“Initially, the system documented about 50,000 records per year. We have recently upgraded the system to the 21st century, and we are now able to record over 20 million data points per year!”, explains André Chiaradia, penguin biologist with the Phillip Island Nature Parks.

“We now know that penguins go on honeymoon, fledglings return to the island in less than one year after hatching and some individuals are super achievers – they work harder, feeding more than their partners, year after year”, recalls Andre.

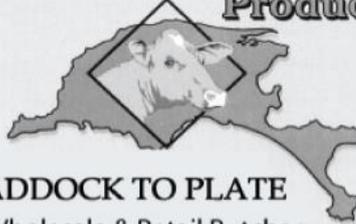
Apart from providing some amusing facts, the weighbridge data tells us how hard penguins are working to find their food and ultimately gives us hints on the health of the marine system of the Bass Strait. With help from a team of national and international scientists and a grant from the Australian Research Council, scientists are now using this information further to determine how much fish penguins caught and ways to provide food security for future generations of penguins.

The penguin monitoring system was upgraded thanks to a generous donation from AAT Kings.



FREAKY FACT SpongeBob SquarePants is a kitchen sponge but his parents look like sea sponges. Does that make SpongeBob a different species from his parents or just adopted??

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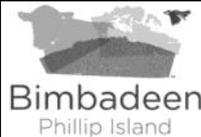
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ADVERTISING IN THE VIBE OVER SUMMER

Here's a heads up for any business wanting to place an ad in *The Vibe* over December and January.

The next issue of *The Vibe* is out November 25 and the final issue for 2015 is out December 9. After that, we're taking a well earned break (first time in almost 3 years!!).

The December 9 issue will be in circulation over the summer holidays and it will be a bumper issue catering for all the visitors and holidaymakers to the Island. There will be even more copies in circulation so nobody misses out!

Places are filling fast, so if you'd like to be in our great value, bumper Summer issue then email us at: phillipislandvibe@gmail.com.

After that *The Vibe* will be back on track for the Australia Day weekend with an issue out January 27.

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Cowes Island Craft Market 2nd Sat of month St Phillips Parish Hall Thompson Ave, Cowes.

Market on Chapel 4th Sat of month Uniting Church cnr Chapel St & Warley Ave, Cowes.

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THE TRIAL OF CHICAGO MAY

A STRANGE MURDER CASE OR TWO

By Leon Herbert

Leroy was chatting to his Phillip Island mates. *The Vibe's* resident barrister loved to recount famous old trials at the Old Bailey, the venue for some of his own finest successes at the criminal bar. This was the story he recounted while they enjoyed pizzas at *Pino's*.

To be tried twice for murder at the Old Bailey, London's famous criminal court, or for that matter anywhere - acquitted once and condemned once - was the unique record of Frederick Herbert Field, whose two trials were undoubtedly quite remarkable on a capital charge.

The strangeness was enhanced that no one had the slightest personal doubts that he was guilty of the first crime despite the legal necessity of returning a verdict of "Not Guilty", and then the second trial created the tremendous legal interest because there seemed to be a distinct possibility that the prisoner's cunning might give him his freedom a second time.

Field was in the classic tradition of born killers in that he was blessed – or cursed - with considerable charm, was good looking, vain and intelligent. The factual record of his personal life suggested he was happily married, with a good wife and pretty little daughter. But beneath this very normal exterior were secret emotional currents which branded him a degenerate. One or two details of his activities immediately prior to his murders were hinted at in Court and indicated that Field was the slave of monstrous lusts.

The first crime for which he entered the Old Bailey dock occurred in September 1937, when a young prostitute who was known in Soho as Norma Laverick, but was in fact Nora Upchurch was found strangled. She haunted the streets of Soho and took her clients to her room in Pimlico. Well known to the police, she disappeared from the streets towards the end of September.

On the morning of October 2 two decorators who had the keys of an empty shop in Shaftesbury Avenue went to the premises to tidy up and do some painting. One of them was Frederick Field. His superior led the way into the murky interior and seeing a figure lying on the ground, stubbed it with his umbrella saying 'We'll have to shift these old wax models.'

It was, as readers of *The Vibe* will readily have concluded, no wax model but the corpse of Nora Upchurch. She had been strangled, and in the opinion of the medical expert had been dead for about three days.

At the inquest profound suspicions fell on Field because it was shown he had possession of a key to the shop and was unable to give a completely satisfactory explanation of what had happened to it. Nevertheless,



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when a verdict of "murder against a person or persons unknown" was returned no move was made to arrest Field.

