

Phillip Island Vibe

phillipislandvibe@outlook.com Phone 0407266271 www.phillipislandvibe.com.au

ISSUE 89, JUNE 2017



Aerial image of Cape Woolamai by Renee de Bondt @Uearthed Designs

Welcome to the June edition of the Phillip Island Vibe

This issue we welcome two new regular editorial contributors. Freedom Organics of San Remo will provide a regular Food for Thought column and Craig Edmonds from Jim's Bait and Tackle in San Remo will provide the latest in angling news. Regular contributor Leon has commenced his new Out of Africa mini series featuring fun and interesting animals of Africa.

On pages 12 and 13 the heating feature provides some super ideas for keeping warm this winter.

Check out the new menu at the Trumpet Bar on page 3 and let us know if your community club or group would like to be listed in our monthly Community Listings that appear on pages 16 and 17.

There's lots of activities happening locally over the long weekend— check inside for details. Enjoy.

Happy Homes & Gifts
\$\$ QUALITY \$\$
DISCOUNT STORE

★ **BIGGEST RANGE OF** ★
HOMEWARES & HOLIDAY NEEDS!

At Woolworths Shopping Centre
Thompson Ave, Cowes

Front Cover image by local photographer
 Renee de Bondt @UearthedDesigns



All photos available as prints
 10% off when you mention this ad ~ valid til July '17

Follow me on Facebook & Instagram
 www.uneeartheddesigns.com.au



IT'S THE BEST TIME TO BUY

Up To \$400 Cash Back

FUJITSU HEATING AND COOLING
SEE IN STORE FOR DETAILS

SHORELEC

10/95 MARINE PDE SAN REMO 03567 85361

**Coastal Refrigeration
& Airconditioning**

Rick North

**Commerical & Domestic
Service, Installation,
Maintenance & Sales**

DAIKIN

Ph: 03 5678 5190

Factory 1, 60 Genista St, San Remo
 coastalrefrigandaircon@bigpond.com

JAK
 CONCRETE &
 EXCAVATION

- Excavator and tipper hire
- Concreting
- Retaining walls
- Driveways
- Landscaping

Specialising in exposed aggregate
 featuring glow stones in a
 range of products

Call us today for your free measure and quote
 0423 647805 www.jakconcreteandexcavation.com.au

A New Era for VCE at Newhaven



Applications for a special Senior General Excellence Scholarship are now open for students entering Years 10, 11 and 12 in 2018 at Newhaven College.

The scholarship is being offered in 2018 to celebrate a new era for senior Newhaven students with the opening of the Senior Learning Centre and Art, Science and Technology Wing at the Phillip Island Road Campus.

General Excellence Scholarships are awarded to students who are able to demonstrate outstanding abilities across a broad range of areas including academic, sporting, performing arts, leadership and community involvement. Application forms are available at www.newhavencol.vic.edu.au/enrolments/scholarships and will be accepted until 30 August 2017.

Year 10 - 12 2018 Information Evenings

To discover what Newhaven College has to offer your child, you are invited to attend our 2018 Information Evenings, both of which will be in the Auditorium of the Boys Home Road Campus in Malcliff Road, Newhaven.

- **VCE 2018 - 7.00pm, Tuesday 20 June**
- **Year 10 2018 - 7.00pm, Wednesday 26 July**

Topics of discussion at the VCE evening will include:

- Subject options
- Pathways
- Structure of the VCE
- Optimising your VCE
- VET options
- Specialist advice
- Year 12 student presenters
- New Year 10 - 12 buildings and facilities

Year 9 - 12 College students participate in Newhaven's own Careers Expo which will have over 30 organisations presenting in June this year.

The College's biannual European Art History tour is also open to students in Years 10 -12 in 2018.

For enrolment enquiries, contact Belinda Manning on 5956 7505 or visit www.newhavencol.vic.edu.au.

Senior General Excellence Scholarship

Years 10 - 12 in 2018



1770 Phillip Island Rd,
Phillip Island, 3923
5956 7505

www.newhavencol.vic.edu.au



NEW MENU LAUNCH

The Trumpet Bar in Cowes has been the islands premier live music venue from its beginnings since Island born and raised Andrew Kalis opened the doors in January last year. It has grown into the “place to be” that welcomes people from all walks of life to come in and enjoy professional cocktails, a quality food menu perfect for lunch or dinner and an array of local and non-local musicians that never fail to create a fun and vibrant atmosphere.

The 1st of June sees the launch of their new food menu designed specifically for the colder months on the island by Trumpet Bars 2 passionate chefs, Head Chef Nathan Coote (24) and Second Chef Callum Loughran. We caught up with the Head Chef to find out a little about him and take a sneak peak into his new creations.

Do you have any nicknames?

Nathan: Buttons because I once wore wrong coloured buttons on my chef jacket and it's stuck ever since

How long have you been cooking professionally?

N: Since 2011

How long have you been working at Trumpet?

N: 4 fantastic months

Where were you before here?:

N: A gastronomic pub in Bendigo

What brought you to Phillip Island?

N: My girlfriend and I fancied a sea change and wanted to venture out from our hometown of Bendigo

How are you finding the Island life?

N: Weird. Different change of pace. In summer when I arrived it was chaos and all of a sudden everybody's gone and the town is a Ghost town

What's your favourite part about the island?

N: Fishing off the pier in Cowes late at night

How do you spend your time off?

N: When not doing work at home I try to relax by fishing, playing video games and spending time with my girlfriend

How are you feeling about the new menu at Trumpet?

N: Nervous yet excited and looking forward to the challenge

Any insights into any inspirations you may have had in creating it?

N: I've put my own little twists on meals that I've seen from all over the place but wanted a menu perfect for the current season. My main focus is to create a menu that will be consistent.



3/16 The Esplanade, Cowes

Thurs & Fri 3-11pm

Sat-Mon 12-11pm

Bookings are recommended

5952 5770

What's your favourite thing to cook on the new menu?

N: Scotch fillet Steak

What's your favourite thing to eat on the new menu?

N: Trumpet Burger

What do you eat at home?

N: Whatever the missus has cooked and left for leftovers haha. Normally after a hard days work I'll 'cook' a massive frozen pizza

If you were a dessert, what would it be and why?

N: Chocolate Mousse. Its soft, gooey and fluffy but rich in character and strength.

Where do you see yourself in 5 years?

N: Alive, hopefully. Maybe out of the kitchen and trying my hand at bartending

Favourite quote:

N: Insanity is doing the same thing over and over again and expecting different results

The passion in this young man is inspiring and I for one can't wait to get down there from the 1st of June and check it out. I may have a couple cocktails and a bit of a boogie after dinner.



Phillip Island Historical News

Christmas Day 1878, through the kindness of Mrs. West, who seemed to take a pleasure in making my humble self enjoy my week's outing to the utmost. I was driven (by jinker) with friends, to the Nobbies, situated at the extreme end of the Island.

To a stranger, the scenery was extremely grand and impressive. The high rock can be approached at low water and most visitors make it a point to gain a footing on it, whilst about a mile further out lie the Seal Rocks, occupied by one or two men who endeavour to make a very precarious living by catching seals.



