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Issue 72, January 27, 2016



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Isn't this how we all feel at the end of the silly season??

Almost time to get back to normal. *The Vibe* is full of local news and culture to help you get back into the swing of things.

In our new regular column, **Ruby Turner** and **Campbell Vance** from *Widget* provide tech tips to help you become better friends with the digital world, while **John McFarland** from *Achieve Business Support Services* offers advice about managing conflict in the workplace.

Phillip Island Nature Parks takes us to the coast and warns us about how marine debris endangers our seal colonies and how we can help minimise the harm to these beautiful animals. Meanwhile, a regular visitor to the Island experiences a gesture of generosity that leaves a lasting impression.

So to all our regular readers and newcomers who have joined our happy trail, we hope 2016 is everything you want it to be!

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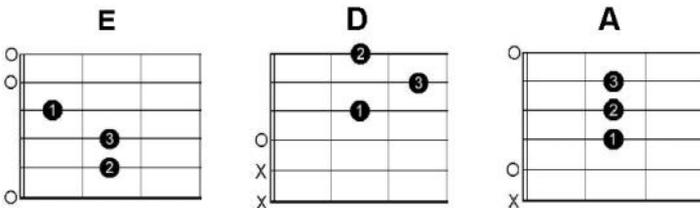
STRIKING A CHORD

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 GLORIA

In the previous issue of this beginner series we looked at playing the Buddy Holly classic "Words Of Love" with our brand new A, D and E chords.

Now it's time for the next campfire classic that consists of those same three chords, "Gloria".



Like with "Words Of Love" we will be playing this song with down strums.

We are going to play 2 down strums on the E, then 1 down strum on the D and 1 down strum on the A.

Stay tuned for the next issue where we will be adding one more popular song with the chords A, E and D to your holiday performance list!



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Managing Conflict in the Workplace

'Resolve and Benefit'

Constructive tension within an organisation wherein individuals are free to question the decisions others may make on their behalf can be both desirable and productive. Where this occurs there is generally a common sense of purpose and a feeling of 'ownership' in regard to the success of a business. By contrast unresolved conflict facilitates negativity, a lack of cohesion and poor productivity in any group or organisation. If conflict is resolved effectively it is likely that those involved may experience a 'win win' outcome.

Conflict exists in all workplaces and it is the manner in which any associated angst is addressed that will determine if conflict is effectively managed. In fact if conflict is well managed it is likely that not only will relationships be enhanced but so too will productivity.

In a smaller community it is particularly important to avoid negative outcomes when dealing with conflict because it is likely that those involved will live nearby or in fact participate in common activities external to the workplace.

So what is conflict and how does it occur?

Conflict is defined as "The clashing of opposed principles" (Oxford Dictionary).

There are various types of conflict and they include: Relationship Conflict, Value Conflict, and Interest Conflict.

Relationship Conflict exists when workplace colleagues behave negatively towards others due to a stereotype perception or an unfounded commentary.

Value Conflict exists when individuals (or groups) take a differing position on that which is understood to be right or wrong.

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Interest Conflict is actually down to 'self interest' and occurs when an individual (or group) believe the intent of others will be disadvantageous to their own interest.

So the first step in managing any workplace conflict is to identify the type of conflict which exists within the business environment. In reality conflict is behavioural and it follows that to effectively deal with an issue all parties will need to recognise the cause of conflict behaviour(s) as any associated with relationships, values or self interest.

So how is workplace conflict best handled? Well the following six action steps may be used as a guide but before taking any action be sure that your own behaviours include honest and direct communication, active listening skills, blame avoidance and a focus on positive outcomes.

So to the action steps!

1. Talk with the person or group involved in conflict.
2. Focus on behaviour and events and not on personalities.
3. Listen carefully.
4. Prioritise the areas of conflict.
5. Develop an agreed plan to work on each prioritised source of conflict.
6. Follow through on agreed plans.

Obviously this column is an abbreviated version of managing conflict. As mentioned in my previous articles, in 2016 I shall be working with the Phillip Island Community and Learning Centre to deliver a number of Professional Development and Skill Enhancement programs of which '**Managing Conflict in the Workplace**' is one.