The world trade depression was on, Field lost his job. Months went by and then Field walked into the offices of a National newspaper and handed in a neatly written confession of his murder of Nora Upchurch. The editor knew Field as there had been a tentative arrangement in place to pay for his defence if he should be charged with murder. The briefest perusal of his detailed confession indicated this was no crank's vapourings but an authentic description of a terrible crime.

Scotland Yard was informed and after the usual warning and cross-examination found his story credible. But Field was clever over a number of points. For example, he said he had throttled the girl with his bare hands, but the mark of some material on the skin of the neck proved beyond all doubt that a belt or cord had been used. He was also insistent that he had never met the girl, whereas many witnesses could testify that Nora had gone

around in fear of her life for weeks before she was killed.

In due course he was committed for trial at the Old Bailey. When the date was set he withdrew his confession. The prosecution was faced with the



impossible task of proving a case on which there was no evidence against Field beyond that of his own confession. The judge had no choice except to stop the case and

direct the jury to return a verdict of Not Guilty.

Field, with a very smug expression walked out of the dock to freedom. His new attitude to the faked confession was that he was compelled to make it so that the cloud of suspicion over him could be dispelled. In fact he believed he had hit upon a scheme of murdering without the risk of punishment, for his second crime was similar to the first in every detail but one - the final scenes of the trial.

Three years passed. Field's second victim was Beatrice Sutton, a prostitute. At the time he was a deserter from the R.A.F. and he was being sought by the service police. He went almost straight into the arms of the police after he had strangled the woman, and he immediately followed the plan which had worked so successfully in the previous crime.

Instead of some deliberate errors he gave an authentic account which no one who had not been in the room of death could have known. He again withdrew his confession when the date of trial was set but it hardly mattered. The police evidence confirmed with cold hard facts item after item in his confession. Field was quickly found guilty and condemned to death.

It was, said Leroy in conclusion as his rapt friends were finishing their meals, perhaps merely by the kindest twist of fate that ensured Field's killings amounted to two. For that the vanity which made him boast of his crimes must be thanked. His murders were so motiveless by all normal standards and so cunningly carried out that he would have stood a very good chance of going unpunished. There was no evidence of robbery or deviant behaviour.

But he was too vain. He simply had to see the world's reaction to his story - and that trait led him to the gallows.

Leroy smiled as his friends Peter, Tony, Keith and Cecil got up from the table obviously content with the story, also that their appetites had been well and truly sated and that for the time being their own necks remained intact!



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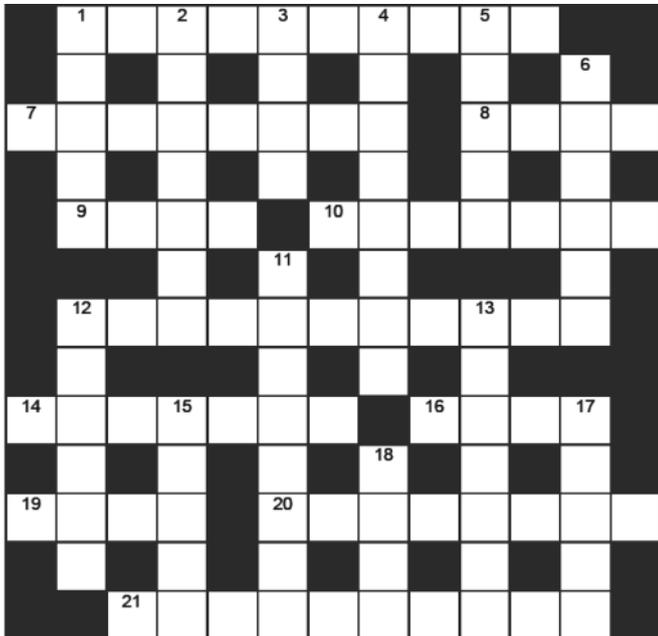
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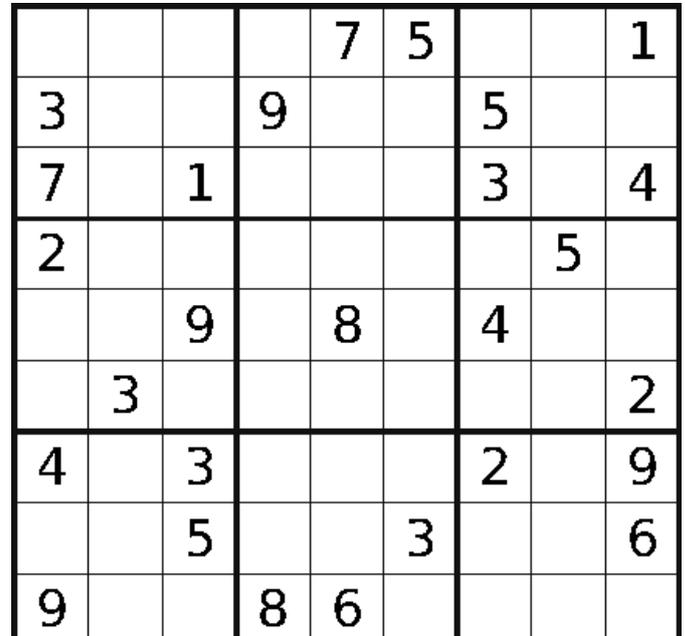
R.E.C 20993