Luncheon on Cape Grant

Rambling along the shore for a couple of hours and as in days of youth, gathering shells of every variety with which the beach abounds, partaking of a jolly lunch amidst beautiful scenery, my companions and I shortly after set out on our return journey to Cowes, where, it having been ascertained that one of the party had lost his field glass. Mr. Solomon West rode back about five miles. Having found the field glass, a most unfortunate, but happily not fatal accident, occurred to him. When in the act of remounting his horse, and before being firmly seated in his saddle, his horse bolted with him and drew him under an overhanging branch of a tree, tearing his beard out by the roots, skinning his chin, disfiguring his face, drawing him out of his saddle, and leaving him stunned and senseless on the ground for about three hours. His riderless horse arriving at home aroused no suspicion of any calamity having taken place, he being noted as a splendid rider. He was left to walk his weary way home to Cowes, where he arrived about midnight and had his wounds attended to by his numerous commiserating friends.

Before leaving the Island, the owner of the fated field glass presented it to Mr. Solomon West as a memento of what might have been a fatal ending to a very pleasurable day's excursion. By NEMO.





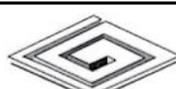
Ultimate Painting Projects

Domestic & Commercial
Interior & Exterior

Quality Finishes

FREE QUOTES / PENSIONER DISCOUNT

Jeremy Qualified Tradesman 0434 082 230



Interiors unlimited
INTERIOR DECORATING

With more than 30 year's
experience in the Industry, we
look after your property as if
it's our own.

- Expert advice on window furnishings from an Interior Designer
- Top quality blinds, curtains, wall art, rugs, cushions & accessories

Contact Lesley Hughes for an appointment:
M: 0419 006 062 E: interiorsunlimited@iprimus.com.au
www.interiorsunlimited.com.au



What's Cooking?

Simple, delicious recipes.
No experience necessary.

HANNAH TEMPLETON'S BEST EVER PANCAKES

WHAT YOU NEED:

- 1 1/2 cups self raising flour
3/4 teaspoon bicarbonate of soda
3 tablespoons sugar
1 teaspoon white vinegar
- 2 eggs
1 cup milk

WHAT YOU DO:

Combine all ingredients in a bowl and beat well. It is best to leave the mixture stand for about 30 minutes and this is the key to light and fluffy pancakes.

Lightly grease frying pan with butter. Pour mixture into pan to the size you want your pancakes. When bubbles start to appear turn pancakes and cook until golden brown on the other side. Enjoy as a breakfast treat or a delicious dessert. Serve with maple syrup, ice-cream, fresh fruit, jam and cream or lemon and sugar.

If you have a signature dish or a favourite family recipe you would like to share with our readers, just email us at phillipislandvibe@outlook.com and we would love to publish it in an upcoming issue.



Cambridge[™]

Weight Plan

Real people, real support, real results.

Local Personal
**WEIGHT LOSS
CONSULTANT**
-Tracey Smythe-
'in your corner, just for you'

Call for a **FREE** consultation
0427 664 862

for more info about Cambridge's
meal replacement program go to

www.cambridgeweightplan.com.au

Winter Whale Watching is back!

Phillip Island

June - August



1300 763 739

www.wildlifecoastcruises.com.au

Wildlifecoast
CRUISES

Security Doors & Fly Screens

The Island's Best Quality at the Lowest Price, Guaranteed...
- Custom Made & Locally Repaired -

LOCKSMITH - 5952 5552

"Proudly Securing the Island Community Since 1996"

www.phillipislandonline.com



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



Cowes Indian Restaurant

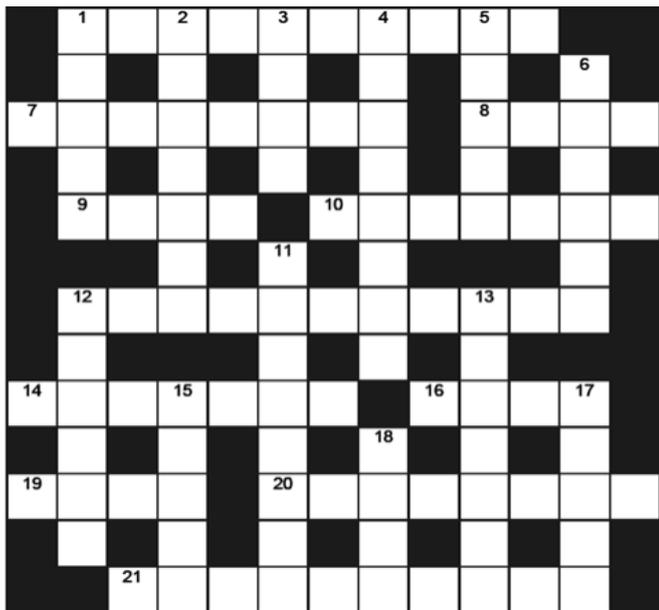
3/134-138 Thompson Ave, Cowes

Ph: (03) 5952 3896

www.cowesindian.com.au
info@cowesindian.com.au

Brain Food

Find all the answers & solutions to Puzzles & Quizzes on page 10 (No peeking!)



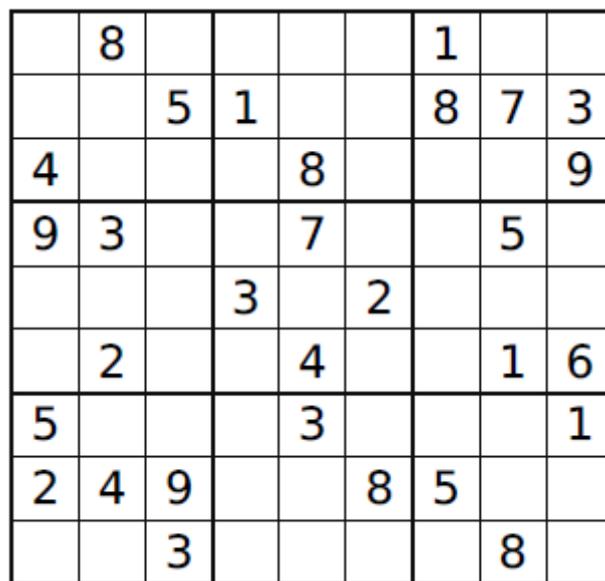
Vibe Quick Crossword 89

Across

- 1 A dance (10)
- 7 Bones (8)
- 8 Black (Fr.) (4)
- 9 Catches (4)
- 10 Forever (7)
- 12 Confidently (11)
- 14 Bragged (7)
- 16 Dry (4)
- 19 Latch (4)
- 20 Smallest (8)
- 21 Symbols representing a company (10)

Down

- 1 Used for exchange of goods (5)
- 2 Identifies with (7)
- 3 Short message (4)
- 4 Genius with crazy hair (8)
- 5 Recluse (5)
- 6 Theft (6)
- 11 Apprehended (8)
- 12 About (6)
- 13 Sooner (7)
- 15 Solemn (5)
- 17 Writing tables (5)
- 18 Ray (4)



Vibe Sudoku 89 Each row, column and sub-box must have the numbers 1-9 occurring just once.

WHO AM I?

