

Phillip Island Vibe

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Renée de Bondt

Image of Orca Whales at play by Renee de Bondt @Unearthed Designs

Welcome to the July edition of the Phillip Island Vibe

Well, it's all about whales on the island at the moment. Such excitement with record numbers of whales being spotted in our waters. The image above was captured by local photographer Renee de Bondt in December 2015 and she told us that one of the killer whales was well known orca matriarch 'Split Fin' from pod Ea1. (middle whale). She was first catalogued by the Australian Orca Database in 1996 and has been sighted at Phillip Island before as well as in Port Phillip Bay, Jarvis Bay, Narooma, Eden and Tasmania.

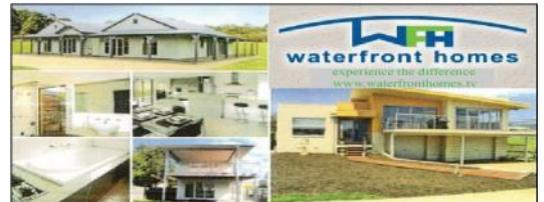
She was sighted in the Derwent river in Tasmania on December 8th last year, and she was seen in that exact location on exactly the same day in 2010! She is thought to be over 30 years old and has been with the same alpha male for around 18 years (See male to her left) Her pod is thought to number from 6-15 individuals.

To celebrate all things whales, you can join in the activities during the Island Whale festival being held July 7-9. The festival includes lots of free and low cost events. Details in this issue.

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Bright Futures

Newhaven College's Prep Transition Program builds confidence and independence to provide the best possible start to school.

The specially designed program takes place during Term 4 of the year before children begin school and it is open to all children, not just those enrolled at Newhaven College.

A fun learning activity session each week explores different areas of the school and the children meet teachers and other children in an informal setting.

The sessions include Classroom Story Time, Perceptual Motor Program, Music, Drama, Young Artists, Little Builders, Love the Library, being special guests at a Junior School assembly, and concludes with an Orientation Day in December.

Parents assist their children in some sessions, and also attend separate presentations on literacy, numeracy and transition to school.



This year's Preps had a particularly smooth start to school due to participating in the new transition program in 2016. In two small classes, the students are able to receive a great deal of individual attention from teachers Fiona Smart and Linda Austin.

"This year's Preps had the best first day... it was just delightful.

They were so relaxed and comfortable with each other and also in the classroom after attending the carefully planned Prep Transition Program."

Enrolments are underway for Prep 2019. To find out more about the Prep Transition Program or vacancies at other year levels, contact Belinda Manning on 5956 7505, visit www.newhavencol.vic.edu.au or come along to a **Newhaven College Tour**:

- **Wednesday 26 July, 9.30am**
- **Wednesday August 30, 9.30am**





Phillip Island Walkabout

Walking the Colonnades at Woolamai

Welcome to those readers of this page that are out there taking on these walks.

Walking around Phillip Island is the best way to see and enjoy all of the Island's natural hidden treasures.

One of those less known treasures is the Colonnades, just up from Forrest Caves towards Cape Woolamai.

It is an amazing site of columns of basalt and is best visited when the tide is low.

For a longer walk, about an hour return, park at the lower car park at the Woolamai Beach Life Saving Club. From here, head towards Pyramid Rock then about two kilometres into the walk the Colonnades appear and are quite astounding. The history of these rock formations started about one million years ago when volcanoes in the area erupted. When the lava cooled down it turned into basalt. The lava cooled down slowly and therefore cracked into long columns. They are soft to touch, not solid like rock and there are white veins running through the columns that is like putty. I believe they were formed by volcanic gas trying to escape the lava and this is the end product.

Did someone say whales?

For the past few years Wildlife Coast Cruises marine biologist Mika has been recording sightings. The whales this year have been keeping her very busy as they are experiencing a record breaking season so far!

Since mid-May there have been 109 whales sighted along Phillip Island and Bass Coast, including Southern Right Whales, Killer Whales & mostly Humpback Whales. More than half of these have been sighted off Seal Rocks and Cape Woolamai. So far our best season ever, as this is already more than half the total whales we saw all season in 2016.



Humpback Whale sighted from Wildlife Coast Cruises whale watching cruise recently



This picture is from 1959.



The Colonnades only extend for about 400 metres but the structure is amazing and to think it survives even though it is so soft. You can walk along to rock formations before Forrest Caves but you cannot get around them, but the rocks and the transition of forming caves and a lot more of the putty like substance is still engrossing to take in. If a shorter walk is desired or you'd like to share the Colonnades with someone that has mobility

limitations, you can park at the end of Lantana St, Woolamai and there is a stairway to assist and a viewing platform, although you do need to access the beach to see the Colonnades. Once you get to the beach, walk to your right about 400 metres to enjoy them.

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UPCOMING EVENTS:

Friday, July 14 | **BASTILLE DAY**

Friday, July 28 | **WINE DINNER**

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LK0951



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

Care for a Game of Poker, anyone?



