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Phillip Island Vibe

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

ISSUE 91, AUGUST 2017



A Peregrine Falcon in full flight captured by local photographer Renee DeBondt of Unearthed Designs

Welcome to the August edition of the Phillip Island Vibe

As our dry winter slips away to Spring you can settle in and enjoy the Vibe, packed full of your favourite articles including our offshore contributor Leon's murder mystery, The Graduate Murder and his Out of Africa series featuring the Honey Badger.

Next month we will publish a **"Spring Clean and Home Maintenance"** feature so if you are in the business of cleaning or maintenance, contact us to find out how you could be a part of this feature.

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Cowes first Catholic Primary School opens next year.
For further information or to receive an enrolment pack, please phone the principal, Catherine Blackford, on 5951 1700 or 0407 862 941
Email catherine.blackford@olsscows.catholic.edu.au



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Celebrating Bright Futures Together at Newhaven

Newhaven College is celebrating a significant milestone of its now fourteen year journey to build a new school.

The new Senior School and Art, Science and Technology Wing is on schedule for completion this year and preparations are in place to welcome Year 10-12 students to the Phillip Island Road Campus in 2018.

Originally purchased in 2004, the 82 acres that is now the Phillip Island Road campus has undergone a planned staged development to transform from farm land into the state of the art independent school that we see today.

The original vision of Newhaven College's founders to provide a comprehensive ecumenical education built on Christian values holds true to this day, and will continue in the future thanks to the leadership of the Board of Directors and College Principal, Gea Lovell, who dedicate countless hours to ensure that Newhaven College is the best it can be.



One Choice from Prep to Year 12

Enrolments are invited for every year level, with the main points of entry to the College being Prep and Year 7, however the demand for new enrolments at Year 7 has exceeded the number of available places in recent years.

The Junior School has two small classes at each year level which increases to four classes from Years 7 onwards, so enrolment at Prep is recommended to ensure a place for your child in Year 7 and beyond.

Enrol Now for Prep 2018 & 2019

The Prep Transition Program will commence in October for students starting school in 2018 and a small number of places are still available. Interviews for Preps commencing in 2019 are also about to commence.

The Prep Transition Program builds confidence and independence to provide the best possible start to 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.

Scholarship Applications Invited

Students entering Year 10, 11 and 12 in 2018 are encouraged to apply for a special Senior General Excellence Scholarship that is being offered to celebrate the opening of the new Senior School. 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.

Please complete the application form that is available from www.newhavencol.vic.edu.au/enrolments/scholarships. Applications close Thursday 31 August 2017.

2004 82 acres of land at what is now known as our Phillip Island Road Campus was purchased for future development.

2005 The Year 9 Environmental Centre opened in July with 108 students.

2006 The oval was constructed and sown and Stage One of the Pavilion commenced.

2011 Prep to Year 6 relocated from Boys Home Road to the newly built Junior School.

2012 A second story was added to the Pavilion and the first multipurpose sport court was built.

2013 Two extra rooms were added to Junior School to allow for growth.

2014 Year 5 to 8 students moved into the new purpose built Middle School.

- The Trade Skills Centre and Food Technology Wing were completed.
- A second multipurpose court was built.

2015 The Administration and Library wing opened in July.

2016 Building of the new Senior School and the Specialist Art, Science and Technology wing commenced and will open in 2018.

2017 A 243kW rooftop solar system was installed on three buildings that will save over 400 tons of greenhouse gas emissions each year. The installation will be paid off over a four years and will then generate income as power is exported to the grid.

VISIT NEWHAVEN COLLEGE

You are invited to visit Newhaven College to experience school life in action at a College Tour. The next tours for 2017 are at 9.30am on Wednesday 30 August and Thursday 19 October.



1770 Phillip Island Road,
Phillip Island
Ph: 5956 7505
www.newhavencol.vic.edu.au



Phillip Island Historical News

For thousands of years, little penguins in their tuxedo like feather attire have graced the beaches from Pyramid Rock to Summerland Peninsula on the south western tip of Phillip Island. Awaiting them at night for almost 100 years, has been fascinated onlookers eager to catch a glimpse as they waddle to shore for the sole purpose of reaching their nests and feeding their young.

However, life for the little penguin has not been easy on the Island. People's love for the ocean and the development that follows, has seen their habitat dug up by pigs, built on, stomped over, burnt, farmed, excavated and infested with introduced species.

Around 1840 the Manton family from Flinders released pigs on the Island with a plan to hunt and harvest the animals. They were so successful that the pigs bred and covered the entire Island digging up everything, including penguin and mutton-bird burrows, with their efficient snouts. Next, the McHaffies leased the island and burnt the tea tree to make it suitable for farming, in a fire that was said to last for weeks.

Summerland Peninsula, home of the Penguin Parade, was then purchased by Patti Phelan in the 1880's and possibly used for farming. Rabbits and hares had been introduced earlier and had begun to disturb the sandy soils creating erosion when the winds blew, while foxes, introduced to the Island in 1907 (and later pet dogs and cats), slaughtered hundreds at a time in nightly raids on their burrows.

Vegetation that once protected and hid their nests was now gone, and they were exposed to many dangers, including being a source of cheap lobster bait. With the coming years their future looked bleak as new developments also took a heavy toll on their numbers, with some populations along the coast wiped out completely. In the early 1920s, tourists came by ferry to the Island and made their own way to view the penguin's nightly parade up the beach. Herbert Watchorn, an innovative island resident, saw this and began to charge five shillings (six shillings if you wanted strawberries and cream) to collect them at the Cowes pier in a Willy's-Knight sedan, and take them on trips around the Island ending with the penguins.

