

Phillip

Island Vibe

FREE

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

ISSUE 98, MARCH 2018



Visitors to the Phillip Island Nature Parks Penguin Parade enjoyed huge numbers of penguins crossing the beach over summer, with a new record of 4,000 penguins set on Boxing Day. Another successful breeding season has drawn to a close with hopes of even more penguins next year. Photo supplied by Phillip Island Nature Parks.

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

Inspector Jack Flint of the Cowes constabulary sighed. "Gosh if only my friend Leroy was here to help me solve this one, but no, he had to go on a fishing trip to get away from cadavers and crime scenes. Fat chance, he's only good at catching crims not fish" he muttered, and looked across to his wife Sheila who was busy writing out recipes from "The Barefoot Contessa" titled "Cooking Delicious Simple Meals." "You like impossible crimes. Why don't you take a look at this and tear yourself away from Spaghetti America?"

Sheila and her overworked detective husband were sitting across from each other at the kitchen table both working hard. In Flint's Case, the homework was a homicide investigation. "Sure." Sheila liked any kind of crime, especially if it meant putting aside kitchen work or emulating a pasta meal as beautifully described by the Contessa. "What kind of impossible crime?" She got up and walked around to look at the police reports spread out on the table.

"A murder made to look like suicide." And he began to outline the case.

Simon Wentworth had been found on the street in front of the building where he lived. It seemed that the young man used a screwdriver to remove the child safety bars from a window in his high-rise apartment. Then he jumped to his death.

Among the photos was a picture of another window with the safety bars still attached to the outside of the building. "Looks like the bars would be tricky to remove," Sheila observed.

"They're supposed to be hard to remove," said Flint. "Anyway, his prints were on the screwdriver and a suicide note was found in his room. No one else had been at home, according to the doorman. And his friends testified that he'd been moody and distracted lately. It's got all the markings of a suicide. Except..." He sighed.

"We interviewed one of his neighbours," Flint continued. "Simon shouted, 'No, no, no,' before he jumped—and he screamed all the way down."

"That doesn't sound like suicide," Sheila agreed.

Her husband nodded. "It turns out Simon lived in the apartment with his older brother Teddy.

We found a partial print of Teddy's on the same screwdriver. So we had Simon's suicide note analysed by an expert and found a lot of similarities with Teddy's handwriting. To cap it off, it seems the brothers had just taken out million-dollar insurance policies on each other's life."

Sheila picked up a photocopy of the suicide note. It was short and sweet: "I can't go on with the pain anymore. Forgive me, little brother. You'll be better off without me." She examined the penmanship and saw that it did look a little unnatural, with several fits and starts.

"What did Teddy say about his brother's death?" Sheila asked. "A cool customer," said Flint, shaking his head. "He pretended to be distraught. He was the first to suggest that Simon's death might be murder."

"Let me guess," Sheila arched her eyebrows. "Teddy Wentworth has an alibi."

"A great alibi. At the time Simon fell, Teddy was at his office, on



the phone to a client in Melbourne."

"Maybe he was using a cell phone," Sheila suggested.

"No," said her hubby, holding up a sheet of phone records. "He was on his land line at the office.

And don't forget the apartment doorman. He says Teddy didn't come in or out the building all during that time."

"Good puzzle," said Sheila. She stood over the table full of papers and scanned them one by one. "It's not a puzzle," Flint chided.

"It's serious. If we don't figure this out, a killer is going to go free. Where the heck is Leroy now that I need him?"

"Well, I think I know what happened and don't worry about your sleuth friend. He has other fish to fry," Sheila said slowly. "But you're not going to like it."

Well readers of the Vibe. Do you need to be a good cook to be a good sleuth or fisherman?

Who did the deed. Maybe Sheila deserves to be taken out for dinner!! Turn to page 15 for the solution.