Cheers!

Great Ideas Made Real

Ruby Turner & Campbell Vance from e-commerce company **Widget** share practical solutions to tech troubles to help you get your business firing.



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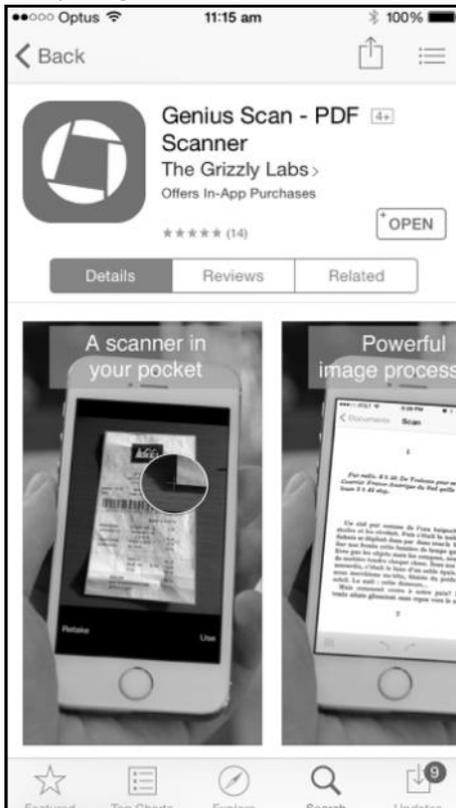
Tech Tips for Life

How efficiently do you run your business or life? Do you ever struggle to remain focused on the tasks at hand?

Running a business or family can be stressful and overwhelming for some, especially if things are going well (or not!) and you're extremely busy. There are only so many working hours in a day though, so how do you ensure you make the most of them whilst retaining some kind of work / life balance?

In our series of articles we hope to give not only small businesses but seriously overworked people technology tips and insights that can make life a little easier.

I'm not sure if you have encountered this issue lately but I seem to have to complete forms for just about everything.



They all need to be signed and returned (pronto). I started simply taking photos of every page of the forms and then attaching the photo to an email and sending back. The process was slow and laborious. Being a little techy I thought there must be an easier way.

So lately I have been using the Mobile App, Genius Scan. It's free and put simply; lets you take multiple photos of documents and turns them into a PDF. Very simple and very clever. No

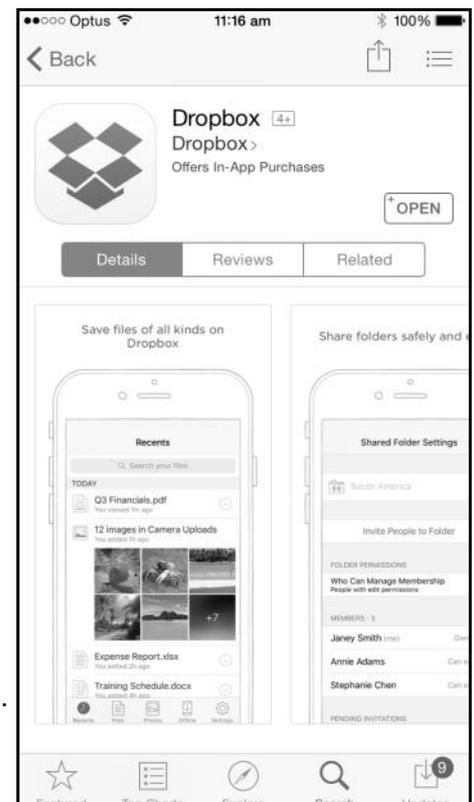
need for a scanner at work or home and deals with the signing of documents with multiple pages quickly.

The other mobile related issue that keeps frustrating me is storage. I use an iPhone 6 and don't have that many Apps loaded or a great deal of music stored and yet my iPhone is constantly running out of memory. Yes I could have bought one with more memory but being Scottish by nature I didn't. The kids seem to take endless photos of virtually everything. Of course I could delete them but as I'm told on frequent occasions 'never delete any of the family photos'.