I was born on the 26th of July 1939.
 I was the fourth son.
 My parents got married in 1925.
 I grew up in Sydney.
 I suffered from hearing impairment in my youth.
 I attended a publicly funded state school.
 In my final year of school I took part in a radio show hosted by Jack Davey.
 I married a Liberal Party member in 1971.
 I joined the Liberal Party in 1957.
 I acted as a campaign manager in the 1963 federal election.
 In the 1974 federal election, I was successfully contested the Sydney suburban seat of Bennelong.
 I became Prime minister at the age of 56.
 I ended a record 13 year of Coalition opposition.
 I championed significant new restrictions on gun ownership following the Port Arthur massacre.
 I met George W Bush days before the September 11 terrorist attack.
 In January 2008, I signed with a prominent speaking agency called the Washington Speakers Bureau.
 I was nominated as a candidate for president of the international Cricket Council.
 My autobiography is called Lazarus Rising: A Personal & Political Autobiography.
 I am the 25th Prime Minister of Australia.
 I was the second longest serving Australian Prime Minister after Sir Robert Menzies.
 My first name begins with J.
 My second name begins with H.

WHO AM I?

1 Who is often referred to as “the father of scuba diving”? 2 What animal has the fastest metabolism? 3 Who was the Spanish surrealist painter best known for his work “The Persistence of Memory”? 4 Who played the fictional anti hero Deadpool in the 2016 movie? 5 What 3 countries do not use the metric system? 6 Who wrote the 1936 novel “Gone with the Wind”? 7 What year was facebook founded? 8 What are the ingredients in a Harvey Wallbanger cocktail? 9 What country has the longest land border? 10 What was the name of Taylor Swift’s first album? 11 What team won the 2016 Super Bowl? 12 What does the acronym DNA stand for?





A classic whodunnit mystery from our esteemed off-shore crime writer, Leon Herbert

“Where have you been?” Inspector Flint stepped around the burned and mangled debris of what had been the rear wall of the Cowes recently expanded bus terminal. “I thought you must be sick.”

Flint was secretly dependent on Leroy’s habit of showing up uninvited at crime scenes. He certainly wasn’t used to waiting three hours for the eccentric sleuth to make an appearance.

“Sorry, old man.” Leroy sniffled. “I haven’t been myself. Spring allergies. The excitement of the Caulfield Horse races and the sad death of the favourite on whom I had bet and lost five dollars- all a bit much.” Flint was not in the mood to be sympathetic -the tragedy that unfolded of the recent terrorist bomb blast and massacre at the Manchester Arena in England had dampened his mood even more.

Flint pointed to a four-man squad arranging charred bits of metal on a white sheet. “Come now, Leroy, pull yourself together. The bomb was in a locker. It went off at 3 pm. There were a few injuries, but nothing serious. The mechanism was an old wind-up clock wired to two sticks of dynamite. It was triggered by the alarm mechanism hitting the ‘3’.”

“Do you have a motive?”

“Not a clue. My guess is he did it for the thrill, like some sick arsonist or some religious fanatic.

“Let’s hope we catch him before he tries again.” Leroy glanced around the terminal. “Did anyone see who used the locker?”

“I got in touch with the night clerk.” Flint waved over a slight, sleepy-looking man. “Mr Smith, tell my associate what you saw.”

“Certainly.” Percival Smith adjusted his thick eyeglasses and cleared his throat. “Last night as I was coming in to work, around 2 am, I saw this cabdriver parking out front. He walked in with a red travel bag and put it in that locker.”

Flint waved again and two more men crossed to join them. “We checked with the cab companies. Only two taxis were in the area around 2 am. Unfortunately, Mr. Smith can’t identify the driver.”

“I remember the red bag,” Smith apologised, “but not the guy’s face.”

The first driver was a tall, fair-haired lad, barely out of high school and a member of the local footy team.

“I’ve been driving for about a month,” he explained. “I picked up a passenger at Cranbourne and dropped her off at the motel on the corner. That was around two. Then I filled up at the gas station up the road on Thompson’s and ended my shift. If this guy says I came in here, he’s lying. I haven’t been in a bus station in years.”

The second driver was around the same height but middle-aged and with a pronounced gut hanging over his belt. “I dropped off a fare in front of the terminal,” he told them. “My fare said he’d left his car in the parking lot earlier in the day and had to pick it up. That was a few minutes after two.

“Then my dispatcher sent me to a nearby bar to pick up a drunk. No one was there. A man waved me down and I took him to an all-night diner further up the street. It’s all in my log book if you don’t believe me.”

One of the members of the bomb squad was standing by, waiting for a chance to speak. “Excuse me, Inspector,” he said. “The container was a red bag, just like the witness said. A red leather satchel.”

“Thanks,” Flint said, then turned to Leroy and shrugged. “Not much to go on, huh?” Looks like we lost the culprit, which is a lot more serious than your five dollars.”

“Not so quick my friend. We have just enough to give us the bomber,” Leroy purred. “I can’t tell you why he did it, but I can certainly tell you who.”

WELL READERS OF THE VIBE-WHO BOMBED THE BUS STATION?

WHAT FACT FOR LEROY WAS THE PRINCIPAL CLUE . TURN TO PAGE 18 TO FIND OUT



**THE ISLAND
STORY
GATHERERS INC**

**LITERARY FESTIVAL OF
PHILLIP ISLAND**

EVERYONE HAS A STORY

Commencing on Friday June 9th at 6pm with opening proceedings conducted by keynote speaker Andrew Denton. Concluding on Sunday June 11th

Featuring readers, writers, poets, musicians and artists including Nova Peris OAM, Kutcha Edwards, Brian Dawe and many local presenters and entertainers

CULTURAL CENTRE, 91 THOMPSON AVENUE, COWES

Tickets can be purchased online at islandstorygatherers.com or from the Cultural Centre, Cowes from Friday PM, June 9th
Children under 14 free

FULL PROGRAM NOW AVAILABLE ONLINE

sanremo district tourism & business Phillip Island Visitor & Events Production

San Remo & Phillip Island Winter Arts Trail

Sat 10 to Sun 18 June 2017

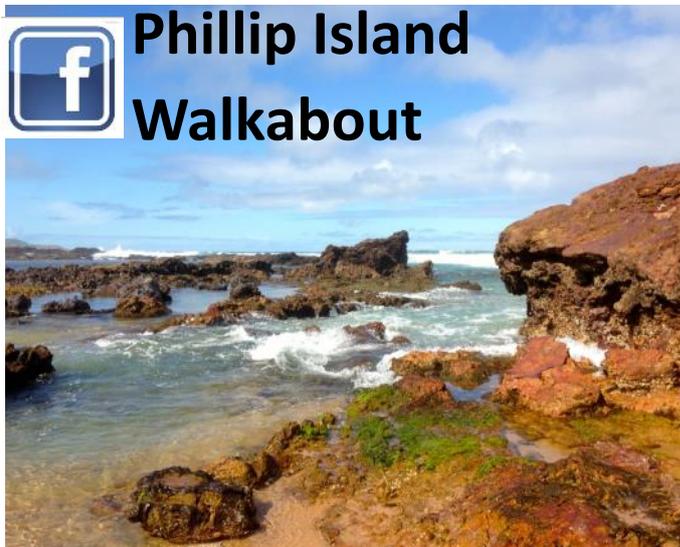
WIN "PINK LIPS" by taking the trail!