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

Easter is coming up and again this year we will be running our Good Friday Appeal fishing competition with 100% of the entry fee donated to the Children's Hospital. The prize list has been growing over the last month or so due to the support of many local businesses. We have changed it slightly this year and we have Adult, Junior and Small Fry prizes and entry fees. There will be a giveaway for all juniors and Small Fry when they enter and again we will have random draws over the weekend so all you have to do is enter to win. Thanks to Phillip Island Helicopters the major prize for the entry draws will be a flight for 3 and there are some other very good prizes that have been donated. The competition starts Good Friday morning and finishes Monday and you can fish every day or just one day from a boat, kayak or the land. For more information and entry forms just call into the shop or drop us a message and we can send one out to you. Last year we donated over \$1,000 and there were a lot of families that fished together and had a bit of fun for a good cause.

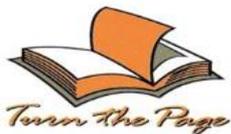
Fishing and in particular, whiting fishing over the last month or so has been tough and even those who generally find them without a problem are struggling. There have been two patterns lately to the whiting. You spend all day and come home with nothing or you find them somewhere you haven't really fished much before.

The majority of the reports we have had lately are from those fishing deeper water which makes the argument that the bay is too warm in the shallows more believable. The reports we have had from the shallower areas have come from either end of the day, Cleeland Bight early morning and Dickies Bay late evening into the dark. That's on our side and on the Rhyll, Cowes, Ventnor side the better reports have come from the first and last of the run-in tide.

It's not often you can't find a calamari or arrow squid either in the bay or offshore. The problem is everyone gets set in their ways and only fish in a few places. Everywhere you fish in the bay or offshore you should have a squid jig out, even in the deeper areas. What you need to do is alter how you set up the jig and there are as many different ways as there are colours.

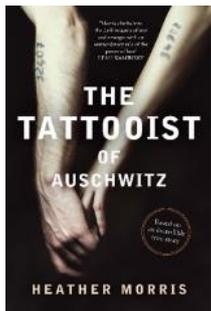
One method not used enough in the bay or offshore is a jig on a paternoster style rig fished off the bottom. We find this to be the most successful method offshore, especially in the deeper water. Paternoster rig with one or two droppers, bright colour jig or jigs and a heavy sinker. Drop it to the bottom wind it up a turn or two and let it bounce around in the rod holder. If nothing after about 10 minutes or so wind up a few turns and keep going until you find them. You don't need a \$300 rod and reel and we just use an old reel and a broken rod we have re-tipped. While this is a good method offshore give it a try in the bay as well even shallow and

Continued page 5**Great range
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Book Reviews

“The Tattooist of Auschwitz” by Heather Morris RRP \$29.99



This is the incredible story of the Auschwitz-Birkenau tattooist and the woman he loved. Lale Sokolov is well-dressed, a charmer, a ladies' man. He is also a Jew. On the first transport of men from Slovakia to Auschwitz in 1942, Lale immediately stands out to his fellow prisoners. In the camp, he is looked up to, looked out for, and put to work in the privileged position of Tatowierer - the tattooist - to mark his fellow prisoners, forever. One of them is a young woman, Gita who steals his heart at first glance. His life given new purpose, Lale does his best through the struggle and suffering to use his position for good. This story, full of beauty and hope, is based on years of interviews that author Heather Morris conducted with real-life Holocaust survivor and Auschwitz-Birkenau tattooist Ludwig (Lale) Sokolov. It is heart-wrenching, illuminating, and unforgettable. There are times when we are challenged when we read and it is easy to look away, but this is a story that deserved to be told and we must not look away.

By Turn The Page Bookstore, 40A Thompson Avenue, Cowes

“Surfing Australia: A Complete History of Surfboard Riding In Australia”

by Phil Jarratt RRP \$45.00



Australian surf culture is over a century old, and it still hasn't grown up. From its roots as an illegal pastime to its current incarnation as a professional sport, surfing's enduring appeal has always been the carefree, quintessentially Australian lifestyle that goes with it. Australian surf culture has always had competing impulses of chaos and order. For every Boot Hill Gang there is a Surf Life Saving Association; for every tragic drug disqualification, a World Title winner. From Tommy Tanna, Alick Wickham and Freddie Williams's pioneering surf lifestyles to the hedonism of 1950s beach culture, the Coolangatta Kids of the 1970s, to the eventual professionalised machine that surfing in Australia has now become, this is the complete, no-holds-barred history of both sides of the story.