I have also used Dropbox for a long time and resisted the urge to upgrade due to the additional cost. Finally, realising I had no choice, I upgraded from the free storage package and now pay \$12.99 per month. Now the major benefit here being I no longer need to plug my phone into my PC and back up all those photo's (of virtually everything). I wait until I am on the WIFI at home and go into the Dropbox App and sink the photos. It then automatically copies all those photos across to my Dropbox allowing me to delete all the photos on the phone. Job done and finally more space on the phone.

Sometimes it's the simple things that make a difference and allow us more time with the things that matter.

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Marine Debris Entanglements High on Researchers' Agenda

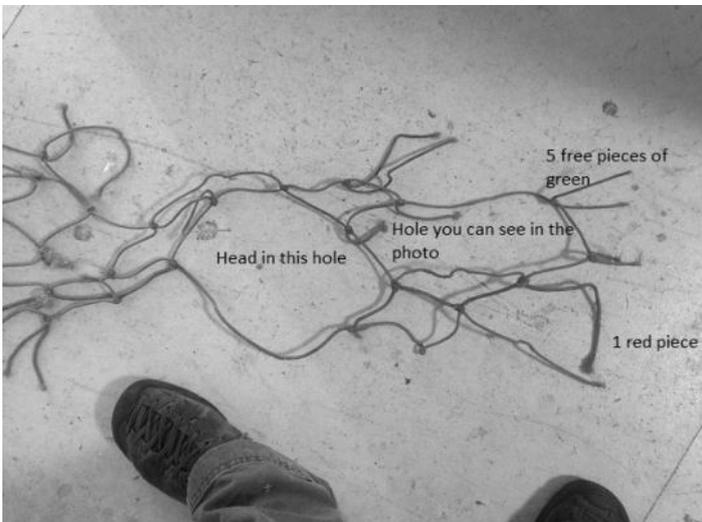


Dr McIntosh on Seal Rocks

Since 1997 researchers have observed 359 Australian fur seals entangled in marine debris at Seal Rocks, but this is just the tip of the iceberg, according to Nature Parks' researcher Dr Rebecca McIntosh in her paper recently published in *Marine Pollution Bulletin*.

'Marine debris is predominantly made up of plastics and includes fishing gear as well as household items such as twine, cloth, balloon ribbons and plastic bags,' said Dr McIntosh. 'Seals become entangled when the debris becomes caught around their body. It then tightens and cuts into them, causing much injury that typically leads to death.'

The number of marine species reported to be affected by marine debris increased by 40% globally between 1997 and 2012.



Dr McIntosh continued 'Our research team visits Seal Rocks approximately every 2 months, and latest

modelling shows us that we are only seeing a portion of actual entanglements. The real number of entangled seals in our waters could be as high as 300 every year, accounting for 1% of the total local seal population.'

The research being conducted by Nature Parks was recently recognised internationally when World Animal Protection invited Dr McIntosh to present her entanglement research at a workshop entitled 'Lose the Loop' at the Marine Mammal Society Conference in San Francisco in December. The conference was attended by over 2500 delegates, discussing research and issues of global concern for marine mammals.

The workshop provided researchers with the



opportunity to meet with people from around the world, to share knowledge and ideas to move towards reducing the impact of this problem. One of the key discussion points during the conference was around how to encourage people around the world to adjust their behaviour to reduce our impacts.

'Cultural change requires several components,' said Dr McIntosh. 'Science is critical, but education and promotion are required to translate that science into real change. I am proud to work for an organisation such as Phillip Island Nature Parks that is employing a conservation management model that promotes these critical components.'

A recent trip to Seal Rocks to monitor the seals included Nature Parks' researchers observing 4 entangled seals, one of which they were able to rescue, while another managed to release itself, leaving behind the netting which had entangled it. Researchers collected the netting and were able to identify it as entanglement material thanks to a photo taken by a passenger on a recent seal cruise.

'These types of collaborative efforts between members of the public and researchers show that science, education and promotion are leading to increased awareness, a great starting point to tackling this global issue.'