Pick up a copy of the map and entry form at Cowes or Newhaven Visitor Info Centres

Major Sponsor: Langford Jones Homes

www.visitphillipisland.com

Supporting Sponsors: philippisland, RSL Phillip Island, ARTISTS SOCIETY OF PHILLIP ISLAND, PHILLIP ISLAND, BASS COAST



Phillip Island Walkabout

This issue we are exploring Surf Beach and Forrest Caves. Forrest Caves to Sunderland Bay has a choice of car parks dotted all long the cliff tops of the coastline, allowing you to decide how far you would like to walk.

These walks are best enjoyed at low tide times, so check before you head out to this part of the Island.

Forrest Caves is just before the Surf Beach estate on the left. The walk over the sand dune is challenging but manageable. Head left for about 400 mtrs when you get to the beach. This is the shortest access to Forrest Caves and takes about 45 minutes return plus the time you spend exploring.

At low tide you have access to the cave and can scout around the cove and climb the rocks at the point there. A stunning landscape of rock formations and tumultuous ocean beating at the shoreline,

this coastline is a visual pleasure. After certain tides all sorts of treasures can be washed up on the beach. On this walk recently the entire beach, for a couple of kilometres was glittering with washed up pink seaweed. Such a treat!

I like to start this walk, tides allowing, at Sunderland Bay making it a five kilometre round trip to Forrest Caves. I start at half tide heading out, so that I get to Forrest Caves at low tide mark and have time to return before the tide comes back in and cuts off half the walk. But because there are a few car parks along the cliff tops you can start anywhere that suits you and the time you have available. From the car parks there is easy access to the beach via boardwalks and steps, some easier to negotiate than the Forrest Cave sand dune, and may be an easier option if you have knee/hip problems.

Be careful of sand build up on the soles of your shoes, as there are many rocky/pebbly areas to negotiate and slipping on them can be rather painful, this I know from experience.

Many photo opportunities are provided with a variety of little nooks to sit in, including the cave and the rolling ocean. Be prepared for windy conditions. Don't forget your water. Choose the length of walk that suits you and enjoy this vibrant part of Phillip Island

ANTIQUES FAIR AT

national vietnam veterans museum

SUNDAY 11 JUNE. 10AM - 4PM

BRING YOUR TREASURES!

NO NEED TO BOOK...

HAVE YOUR ITEMS ASSESSED BY A PROFESSIONAL

SPECIALIST ADVICE ON ALL GENERAL ANTIQUES

Standard admission fees

25 Veterans Drive, Newhaven
Phillip Island (behind the helipad)
CALL 03 5956 6400 for more information

www.vietnamvetsmuseum.org
National/VietnamVetsMuseum
@nvvmuseum



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.

Stop, Drop and Rock 'n' Roll

Rock series part 3

Double stops and double stop bends are an essential skill for any rock guitarist.

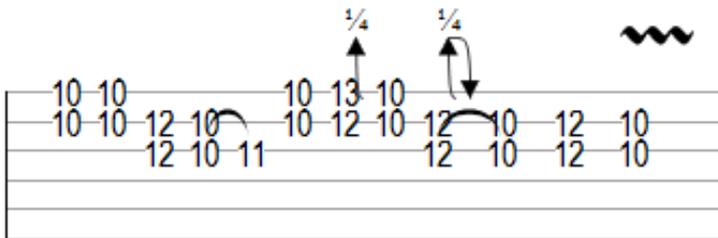
They really put more grunt into phrasing and pay homage to the rock n roll greats of the 50's.

They are favoured by all sorts of rock guitar greats, here are just a few to listen out for:

Jimmy Page, Jimi Hendrix, Slash, Angus Young, Michael Schenker, Ace Frehley, Eddie

Van Halen and so many others.

Add more stank to your phrasing with this Slash style double stop lick in the key of D.



Copyright © 2017 Phillip Island Vibe

This work is copyright. Apart from any use permitted under the Copyright Act 1968, no part may be reproduced by any process, nor may any other exclusive right be exercised, without the permission of Phillip Island Vibe, PO Box 239, Cowes. Vic 3922. phillipislandvibe@outlook.com. ABN: 609444475

**Open until 6pm
Tues - Fri**

PADDOCK TO PLATE
Wholesale & Retail Butchery

Ted & Chris Walsh
511 Ventnor Rd, Ventnor
Ph: 5956 8107

Phone Orders Taken
Eftpos Available

Opening Hours:
Tuesday - Friday 8am-6pm
Saturday 8am-3pm
Closed Sundays & Mondays

KRISTOS

SOUVLAKI BURGERS CHIPS ROASTS

THE HEALTHIER CHOICE...

**TENDER BBQ CHICKENS, LAMB
PORK & BEEF @ KRISTOS**

- Souvlaki • Greek Packs • Roasts • Burgers • Wraps
- Kids & Family Packs • Schnitzels • Fish n Chips • Kids Menu
- Home Cooked Vegies & Fresh Salads

Shop 5/15 The Esplanade Cowes
Open 7 days / Phone Orders Welcome **T: (03) 5952 3355**

*Eat in or
takeaway*
EFTPOS
AVAILABLE

Cleaning Services

bringing your home to life

Call Mel on M: 0421 715 945
E: pulsepropertymaintenance@y7mail.com

- Exit Cleans • Spring Cleans
- Permanent Homes • Rental Properties • Linen
- Businesses • Offices • Caretaking Duties

ISLAND ELECTRICAL MAINTENANCE

Can't get an electrician to do all of those small jobs around your home or rental?

For prompt & reliable service
Call Dave on 0409 435 207

R.E.C. 20993



If you have kids into fishing, regardless of age, or maybe you want to get into fishing as a family, That's The Thing About Fishing and Corinella Angling Club are holding a Kids and Family Fishing Day on the San Remo jetty on Sunday June the 11th . Fishing starts 9.30am and concludes at 12.30pm with a BBQ at the end. Entry is free and a gold coin donation for the BBQ. Rods, tackle and bait will be provided.

Despite a few days reminding us winter is here, the late part of Autumn has been excellent weather, even on weekends. This has reflected in the reports with some quality fish being caught from both the land and the boats. This time of the year you shouldn't expect quantity of fish but you can expect to catch quality fish. The fish caught this time of the year are normally much heavier than average for their size which makes for a much tastier fillet. Customers often ask me what should I expect to catch this time of the year and the answer is simple, everything.

Offshore there have been some excellent days over the last month or so and plenty of flatty tails for the dinner plate. The best spot has been close to the eastern entrance between the cape and punch bowl in 40m of water or less. Some reports have come back from as shallow as 15m just outside the entrance. Best baits have been squid and pilchard with some using small soft plastics as a bait. Plenty of Couta offshore still although not as many as there was a couple of months ago when they were so thick you couldn't even get a bait down to try for Flathead. They are much bigger in size now as well with some good size silver whiting reported from around the 30m mark.

The whiting have been very inconsistent in numbers over the last month but still excellent in quality and with a little persistence most have gone home with a feed. Below the bridge in cCeeland Bight, if the couta aren't there the normal spots near the sand hill have been the best. Moving around has been the key to getting better numbers from the reports with some customers telling me they caught a couple at Tortoise Head then a few more around the Dickies Bay area and a couple in Cleeland Bight. The best of the reports came from those fishing off Cowes around the yacht club and down towards Ventnor.