MENTION THAT YOU HAVE READ THIS REVIEW IN VIBE AND YOU CAN PURCHASE THIS BOOK FOR \$20.00 (no other discounts apply)

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Fishing column continued

you will be surprised with the results you will get. Land based and while inconsistent the San Remo jetty this week has been good and over the next month or, so we should see some of the bigger models being caught. It's been difficult to beat the early morning or late evening for the best catches at San Remo jetty but the beaches at Ventnor and Woolamai have been slightly different and produced best on the last of the high tide regardless of the time of day.

We seem to have another run of pinkies in the bay and just offshore at the moment with some very good reports coming in. The pinkies are good size also with 38cm to 42cm being reported and

good numbers with several reports of customers bagging out. In Cleeland Bight towards the entrance the best and the rubble off the cape another good spot offshore. The Kingfish reports from the eastern entrance continue to come in and just seem to be getting better as people learn how to fish for them. 18.95kg is the best for the season so far but several around the 10 to 12kg have shown up. Numbers that are caught don't really reflect the numbers that are out there with everyone reporting a capture telling us they lost another 5 or more in the same session. Those diving are also telling me the numbers under the water are far greater than what is being caught and it makes you wonder if they have just been there the whole time and people are now just working out how to catch them.

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Cowes to Stony Point Vehicle Ferry Business Case

OPPORTUNITY TO HAVE YOUR SAY

Bass Coast Shire Council, Mornington Peninsula Shire Council and the Victorian Government are preparing a Business Case to determine the cost, requirements and viability of a vehicle ferry service between Cowes and Stony Point.

A Draft Business Case has been developed and the community is invited to provide their feedback. The Draft Business Case is available to view:

Online
basscoast.vic.gov.au/carferry
mornpen.vic.gov.au/stonypointcarferry

Hard Copy
A hard copy will be available to view at the **Customer Service Centres** and **Visitor Information Centres** of Bass Coast & Mornington Peninsula Shires.

There are a number of ways you can have your say

Open house drop-in sessions

DATE	TIME	LOCATION
Sunday 11 March 2018	10am – 4pm	Mussel Rocks BBQ area, The Esplanade, Cowes
Monday 12 March 2018	10am – 4pm	Mussel Rocks BBQ area, The Esplanade, Cowes
Tuesday 13 March 2018	10am – 4pm	Mussel Rocks BBQ area, The Esplanade, Cowes
Monday 19 March 2018	10am – 4pm	Mussel Rocks BBQ area, The Esplanade, Cowes
Tuesday 20 March 2018	10am – 4pm 2pm – 8pm	Mussel Rocks BBQ area, The Esplanade, Cowes Crib Point Community Hall, 7 Park Road, Crib Point

Online survey

Have your say online at

 [SurveyMonkey.com/r/ZGJX768](https://www.surveymonkey.com/r/ZGJX768)

Direct feedback

By phoning or emailing EarthCheck at

 **(07) 3238 1901**

 **Consulting@earthcheck.org**





Meet a local community volunteer



*Cheryl Overton
volunteers for
Phillip Island
RSL as a driver
of the Welfare
Car*

Hello Cheryl. Welcome to the Phillip Island Vibe.

How long have you been volunteering here with the RSL?

A little over 8 years.

What is your role here?

I drive the Welfare Car, taking people to medical appointments locally and in Melbourne.

What do you do when you're not volunteering?

Coffee with friends, travelling with my husband and of course, spending time with the 'Grandchildren'.

What is the best part about your job?

Oh, I get to meet some very special people and I feel privileged to be told their stories. Especially, stories about them growing up or what they did in the War. I am humbled by some of the things people have done in their lives.

After driving people in the Welfare car, I always go home feeling good.

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

I worked for ACP Publishing. It was before digital technology, so things were done the old fashioned way and they took a lot longer to produce. It was a good job.

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

A few years ago, I drove a 94 year old man to a Specialist appointment in Melbourne. I went into the waiting room with him and when the Doctor came to get him, he said to this 94 year old man "Your daughter can come in with you", to which he replied, "that's not my daughter, that is my Fancy Lady."