After settling the customers on the sand, Bert West would illuminate the beach and the penguin's trails with a bright torchlight as they came ashore. In 1927 the first access road to the Summerland Peninsula was built by Mr. A.K.T. Sambell of 'Phillip Island Development Company', which was soon followed by approval of 774 housing allotments and a golf course (now under the car park); as more and more people became aware of the area's potential.

Later in 1932, a partnership between Bert West, Herbert Watchorn and Bern Denham saw the beginning of the 'Phillip Island Tourist Service'. A Chevrolet bus was soon needed for the growing demand determined to witness the nightly parade. This was the first tourist bus registered in Victoria and the penguins soon became one of Phillip Islands biggest attractions.

By the 1930's, with increasing tourist numbers, it had become apparent to many residents that the destruction of the penguin's



breeding grounds could no longer continue if the Island was to remain a destination for penguin watchers. The four-hectare site, that is now the 'Penguin Parade', was donated to the people of Victoria by Spencer and Alexandrina Jackson for the protection of the penguins. Their foresight enabled the colony and the economic benefits to survive, and sparked the beginning of penguin conservation on the Summerland Peninsula.

Following the opening of the Phillip Island bridge in 1940, the Summerland Peninsula saw another influx of tourists and the construction of many new holiday homes in the Summerland's Estate. More people armed with picnic baskets found their way along penguin tracks to the beach for the nightly viewing, and even more damage to the penguin's habitat occurred.

By 1955 it became necessary for a reserve to be established and soon after fences and viewing stands were erected to protect the burrows. Frequent up-grades have taken place ever since and in 1984 the newly formed "Phillip Island Committee of Management" assumed control of the entire Summerland Peninsula, including the Nobbies and Swan Lake. They began to buy back the Summerland Estate houses. This took 27 years to complete with the final house being removed in 2011.

Fox eradication programs were also put in place around 1984, and finally 2013 became the second year in a row that no penguins had been killed by foxes. Today, alongside the Penguin Parade tourism development, over 35,000 penguins live in the colony, which is one of the largest in Australia and an ever increasingly popular destination for overseas visitors.

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FREEDOM ORGANICS FOOD FOR THOUGHT

SUPER POWDERS

Origins-Claims-Uses

They're rising in popularity, and for good reason. Two teaspoons of concentrated powders may help to pack your body with nutrients, keep you energised or cleanse you of toxins! Big claims for a couple of teaspoons. Food for thought has taken a look at what are these powders? Who has been using them in the past? How are they going to help us? And how do we use them?

Maca Powder - Organic raw maca powder is a nutrient dense wholefood, known for its energising and nourishing properties, is rich in amino acids, essential fatty acids, vitamins, minerals and trace elements, and is used to increase energy, stamina and revitalise!

Maca is native to South America where it's referred to as "The Incan Superfood!" It is consumed for its concentrated nutrition, and is suitable for everyone to enjoy for everyday well-being. Raw maca is naturally gluten free, dairy free and high in protein, making it a great daily dietary addition for vegans. Being rich in amino acids and minerals many athletes enjoy maca in their post workout smoothies for enhanced recovery and performance. This energising wholefood is said to improve concentration and alertness. It has a caramel, nutty flavour, which tastes delicious blended through smoothies.

Acai Berry - Açai is loaded with nutrition: 19 Amino Acids, Vitamins A, B1, B2, C, E, and P (bioflavonoids), minerals like potassium, iron, phosphorous, and calcium, fibre content of 30%, trace elements, Omegas 6 and 9, and unusually for a fruit, protein! Harvested sustainably from a wild and vigorous 25 foot Brazilian tropical palm that naturally grows prolifically across 2.5 million acres of Amazon River floodplains - supporting the Açai Berry industry makes these trees more valuable vertical than logging them. Add to yoghurt, smoothies, ice cream, fruit juice, water, milkshakes, muesli, or even margaritas!

Boabab - Organic Baobab powder is a nutrient dense, raw wholefood, produced from the Baobab fruit, native to South Africa. Bursting with antioxidants, high in fibre and a rich source of vitamin C it is a nutritious and delicious addition to smoothies, sprinkled over muesli or porridge or blended with yoghurt.

Mesquite - Organic Mesquite powder is very versatile ingredient. Mesquite is an extremely hardy, drought-tolerant plant. It is found in dry arid parts of South America and the southern US states. Mesquite powder is a traditional Native American food that is made by grinding ripened seed pods of the mesquite tree into a fine powder or meal. Now most commonly used in Australia as a nutritious sweetener.

It is rich in nutrients, gluten free, high in protein (around 16g per 100g). Mesquite powder has traditionally been used as a flour or low GI sweetener. It has a mild nutty flavor with a hint of caramel. Blend into smoothies, use in baking or sprinkle onto cereals.

Lucuma - Organic raw lucuma powder has a subtle sweet caramel flavour and a smooth creamy texture. This versatile ingredient is produced from the fibrous and nutritious flesh of the lucuma fruit, native to South America. The flesh is dried and ground to form this nutrient dense powder. Lucuma is an excellent source of carbohydrates, fibre, vitamins and minerals, and is gluten free, dairy free, vegan and low GI. Lucuma pronounced "loo-ku-mah" is referred to as "Gold of the Incas" and is often a centrepiece fruit in many traditional celebrations because of its extraordinary nutrient composition and distinct sweet flavour. It is enjoyed as a natural sweetener in smoothies, desserts and beverages.