Salmon reports have increased considerably over the last month but I don't think it's due to more fish rather than

fishermen. We seem to have a lot more people standing on the beaches now that may boats have been packed up for the winter. The best size salmon have come from Kilcunda, when the weed allows you to fish there and the best numbers from the beaches at Woolamai. Bluebait pieces are the best bait and those catching the bigger fish have been using ganged hooks and whole pilchards. Lures have also been working on both beaches successfully and is a great way to keep warm and get a bit of winter exercise.

Puzzle Solutions

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

Vibe Crossword Solution 89

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

Vibe Sudoku Solution 89

Quiz Solution 89 1. Jacques Cousteau 2. Hummingbird 3. Salvador Dali 4. Ryan Reynolds 5. Liberia, Myanmar and The United States 6. Margaret Mitchell 7. 2004 8. Vodka, Galliano and orange juice 9. China with a land border of 22,117 klm 10. Taylor Swift 11. Denver Broncos 12. Deoxyribonucleic acid
WHO AM I ANSWER : John Howard



One dubious advantage of being an Aardvark is that you are always at the top of any alphabetical list, which is strangely appropriate for an animal that is one of a kind, the sole member of the obscure mammalian order Tubulidenrara. They are a fossil species but that's not something they would give a box of ants about. When you can dig a hole 1.5 metres deep in about sixty seconds you don't need to be called a mammalian antique.

Magicians of the Hausa people in Nigeria hold the Aardvark's ability to vanish into the ground in such high esteem that they make and sell charms out of bits of it- ground- up skin, heart and nails. The Aardvark would probably prefer to be less admired.

The charm is worn around the neck and gives the wearer the ability to walk through walls. Gullible burglars are probably the best customers!

The animal's physical appearance is bizarre enough to tax even the finest descriptive talents. It looks as though it's made of leftovers. In English it's known as an ant bear, even though there's nothing remotely bearish about it, while in Afrikaans the name 'aardvark' means 'earth pig', and this animal does indeed have some piggy features, including a piggy snout and relatively hairless pale skin, which is usually stained reddish - pink with dust.

But there the resemblance ends. It's somewhat like a giant rat with heavy duty claws and a long pointy snout and a fully retractable sticky tongue, perhaps its most endearing feature, capable, some claim, of enabling the Aardvark to consume 50 000 termites in a single night. How such an exact and methodical count was ever achieved is a moot point.

The furious stinging and biting counterattacks mounted by ants and termites are rendered irrelevant by the Aardvark's thick skin.

It is out and about only after dark, and, as there are no mirrors underground, is probably not too fussed about the fact that it's no raving beauty.

Though you might live your life in Africa without laying eyes on one, Aardvark's are relatively ubiquitous south of the Sahara, making a nocturnal living wherever there are ants and termites and earth to burrow into. Since you might be curious, they are solitary beasts and pair only during the breeding season.

They are the realtors of the bush, passing on second hand but highly desirable subterranean homes to a variety of other animals, including wild dogs and warthogs. The main burrow can be extensive, relatively capacious and have several entrances. Like any sensible homeowner, the Aardvark makes continual modifications and improvements.

Apart from Hausa magicians and other African people's who hunt them for the pot, their main worries are lions, leopards and wild dogs. When confronted they often run in a confusing zig zag course, not having time to dig, hoping their pursuer will get dizzy and give up, and if all else fails fight back with their claws, but given the superior arsenal and lethal efficiency of their principal predators, that's usually not enough.

In our next bedside story about our African zoological curiosities, look out for the letter B as in honeybees!!



Community Markets

Churchill Island Farmers' Market 4th Sat of month
8am-1pm. 246 Samuel Amess Dr, Churchill Island.

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.

Phillip Island Lions Club Steptoe's Emporium Bric a
brac, 2nd hand furniture. Sat/Sun, 10am-1pm,
59522140.

Coal Creek Farmers Market 2nd Sat or each month,
8am-12.30pm, Coal Creek Community Park **Grantville
Market** 4th Sunday of month, 8am-2pm, Grantville
Recreation Reserve

Inverloch Community Farmers Market

Last Sunday of month, 8am-1pm, 'The Glade'.

Inverloch Farmers Market 3rd Sunday of month,
8am-1pm, 'The Glade'.

Kongwak Market Every Sunday, 10am-3pm.



Home Heating Feature

Why use a chimney sweep?

It is a great idea to have your chimney inspected regularly by a professional chimney sweep, especially if you haven't used it for an extended time.

A chimney sweep can remove layers of creosote from the chimney surface resulting in a more efficient, hot burning fire.

A sweep clean also reduces the risk of a chimney fire by removing the tar build up. A Professional will also check for venting problems and advise about the condition of your chimney.

Chimney soot and creosote is inevitable and will be formed due to the use of a fireplace. So, to avoid it, the only choice is to get your chimney cleaned.



Island Flue Cleaning

Keeping houses safe and warm since 1987

Richie and Daniel Laing
Owner/operator

0415 106443
5956 6888

PO Box 480, Cowes. 3922



NEW COWLS - SUPPLY AND FIT
WOOD HEATERS, CHIMNEYS & POT BELLYS

WINDOWS AND HEATING

Poorly designed windows, doors and skylights can make your home too hot or too cold. If designed correctly, they'll help maintain year-round comfort, reducing or even eliminating the need for artificial heating and cooling depending on your local climate conditions.

Heat transfer through the door or window itself, and draughts caused by gaps and cracks around doors, windows and skylights can both contribute to a high level of energy loss, severely reducing the effectiveness of heating and cooling. The impact on your comfort and costs can be considerable, for example:

Up to 40 per cent of your home's heating energy in winter can leak out through windows or skylights.

Up to 87 per cent of your home's heat gain in summer can be through windows and skylights.

Draughts caused by gaps and cracks around doors, windows and skylights can add up to 25 per cent to your heating and cooling bills.

There are plenty of options to help you ensure your windows, doors and skylights are doing their job but not adding to your energy bills—and in the case of sealing gaps and cracks, the remedies can be quite simple and low cost.

Most windows in Australia have a single pane of glass, but double glazing—or even triple glazing—can have significant energy saving benefits for reducing winter heat loss and summer heat gain. This is because they trap air between the panes acting as insulation and helping to make the temperature of the inside of the window as close as possible to the desired room temperature.

If you're building or renovating, you'll need to carefully consider the right type of glass and frames, size, location and shading of windows with your architect or builder to suit the climate and orientation of your home.

Installing window furnishings, such as awnings, pelmets, blinds and curtains, can increase the efficiency of your windows year round. It's important to talk to your local supplier to find out what furnishings are best for your home and environment.



FIREWOOD

Hard/soft wood mix \$100 per cubic metre - HARDWOOD only-\$200 per cubic metre

Plus delivery or pick up at 273 Church St, Cowes (opposite Achorbelle Holiday Park) 7.30-9am or 3-4.30pm weekdays or by appointment

0427 052173



Home Heating Feature

Tips for keeping warm this winter:

Insulate: It is the best way to keep the heat in winter in and in summer out. Average households with ceiling, wall and under floor insulation can save around \$450 per year on energy bills.

Seal up gaps and cracks: If you add up all the cracks and gaps in an average home, it would be the equivalent of having a 1 metre by 1.5 metre window open all the time. They can account for up to 15-20% of heat loss.