Inspector Jack Flint of the Cowes Constabulary stood in the card room, gazing down at the body of Buggy Ferret. "He was a card sharp," the Inspector told the RSL manager. "Buggy preyed on tourists from Melbourne. He'd lure them to the private card room, next to the pokies, start a friendly poker game, and take them to the cleaners. I guess someone came back this time and took Buggy." Buggy lay sprawled amid a carpet of scattered playing cards and a bottle of Blush gin. He'd been stabbed in the chest.

"Looks like he didn't die right away," said Leroy Cunningworth, ace sleuth and mate of the Inspector- as he pointed to the five cards held in the victim's stiff grip. All diamonds. "Maybe he was trying to tell us something."

"We got our suspects," came a voice from the bedroom. The Inspector's sergeant emerged, holding a handwritten list. "Tony King, Jack Lawrence, Brian Blush, Darrel Spade. He listed their residences, too. Let's check them out", said Leroy with more than a smidgeon of prescience.

The Reverend Tony King denied knowing Buggy and vehemently denied ever playing poker. "My North Shore parishioners know I would never risk their money—or mine—in such a sinful pursuit. I don't know how my name got on that list."

Jack Lawrence told a different story. "Sure, King was there. And Bill Spade and Joe Flush. I had finished working in my greenhouse and the four of us first met yesterday at the bar. We got to talking about cards and this Ferret character talked us into a game. Hey, you live and learn."

Darrel Spade was a tad more sanguine. "He was a stinking cheat and he deserved to die.

I was livid, but we all paid up and we left the rat in one piece. Someone must've come back, but it wasn't me. I should have stuck to investing in penny stocks, cards are for the birds" Joseph Blush, an English professor, and former Oxford Blue for fencing, seemed an unlikely gambler. "At first we all won our share. But as the evening progressed, we lost more. I don't suppose you can give me my money back." The Inspector assured him that no money had been found in Buggy Ferret's suite. "We should bring one of them in for questioning," Leroy said, after the interview, with a rueful smile and a twinkle in his good left eye. The Inspector looked at the sleuth with amazement.

WELL VIBE READERS WHICH CARD PLAYER DID LEROY SUSPECT AND WHY? See page 18 for the solution.

Have a Whale of a time on Phillip Island these school holidays

The winter school holidays mark the half-way point of the school year, and they also herald the arrival of Humpback whales, Southern Right whales and even the occasional pod of Orca in our coastal waters as they make their way north to their winter breeding grounds.

The Island Whale Festival celebrates the arrival of these majestic creatures with an immersive three day event on Phillip Island from 7th to 9th July, featuring a range of free or low cost activities right across the island and the entire weekend.

Festivities kick off with the launch of the new Bass Coast Whale Discovery Trail, which includes some of the finest whale lookouts in the Bass Coast region. The Trail stretches from the Bunurong Coastal Reserve between Inverloch and Cape Paterson to a number of prime viewing locations on Phillip Island such as Cape Woolamai and Pyramid Rock.

Of course, whale-spotting will be a highlight of this weekend, and visitors will have the option to do this from either land or sea. Meet a marine biologist at one of the many whale lookouts right across the island and learn how to spot the tell-tale signs of whales cruising along the coast, or join one of the whale watching boat tours to circumnavigate the island and search for both whales and dolphins.

For the landlubbers amongst us, there are some great info sessions on marine research and plastic reduction, marine wildlife movie screenings, Boomerang Bags craft activities, and an exhibition of artworks created by local school children highlighting marine wildlife conservation issues, as seen through the eyes of our future environment protectors and ambassadors.

Kids of all ages will enjoy the Whale out of Water activity which involves climbing inside a 19 metre inflatable whale for a fun and unique learning experience.

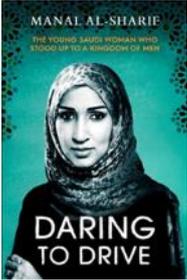
A selection of our most talented marine and wildlife photographers will share their works at exhibitions across the weekend, while aspiring shutterbugs can also learn some great tips, tricks and basics from professional educators and photographers at an enlightening workshop.

For detailed program information on these and many more great activities, visit www.islandwhales.com.au or find the Festival on Facebook and Instagram at @islandwhalefestival.



Book Reviews

By Turn The Page Bookstore, 40A Thompson Avenue, Cowes. Phone 59521444



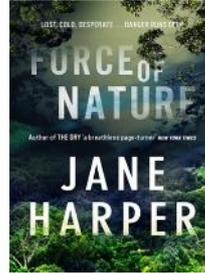
**“Daring to Drive” by
Manal Al-Sharif
RRP \$29.99
Paperback**

A visceral coming-of-age tale from the young woman who dared to stand up to a kingdom of men. Best known for her campaign work for women's rights, including the Women2Drive campaign, this is Manal al-Sharif's fiercely intimate memoir.

Manal's gripping account of courage will speak to the fighter in all young women and she is following in a long tradition of women activists around the world who have put themselves on the line to challenge discriminatory laws and policies.

Manal was born in Mecca the year fundamentalism took hold in Saudi Arabia. As a young girl she would burn her brother's boy band CDs in the oven because music was haram: forbidden by Islamic law. By her twenties she was a computer security engineer, but as she became older, the unequal way in which women are treated became too much to bear: she was branded a slut for talking to male colleagues at work; her school-age brother had to chaperone her on business trips and, while she kept a car in her garage, she was forbidden from driving down Saudi streets.