BRAIN FOOD

Find all the answers and solutions to Puzzles & Quizzes on page 15 (No peeking!)



Vibe Quick Crossword 69



Vibe Sudoku 69 Each row, column and sub-box must have the numbers 1-9 occurring just once.

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)

Is there an old moose head, chicken, drill...etc cluttering up your house?





Get rid of it in The Vibe...
How much does it cost?
\$10 for a 20 word line ad
\$20 for a small box ad

Please send all enquiries to: phillipislandvibe@gmail.com

Vibe Quiz 69

- 1 Name the jockey who rode the winning horse in the 2015 Melbourne Cup? 2 What was the name of the winning horse?
- 3 What is the capital of Turkey? 4 What does a Chandler make? 5 What does "karate" literally mean? 6 Who is married to Prince Phillip?
- 7 What kind of ball does Tom Hanks talk to in the film *Castaway*? 8 Who was Manfred von Richtofen better known as? 9 Who wrote the poem *Paradise Lost*? 10 Which car manufacturer makes the *Sportage*?

Community Clubs & Groups

If you're a not-for-profit club or organisation you can list your meeting times & contact details here. If you'd like to advertise a special event, or facilities & services for hire please email all enquiries to: phillipislandvibe@gmail.com.

Red Cross, Phillip Island Branch meets every 2nd Thurs of month, 1.30pm, Uniting Church Hall, Chapel Street, Cowes. New Members welcome. Contact Rosie 59522752 or Sonya 59541437.

Friends of the Library book chat 1st Wed of every month at 2pm, commencing Feb 5 Phillip Island Library. Friends of Library meeting 10.30am 3rd Sat of every month. New members welcome. Call Celia 59521901.

Phillip Island Library free wifi & kids programs. Story Time every Tue 11-11.30, Baby Rhyme Time every Thu 10.30-11. www.wgrlc.vic.gov.au or call 59522842.

Phillip Island Lions Club Meets every 2nd & 4th Sunday of month, 1.30pm, Lions Club Rooms, Dunsmore Rd, Cowes. More info: Steve Munro 59526461

New Parents to Phillip Island Group New parents with children aged 0-5yrs, make friendships, gain support and advice. Email np2pi@live.com, www.facebook.com/NewParents2PhillipIsland or call 0459521490.

Newhaven Indoor Bowling Club meets every Tues at 12.30-3.45pm in air conditioned Newhaven Hall, Cleeland St Newhaven. Cost \$5.00 includes afternoon tea. New members welcome. Age group 60-90 yrs. Call Dagmar 5956 6965.

Newhaven Yacht Squadron invites you to go sailing FREE. We need males & females to crew our yachts. Very easy to learn. For more info call Craig on 0411187219.

Phillip Island Bicycle Users Group Every Wed 10am starting at Amaze'n Things car park. Very social, speed is the slowest rider. Contact Ron 59522549 or ron1@bigpond.com.

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 0400815353.

Phillip Island Girl Guides Juniors 6-10yrs Mon 4-5.30pm, Seniors 9-14yrs Thurs 5-6.30pm. More info call Sue Viney 59521738 or email sviney@guidesvic.org.au.

Phillip Island Senior Citizens Club snooker, carpet bowls, cards, ballroom dancing, craft. Membership \$15 per year. Frid 12noon 3 course lunch \$14. 59522973 for more information.

Phillip Island World Vision 2nd Wed of each month



Phillip Island

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MEMBERSHIP FORMS ARE AVAILABLE AT

ISLAND SURFBOARDS IN COWES.