Seal windows and use curtains: That will not only help you to keep warm in winter, but cool in summer. Up to 40% of our heating energy can be lost and up to 87% of the heat in our homes is gained through the windows.

Look for possible draught culprits: Not only windows, but doors can be an issue. A simple door snake or a rolled up towel can really help, especially in older houses.

Cover the floor with rugs: They act as insulation between your feet and the cold, hard floor.

Avoid using exhaust fans.: Running a bathroom or kitchen exhaust fan for one hour can deplete your home of its warm air. Minimize their use by not using them or turning them off as soon as possible.



Michael Jackson from Jackson Electrical and Air Conditioning can help you with all your air conditioning and heating needs.

Reverse ceiling fans: Most models have a reverse switch. It turns the blades anti-clockwise and pushes the warm air from your heating system (warm air rises) back down.

Maintain your heaters: Get them serviced by a professional at least

"Reuse" oven heat. When you've finished in the oven, leave the door open to warm the kitchen further. t every two years to keep them running more efficiently.

Close up any room you don't use and turn off the heating there.

GRAEME CHAMBERS



**THE ISLAND CHIMNEY
SWEEP & GUTTER
CLEANER**

0490 754 777

KEEPING YOUR GUTTERS
FLOWING AND YOUR FIRES
BURNING THE RIGHT WAY
ON THE ISLAND!!

- CHIMNEY/FLUE & FIREBOX CLEAN \$80
- GUTTER CLEAN OR SOLAR PANEL CLEAN \$60
- COMBINE A CHIMNEY/FLUE & FIREBOX CLEAN WITH A GUTTER OR SOLAR CLEAN \$120

ALL WOOD HEATER MAINTENANCE:
DOOR & GLASS SEALS, COWLS & BRICKS

JACKSON ELECTRICAL & AIR CONDITIONING

- Reliable & fully insured
- Split system installers
- All types of electrical services
- Air conditioning sales and service

- TV Antenna & data
- Free quotes
- Hot water systems
- Ovens and cooktops

CALL MICHAEL 0427 633667

CAPE WOOLAMAI REC 17893 LIC. 48834






Around the Island this Month

KIDS AND FAMILY FISHING DAY

That's The Thing About Fishing and Corinella Angling Club will host a kids and family fishing day on Sunday June 11th at San Remo Pier. Sign up in the carpark first and fishing starts at 9.30am. Fishing concludes at 12.30pm followed by a BBQ with gold coin donation. Bait and fishing rods will be provided if needed. All children must be accompanied by an adult. Members of the Corinella Angling Club will be in attendance to lend a hand and offer a few tips. There will be three major prizes on offer including rods, reel and plastics and all children participating will receive a prize.

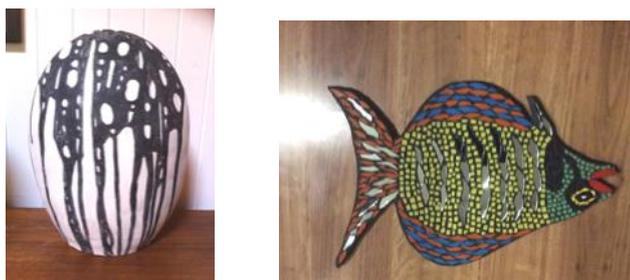
EXPLORE THE WINTER ARTS TRAIL

San Remo & Phillip Island Tourism & Business Association invite you to take up the challenge to explore the 2017 Winter Arts Trail commencing Saturday 10th June through until Sunday 18th June.

The Winter Arts Trail connects local businesses with local artists from across Bass Coast.

Scattered across the Island to San Remo are over 50 different artworks from oils, pastels and watercolour paintings through to sculpture in all types of media situated within local businesses.

By taking the trail, one lucky person could go home with a stunning mosaic from Heather Fahnle from Mosaics by the Bay – the piece is called Pink Lips and is valued at over \$500. To win this amazing sculpture, which is on show at the Langford Jones Homes display at Phillip Island Road, Surf Beach, a minimum of 10 businesses must be visited over the exhibition period in order to identify the displayed artwork. Write these details onto the entry form which is included in the Winter Arts Map and drop into either the Cowes or Newhaven Visitor Information Centre by 5pm Sunday 18th June.



Some of the artworks that can be seen on the Arts Trail

LITERARY FESTIVAL OF PHILLIP ISLAND

The first Literary Festival of Phillip Island will take place over the Queen's Birthday weekend June 9th - 11th, 2017. Featuring key note speakers Andrew Denton, Nova Peris OAM, Kutcha Edwards and Bryan Dawe, the festival will engage a range of story tellers including readers and writers, poets, musicians and artists, everyone with their own story to tell. The aim is to encourage discussion and creativity for all who love a good story.

The festival will be opened with a 'welcome to country', led by Steve Parker. It will provide the place and space for story, where you can hear the stories of others or learn to write your own. The event is anticipated to engage both readers and writers alike, and provide a place for listening deeply to one another.

Key note speaker, Andrew Denton, Leading Australian polymath, will open proceedings on Friday night sharing some of over 70 stories he heard while interviewing for his book "The Damage Done". The Damage Done is a collection of testimonies that describe the suffering across Australia caused by the absence of a law for voluntary euthanasia. Available as a free e-book at www.gogentleaustralia.org.au/auhe_damage_done.

Local presenters include Mike Cleeland, Carolyn Landon, Mary Whelan, Gregor Buchanan, Peter Dann, Sue Saliba, Patrice Mahoney, Safina Stewart, Dr. Stacie Davie and Dr. Andrew Lewandowski, Lucy Nuttall, Kylie Jones and the Bass Coast Pickers. Each will share their skills and stories that will both inspire and challenge your love of stories. Workshops will enable both new and established artists, writers and readers to develop their skills, and encourage you to find your medium and have a go at crafting your own story.

The festival will be based at the Cowes Cultural Centre, Thompson Avenue, Phillip Island. Starting on Friday night June 9 at 6pm with Andrew Denton and concluding lunchtime Sunday June 11th. The full program is available online.

Tickets are available now by visiting the website www.theislandgatherers.com.au or from the Cowes Cultural Centre from the afternoon of Friday June 9th. Children under 14 are free.

MAYORAL FUNDRAISING CONCERT

Bass Coast Shire Mayor, Cr Pamela Rothfield, is hosting a fundraising concert, Winter Vibes, on Friday June 18 at 7pm at Wonthaggi Union Community Centre.

Winter Vibes will raise funds for the new model of Bass Coast Health's valuable Hospital in the Home (HITH) program.

Tickets are \$35 per person which includes concert entry, a drink and nibbles. There will also be a charity auction on the night to help reach the \$15,000 target.

The concert will feature Australia's finest Bluegrass band the Davidson Brothers, supported by local talent, the Bass Coast Pickers.

Tickets can be purchased through trybooking: www.trybooking.com/283596

For more information or help with purchasing tickets contact Council on 1300 BCOAST (226278) OR 56712211.

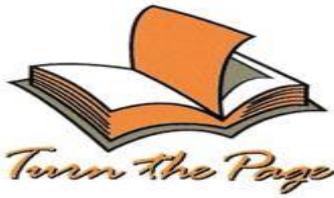
ANTIQUES FAIR

The National Vietnam Veterans Museum present the second Annual Antique Fair at the museum on Sunday June 11 from 10am-4pm.