Her personal rebellion began the day she got behind the wheel of a car: an act that ultimately led to her arrest and imprisonment. Daring to Drive is an account of Manal's fight for equality in an unequal society. It is also a celebration of resilience, the power of education and the strength of female solidarity in the face of hardship.



**“Force of Nature by
Jane Harper RRP
\$32.99**

Due out on 26 September, this book will be eagerly awaited so you can start looking forward to that day. By the author of the much acclaimed “The Dry” and reviving the roll of Federal Police investigator Aaron Falk, here is a book to put in your diary: 5 women reluctantly pick up their backpacks and start walking along the muddy track. Only 4 come out the other side. The hike through the rugged Giralang Ranges is meant to take the office colleagues out of their air-conditioned comfort zone and teach resilience and team building. At least that is what the corporate retreat website advertises and Aaron Falk has a particularly keen interest in the whereabouts of the missing bushwalker. Alice Russell is the whistle blower in his latest case - and Alice knew secrets. About the company she worked for and the people she worked with. Far from the hike encouraging teamwork, the women tell Falk a tale of suspicion, violence and disintegrating trust. And as he delves into the disappearance, it seems some dangers may run far deeper than anyone knew. So, what happened to Alice Russell?

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

Colder days mean maintenance time

With a lot of boats and gear being put away for a couple of months, it pays to spend an hour or two doing a bit of maintenance before the new season.

Make sure you use a good quality marine grade anti-corrosion spray as most of those lubricating type sprays are not actually anti corrosive and won't last the couple of months needed. Inox and Lanox are a couple of the best ones.

Give the motor a good flushing out and take the cover off the engine and give everything a good spray with Inox and while there, look for loose or broken wires, leaks etc.

On boats with hydraulic tilt, smear a small amount of marine grease around the exposed shafts as this will stop any pitting which will tear seals the next time you use them.

Get out the grease gun and go over the trailer and boat steering cables but make sure you use a marine grade grease and also disconnect your battery.

Another thing to check and one that is forgotten by all of us, is the D shackle on your anchor because they often work their way undone and apart from being expensive, watching the anchor head to the bottom, unattached, is not the best way to start a days fishing. A good idea is to get a bit of S/S wire and wire the D-Bolt screw so it can't come undone.

Make sure there is no bait, soft plastics or especially food left in the boat as this will attract mice and rats that are more than capable of getting into your boat, no matter where or how you store it and they could destroy wiring as many people find out each year.

If your electronic gear comes out easily, take it out and wash the screens to get rid of the salt residue and store inside in the dry and spray all the plugs to stop corrosion. Taking them out also stops your expensive sounder or GPS going missing.

Get some warm soapy water and give all your tools, knives, gaffs and nets a wash then a good spray and they will still be usable next season. Take the covers off the lights and give all the terminals a spray as well as the car plug.

Then finally, if possible, cover the boat to stop it filling up with leaves and rubbish but don't lock it up too tight as it will sweat and when you come to open it again will possibly be full of mould. Another idea is to write down any problems or things that need fixing and put the list on the fridge with all the other lists, then as you get time during winter fix them, otherwise like all of us you will forget about it over the next few months and only remember when you get it out for the first trip next season. If you can afford it now is the time to get your service done while most boat mechanics are a bit quieter. It also gives you more time to get any unforeseen problems fixed. It may look and sound like a lot to do but will only take a couple of hours and will be ready to go when the season starts, saving you losing valuable fishing time. If you are someone that uses your boat all winter, some of the things will be done regularly but I also find because it is used all year round, often a maintenance day is forgotten.

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For those of us who care to know, and I am one, the scientific name of the cheetah is *Acinonyx Jubatus* as in motion and claws if you speak Greek badly. Provided you have lived for a very long time you might have been fortunate to have seen Charlemagne and Cleopatra cavort with these animals as domestic pets. Continuing in this irreverent tone allow me to add it was more weird perhaps to see a starlet clattering down the street in Hollywood in the 1930's with a cheetah on a lead: also that it isn't that unusual to see this animal today in the Gulf States, cruising by in the passenger seat of a Rolls Royce convertible, jewel studded collar sparkling in the Arabian sun.

As a fashion accessory or a living breathing symbol of machismo, the cheetah is hard to beat. But please use the utmost restraint if you think of acquiring one as a pet and please ignore historical and somewhat misleading references to their domesticity!

Cheetahs are justly famous for winning the gold medal as the fastest mammals on earth, but it may yet prove to be a poisoned chalice. The problem with doing 0-96 kilometres per hour in three seconds is that it takes an enormous amount of energy. It cuts down the bodywork and the result is the cheetah is a lightweight compared with other muscle – bound predators that share the same turf. According to people who somehow manage to count such grisly things, lions in the Serengeti kill 95 per cent of cheetah cubs.