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SHOWER THOUGHT Calling fish the chicken of the sea seems somehow arbitrary.

A Reflection on Christmas Past

Alvin Nichols has been visiting Phillip Island on a regular basis for many years. A few days before Christmas a chance encounter with a local gave Alvin an opportunity to reflect on what the holiday season should really be about.



Selfishly I wait at this time of year for something "magical" to happen to remind me that Christmas is real, and that human nature stands out despite events and happenings both here and around the World.

On Saturday the 5th of December my wife was in the Cowes Mitre 10 store. She was asking for a single hinge which the salesman said he couldn't supply.

A guy named Andrew overheard the conversation and asked my wife how many she needed. His answer to only one was: "I have 200 at my place. I recommend you replace all of the hinges over time."

He added that if she could wait till later in the afternoon she could go to his place and pick them up. Later in the day, lo and behold, we received a text to tell us that he had made it home and to come around to pick up the hinges.

My wife returned with a bag full of hinges; enough to do the entire kitchen.

Andrew, you have renovated my Christmas belief for this year. If you do attain your dream of running a bar on the Esplanade my wife and I will be there with bells on whether it be Christmas or not. Thank you so much. We are eternally grateful.

I guess I shouldn't be so amazed as you are an Islander. Cheers Andrew.

What's On



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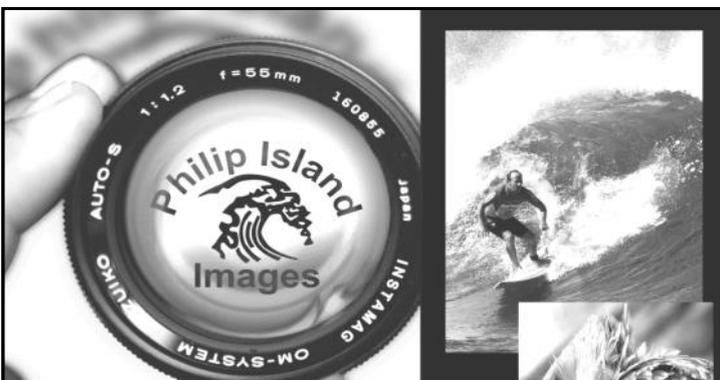
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SHOWER THOUGHT There's a decent chance that aliens know who we are but their research suggests that we're a waste of time.



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SHOWER THOUGHT I wonder if self-raising flour sometimes misses its parents?



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THE WOMAN WHO FACED THE BRAND OF CAIN

Tales from the Old Bailey

By Leon Herbert



Leroy was frequently asked by his mates to speak of murder trials before the Old Bailey, England's famous criminal court. The retired barrister and part time sleuth invariably obliged. Readers of *The Vibe* are once again invited to share their enjoyment of a story that unfolded on a quiet lazy Sunday afternoon at a café on idyllic Phillip Island in the company of Leroy

and his fellow diners all enjoying pizzas and red wine, courtesy of their host the iconic Rosa. Leroy's narration started.

No one who was there at the Old Bailey will forget a December day in 1922. The almost unbearable tension came when the jury had retired to consider their verdict. It was a dismal and murky winter's evening with a slight drizzle falling amidst the fog which was illuminated by the gas lamps in the street.

There was something almost horrible about the crowd in the street that had gathered to await the verdict. It was like a relic of a blood-hungry mob of previous centuries waiting to gloat over those awful word: "To be hanged by the neck..." The audience at Pino's had stopped focusing on their plates of food and Leroy now had his audience in the palm of his unoccupied hand as he continued the story with relish.

At a quarter to six the jury filed back to their box in the court room. Everyone present could see from their white faces and the way they avoided looking at the man and the woman in the dock that their verdict would be a single word "Guilty" in both cases. But it was the woman's reaction that everyone awaited.