GET ON BOARD!

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 very welcome. Call Thelma 56785549.

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: Neil Stewart 59566581 or nsstewart@gmail.com.

Rotary Club of Phillip Island & San Remo "Fundraising for our community". New members welcome. Phone Keith Gregory 0439020996.

Lions Club of Sand Remo & Newhaven San Remo Hotel, 2nd & 4th Tues of each month 6.30pm for 7.00pm meeting. New members welcome. Contact Roma Caulfield 56785386 or romacaul@bigpond.com.

The Woolshed Spinners beginners and skilled spinners welcome. Small group. PICAL, 56-58 Church St Cowes, 2nd & 4th Thurs of each month, 10-2 pm. Cost \$4 per meeting \$1 kitty. Contact John Stott 59523477 or john.stott6@bigpond.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 0438808428 or 59526955.

Phillip Island TOWN Club Weight Loss Group Thurs 9-11.00am, Ryhll Hall. Joining fee \$47.50, weekly fee \$5.00. Nutritional eating, weigh in and group therapy. New members welcome. Contact Rhonda on 59521563.

(continued p14)

Community Clubs & Groups (Continued from p13)

Westernport Tennis Club (San Remo & Newhaven) Men's comp Thurs nights, Women's comp Wed nights, Juniors Sat. For more info call David Egan 0468635067.

Community Visitors Scheme - Friends for Older People organises friendly visitors for socially isolated or lonely residents in aged care homes. Volunteers welcome. For more info contact 0409287242, or cvsrecruitment@msaustralia.org.au.

Phillip Island Croquet Club new members welcome. Contact Ken 59568803 or David 59569047 or just come along to our club Frid 10am 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 Lyn Duguid or Cheree Dyson, 59566400.

Heart Support Australia 1st Fri of month 1.30pm, San Remo Community Health Centre, Back Beach Rd, San Remo. Membership open to anyone with a cardiac problem and their carers. Contact Gerald 59521913.

Islander Day Club every Monday, ANZAC Room, RSL, 10am-2pm. Games, craft, exercises guest speakers and outings. Transport can be arranged if necessary. For more info: Margaret Harrison 56785131.

Phillip Island Day View Club proudly supporting The Smith Family Feb-Dec, 4th Monday of month, 11am, Ramada Resort Cowes. New members welcome. For information contact Di 0488654030 or Irene 59523447.

Barb Martin Bushbank Inc Volunteers needed to learn how to propagate local native plants. Every Wed 9.30am-12noon & Thurs 10am-12noon. 1810 Phillip Island Rd (@ Koala Conservation Centre). No exp necessary, must wear covered in shoes & sun smart clothing. For further info 0407348807.

Inner Wheel Club of Phillip Island meets 1st Tues of month 6pm, The Fat Seagull (upstairs). A friendly group of women raising funds for local, national and international projects. New members always welcome. Call Dianne Barlow 59521021.

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 David Harrison 56785131 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 Midge on 59525945.

Bass Coast Health Heart Foundation Walking Groups Meet weekly, including general, dog walking, pram walking and pole walking. Contact: Anita Leyden 56719200.

Bass Coast Ballet School Classes from 2yrs-adult. Ballet, contemporary, jazz, tap. Cowes & Wonthaggi. For more info 0408399853.

Community Garden & Kitchen PICAL is creating a welcoming, fun space for the community to grow and prepare local and organic produce. Email Communitykitchen@pical.org.au if you would like to volunteer or contribute.

Phillip Island Camera Club meets 1st Mon of month, Heritage Centre meeting room, 1.30-4pm. Contact Lyn Young 0408555711 or phillipislandcameraclub.com.au.

Walk the Labyrinth at San Remo, Back Beach Rd, 10.30am 1st Sat of month. More info: Lorraine Rodda, lgrodda@iprimus.com.au.

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 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 0418178343 or piadgs@gmail.com.

Heart Foundation Walking Group San Remo Wed 9.30am slow/medium pace, social way to stay active. Info: Robyn or Anita 567192000.

Phillip Island Patchworkers Newhaven Hall: Mon, 7.30pm, Cowes Cultural Centre: 89 Thompson Ave last Tues of month, 10.30am, Cape Info Centre, Newhaven: 1st Tues of month 10.30am. Contact: Michelle 0418356478.

Meet & Eat 55+ social group. Fortnightly dinners on the Island or locally. No joining fee, casual attendance is fine. Contact: Joy 59523497.