We in South Africa are blessed to have the Kruger National park. It is and will always be, a favourite destination for those lucky enough to visit this special place. The law of averages rules that at some point you will get to see a sighting exciting enough to dine out on it for many years or write about it as I'm doing now! And maybe, if the stars align just right and the bones thrown by a Witchdoctor land in perfect sequence, you'll be lucky enough to see something so extraordinary- barely believable almost, that it becomes Kruger folklore.

And so it was one day after a visit to the park that a friend regaled us with a story also witnessed by some other lucky visitors to the park. To quote him roughly from memory for the purpose of telling this story..... "As we pulled up along side a fever tree, we caught a brief glimpse of a leopard, just as it slunk away into the bush to seek some solitude from the growing audience of shocked onlookers.

There in the bough of that fever tree, we could clearly see an impala draped over one of the larger branches a metre or so from the fork where the branch meets the trunk. And lying prone over the same branch, closer to the fork, was the equally limp carcass of a cheetah. Some of the visitors had watched the cheetah successfully hunt and capture the impala ewe. Having taken it down and suffocated it, the cheetah did not take too much time to rest and immediately began to eat from the rear end of the impala. In the next instant a leopard appeared, drawn to the commotion of the kill. Being the perennial opportunist, it ambushed and killed the cheetah...

Remarkably, the leopard first dragged the impala up into the branches of the fever tree. Then once safely slung over the large limb away from other potential competitors, it returned to the ground for the cheetah and hauled that up into the branches as well, stowing it alongside- but not on top of – the already stored booty."

And so readers of the Vibe, we have the remarkable spectacle of the leopard that killed the cheetah that killed the impala that helps to make up the rich and unpredictable tapestry of life in the African bush.

Hope you visit us one day for a memorable sighting!



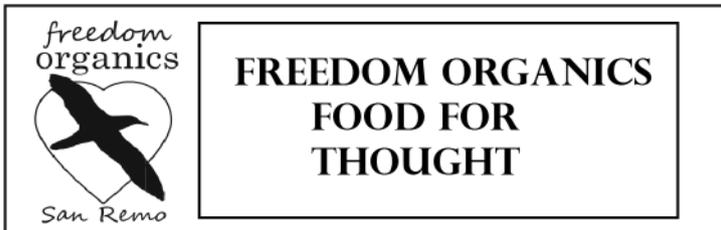


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PREBIOTICS AND PROBIOTICS - know what to feed your gut

Prebiotics are foods that help support growth of probiotic bacteria. They are nondigestible substances that stimulate growth or activity of certain healthy bacteria that live in the gut.

The benefits of probiotics have become more widely known in recent years, especially with the growing popularity of fermented foods like kim chi and kombucha while function of prebiotics still remain largely unknown to many. All types of fibre that we get from eating whole plant foods play a major role in nutrient absorption, gut and digestive health.

Prebiotics work together with probiotics. They play a fundamental role in preserving health by maintaining balance and diversity of intestinal bacteria, especially increasing the presence of "good bacteria" called lactobacilli and bifidobacterial.



PREBIOTICS—the food for the probiotics

The most common foods with an important content of prebiotics are:

Garlic Raw - possible cancer prevention, along with antifungal, antioxidant, anti-inflammatory and antiviral properties eg: home made hummus

Bananas, Plantains – Bananas that aren't yet fully ripe have the most resistant starch and prebiotics. Look for bananas that are still greenish instead of bright yellow and spotted. While they won't be as soft or sweet-tasting, they still work well in smoothies or even warmed up as a dessert.

Chicory Root, Honey, Asparagus and Acacia Gum

Artichokes & Jerusalem artichoke - Try shredding them and sprinkling some on top of a salad, into a smoothie or into a dip. They have a mild flavour and blend easily with other tastes.

Leeks – eat raw, finely sliced

Onions - provide immune-enhancing antioxidants, they also contain a natural source of inulin, one type of good bacteria that fights indigestion

Whole Grains and Legumes, Unpasteurized Apple Cider Vinegar, Dandelion Greens and Root - kale, spinach, or collard greens, Cooked and cooled potatoes & potato starch

Cooked and cooled rice.- sushi

Marine Algae - Spirulina, Chlorella, Nostoc

Mushrooms- shiitake, maitake, and reishi

Brewer's yeast , Vegetables - In order to preserve their prebiotic fibre, most vegetables are best eaten raw or undercooked.

PROBIOTICS

Fermented foods are a great source of probiotics

In many countries, fermented foods are part of the daily diet. All fermented foods contain probiotics in large quantities. They are very tasty, nutritious and easy to digest. The only fermented foods that contain probiotics are the raw ones.

The most common drinks and food with an important content of probiotics are:

Kombucha tea- Kombucha is a fermented sweet tea. The Kombucha tea is a concoction of probiotics known as a liver detoxification agent but it is also great for treating conditions as any other probiotic.

Elderflower Lemonade- Elderflower lemonade, or cordial, are soft drinks obtained through fermentation of the elderflowers, sugar and lemon juice. This make an incredibly healthy and tasty drink loaded with probiotics.

Beer- is a probiotic food only if it's taken fresh from brewery and is not pasteurised, or if you make your own.

Water Kefir- is a drink obtained by fermenting a sugary water and is one of the best non-dairy fermented drinks, source of probiotics.