Edith Thompson was held upright by her two wardresses while the dread sentence was imposed on her. When she had first come to the Old Bailey she was considered a pretty woman. Yet in the short space of her trial she had become old and ugly. Her face on that wintry night had literally turned a grey colour. The hue was accentuated by the seemingly enormous size of her eyes

which seemed to grow and grow as she took in what the Judge was saying. Her delicate and shapely hands were gripping the rail in front of the dock so tightly that the bones stood out at the knuckles dead white in colour.

She really heard the words of the Judge, Mr. Justice Shearman. As soon as the small black square had been placed on his head her eyes glazed over and she was virtually in a trance when the wardresses gently disengaged her fingers from the rail and half carried her down the steps to the cells. It must have been the change of environment that forced into her numbed brain the awful truth.

Leroy looked at his audience and said in a barely audible tone that as always in a murder trial where the defendant has been found guilty there is a terrible silence lasting a few moments before the Judge rises and thereby permits the people in the court to leave. Tony and Peter, members of the pizza audience, had been too focused on the story to notice that their wine had spilled creating a blood like appearance on their shirt fronts to the obvious embarrassment of their companions, Anne and Colleen also great friends of the narrator.

In those few moments after Edith Thompson had been taken below there came into the silent court the wails of some stricken animal changing into inhuman shrieks of a human being. The terrible cries were almost unbearable as they became fainter and fainter while the defendant was taken further down the stone passage and at last the shutting of a cell door brought blessed silence to the court room.

In the uncanny way that news of this sort eddies onwards, the crowds in the street quickly knew what the verdict had been. Their muttering became louder until the police cleared them away and the normal life of a city just finishing another working day brought back normality.

Her story showed the terrible tragedy that came to a suburban house-wife who was possibly not destined by Fate to be a killer but through her foolish dreams and her offences against accepted codes of behaviour brought awful retribution from society. At this point of the story



one of the table guests known to all present as Dawnie withdrew her mouth from her cheesy pizza, and exclaimed excitedly: 'Yyes Leroy but this is not one of your bloody whodunit stories that leaves us guessing until we read the

solution on the next page, what the hell had the poor woman done? Killed her brute of a husband maybe?' She

took a moment to glare at her "own." Leroy urged her to be considerate, patient and continued.

Edith Graydon came from a neat little suburban home in Ilford. At school she was rather a liar and somewhat secretive, but this was more than made up for by the fact that she was an outstandingly pretty girl and a highly intelligent one. On a train to Liverpool Street which she took to her secretarial job nearly every day she often sat in the same compartment as a meek little clerk. From a casual nod and a smile they began to talk to each other and the friendship ripened into a romance.

Soon they married and settled down in a small suburban house. His name was Perry Thompson. However Edith quickly became disillusioned with his lack of physical manliness and plainness. His physique was so poor he had been rejected for military service. She was secretly furious he was not a soldier. In the beginning she fantasized that he was a highly decorated war hero - however she woke up to the truth and soon only had contempt for him.

It was not long before Edith found a handsome youth of nineteen, Fred Bywaters. She pursued him relentlessly with letters and calls and ultimately sex. She pretended to him that her husband was brutal and violent. This tirade of attention and tales of brutality had its effect; young Perry became insanely jealous and had murder in his heart for the fiendish husband who failed to appreciate the tender loving Edith. So he happily joined with her in planning a frightful attack.

One night while Edith and her husband were walking arm in arm through the deserted streets of Ilford to their home, suddenly, in a quiet avenue, Fred lunged out from the shadows and hurled himself at Perry Thompson, slashing him again and again and again with a knife. One



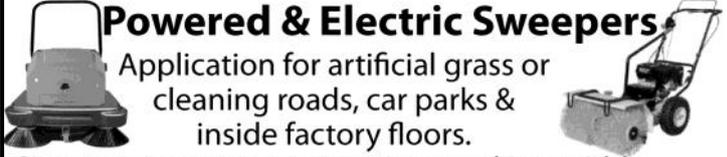
thrust was so viscous it laid the victim's spinal column bare. A neighbour came on the scene and Edith explained while wailing hysterically:

'Why didn't you come sooner and save him?' And then if taking further refuge in her imagination or ingenuity she added: 'If you will allow him to be taken home I will make him better.'