Cowes AA Big Book Meeting, 7pm Tues, St Phillips Church Cowes (opp Coles). Call 0428301871 or 0417317470.

Bass Coast Strollers weekly walks 8-12 km over varying terrain, within Bass Coast region. Monday 8.45am-lunchtime. Enjoy the outdoors and social functions as well. More info: Jan on 0419990313.

Phillip Island Community Art & Craft Gallery Open 7 days, 91-97 Thompson Ave (Cultural Centre), on display & for sale original art & craft works from locals. New Members welcome. Call Aleta 0419525609.

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 0435552518 or email enquiries.piarc@gmail.com.

Sing for Fun at Vocal Nosh 1st Sun of month, 5-7pm, break for simple meal (\$5), St John's Uniting Church Hall, Chapel St Cowes. All ages & ability welcome. More info: Fay Magee frmagee@waterfront.net.au.

Wildlife Rescue Phillip Island, Rehabilitation, care, rescue & transport of all wildlife on the Island & surrounding areas. Kaylene 0412258396 or Colleen 0409428162.

South Coast Speakers Toastmasters meets every 2nd & 4th Wed of month, 7.30pm @ San Remo Hotel, San Remo. Develop oral communication & leadership skills. For more info: Brigitte Linder 0421812691.

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

Vibe Sudoku Solution 69

	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	S
	E		O		L		I		R		R	
	R	A	N	T		A	C	R	Y	L	I	C
			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	D	
	I		A		I		O		N		R	
A	F	A	R		F	O	R	C	E	F	U	L
	E		T		I		A		S		M	
		C	H	E	C	K	L	I	S	T	S	

Vibe Crossword Solution 69

Quiz Solution 69

1 Michelle Payne 2 Prince of Penzance 3 Ankara 4 Candles 5 Empty hand 6 Camilla Parker Bowles 7 Volley ball 8 The Red Baron 9 John Milton 10 Kia

FREAKY FACT If the number 666 is evil does that make the number 25.8069758011 the root of all evil?

FREAKY FACT It must have been awkward for Jesse after his friend wrote that song about his girl.

How Do I Get The Vibe??

Most places on the Island and San Remo now stock *Vibes* so you can take your very own copy home with you. Try some of these places: supermarkets, general stores, cafés, petrol stations, takeaway food outlets, tourist info centres, bakeries, caravan parks. And if you know someone on the mainland who's after a copy they can pick one up at the Shott Café in Wonthaggi.

If you want to contact us about The Phillip Island Vibe or Vibe Printing you can reach us here: phillipislandvibe@gmail.com, Tel 59522807 , PO Box 120, Cowes, 3922. ABN: 99675910122. The Vibe is also available online @ phillipislandvibe.com.au if you miss out on a hard copy. You can also catch up on old Vibes through our online archive.

Surfing Academy

The Newhaven College Surfing Academy is the first of its kind in any Victorian School. The Academy is open to all students.



It gives students the opportunity to:

- increase knowledge, safety and skills in the ocean
- gain employment in the surfing industry
- strive for elite performance in surfing

Divided into three educational streams:

- 1 Providing experience, exposure and safety awareness of the ocean and environment
- 2 VCE VET (Vocational Education Training) Sport and Recreation Program, offering career pathways into the surfing and sports industries
- 3 High Performance Squad, professional coaching, intensive gym and after school training

Investment in the Program:

Newhaven College has invested in resources and staffing to ensure the success and growth of the Academy. A dedicated room for lessons, meetings, specialised coaching and guest speakers has been set up to offer a unique learning opportunity for the students.

Newhaven College boasts a strong surfing pedigree with a long history of state and national surfing champions:

- *Rip Curl Shield winners, Victorian Schools Team Title: 2006-2008, 2011*
- *Four times MR Shield winners, Australian Schools Pairs Title*
- *2011 Australian Schools Champion and World #3 Junior Nikki van Dijk*
- *2011 U/19 Victorian Champion Brock Jeffrey-Warren*
- *2013 ASP Junior World Champion Nikki van Dijk*
- *2013 Victorian & Australian U/16 Champion Joe van Dijk*
- *2013 Australian Schools Senior Pairs MR Shield Runners Up*
- *2014 'Girlsurf' Team Winners*
- *2015 U/16 Victorian Champion Sophie Fletcher*
- *2015 U/19 Victorian Champion Joe van Dijk*

For enrolment enquiries
telephone 5956 7505 or visit
www.newhavencol.vic.edu.au