Professionals will be on hand to appraise items that the public can take along that might include porcelain, artwork, jewellery, books, coins, medals and more.

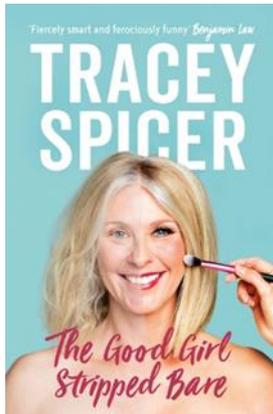
There is no need to book, just turn up with your special items and you might just be surprised at what they're worth. You can even have a cuppa and something to eat in the Nui Dat Café while you wait. Normal entry prices apply. Call the museum on 59566400 for more details or check out the website: www.vietnamvetmuseum.org

Book Reviews



By Turn The Page
Bookstore, 40A
Thompson

Avenue, Cowes.
Phone 59521444



“The Good Girl Stripped Bare” by
Tracey Spicer RRP \$29.99

Paperback

This is a no holds barred account from Tracey and you will be surprised by her total honesty, but you will also laugh out loud.

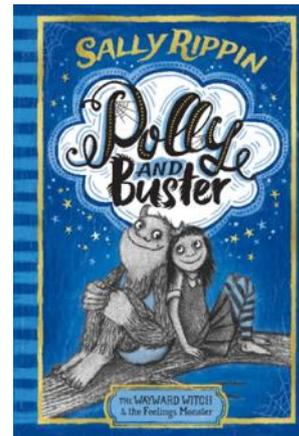
From bogan to boned and beyond – a full-frontal femoir Tracey Spicer was always the good girl. Inspired by Jana Wendt, this bogan from the Brisbane backwaters waded through the 'cruel and shallow money trench' of television to land a dream role: national news anchor for a commercial network. But the journalist found that, for women, TV was less about news and more about helmet hair, masses of makeup and fatuous fashion, in an era when bosses told you to 'stick your tits out', 'lose two inches off your arse', and 'quit before you're too long in the tooth'.

Still, Tracey plastered on a smile and did what she was told. But when she was sacked by email after having a baby, this good girl turned 'bad', taking legal action against the network for pregnancy discrimination.

In this frank and funny 'femoir' - part memoir, part manifesto - Tracey 'she constructs' the structural barriers facing women in the workplace and encourages us all to shake off the shackles of the good girl.

"Glow with the wisdom of a woman who has learned essential truths about love, life and happiness" - Caroline Overington

"Wickedly witty and wonderfully wise" - Wendy Harmer "Fiercely smart and ferociously funny" - Benjamin Law



“The Wayward Witch and the
Feelings Monster #1 Polly and
Buster” by Sally Rippon

RRP \$19.99

From one of Australia's best-selling female authors, Sally Rippin, comes Polly and Buster– a brand new junior fiction series about the magic of friendship. Whoever heard of a witch and a monster being friends? Everyone knows that witches don't mix with monsters. Witches are educated, clever and sophisticated. But monsters? Monsters are just uncouth. Some are even dangerous. But Polly the witch and Buster the feelings monster have been best friends forever. It's the sort of friendship that makes your heart squeeze with happiness. Somehow, they've managed to keep their friendship a secret. Until one day, when everything changes ... Sally Rippin is the author of over 50 books for young readers, including the best-selling Billie B Brown early reader series, and its recent spin-offs, A Billie B Mystery, Billie's Adventures and the Hey Jack! series. Her new series Polly and Buster is accompanied by her own enchanting illustrations and will delight those young readers looking for something new.

Weaving Classes

with Maree Evans

All classes on June 6 and June 20 at
PennyLane Cafe in Cowes.

CHILDREN'S CLASSES: From 4-5.30pm
All materials supplied. Suitable for ages
8-12. \$25

ADULTS CLASSES: From 12-3pm. Includes
afternoon tea. No experience needed.
All materials supplied. Only \$65. You will
not get this price elsewhere. Get some
friends together and enjoy a relaxing craft.

BOOK VIA EMAIL AT mareeevans08@gmail.com

COMMUNITY NOTICEBOARD

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

Red Cross, Phillip Island Branch meets every 2nd Thurs of month, 1.30pm, Uniting Church Hall, Chapel Street, Cowes. New Members welcome. Contact Ron Hateley 59522549 or Averil Roberts 59522602.

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

Phillip Island Bicycle Users Group Every Wed 10am starting at Amaze'n Things car park. Very social, speed is the slowest rider. Contact Ruth Scott 59566567 or Ron Hately 59522549.

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.

CONSCIOUS COURSES WITH PIP



Learn vital self-care skills,
Improve your intuition,
Connect with like-minded
people by joining a
Meditation class or Reiki course
and
Relax, De-stress, Re-energize
with nurturing one-on-one
therapies

Contact Pip for more details 0437 670 820

BJ's Mowing & Garden

FOR ALL YOUR LAWN AND GARDENING NEEDS

- Household lawns and larger
- Green waste removal
- Weed spraying
- Friendly prompt service
- Obligation free quotes
- Competitive rates
- Fully insured
- Servicing all areas from Grantville, Corinella and Coronet Bay to San Remo and Phillip Island

Call Brendan Dwyer 0414 463 395

Phillip Island Girl Guides Multi age group from 5 years, Thursdays 5-6.30pm. More info contact Sue Viney sviney@guidesvic.org.au

Phillip Island Senior Citizens Club Carpet bowls, cards, ballroom dancing, craft. Membership \$15 per year. Frid 12noon 3 course lunch \$15. Island Celebration Centre Hall for hire. 59522973 for more information.

Phillip Island World Vision Club 2nd Wed of each month 1.30pm, St Phillip's Church Hall, Cowes. A friendly group of people undertaking fundraising events around the Island to raise funds for sponsored projects around the world. New members 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: Bob Andrews 0437526757 or probus-sanremo@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 2nd & 4th Tues of month St Augustine's Church, Phillip Island Rd, San Remo, 6.30pm. Contact Secretary Andrew Page 0410 785081, 56780162 or sanremo.newhavenlions@gmail.com

Men's Shed meets at the rear of the RSL every Tues & Thurs mornings 9.30am-noon. Anyone most welcome to join us. Contact Terry Heffernan 0438808428 or 59526955.

Phillip Island TOWN Club Weight Loss Group Thurs 9-11.00am, Ryhll Hall. Joining fee \$48, weekly fee \$6. Nutritional eating, weigh in and group therapy. New members welcome. Contact Vincent Vale on 0414709066

Phillip Island Croquet Club new members welcome. Contact Ken 59568803 or David 0412485913 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 Liz Fincher, 59566400.

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: Kaye Cannin 59522097.

The Probus Club of Phillip Island Inc meet 4th Wed of each month, 10am, Anzac Room, Phillip Island RSL, New Members most welcome. For further info Chris Cannin 59522097 or Ash Rizvi

Euchre at the RSL Come and play Euchre every Thursday night at 7.30pm or come for a meal first at 6.00 pm with cards to follow. For more info contact Dorothy Young 59521532.