Rejuvelac, Boza & Bors- are fermented beverages obtained through fermentation of sprouted grains, such as wheat, quinoa, oats, millet, or barley. They are great probiotic drinks, with bioavailable vitamin B, K and E, easy to digest proteins and enzymes.

Sour Pickles-It is important to understand that brine pickles, are probiotics and vinegar pickled vegetables are not. Sour pickles include cucumbers, cabbage (also called sauerkraut or kim chi), and any other vegetables that you would eat raw.

Miso- is a Japanese seasoning in the form of paste obtained by fermenting soybeans and sometimes also rice and barley..

Olives in brine- are just like any other pickles in brine, full with probiotics.

Soft cheeses- are a great source of lactic acid bacteria, bifidobacterial, and various funguses. Depending on the aging process, various other bacteria can be cultured in a cheese.

Feta cheese - made with rennet as a starter, contain probiotics in moderate quantities. You can improve the number of probiotics in the cheese by adding lactic acid bacteria to the starter.

Yogurt, Milk Kefir, Sour Milk - are fermented milk products using different bacteria.

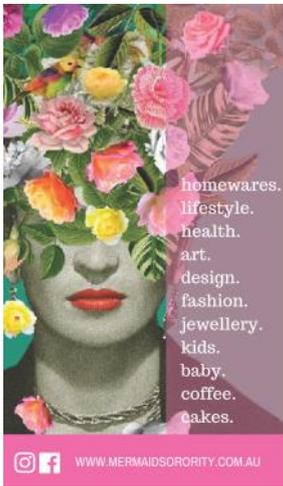
Labneh - is strained and pressed yogurt, its full of probiotics and very nutritious.

Sour cream is the result of fermenting (with special bacterial cultures) the regular milk cream. The cultures will ferment the cream giving it the specific sour taste and the thick consistency.

It is important to be aware that not all the products commercially distributed contain a good level of probiotics. In general, when products contain a thickening agent it is to mask incomplete or improper fermentation. These products do not have the same healthy properties as the traditional therefore, getting fiber and prebiotics from whole, real foods is always going to be your best option.

Supplementing with a quality probiotic supplement that also includes prebiotics can be beneficial too, but this shouldn't take priority over eating a balanced, healthy diet.

To find out more about making your own probiotics, call in to see the many DIY kombutcha, cheese, yoghurt and veggie recipes.



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New Organics Bin

What is changing?

Council is introducing a 3-bin kerbside collection service. The third bin will be a 240L Organics bin for all of your food and garden organic waste. This bin will be collected weekly and your 120L Landfill bin will be collected fortnightly and 240L Recycling bin collected fortnightly.

When?

The new service will begin on your usual collection day from 4 September 2017. A new set of bins including the green-lid Organics bin will be delivered to serviced properties from July to August 2017.

What can I put in the new bin?

Fruit, vegetable and meat scraps and bones, seafood, dairy products, bread, rice and pasta, tea and coffee grounds, tissues and paper towel, pet manure and compostable kitty litter, lawn clippings, garden prunings, weeds, branches under 100mm in diameter.

Why?

Our landfill is filling up quickly, this is bad for the environment and is also very expensive. The average Landfill bin in Bass Coast contains 61% organic waste that can be recycled into compost using the new system.

How much will it cost?

The new bin service will cost an additional \$47 for the 2017/18 year on the garbage charge.

For more information

Visit www.basscoast.vic.gov.au/organics or contact Council on 1300 BCOAST (2267 278) or (03) 5671 2211.

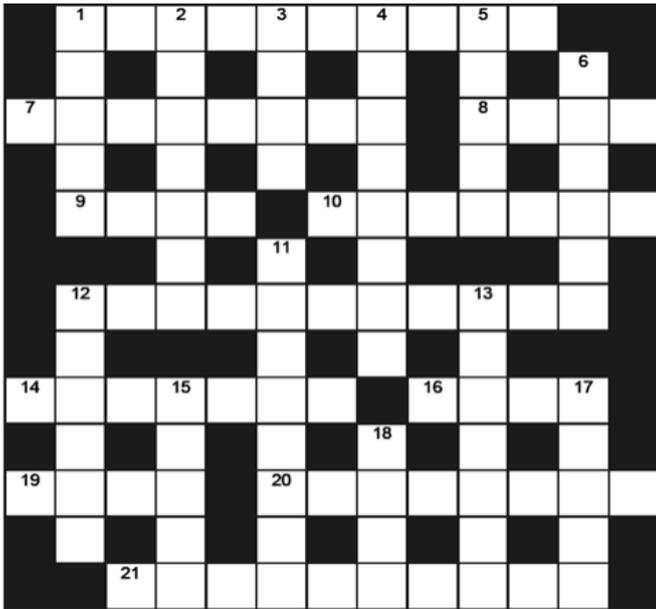


The average Landfill bin in Bass Coast contains:



Brain Food

Find all the answers & solutions to Puzzles & Quizzes on page 18 (No peeking!)