Maqui - Maqui is a Patagonian Superfruit, packed full of antioxidants. It has an ORAC antioxidant score that's 3 times higher than even Acai berry. A very fine-grain powder with a faint berry aroma and citrus taste. Much like Acai powder, native to Chile and regularly consumed by the Mapuche Indians. Pronounced 'mah-KEY', It also has the added punch of antioxidants like anthocyanins (like blueberries), polyphenols, Vitamins A & C, iron, potassium and Omega-6. Vitamin C content is 58mg per 100g. ORAC antioxidant score is 612,000 per 100g

Matcha - Organic Japanese Matcha Green Tea Powder is made from 100% stone-ground young, fresh green tea leaves. It retains all the nutrients and benefits that the leaves offer, and is perfect for matcha green tea flavoured smoothies, lattes, baking and desserts.

Spirulina - Organic Spirulina Powder is a plant-based green wholefood. Originally discovered in South American and Africa, it is a micro algae that grows in a pollution free environment. It has been used as a dietary supplement since the 1970's. It has hundreds of vitamins, minerals, trace elements and amino acids but

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it's high quality vegetable protein content is what it's most celebrated for with 3g of protein per serve – that's 66% protein! Its blue green colour is thanks to phycocyanin which is a biliprotein which has immune boosting and anti-bacterial properties. A popular ingredient in green juices and smoothies, it can be enjoyed daily for general health and vitality. No sugar or anything else is added.

Chlorella - Organic Chlorella Powder is a nutrient dense freshwater blue-alga renowned for being a complete food source for its balanced ratio of proteins, vitamins and minerals. It is very high in protein (58%) and chlorophyll (3%). It is a nutritious and refreshing addition to juices, smoothies and cooking. It is considered a complete food source because of its well-balanced ratio of amino acids, nutrients, vitamins and minerals. It's a great source of protein for vegetarians and vegans. The algae is grown in water sources directly onsite from natural sweet water aquifers found 600 meters underground and below the water table. It is harvested, thoroughly washed to remove any impurities then ground to crack the cell's tough wall to increase digestibility. It is then dried and stored.

Popular in smoothies and juice, it has strong binding capability to heavy metals and toxins to aid in elimination while also strengthening the immune system.

Slippery Elm - Slippery elm powder is made from the dried, ground inner bark of the Slippery Elm Tree (*Ulmus rubra*.) It can be used to increase your daily fibre intake and may have a soothing effect on the digestive system. Slippery elm powder can be made into a gruel, stirred into a glass of water or made into a soothing tea.

Other powders worth exploring include Protein Powders, Mushroom Powders, Nopal Cactus and traditional spices such as, Turmeric, Black Pepper and Cinnamon

Be aware that all powdered products can vary significantly depending on the way "the crop" used to make them was cultivated, harvested, and processed.

Be aware some powders may cause an allergic reaction in some people.

Newhaven College Reunions



Many founding students, staff and families attended the Early Years Reunion at Newhaven College's Boys Home Road Campus in January this year and now the final reunion to be held at Boys Home Road is scheduled for Saturday 14 October prior to the campus closing at the end of the school year.

The classes of 1987, 1997, 2007 and 2012 and their families are invited to return to Newhaven College for their respective 30, 20, 10 and 5 year reunions.

Students from those cohorts who left before Year 12 are also invited to attend.

An afternoon tea will be held at 3.00pm in the Auditorium of the Boys Home Road campus on Saturday 14 October, followed by an optional tour of the Phillip Island Road Campus where the new Senior Learning Centre and Art, Science and Technology wing will be nearing completion.

Some alumni are also organising a dinner in the evening for their year level, so to be invited to those events, please RSVP at <http://www.newhavencol.vic.edu.au/about/events>

As 2017 is the last year for the Boys Home Road Campus, an open invitation is extended to all past Newhaven College students and their families to attend this reunion to farewell their school.

We hope to reach as many alumni as possible so please share this news with your networks via the website event and also at www.facebook.com/newhavencollege

For enquiries, please contact Kelly Fuery on 5956 7505.



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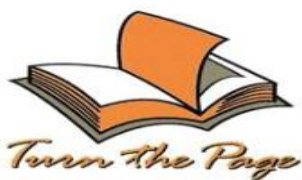
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Book Reviews

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



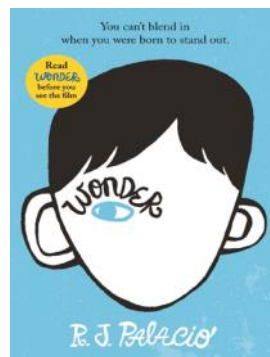
"The Handmaid's Tale" by Margaret Atwood

RRP \$19.99

Paperback

The Republic of Gilead offers Offred only one function - to breed. If she deviates, she will, like dissenters, be hanged at the wall or sent out to die slowly of radiation sickness. But even a repressive state cannot obliterate desire - neither Offred's nor that of the two men on which her future hangs. Brilliantly conceived and executed, this powerful vision of the future gives full rein to Margaret Atwood's irony, wit and astute perception.

If you have been watching the fantastic TV series starring Elisabeth Moss, you will be blown away by this beautifully written book.



"Wonder" by R. J. Palacio

RRP \$19.99

"My name is August. I won't describe what I look like. Whatever you're thinking, it's probably worse." Auggie wants to be an ordinary ten-year-old.