Phillip Island Camera Club meets 1st Mon of month, Heritage Centre meeting room, 1.30-4pm. Contact Sue Brereton 0408136717 or phillipislandccaspi@gmail.com

Country Women's Association, 1st Thurs month, CWA Shop, Thompson Ave, Cowes, 1pm. More info: Jan 59525177, Judy 59568480.

Phillip Island Swim Club must be competent in 3 out of 4 strokes 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.

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.

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

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

Phillip Island Squares (square dancing) Thursdays 7.30-10pm Bass Valley Community Hall, Bass School Rd, Bass, Contact Carol 59525875.

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

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

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

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

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.

Paul's Table Community Café meals, every Sunday and Wednesday 10am-2pm and Sundays only for gold coin donation breakfast 8.30am-10am. Bass Hall.

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. Ag group 60-

VIBE PRINTING

For all your
print jobs

BIG

or

SMALL

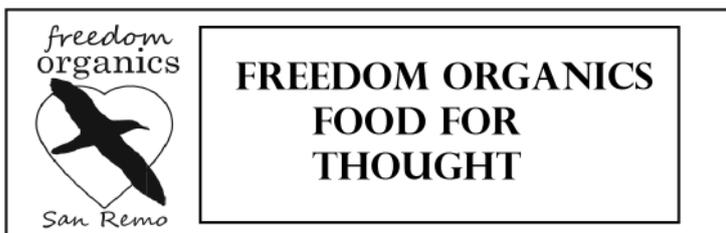
Super Speedy
Turnaround

Competitive
Rates

Great Service

Please send your
enquiries to:

phillipislandvibe@outlook.com
or call us on 0407 266271



With winter just around the corner it's time to embrace the islands elements, eat some good healing foods and snuggle into warm clothes. Make the most of the quiet time and enjoy walking our rugged coast lines and take time to observe the abundant wildlife.

Splitting wood, pruning, hot baths and hot soup will keep the cold season toasty.

Winter dries you out so remember to DRINK LOTS OF WATER

Winter Fridge & Freezer Audit – Make room for more soups and freshly opened preserves and pickles

Pantry Shopper – Go shopping in your own pantry! Toss what is out of date, what you don't like and what you don't recognise!. Make room for jars to fill with fresh dried goodies.

Plan a week of meals from some goodies remaining in your fridge, freezer and pantry – Use google or open a cookbook for inspiration to try something new.

Fermented Veggies are delicious and contain live, healthy bacteria that helps strengthen your immune system, helps heal your gut, aids in digestion, regulates the sugars contained naturally in the vegetables, and so much more. (you can easily make them yourself)

Try Dry brushing dry winter skin- it is an age-old process of brushing the skin with a natural brush to stimulate lymph flow, improve circulation, exfoliate skin, stop itching and help reduce cellulite.

4 Things To Support Your Immune System

1. Honey
2. Bone Broth / Vegan Broth
3. Eat a diet high in fruits, vegetables, nuts and whole grains and low in saturated fat.

ANIMAL TALES
 * PET SUPPLIES
 We welcome all animals great and small
 - bring your pet in for a pat and a chat

144 Thompson Ave, Cowes *
 E: animaltalescowes@gmail.com Ph: (03) 5952 5516

4. Healing Herbs added to your meals and blended into delicious warming teas. Echinacea, Ginseng, Garlic, Ginger, Turmeric, Gingko Biloba, Cat's claw

Also have your natural first aid kit stocked and ready which can include: Eucalyptus oil. Manuka Honey. Coconut oil, Lavender Oil. Tea Tree Oil and a Spritzer Bottle

Enjoying meals that support and boost the immune system can be a cost effective way to maintain health. Embracing and maintaining a healthy lifestyle, exercising your mind and body, sufficient rest, lots of water and a positive outlook in life does not have to cost the earth.

For healthy winter recipes and all your organic ingredients contact freedom organics San Remo.

www.freedomorganicsssanremo.com

Freedomorganicsssanremo@gmail.com



A range of natural herbs that are available at Freedom Organics at San Remo

WHO DUNNIT SOLUTION

The two cab drivers, the clerk and the bomb squad officer gasped in disbelief. Flint tried to look nonchalant. "I caught the clue too after further consideration, but Ill let you have the fun of telling them." "Thank", Leroy said playing along. If the bomber had picked a more complex bomb, it wouldn't have been that easy."

"You see, the alarm hand on the alarm on the wind-up clock is what sets off the explosives, right?"

"Correct,"

"So, let's say its 2am and I set the alarm for three. When will the bomb go off? At 3am- or 3 pm the next day/"

'At 3 am, of course, an hour later."

"Then how do you explain the bomb did not go off until thirteen hours after the witness saw it placed in the locker?" The bomb expert scratched his head. "I can't explain it."

"That's right, Leroy said. "There's no way to explain it, except to say the night clerk is lying. He planted the bomb himself – at some time after 3 am. I rest my case."



**HOLIDAY
HOUSE
& LAND**
\$369,900*
FIXED PRICE

Stop paying for accommodation!

The Cowes holiday home you have always dreamed of owning will never be more affordable.

Delta 21 | 🏠 4 | 🚿 2 | 🚗 2

INCLUDES

- 🕒 4 BED HOLIDAY HOME
- 🕒 HUGE RANGE OF INCLUSIONS
- 🕒 REVERSE CYCLE AIR-CON

Cowes Display Home
Whitesands Estate Ventnor Road, Cowes
Open Fri to Mon 12pm-5pm
Sat & Sun 11am-5pm

Speak to your local Metricon specialist for more information:
Neville Toms 0429 019 814

m
metricon

Package correct at time of printing and subject to change without notice. Price is based on specified floorplan and façade in Whitesands Estate only. Package valid until sold out. Package price excludes external lighting, telephone service, customer account opening fees, stamp duty on land, legal fees and conveyancing costs including tiles and property report. See your Metricon sales consultant for full details of package inclusions. *Price based on the Delta 21 Harcrest façade and Freedom by Metricon Value Specification on Lot 822 Seacrest Drive, Cowes. Land not supplied by Metricon. Newfield Real Estate Pty Ltd (CAN 159 312 722), license number 028051L. Not available in conjunction with the Freedom Value Plus pack. Squares measurement calculated from external side of external walls. For full details on pricing and inclusions speak to your sales consultant. APR2017 MET 3293



Keeping our **Community** on their game

Book online or download our MAACG app



SERVICES INCLUDE:

- Injury Assessment
- Medication Reviews
- Family Medicine
- Immunisations
- Clinic Nurses
- Mental Health
- Asthma Management

cm | Cowes
Medical Centre

164 Thompson Avenue
COWES

5951 1800

www.cowesmedicalcentre.com.au
After Hours-Open 7 days until 10pm.

gv | Grandview
Family Centre

3 Grandview Grove
COWES

5951 1800

www.grandviewfamilyclinic.com.au

sr | San Remo
Medical Centre

123 Marine Parade
SAN REMO

5678 5402

www.sanremomedicalclinic.com.au

sg | South Gippsland
Family Medicine

Shop 4-6, 1 Billson Street
WONTHAGGI

5672 4111

www.southgippslandfm.com.au

Bulk Billing ALL Medicare Card Holders

(Cowes and Grandview clinics are mixed billing)



Cowes after hours funded by Commonwealth & State Governments in conjunction with Medical & Aged Care Group Pty Ltd