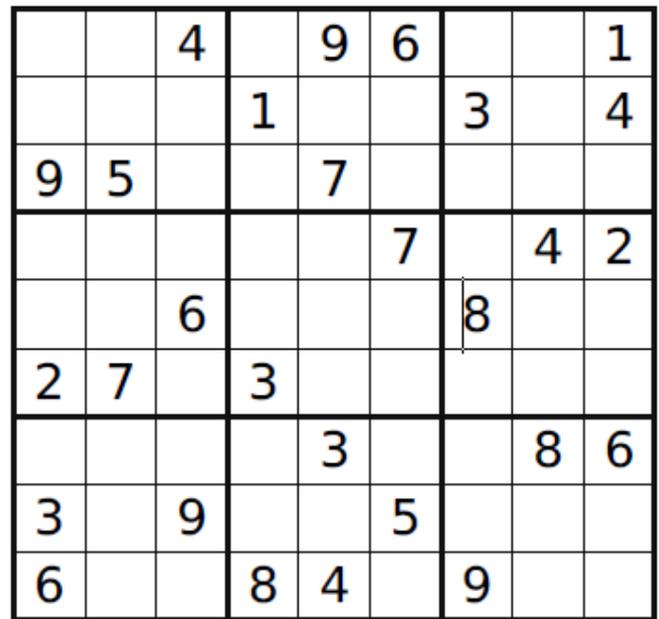
Vibe Quick Crossword 90

Across

- 1 Without shoes (10)
 7 Feeling troubled (8)
 8 Become wide open (4)
 9 Twelve months (4)
 10 Heavenly (7)
 12 Eating places (11)
 14 Without direction (7)
 16 Mark (4)
 19 Oven (4)
 20 Wedding (8)
 21 Found fault (10)

Down

- 1 Loose fitting (5)
 2 Customs (7)
 3 Destiny (4)
 4 Normal (8)
 5 Bird of prey (5)
 6 Tiny insects (6)
 11 Baby's bed (8)
 12 Dried grape (6)
 13 Serviettes (7)
 15 Of the moon (5)
 17 Covered in baked clay pieces (5)
 18 A long poem steeped in heroics (4)



Vibe Sudoku 90 Each row, column and sub-box must have the numbers 1-9 occurring just once.

WHO AM I?

I was born on the 29th of March 1964 in Sydney. I am the daughter of an entrepreneur and sound engineer. I attended Killara High School. I am the eldest of four children. My parents divorced when I was 10 years old. At the age of 17, I enrolled to study law at Sydney University. Before beginning my studies, I visited United States to spend one year doing modelling work to earn money to pay for my law books. I was initially signed by Click Model Management. My career began with a television commercial for Tab. In 1994, I left my agency Ford Models to work more lucratively on my own company. I developed and diversified a portfolio of businesses. In 2008, I signed a three year spokesperson deal with Revlon cosmetics. I made my movie debut playing an artist's model in 1994. In 1999, I appeared in five episodes of the American TV series Friends. I speak Fluent French. I married Gilles Bensimon in 1986. I was divorced in 1989. I play modelling agent "Claudia Foster" I have two sons and long term boyfriend. Most of the time, I reside in Britain with my two sons. I was born Eleanor Nancy Gow. My last name starts with M.

WHO AM I?

1 According to Greek mythology, which Gorgon had snakes for hair and could turn onlookers into stone? 2 Which artist created the sculpture "The Thinker"? 3 In the movie "The Lion King", what was Simba's mother's name? 4 Kopi luwak is a very expensive type of what? 5 What is the largest internal organ of the human body? 6 Which country and its territories cover the most time zones? 7 A flamboyance is a group of what animal? 8 Bruce Willis played a convict turned time traveler in what 1995 movie? 9 Who was the lead singer for the rock and roll band "The Crickets"? 10 Where did the sport of curling originate? 11 Which elements symbol is the letter K on the periodic table? 12 What language do they speak in Brazil?





Phillip Island Historical News



Captain Smith, of the sloop 'Caledonia', found himself in trouble when he sailed into Westernport Bay in 1825. Weather conditions had damaged his ship and it was unseaworthy after the voyage from Hobart. Not being one to resist a challenge, the good Captain beached his ship and proceeded to cut the sloop in half. He dug a sawpit and felled trees to make the timbers necessary to repair and lengthen the vessel. Seizing the opportunity, the Captain then enlarged his seven-ton sloop to a sound schooner of twenty-two tons.

The two of them sailed out of Westernport ten months later to embark on a very colourful career.

This was a story we presented in Phillip Island Historical News newspaper. (page 22 'BECAUSE I CAN 1825')

I had to find out more. As it turned out Captain Smith and son were frequent visitors to the area running work gangs in the seal seasons. But in 1825 when they arrived in Westernport Bay, they did so with illegal cargo onboard, escaped convicts.

Which would explain the remodelling of Caledonia and certainly explains the workforce that made such a transformation in such a time frame.

As fate happens, the Caledonia, after leaving Westernport Bay and heading to the Preservation Island, was held up by the Duke of York and boarded by Captain Whyte. Captain Whyte, under contract by the Governor sailed the Straits arresting pirates and escapees. On checking the log he discovered that the vessel was originally a small sloop and now a sizable schooner, which rang alarm bells I'm sure, and on further investigation he found the illegal cargo.