Perry died where he was stabbed. He could not be saved.

It wasn't long before the Police put two and two together and Edith and her lover were arrested and confessions were extracted. They were both tried for murder.

Well, dear friends and fellow diners, do you think Edith was an hysterical and imaginative woman who unleashed devilish powers which she neither wished to curb nor was capable of controlling, or was she a cold-blooded and calculating conspirator in a murder plot? Either way, I think the jury was right to convict both of them of murder, and they got the sentence that fitted at that time. Don't you agree? Now let me get on with my meal of cold pizza – Tony, please pass me the mozzarella.



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SHOWER THOUGHT *Doctor Who* is the only show I can think of where they replace the main actor in every series and we're all ok with that.

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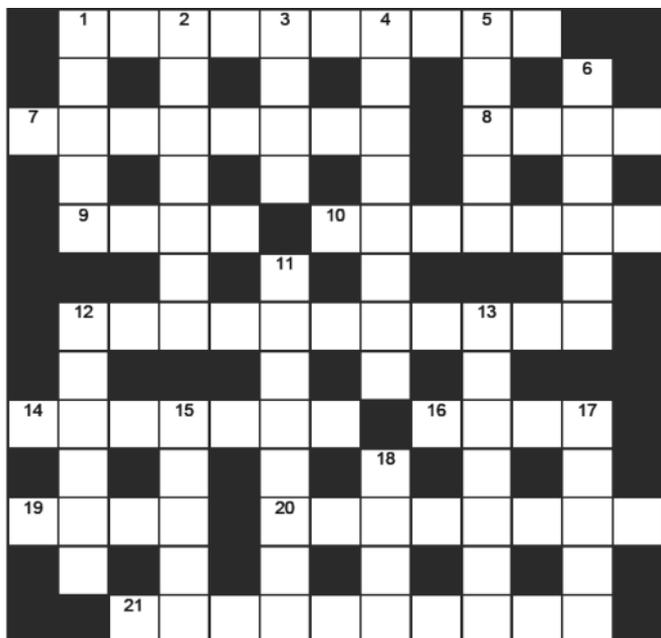
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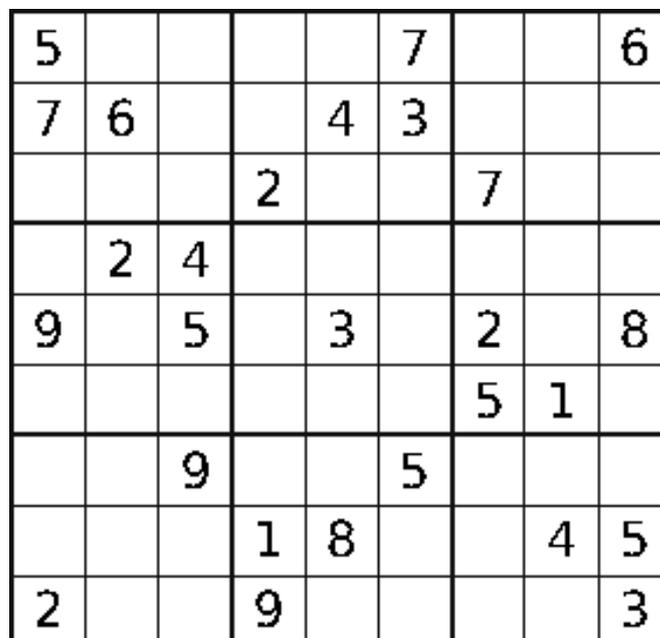
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BRAIN FOOD

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



Vibe Quick Crossword 72



Vibe Sudoku 72 Each row, column and sub-box must have the numbers 1-9 occurring just once.