He does ordinary things - eating ice cream, playing on his Xbox. He feels ordinary - inside. But ordinary kids don't make other ordinary kids run away screaming in playgrounds. Ordinary kids aren't stared at wherever they go.

Born with a terrible facial abnormality, Auggie has been home-schooled by his parents his whole life. Now, for the first time, he's being sent to a real school - and he's dreading it. All he wants is to be accepted - but can he convince his new classmates that he's just like them, underneath it all? WONDER is a funny, frank, astonishingly moving debut to read in one sitting, pass on to others, and remember long after the final page.

The movie of this amazing story will be released later in the year with Jacob Tremblay as Auggie and also starring Julia Roberts, Owen Wilson and Mandy Patinkin. This will be a movie to make you cry and laugh and give you hope.



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

The Graduate Murder

The time of death was firmly established. At 10:06 pm all three suspects said they heard a gunshot echo through the house. The house was shared by four Melbourne graduate students; three, if you no longer counted Petrus Pringle, the victim who lay in his second-story bedroom, a bullet in his chest.

Petrus, it seemed, had been a ladies' man. He had even bragged about seducing the girlfriend of one of his housemates. Unfortunately, the police didn't know which one. They separated the three remaining housemates and interviewed each one with Leroy Cunningsworth, the island's brilliant resident sleuth in attendance.

"I was working on my car," Darrel Petterson insisted. "I plugged an extension cord into an outlet behind the house. Then I took a work light around to the side driveway, in front of the garage. When I heard the gunshot, it took me a second to realize it came from the house. Then I ran inside."

The second suspect entered the room with a noticeable limp. "I had just come home," explained Tony Contrario. "I parked in the alley behind the house. I was walking up to the back door when I tripped hard over some cord. I fell down, then just sat there, nursing my ankle. Maybe two minutes later came the gunshot. That got me moving."

The third suspect claimed that he had just come down to the kitchen. "I was starting to scoop out a bowl of ice cream," said Mark Waters. "Then I heard a noise out back. I looked out, but it was dark. I went back to my ice cream. A couple minutes later I heard the shot."

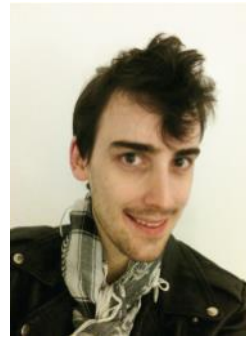
The detectives led by Inspector Jack Flint of the Cowes constabulary and his friend and forensic foe, Leroy, circled the house. In the kitchen they found a melted bowl of ice cream on the counter by the refrigerator. In the backyard they saw an orange extension cord with a bent prong that had been ripped from an outdoor socket. Following the extension cord around, they found Darrell Petterson's car in front of the garage, the work light suspended over the open hood.

"It's pretty clear who's lying," Leroy mumbled. The Inspector figured Glen for the culprit and if so Leroy would do the

buying at the pub tonight. He mumbled the wager to his friend who accepted with a broad smile and a developing thirst for a fine Ale.

Well, readers of the Vibe? Before you turn to the solution on page 13 and finish your coffee, think about it, maybe read the story again. It's not easy being a sleuth but the clue is there!! Maybe it's time the Inspector got it right.

WHODUNNIT??



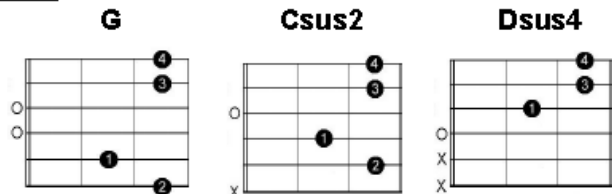
STRIKING A CHORD

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.

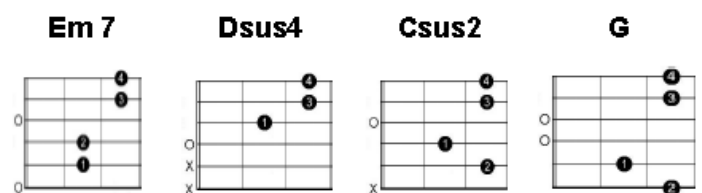
Classic Cover Series PART II - TIME OF YOUR LIFE

Here's one for all of you who were in high school in the late 90's. For this week's classic cover we will be looking at *Time of Your Life* by Green Day!