Whenever I think about this, it still makes me smile.

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

I love looking through Antique shops. My husband hates taking me on a Sunday drive, as we have to stop at any Antique/Old Ware Shops we pass.

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

The RSL runs the School Breakfast Program and I have just put my name down to do this. It is only one day a week for a couple of hours. The RSL are looking for volunteers for this program, so I encourage anyone with a couple of hours to spare once or twice a month, to give the RSL a call and put your name down. You won't regret it. Phone 5952 1004 for details.

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Phillip Island Historical News

23/12/1921 - Mr. Jack Underdown's strawberry farm at Rhyll has been a very popular visiting spot for residents and guests at Cowes. The strawberry yield has exceeded 6cwt. in the first crop, and motorcars have run out daily, filled with lovers of this luscious fruit, who are liberally treated to huge dishes of the berries, plenty of cream and biscuits.

6/1/1922 - The president of the Shire (Mr. McFee) had been invited by the Memorial Committee to take the chair. He brought with him from Rhyll a small cannon-ball that had been ploughed up on Mr. Underdown's property - a relic of Fort Dumaresque,



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the foundation of which had been laid in the neighborhood 93 years ago, almost to the day.

26/1/1923 - Following as it has done, the rain at Christmas, which assured a second crop of strawberries; now, in all probability a third may be looked for, and visitors to "Motpena" strawberry

gardens at Rhyll will long have reasons for rejoicing of the extension of the

strawberry and cream season at Mrs. Underdowns.

23/11/1924 – OBITUARY - It is with great regret we have to record the death of Mr. J. Underdown, which sad event occurred at Salisbury (South Australia) on Sunday, November 23. The deceased had been a resident of Rhyll for many years, and had established the well-known strawberry and fruit gardens, "Motpena," which has become a popular resort among tourists to Phillip Island.

Mrs. Underdown pre-deceased her husband about ten months ago. Deepest sympathy is extended to his only son, Oswald.

9/1/1925 - This week has been a record for the strawberry gardens.

12/1/1927 - UNDERDOWN. In loving memory of my dear mother, who passed away at Rhyll, Phillip Island, on 12th January 1924. Sadly missed by her son—Oswald.

16/3/1928 - From there we travelled back by a different route and came to Rhyll. We stopped at a strawberry farm here and had delicious strawberries and cream served

to us on a balcony overlooking the sea.

After leaving there we kept a sharp look out for teddy bears, as we wanted to see them in their wild state.

In a simpler time when fresh Strawberries and Cream incited a visit to Rhyll.



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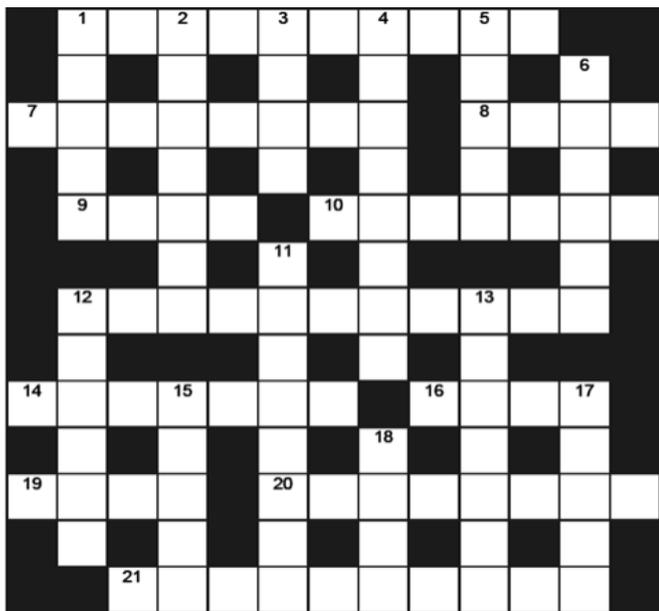