Captain Whyte arrested the five escapees and the captain and his son and seized the Caledonia. Eventually the haul was brought into Hobart Town to await its day in court.

Months later, an angered Captain Smith turned up to court to protest the seizure of his property arguing that he was unaware

of his son's friends dubious history. But as the courts view of events rolled out, the spotlight turned on Captain Whyte and his command of the seized property. The Caledonia was submitted by Captain Whyte with all it's store exhausted. All the tobacco, alcohol and valuables had been depleted and this was viewed with great disappointment by the court. Captain Whyte was publicly humiliated and lost his contract, thus his job and status.

Whyte had been deported at 12 for a petty crime and honed his boat skills on the harrowing trip, earning his respect and was granted a pardon at 14 and a position with the colony out on the waters. The Depression set in and Whyte decided to return to England but it all must have got the better of him and Whyte chose to end it all on a stop over on the voyage.

Back to Captain Smith, he did continue on with his colourful career and we will follow his story in the next issue of Phillip Island Vibe. Phillip Island Historical News newspaper is available at San Remo IGA for \$5 if you'd like a good read.



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BUILD THE HOME OF YOUR DREAMS

Metricon wins at Master Builders South East Regional Awards



“The Botanica’s large open plan living area includes a kitchen with a butler’s pantry, family, rumpus and outdoor rooms which attracted the judge’s attention and ultimately sets it apart from other homes,” added Phil.

The Botanica is made with the Australian family in mind – with bedrooms down one side of the house, double walk in robes for the master bedroom and a large open-plan living and kitchen, anyone will feel right at home straight away.

For more information and to visit the award-winning Botanica and Santorini at 164 Cross’s Road, Traralgon, phone 1300 Metricon or visit metricon.com.au.

The local Metricon team from the Traralgon area have once again managed to take home a number of wins at the Master Builders Association awards at the South East Awards held in Traralgon on Friday night.

Metricon’s Botanica 36 took home the top prize as the winner of the Victorian Display Home in the category of \$400,001 – \$500,000.

The success comes just weeks after the opening of Metricon’s Studio M in the region – an innovative, state-of-the-art studio for customers to curate and customise the central elements of their home. Studio M offers locals the opportunity to touch and interact with the important parts of their home to ensure they are happy with what they choose.

Over the past 40 years, Metricon has grown to become the largest home builder in Australia, and now more than 6,500 regional Victorian families call a Metricon home their own.

Phil Barrett, Regional Victoria General Manager, said Metricon has a home suitable for everyone, and those houses recognised with a win at the Awards highlighted the versatility of the homes on offer.

“At Metricon, we have been building homes for Australian families for more than four decades, creating the right spaces for people to love where they live. This recognition for our design, innovation and ongoing dedication to the highest standards is testament to our commitment to continuing to deliver the best homes,” said Phil.

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COMMUNITY NOTICEBOARD

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

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

Phillip Island Lions Club Meets every 2nd & 4th Sunday of month, 1.30pm, Lions Club Rooms, Dunsmore Rd, Cowes. More info: 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 Hatley 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 0400815353.

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

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 probussanremo@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 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 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.

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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 60-90 years. Call Dagmar 59566965.

"Bee Crafty" New Community Craft Group is meeting every 2nd & 4th Wednesday of the month at St Phillips Church Hall Thompson Avenue Cowes (opposite Coles) All are welcome. For further details Desma Maxworth 0409 136 620

San Remo Bowls Club Winter roll up in 'mufti' every Wednesday afternoon, starting at 12.30pm. New members and visitors will be made most welcome. 1a Wynne Road, San Remo. For further information, please contact Tony on 0474 205 369 or Robyn on 0411 549 380.



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WHAT YOU NEED:

- One packet of 6 sheets of puff pastry
- 1kg sausage mince
- Two carrots, grated
- Two potatoes, grated
- One onion, chopped
- About quarter to half a cup of chopped parsley, optional

WHAT YOU DO:

Mix together the sausage mince and vegetables. You may have to really get your hands in there to get it mixed thoroughly.

Cut pastry sheets in half.

Place mixture down the centre of each piece.

Moisten edge of pastry with milk. Fold over and brush with milk.

Prick each row with a fork and sprinkle with sesame seeds if you wish.

Cut each row into small pieces and bake in a moderate oven until brown.



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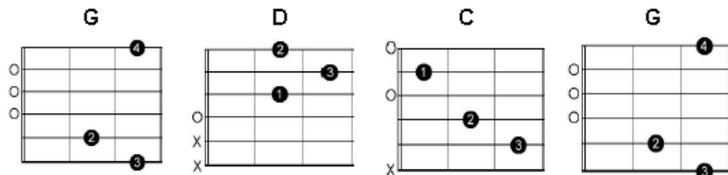
STRIKING A CHORD

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.