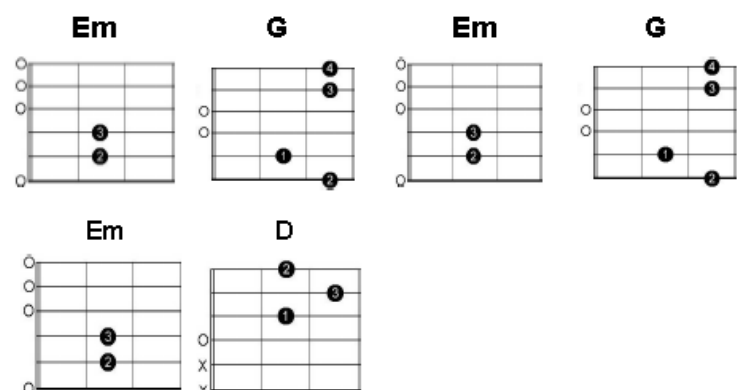
Verse



Pre Chorus

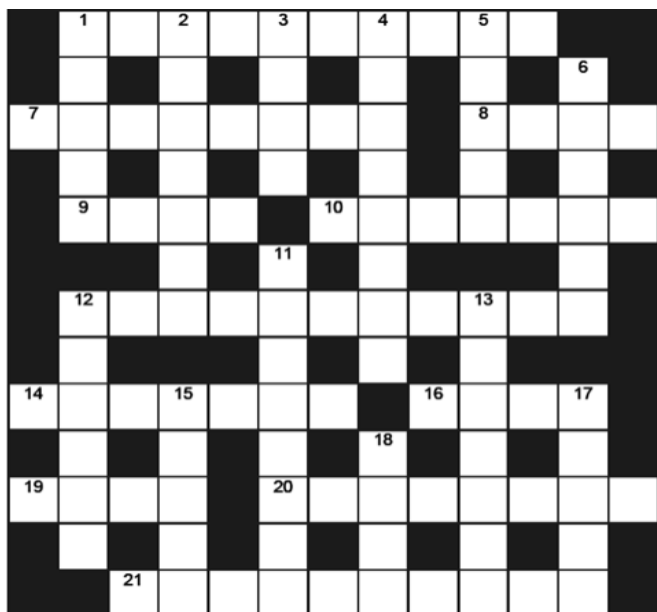


Chorus



Brain Food

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



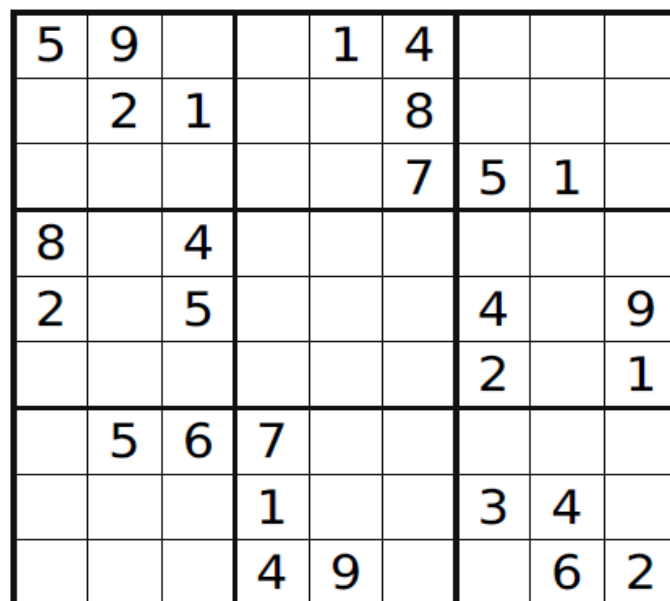
Vibe Quick Crossword 91

Across

- 1 One with an empty dance card (10)
 7 Strong coffee (8)
 8 Strong wind (4)
 9 Level (4)
 10 Receptacle for butts (7)
 12 Allurements (11)
 14 Go without (7)
 16 Absorbent padding (4)
 19 Totals (4)
 20 In work (8)
 21 Stone fruits (10)

Down

- 1 Refuse (5)
 2 Biggest (7)
 3 Join together (4)
 4 American marsupials (8)
 5 A number (5)
 6 Every time (6)
 11 Mistake (8)
 12 Give tangible expression to (6)
 13 Infant (7)
 15 Sample (5)
 17 Toots (5)
 18 Urge forward (4)



Vibe Sudoku 91 Each row, column and sub-box must have the numbers 1-9 occurring just once.

VOLUNTEERS NEEDED FOR MS COMMUNITY VISITORS SCHEME - SAN REMO

The MS Community Visitors Scheme (CVS) is seeking volunteers for their program in the San Remo area.

The MS CVS provides volunteer visitors to residents in aged care homes who are socially isolated and whose quality of life would be improved by friendship and companionship.

"We require volunteers in San Remo who would enjoy spending quality time with an older community member developing a genuine friendship and making a real difference in their quality of life," says Esis Tawfik, Senior Manager, MS Connect.

"Volunteers visit their older friend at a mutually convenient time. We require volunteers who are able to visit the recipients fortnightly for at least a 12-month commitment. This is a great volunteering role for busy people who want to make a difference and for those that may want to take young children or even pets with them." added Ms Tawfik.

"We currently have two people in San Remo who would benefit from a volunteer visitor. The first is a gentleman who enjoys having conversations about art, painting, soccer, boats and yachts. Activities such as participating in sport outings and playing board games with a male friend who has similar interests would greatly improve his quality of life. The second is an elderly lady who enjoys outings within the community such as visiting op shops, nurseries, gift shops and cafes" said Ms Tawfik

MS has been an auspice of the Community Visitors Scheme since inception in 1991. The recipients do not need to be people living with MS – this service is available to any resident in an aged care facility who needs more companionship.

For further information, contact: Esis Tawfik, Senior Manager, MS Connect T: 03 9845 2729 M: 0457 719 486. The Nerve Centre 54 Railway Road, Blackburn VIC 3130
 email: volunteer@ms.org.au Web: www.ms.org.au



1 What is a baby rabbit called? 2 In what country would you find the Yellow River? 3 What is the plural of the word crisis? 4 What does HTTP stand for in a website address? 5

The Artful Dodger is a character from which novel? 6 What hills border Scotland and England? 7 Mr Pibb was a soft drink created by the Coco-Cola company to compete with what other soft drink? 8 What is the capital city of Canada? 9 In what month is the earth closest to the sun? 10 Australia has the worlds largest sand island. What is its name? 11 Whose picture is on the front of the \$100 note? 12 What year did Cyclone Tracey hit Darwin?