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Brain Food

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



Vibe Quick Crossword 98

- | Across | Down |
|-------------------------|-----------------------|
| 1 Assist (10) | 1 Joke (5) |
| 7 Tree surgeon (8) | 2 Selects (7) |
| 8 Spiders' artistry (4) | 3 Den (4) |
| 9 Comfort (4) | 4 In rags (8) |
| 10 Boudoir (7) | 5 Tall building (5) |
| 12 Confused (11) | 6 Overseas (6) |
| 14 Charm (7) | 11 Slightly salty (8) |
| 16 Sea green (4) | 12 Fears (6) |
| 19 Without activity (4) | 13 Mexican spirit (7) |
| 20 Adores (8) | 15 Concepts (5) |
| 21 Suffocate (10) | 17 Anoint (5) |
| | 18 Trick (4) |

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

Vibe Sudoku 98

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

Reduce Toxicity & Heal Naturally

My little boy got eczema when he was about 7 months old. I started researching everything from diet to skincare products and medications to try and help him. While researching I started to realise that other household chemicals could be affecting him too. I started removing toxic chemicals and looking for natural alternatives. I partnered with dōTERRA essential oils after having amazing results for my sons eczema and all our families other health concerns. My mentor Deanne Howard and I are on a mission to help families reduce toxicity in their homes and live healthier and happier lives.

Did you know that an excess of toxins in the body has been linked to many health issues including skin allergies, infertility, learning disabilities, headaches, respiratory problems, difficulty losing weight and cancer? And over 10,000 chemicals are used in common household products and only 10% have been tested for safety?

Using natural alternatives can protect the health & wellbeing of your family and prevent illness & disease. We can easily replace toxic cleaning sprays, bleach, antibacterial soaps/hand sanitisers, scented candles, skincare products, air fresheners, perfumes, and insect sprays.

Toxic chemicals you should look out for on your labels are parabens, aluminium chlorohydrate/zirconium, phthalates, propylene glycol, formaldehyde, lead, hydroquinone, petroleum, sodium laurel sulfate & triclosan.

Products to use instead- Lemon Essential oil, tea-tree, dōTERRA on-guard products, white distilled vinegar, castile soap, bicarbonate of soda, and essential oils in a diffuser.

Here is the Anti-Bacterial Bench spray recipe I clean my bench top with:

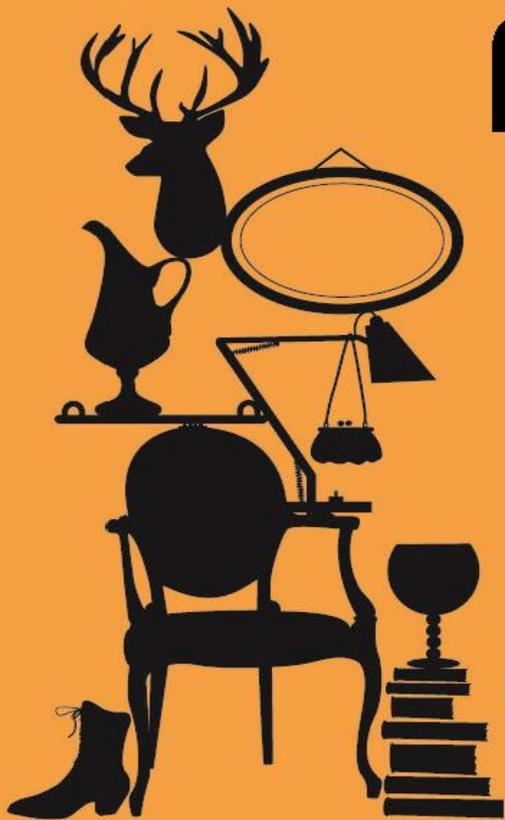
500ml glass spray bottle, 1/4 cup white vinegar, 10 drops dōTERRA lemon, 10 drops dōTERRA OnGuard essential oil, top with water. Shake before use. Spray onto bench-tops and wipe off.

Continued page 15



1. What is the name of the German airline?
2. How many stars does the American flag have?
3. How long is the great wall of China?
4. According to the Bible, who was the first murderer?
5. In what

year did Princess Diana die? 6. What is both a French wine region and a luxury American automobile? 7. What do dragonflies prefer to eat? 8. What nuts are used in Marzipan? 9. Which country is the origin of the cocktail Mojito? 10. How many Oscars did the Titanic movie win? 11. What is the house number of the Simpsons? 12. What does the abbreviation GPS mean?