Across

- 1 Carefully(10)
- 7 Equitable(8)
- 8 Crate(4)
- 9 Slim(4)
- 10 Eroding(7)
- 12 Inundating(11)
- 14 Scared(7)
- 16 Throb(4)
- 19 Bright(4)
- 20 Explosion(8)
- 21 Many times(10)

Down

- 1 Skill(5)
- 2 Dissimilar(7)
- 3 Scratch(4)
- 4 Unlikely winner(8)
- 5 Fortuitous(5)
- 6 Christmas drink(6)
- 11 Exuberant(8)
- 12 Unlocked(6)
- 13 Provoked(7)
- 15 Scope(5)
- 17 Black(5)
- 18 Tie(4)

SHOWER THOUGHT Who decided that vanilla should be the default ice cream flavour?

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 72

- 1 Who stars in the lead role in the recent film *The Revenant*?
- 2 How many humps does a dromedary camel have?
- 3 Which candidate running for US congress has the craziest hair?
- 4 Who won the 2015 Australian Tennis Open in Men's Singles?
- 5 Which American owned retail hardware chain is about to close down its Australian stores?
- 6 Which Australian Prime Minister is the swimming pool in Malvern named after?
- 7 In Homer's *The Odyssey*, from which Greek island did Ulysses set out from?
- 8 Who is *Peter Parker* better known as?
- 9 What is the capital of Vietnam?
- 10 In *Seinfeld*, what kind of "refreshing" candy finds its way into a human body?

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 1.30pm, St Phillip's Church Hall, Cowes. A friendly group



Phillip Island

BARBER SHOP

Mens & Ladies Cuts

Hair products and accessories

Call Peter 0439 388 887



4SHORE SK8 PARK CLUB

MEMBERSHIP FORMS ARE AVAILABLE AT

ISLAND SURFBOARDS IN COWES.

GET ON BOARD!

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 San Remo & Newhaven Bass Coast Health 2nd Tues/month, 4th Tues/month San Remo Hotel, 6.30pm. Contact Lois Balka 0413243159, 59566209 or Michael Newton 59567950.

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.

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

Community Clubs & Groups (Continued from p13)

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.

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.

Friends of Scenic Estate Reserve (FOSER) assists Council and the Nature Parks in managing the new Reserve. New volunteers most welcome. Contact John Eddy at cgrayden@waterfront.net.au or via PICS Facebook page.

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

Phillip Island & District Historical Society Thurs & Sat 10am -12 noon. More info: Christine Grayden 59568501 or 0400900612.

Island Primary Produce



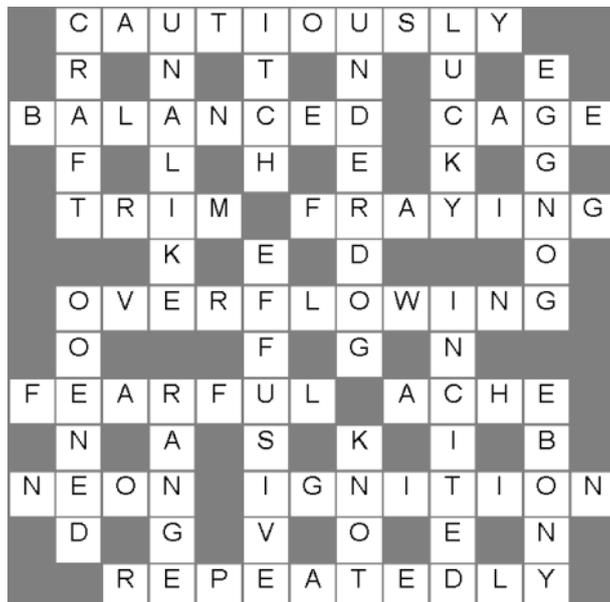
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Saturday 8am-3pm
Closed Sundays & Mondays



Vibe Crossword Solution 72

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

Vibe Sudoku Solution 72

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.

You can also read current and back issues at: www.phillipislandvibe.com.au and you can even like us on Facebook.

Quiz Solution 72

1 Leonardo Dicaprio 2 One 3 Donald Trump 4 Novak Djokovic 5 Masters 6 Harold Holt 7 Ithaca 8 Spider Man 9 Ho Chi Minh City 10 Junior Mint

If you want to contact us about The Philip 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. You can even like us on Facebook.



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