Phillip Island Walkabout

Cape Woolamai offers spectacular views of Phillip Island and the surrounding coastline. Walk along the cliff tops to witness stunning craggy rock formations created by a volcanic history. Be sure to follow all the little worn paths to peer over the edges to really enjoy all the beauty that awaits (step only were worn, beware of Mutton Bird burrows).

Commencing at the information shelter situated in the car park at Cape Woolamai Surf Beach, take the wooden ramp down to the beach and walking southeast along beach toward a rocky point that juts out from Cape Woolamai. After 700 metres, and before reaching the end of the beach, you will spot a wooden staircase on the left.

Take it up onto the sandy grass-covered bluffs that connect the rocky end of Cape Woolamai with the rest of Phillip Island. Long ago the Cape was separated from the Island but sand built up and plants grew and over time it became an extension that we get to enjoy today.

At the top of the steps, there is a sign for the Cape Woolamai Walking Trails directing you to turn right (the service road to the left heads back to the parking area). The trail sign shows three of the walking possibilities on Cape Woolamai, each with an identifying colour that is used on markers along the trail.

Pinnacles Walk - 4.4km, green route – As a shorter walk you can turn and head back to the car park from the Pinnacles (1.4km). Below the bluff, the coast is made up of impressive rock formations, sea stacks resembling connected granite columns, rise out of the surf near the end of the point directly offshore. Keep walking to see more stunning rock formations on the cliffs below, where the orange granite plunges from the bluff to the sea. Follow black arrows from the bench at the Pinnacles for another 2km on a gentle ascent to the summit at the tip of Cape Woolamai.

Cape Woolamai Beacon Walk - 7.4 km, black route– Continue walking out to the southeast end of the cape, gradually coming up a crest in the terrain where you'll find the Cape Woolamai Beacon. At an elevation of 112 metres, the beacon sits at the highest point on Cape Woolamai and all of Phillip Island.

From here you can take in the views looking back over Phillip Island and Churchill Island. From this point, take the wide trail through low grasses toward a small cluster of trees. Before you leave the forest (if you look really closely, you may see secret fearie hideaways), you will come to a junction with a trail to the Old Granite Quarry.

Old Granite Quarry Walk 5.6km, blue route – Crossing over to the east side of the cape to the site of an old rock quarry you will notice a dramatic change, plants, trees and stunning green waters.



Walking down a gradual slope, you will come to a short spur trail on the right out to a wooden overlook with east-facing views. The platform is perched at the edge of a steep bluff to present panoramic ocean views. Eventually you will reach a sign in the trees just above the coast that marks the old quarry area. Go down a flight of wooden stairs to the beach, to the left is Cleeland Bight and a beach walk back to the car park, a route that is not suitable at high tide (I know because I got caught out a couple of weeks ago). Take a few steps to the right and explore a jumble of granite slabs that were left on the beach when the quarry closed in the late 1880's. There are stacked granite blocks for transporting and preserved wooden tool and implements and the jetty remains, it feels as if they just walked of the job yesterday, like being in a time warp.

Once you have finished exploring, you can take a 1.7km stroll north up the beach. Keep walking up the beach until you come to an area where the beach is backed by a steep slope of sand. Just past this sledding hill, there will be another tall trail post. Turn left here and head inland on a wide sandy track leading back to Cape Woolamai Car Park. Remember a water bottle and a good camera.



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NEW BINS BEING DELIVERED



Your three new bins: Yellow for recycling, green for organic, red for landfill.

Bass Coast Shire Council is introducing a 3-bin kerbside collection service in September this year and it's time to get excited and learn a bit more about your new waste system.

Your new bins are arriving now. You will receive three new bins: a 240 litre Recycling bin with a yellow lid, a 240L Organics bin with a green lid, and a 120L Landfill bin with a red lid. You will also receive an education pack to help you use the new waste system.

The green lidded Organics bin is the new edition for Bass Coast Shire. It will be collected weekly and in it you can put all of your food scraps (including meat, seafood, bread and dairy products), garden and green waste, compostable kitty litter and pet manure, even tissues and paper towels.

This organic waste will be processed into certified organic compost which is returned to farms and public gardens to improve soils.

To keep the process clean and easy, along with the three bins you will receive a kitchen caddy and year supply of compostable caddy bags. People are encouraged to put their organic waste in their bag lined caddy, tie up the bags when full, and then place the caddy bag in the green lidded bin. It's important to use the compostable bags supplied to prevent contamination.

Bass Coast Shire Mayor, Cr Pamela Rothfield, explains how the new three bin system will have a positive and lasting impact on our environment and sustainability.

"On average, Bass Coast Shire kerbside bins contain 61% organic material, that's a lot of waste unnecessarily going into Landfill," Cr Rothfield said.

"When organic waste rots in Landfill it creates greenhouse gases. Forecasting shows that our current greenhouse gas emissions are around 7700 tonnes of CO2 each year, and removing our kerbside organics from Landfill will reduce this by more than 2500 tonnes."

"Introducing the Organics bin will also reduce the landfill levies paid to the State Government where we are charged per tonne."

The new bins will be delivered to each household from mid July through to the end of August. Old bins will be collected once the service starts in early September. Your new bins will have large stickers with information on when to put your old bins out for collection.

The cost of the Organics service is currently \$51 per year and has been prorated for the 2017/18 garbage charge to allow for the two months the service is not in place.