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TUNES ON THE Terrace

Each Sunday afternoon in March from 3pm to 6pm

GROOVE TO THE TUNES OF LOCAL MUSICIANS

March 4 - Bern Carroll
March 11 - Garry & John
March 18 - Bern Carroll
March 25 - Garry & John



Healthy and Healing with Pip

Is fear holding you hostage?

Everyone at one time or another can relate to that feeling of being afraid and not being able to take action. Fear of success. Fear of failure. Fear of people not liking you. Fear of people liking you too much. Fear of rejection. Fear of not being worthy. Fear of flying. Fear of falling.

So, what is fear holding you back from doing ???

Do you want to change your job? Do you want to leave your relationship? Do you want to start your own business? Do you want to lose weight? Do you want to study a course at college or university?

All these desires have probably come from a place deep in your heart. You may not have told anyone about them. You may not even have admitted you desire them to yourself.

The question is not ... Do you really want to achieve your goals? Of course you do!

The question is ... What is stopping you? Why have you not done it already?

Usually we have not done it yet because we have scared ourselves out of taking action.

The word fear can be re-framed as: F.E.A.R = False Evidence Appearing Real in other words, you are creating or visualising a scenario in your mind about the future that feels 'real' and so you get the same sensations in your body that you would if you were actually in danger right now.

Wow! ... seriously ... how powerful is your mind!!

Did you know that your body doesn't know the difference between an imagined or real situation?

I mean ... you can literally change the sensations in your body just by THINKING about something scary.

So, what if you THOUGHT about something good or happy or exciting? Well you'd feel better. And from that space I propose that you'd get very different results in your life!

To take action and move towards your goals you need to practise shifting your state. Staying frozen in panic is not a healthy or fun way to live your life.

My suggestion for this month is to practise changing the sensations in your body with your mind. You only need to stay in the new state for 2-3 minutes to make a significant shift.

1. Visualise or remember a really happy memory from childhood and feel the sensations of happiness created in your body. eg. best birthday party, first kiss, best holiday.
2. Visualise an extremely sexy man or woman (known or celebrity) in your mind and notice how your body reacts. eg. Hugh Jackman, Charlie Hunnam, Matt Damon.
3. Visualise or remember a success you've had in your life and notice how that makes you feel. Eg. graduating university, giving birth to your children, travelling the world.

Play for the next 30 days spending more time in these states of happiness, passion and success ...

You have the power to shift your focus, improve your mood and achieve your desires ... take back your power. You are the master of your mind, not the victim. Let me know how you go.

Contact Pip Coleman on 0437 670 820 or www.consciouscoursesandtherapies.com

Puzzle Solutions

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

Vibe Sudoku Solution 98



Vibe Crossword Solution 98

Quiz Solution 98 1. Lufthansa 2. Fifty 3. 4000 miles 4. Cane 5. 1997 6. Cadillac 7. Mosquitoes 8. Almonds 9. Cuba 10. Eleven 11. Number 742 12. Global Positioning System

FREAKY FACTS: Mr Potato Head was the first toy to be advertised on TV. A duel between three people is actually called a truel. The medical name for butt crack is “intergluteal cleft”. There is a McDonalds in every continent except Antarctica.

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Who Dunit Solution

Sheila picked up the suicide note and pointed out two words. “It says ‘little brother’ here. But it should say “big brother.” Teddy was older than Simon. Right?”
 “Yes.” Sheila studied the note again. “That’s weird.”
 “Well, what if Teddy didn’t kill Simon? What if it was just the opposite? What if Simon was planning to kill Teddy? He writes a suicide note, trying to mimic Teddy’s handwriting. Then he leans out the window and unscrews the safety bars.
 He’s getting ready for when Teddy comes home from work. But Simon loses his balance and falls. An accident. Simon is not only the victim—he’s also the killer.”
 “What about the evidence?” Flint protested but was greatly impressed with his wife’s forensic skills.
 “Teddy’s prints are on the screwdriver?”
 “A household screwdriver. Both of them used it. They both had million-dollar insurance policies.
 And if you’re planning to kill your brother, you’d probably be moody and distracted, too.”
 “It makes sense,” Flint said reluctantly but more out of a sense of envy and respect. I guess we were looking at the wrong brother.”
 Where do you fancy going for dinner, Italian maybe? Sheila pulled a face and then smiled.
 Tomorrow’s Italian and at home. Tonight it’s prawns or maybe lobster!! Flint could only grin. He would never underestimate his Sheila. Leroy could stay fishing!

doTerra story Continued from page 12

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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 Hately 59522549.