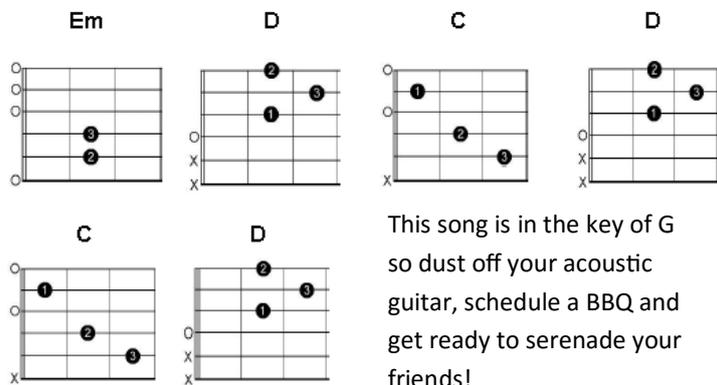
Classic cover series part i- To Her Door

For this issue's classic cover we will be taking a trip back to 1987 with Paul Kelly's pub rock masterpiece To Her Door.

Verse



Chorus



This song is in the key of G so dust off your acoustic guitar, schedule a BBQ and get ready to serenade your friends!

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.



Meet a local community volunteer



Doug Arnold is a volunteer at the National Vietnam Veterans Museum

How long have you been volunteering at the Museum?

I have been here for three years

What is your role here?

Mainly I am a guide taking groups through the museum and telling them about the exhibitions and displays. We have lots of groups visiting including Women's Auxiliaries, School groups and service groups. Sometimes I jump in and help in other areas like the retail shop when needed. I volunteer twice weekly but sometimes I come in at other times when it is busy.

What do you like to do when you're not volunteering?

I like to spend time at home caring for my wife and with my family. I have two adult children who live on the island and I have two grandchildren. I also enjoy gardening and we try to get away on a nice holiday once a year.

What is the best part about your job?

Mixing with other Vietnam Vets and listening to individual stories and learning even more from visitors stories. I also enjoy educating visitors to the museum, especially the school groups.

What did you do for a job before becoming a volunteer?

I worked for 30 years with PNG/Telstra and prior to that, nine years with the Royal Australian Navy which I joined when I was 15 years old.

Can you tell us something about yourself that your colleagues or friends might not know?

I appeared on a Vietnam War Commemorative Australia Post stamp in 2016 with the museum founder, John Methven.

John, thanks for sharing some of your thoughts with us and don't forget the museum is always looking for volunteers to help out in a number of roles including retail, gardening, guides, maintenance etc. There are currently 76 volunteers helping out at the museum.





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WHO-DUNNIT SOLUTION

Had Buggy, with his dying efforts, been trying to identify his attacker? If his killer had been the Reverend King, he might have picked a king from the scattered cards. Holding a jack would have fingered Jack Lawrence. Any spade would have identified Darrel Spade and all the dying man had to do to identify Joseph Blush was to grab the empty bottle of Blush gin. Instead of any of these clues, however, the victim was holding five diamonds, otherwise known as a flush.

When Jack Lawrence mentioned the other players, he got one name wrong. Instantly, Leroy with his uncanny forensic skills knew the truth. Jack had killed Buggy, then placed the cards in his hand, hoping to frame the man he had mistakenly known as "Joe Flush." Well readers, it takes skill and insight to be a super sleuth. Practice your skills on next month's vibe issue.

Puzzle Solutions

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

Vibe Crossword Solution 90

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

Vibe Sudoku Solution 90

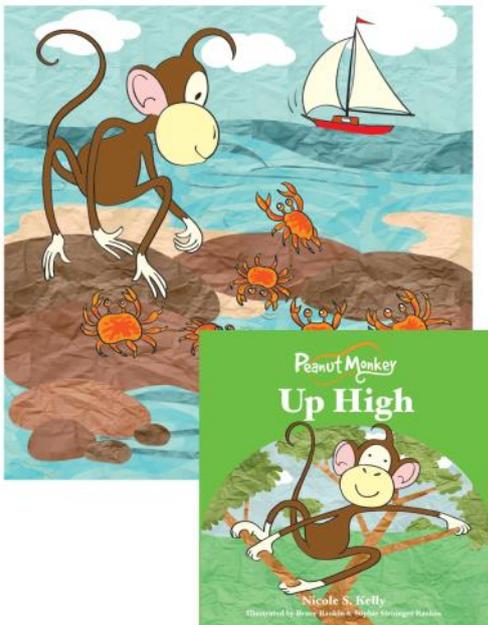
Quiz Solution 90 1. Medusa 2. Auguste Rodin 3. Sarabi 4. Coffee
5. Liver 6. France with 12 time zones 7. Flamingos 8. 12 Monkeys
9. Buddy Holly 10. Scotland 11. Potassium 12. Portuguese
WHO AM I ANSWER : Elle Macpherson

Kids !! Join in the fun these school holidays at Cowes Shopping Centre!!

Week 1-

Join our Pirate Craft Workshop and meet 'Rico' the Pirate !

Craft your own Pirate hat, patch and map:
Wednesday to Friday 11am to 2pm
Meet Playmobil's 'Rico' the Pirate:
Saturday from 11am



Week 2 -

“Storytime Comes to Life With the Peanut Monkey!”

Storytime followed by kids' craft...

Special storytime sessions as we read all about the antics of the Peanut Monkey with a visit from local author of the series, Nicole Kelly.

Wednesday to Friday
11am to 1pm.

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