More information is available at www.basscoast.vic.gov.au/Organics or by contacting Council on 1300 BCOAST (226 278) or (03) 5671 2211.

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Puzzle Solutions



Vibe Crossword Solution 91

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

Vibe Sudoku Solution 91

Quiz Solution 91 1. Kitten 2. China 3. Crises 4. Hyper Text Transfer Protocol 5. Oliver Twist 6. Cheviot Hills 7. Dr. Pepper 8. Ottawa 9. January 10. Fraser Island 11. Dame Nellie Melba 12. 1974



What's Cooking?

Simple, delicious recipes.
No experience necessary.

CHICKEN TERIYAKI AND MUSHROOM PIE

WHAT YOU NEED:

1/4 cup plain flour garlic
1kg thigh or breast fillets, cut into 3cm pieces
2 1/2 tablespoons vegetable oil
200g mushrooms, sliced 1/4 cup chicken stock
1/4 cup thick Teriyaki Marinade/sauce
1 tablespoon sweet chilli sauce
6 spring onions, thinly sliced
1 egg, beaten sesame seeds

WHAT YOU DO:

Place flour in a large snap lock bag. Add chicken and toss to coat.

Heat a large, non-stick pan over high heat. Add oil and half the chicken. Cook until light brown. Remove and repeat with remaining chicken. Set chicken aside.

Add a dash more oil and add the mushroom and garlic to pan. Cook until golden. Return chicken and juices to pan.

Combine marinade, stock and sweet chilli in a jug. Add to pan. Stir until chicken is well coated. Stir in onions.

Spoon into a pie dish. Allow to cool. Top with pastry, brush with egg and sprinkle with sesame seeds. Bake 30-35 minutes in moderate oven until golden brown.



Meet a local community volunteer



Bob volunteers at Churchill Island for Phillip Island Nature Parks

Hello Bob, Welcome to the Phillip Island Vibe

How long have you been volunteering for Phillip Island Nature Parks?

Nine years

What is your role here?

Making and fixing bits and pieces around Churchill Island (including Blacksmithing).

What do you do when your're not volunteering?

Gardening

What is the best part about your job?

Working in the forge

What did you do in your working life before becoming a volunteer?

I ran a maintenance shop and before that, I was a marine engineer at sea. Before that, I was an apprentice back in Scotland.

Can you think of a funny story related to your volunteering that you would like to share with the readers?

It is great when we get the school kids through Churchill Island. We used to make the school children horse shoes. They would also ask questions and we could ask questions back. It was a lot of fun.

Can you tell us one thing about yourself that your colleagues might not know?

Well, most people know everything about me. I have five great grandchildren and two more on the way.

Is there anything else you would like to tell the Vibe readers?

It is good fun volunteering. You get to meet different people from all parts of life and all parts of the world.

The new Phillip Island Nature Parks Volunteer program will be launched on Friday August 18 at a fun and informative event at the Nobbie Centre. Contact Nature Parks' Volunteer Coordinator Rachael Ferguson at volunteers@penguins.org.au to find out more about volunteering or attending this free event.

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 Hateley 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, ball-room 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 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.

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. Age 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.

Barb Martin Bushbank is next to the Koala Conservation Centre. It is the only Indigenous Plant Nursery on the Island. Opening hours 9.30 to 3.30 Wednesdays, Thursdays and the first Saturday of the month. Contact 0407348807

Phillip Island University of the Third Age (U3A) provides learning and social activities such as choir, creative writing, stagecraft, Spanish, canasta and many more, for retirees and semi-retirees. Most activities are run at 56-58 Church St., Cowes. For further info call 5952 1131 or 5952 6461.

MS Community Visitors Scheme in San Remo requires volunteers to visit residents in aged care who are socially isolated. Visits are fortnightly and may include taking residents on outings. Phone 98452729 or email volunteer@ms.org.au

WHO-DUNNIT SOLUTION

The noise that Mark Waters heard out back supports Tony's story of coming home a few minutes before the murder and tripping over something. The torn-out extension cord and the bent prong also support Tony's story. But, if Tony's fall pulled the cord out of the outlet, then Darrell Peterson would have found himself suddenly in the dark.

Why didn't Darrell mention the failure of his work light? Simple—he didn't know about it. At that moment, he was already sneaking upstairs, intent on shooting Petrus Pringle, the friend who had seduced his girl.



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

This time of the year many boats are coming out of the shed for the first time, often with new electronics that were fitted up over the winter. If this is you, do yourself a favour and leave the rods in the shed, put the family in the boat and spend a day on the water getting to know your new electronics. I have been in boats with people that have \$5,000 worth of sounder/gps and the only thing they can accurately tell you is the brand name of the unit. Others can at least read the depth and if there is a way point, take you to a place but that's it. To me it makes no sense at all to spend that type of money if you are not going to take advantage of its features. Spend less on a more suitable unit and have some extra money for fuel. There is information everywhere on the internet on all types of brands and while the GPS side is reasonably straight forward it's the sounder you need to spend time learning. Plenty of time is spent on tuning in to what a fish looks like on the screen but there are more important features you need to know and then the fish pictures will follow. Make sure you know how to read and adjust your sounder to show clearly the type of bottom you are fishing on in any depth. When you learn to fine tune the bottom you will be surprised how many fish are sitting on those bumps along the bottom of the screen.