Phillip Island Bridge Club duplicate games Mon & Wed 12.15pm for 12.30pm start. Located at back of Newhaven Hall. Visitors welcome. For partner or lesson info contact 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 Debbie Barber, Stephen Knox or Liz Fincher 5656 6400

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.

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 & District Historical Society. Cowes Heritage Centre, contact Secretary Christine Grayden 5956 501. Check out our History on pidhs.org.au.

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

San Remo Bowls Club Summer rollup 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 Robyn on 0411 549 380 or Tony 0474 205 369.

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.

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

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

Barb Martin Bushbank, next to Koala Conservation Centre. Only Indigenous plant nursery on the island. Open 9.30 to 3.30 Wed/Thurs and the first Sat of the month. Phone 0407 348807

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 ran at 56-58 Church Street, 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

Phillip Island Community Meal operates on Mondays during school terms, 5.30 to 6.30pm. Volunteers prepare and serve a healthy two course meal to attendees. All welcome. Uniting Church Hall, Cnr Chapel St and Warley Ave, Cowes. Facebook [@cowescommunitymeal](https://www.facebook.com/cowescommunitymeal)

Woolshed Spinners meet each 2nd & 4th Thursday of the month at PICAL, Cowes, 10 am to 2 pm to spin wool and other yarn activities. Contact John Stott 5952 3477.

Paul's Table Community Café open every Saturday and Sunday 10am -2pm, Bass Hall, serving quality food and coffee.

Bass Coast Strollers Inc. Walks every Monday; generally 8-12km and graded Easy or Easy-Medium; bush tracks to coastal paths to town walks; a shorter 4km walk option is often offered. \$35 subs. Contact Liz 5678 0346, Chris 0400 346 078, info@basscoaststrollers.org

First Friday Philosophy. Series of lunch time discussions of some big intellectual questions. Next meeting Friday, April 6. Harry's on the Esplanade. \$35 includes lunch. Book or enquire by emailing gurdies@australiaonline.net.au

The Phillip Island Miniature Railway is keen to hear from anyone who would like to be part of the Club. Please contact Secretary bevmunro2@gmail.com or 0417 578 435

Narcotics Anonymous meets weekly Sundays 5-6pm, St Phillips Anglican Church, 102 Thompson Ave, Cowes. New members welcome. For more information contact 03 9525 2833 or na.org.au

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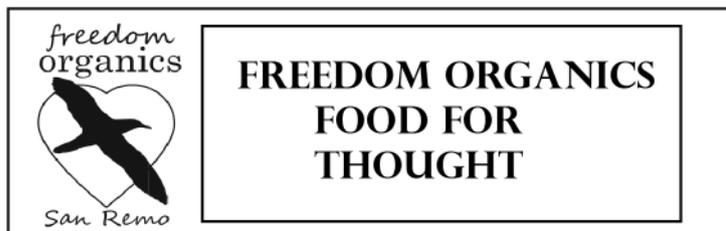
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GUT HEALTH – HAVE YOU BEEN SUFFERING FROM LEAKY GUT?

Hippocrates, the ancient Greek physician said that, “all health and disease begins in the gut.”

Recently it has been discussed that joint pain, skin problems, food allergies, food sensitivities, constipation and even autoimmune conditions could all stem from having a leaky gut. It has been suggested that this digestive condition affects more than 80% of the population!

To have ‘leaky gut’ means to have holes in your intestinal lining, which allows undigested food particles and bacteria to pass into your bloodstream.

The Hidden Danger of Leaky Gut

When random particles enter your bloodstream your immune system reacts aggressively by attacking these particles. Chronic inflammation is one of the primary dangers of having leaky gut syndrome. Not only does systemic inflammation prevent your body from being able to heal and repair itself naturally, but it’s also a silent and deadly contributor to the onset of most chronic illnesses and diseases, such as cardiovascular disease, diabetes, osteoarthritis, and inflammatory bowel disease. Leaky gut also has been linked to autism, MS, fibromyalgia, obesity, and cancer.

Symptoms of Leaky Gut Syndrome

Almost 80% of your immune system cells are found in your gut and studies show that there are direct links between your gut and skin and your gut and brain. This is why it is so important to look after your gut health first.

Some symptoms of leaky gut are:

- Skin conditions such as acne, eczema, psoriasis
- New allergies, food sensitivities, and food intolerances
- Digestive symptoms, including bloating, constipation, diarrhoea, or bowel irregularity (which are often diagnosed as “irritable bowel syndrome” or IBS)
- Autoimmune disease, including rheumatoid arthritis
- Depression and anxiety
- Hormonal imbalances, including PMS and estrogen dominance
- Nutrient deficiencies
- Brain fog
- Chronic fatigue syndrome, asthma, migraines

As leaky gut can be a very slow condition you may not notice any obvious symptoms straight away but left untreated it will lead to serious health conditions down the road.

How to Help Your Gut

1. FOODS

The good news about certain foods being the culprit in leaky gut syndrome is that you have control over your diet. You can start reducing gut inflammation right away by replacing pro-inflammatory foods with healthier alternatives. For example, you can replace dairy milk with nut, hemp, coconut, or almond milk.

Getting tested for food intolerances and sensitivities which can be administered by a natural healthcare practitioner, and/or doing an elimination diet under the care of a qualified healthcare practitioner can also help reduce inflammation in your GI tract.

2. STRESS

Incorporating any form of stress relief into your lifestyle is an absolute must for not only healing leaky gut, but preventing future health problems.

Go to bed an hour earlier each night (bonus: every hour of sleep you get before 11 p.m. is said to be worth 2 hours).

Have a phone curfew and turn off your phone at a specific hour every night. If you can’t do this, try to spend time away from other sources of technology, such as iPads, tablets, and the TV. The artificial blue light from screens is linked to disturbances in your natural sleep and wake cycles.

Spend time outdoors (even if it’s just a 20-minute walk during your lunch break) to absorb vitamin D from the sun. Vitamin D is known as the “sunshine vitamin” because it promotes a happier mood and it also plays an important role in reducing gut inflammation.

Yoga, meditation and exercise can help ground you on a stressful day and tell your body to release endorphins, your body’s natural anti-depressants.

Who you surround yourself with can also make a difference in your stress levels. Choose wisely who you spend your time with, and hang out with positive and inspiring people who uplift you.

3. HEALTHY GUT BACTERIA

You can help rebalance the good gut bacteria in your system by consuming probiotics regularly. It is really easy to include these into your diet every day:

Unsweetened yogurt, Apple cider vinegar (raw, unpasteurized and with “the mother”), Kimchi, Sauerkraut. Organic unsweetened kefir, Tempeh, Kombucha, Miso and Pickles.

4. REDUCE TOXINS

While you can’t control the toxins around you, there are steps you can take to reduce your exposure to toxins, such as:

Drinking plenty of clean, filtered water.

Choosing organic produce when possible.

Avoid smoking and alcohol.

Using glass or metal bottles and storage containers instead of plastic.

Using natural cosmetics, body care products and household cleaning products (you can even make your own for a fraction of the cost).

Exercise five days a week. Sweating through exercise helps your body eliminate toxins naturally.

Can You Test for Leaky Gut?

It is possible to test for leaky gut syndrome but it’s tough to say how accurate the current testing methods are. At present time, the zonulin test is said to be one of the most effective ways to test for leaky gut. Zonulin testing can be done by using an enzyme-linked immunosorbent assay test (ELISA) performed by a professional healthcare worker. As always, if you are concerned with any medical condition, speak with a healthcare professional.

References: kettleandfire.com, healthline.com



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