Every year the fishing is different and when you think you have worked it out, it changes and the seasonal fish are late or you are late and have missed the main run. The snapper have been this way over the last few years and probably a month earlier than expected. This year is different again and we have seen only a handful in the bay so far with a mixture of new and resident fish being reported. The strange thing about this year, and probably due to the direction of the wind over the last month or so, is several have headed offshore looking for flathead and found plenty of snapper. This is something I would expect to see on the other end of the snapper season as the schools of larger fish are leaving the bay and the smaller pinkies are coming in. The sizes have been mixed but all new fish within several areas are producing good numbers.

Kilcunda on the reef approximately 5km offshore, on the rough bottom off Cape Woolamai and the rough ground off the race track. Despite the schools offshore, they haven't ventured into the bay in any numbers yet. It will be a weather or temperature change that will eventually bring them in.

Several cutta have turned up in the bay which is good if you want them for bait but the problem is when they turn up early in the spring, whiting and calamari become very difficult to catch. Especially the calamari as they are part of the cutta diet but it doesn't seem to take much to scare the whiting anyway.

It has been an unusual winter for whiting with some good fish reported, often the best coming from the land based anglers but not a lot of consistency in numbers. We would expect the big spring whiting to continue through until the water warms up before the smaller ones start to show up.

In fairness to the reports, during this winter I have seen less people fishing on the whiting grounds than in previous years. I have spoken to several regulars and it's been nothing more than the tide, weather and free time just hasn't matched up and little to do with lack of fish. The reports I have had were when the tide change was just before dusk and came from the usual Cleeland Bight and Dickies Bay. The size average has been reasonable at around 32cm which isn't that long but with the quality of the fish, two fillets make a meal. The other spot several reports have come from, due to windy conditions, has been in boy's home channel along the bank on the turn of the low. From the Newhaven ramp, you can be fishing in less than 5 minutes and even on a day of very strong wind you are protected.



One good thing about honey badgers is that they're not a whole lot bigger, at least if you believe the stories. The bush would be a worrisome place, even if you were a bull elephant.

Folklore is full of tales about the diminutive honey badger bringing down a buffalo and other seemingly impossible adversaries—not as prey, but because the animal in question commits some real or imagined provocation.

Badgers purportedly have the unnerving habit of honing in on larger animal's private parts, inflicting injuries bad enough to cause the target of their wrath to bleed to death. No less a patronage than James Stevenson-Hamilton, the first warden of the Kruger National Park in South Africa, reported being a witness to such attacks on wildebeest and waterbuck. They probably didn't make crotch guards in jumbo size but if I was a bull elephant I'd maybe go shopping.

Fortunately the honey badger is a small mammal, weighing in at an average of only 12 kilograms. They have a relatively long lifespan, about 24 years, and females a relatively long gestation period, around six months. They usually give birth between October and January, producing two cubs. As a nod to the badger's ferocious reputation, juvenile cheetahs have evolved a similar coloration and hairy profile, only adopting the real cheetah look once they've learned to run like the clappers.

As you would expect from such a resourceful animal, the honey badger is widely distributed in South Africa and adapted to most habitats except mountainous forests and deserts. It is usually solitary and is supposed to be nocturnal, although it doesn't always take notice of that limitation.

Already a film star, the little beast is now also a You Tube sensa-



tion, and with good reason. Various film clips show the diminutive hard case facing down a pride of inquisitive lions, lunching on a big poisonous snake and to prove it has brains as well as brawn, showing off its Houdini skills by easily escaping from cages and enclosures with a nonchalance that embarrasses its human keepers.

They may not be cuddly, but, let's face it, badgers are cute, and they have a sweet tooth. Honey is favourite food, though not a staple of their diet. Their fondness for the sweet stuff brings to mind Winnie-the-Pooh, the much loved, bumbling and amiable hero of A.A. Milne's children stories. But an obsession with honey is about the only thing the two have in common. The honey badger also eats bee larvae, grubs, scorpions, spiders, birds, snakes, mice and reptiles, to name but a few on its omnivorous menu. Given the chance it would rather eat Pooh's tiny friend Piglet than have a philosophical conversation with him, and is anything but bumbling when it comes to its daily chores.

Perhaps the badger's most celebrated and dubious relationship is with the greater honeyguide, a small, inconspicuous bird that science emphatically labels Indicator indicator, just in case you missed it the first time. The honeyguide is good at finding beehives but lacks the muscle and chutzpah to exploit the discovery. Enter the hero. The bird sends a tweet to honey badger ambling along in the vicinity and once it has its attention leads it unerringly to the hive. Given the badger's messy eating habits it's a win-win situation.

Another delightful and interesting animal to grace the fascinating bush life of South Africa.



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The Man They Call The Banjo

By Felix Meagher and Dennis O'Keeffe
Directed by Wolf Heidecker



Stephanie Elise
Christina Macpherson



Tim Phillips as
Banjo Paterson



Cora Browne as
Sarah Riley



Felix Meagher as
Robert Macpherson



Matt Hadgraft
The Swagman

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- Twigs and branches under 100mm in diameter

Fortnightly



- Glass bottles and jars
- Solid plastic containers, bottles and tubs
- Aluminium cans, trays and foil
- Steel cans, aerosols and spray cans
- Milk and juice cartons, Tetrapaks
- Cardboard boxes and paper
- Plastic cutlery
- Newspapers and magazines

Fortnightly



- Broken glass and mirrors
- Crockery
- Nappies
- Foam and polystyrene
- Plastic bags & soft plastics
- Old clothing

For more information visit www.basscoast.vic.gov.au/organics or contact Council on 1300 BCOAST (226 278) or (03) 5671 2211



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