

Phillip Island Vibe

phillipislandvibe@outlook.com Phone 0407266271

www.phillipislandvibe.com.au

ISSUE 99, APRIL 2018



Thanks to Renee de Bondt Photography for sharing this spectacular photo she took at Churchill Island. It really makes you feel like you're walking the track. We will soon be introducing a new "Ask Trish" column where you can email us a question and local Psychic/Medium will answer that questions in the Vibe. See page 14 for more details. Happy reading.

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

★ BIGGEST RANGE OF ★
HOMEWARES & HOLIDAY NEEDS!

At Woolworths Shopping Centre
 Thompson Ave, Cowes



Phillip Island Health Hub

See pages 12 & 13 for
 feature article and page 18
 for open days information

Beat The Heat



Call For A Quote On All The Leading Brands In Cooling

SHORELEC
 10/95 Marine Pde San Remo 03567 85361

FUJITSU **MITSUBISHI ELECTRIC** **Panasonic**
 Changes for the Better

Joey's LEGO® workshop!



A GREAT ATMOSPHERE FOR
 JOEY'S TO BUILD UNIQUE
 CREATIONS AND HAVE LOADS
 OF FUN USING LEGO BRICKS!

Friday 13th April - 11am & 1pm in the ANZAC Room.

\$5 for Joeys kids club members. \$15 non member children.

BOOKINGS ESSENTIAL - Call Admin: 5952 1004 (Business Hours)

ALWAYS COOL AIR-CONDITIONING

PIC Licence No. 45137 Refrigeration Trade AU34551

SALES - SERVICE - INSTALLATION Commercial & Residential

SPECIAL OFFER
 PURCHASE A SELECTED
 PANASONIC AIR COND
 & RECEIVE AN EFTPOS
 CARD VALUED
 UP TO \$200



**7KW Panasonic
 Reverse Cycle
 Inverter Split System**

Fully Installed only

\$2100*

plus gst *Conditions apply

Contact Kirk on 0414 825 179

Success starts early. Why wait?

Visit Newhaven College on Open Day, Saturday 19 May, to set your child on their early path to success.

A small school with a big heart

Junior School takes pride in nurturing Prep to Year 4 children in their early years of learning, with the aim of producing happy, considerate, empathetic and well-rounded young people.

Small class sizes and a strong academic focus in a caring and values-based environment allow young learners to develop confidence, resilience and a 'have a go' attitude.

Middle School, the Year 9 Environmental Centre, Trade Skills Centre and Senior School are all 'must see' destinations for any visitor to Newhaven. Each are stunning and unique learning centres in their own right.

Consideration of students' social and emotional needs has been at the fore of the clever campus layout. Each facility has been designed to provide students with a sense of security and belonging within their own small sub-school whilst still connecting them with each other across one school to provide a seamless flow throughout the years.



Beyond the classroom

The College's co-curricular program offers challenging opportunities that complement academic studies and inspires young people to discover their passions.

The next stage of the College's development is already underway and is scheduled for completion mid 2018. A two court indoor stadium with a weights room, PMP room and a special classroom will be complemented by an outdoor grass soccer pitch and a synthetic hockey pitch with eight tennis courts.

See your child's future

Open Day allows families to walk through the stunning facilities, meet staff and students, discover opportunities and experience College life. Newhaven College is at 1770 Phillip Island Road, Phillip Island and will be open from 10.00am - 2.00pm on Saturday 19 May.

Enrolments are invited for every year level with the main points of entry being Prep and Year 7.

For enrolment enquiries, contact Belinda Manning on (03) 5956 7505 or visit www.newhavencol.vic.edu.au





Healthy and Healing with Pip

WHAT'S IN IT FOR ME?

I am about to teach my next Reiki Level One and Two courses in April and lots of people ask me ... "Why would I bother learning how to do Reiki for myself when I can come to see you instead?" ... "What's in it for me Pip?" ... These are GREAT questions!

And I say to you ... there are SO many reasons ... reducing your own pain, helping you and your kids sleep, lowering your blood pressure, helping you feel more self-confident, learning how to tap into your intuition, letting go of anger or fear or anxiety, giving yourself time-out and even reducing your medical bills. How great would it be to do all this every day for yourself?

The practise of Reiki is very simple. It involves the channelling of 'Source' or 'Life Force' energy through the hands to realign the body. You can learn to do on yourself or receive a treatment from a Reiki trained professional.



The person being treated remains fully clothed while the practitioner places their hands on various areas (including the energy centres and organs) of the body. Some uses include the treatment of headaches, stress, trauma, asthma, arthritis, painful burns, and many more including the healing of long term chronic illness. A full Reiki treatment takes about an hour.

I thought it would help if I got some of my Reiki students to answer these questions:

Caren – business owner / mum: "The Reiki course has been an amazingly powerful step towards my spiritual enlightenment. It's helped me to stop identifying with my head as much and move into mindfulness. Not to mention helping me to relax! I looked forward to every class and can't recommend it highly enough!"

Jaren – IT student: "I liked the hands-on practicals and spreading the attunements out over 4 weeks. I'm surprised at how warm / hot my hands and body have been since beginning the course."

Julie – farmer: "I've never done anything like this before, and I found the course easier than I expected. Course material was quite detailed and easy to follow."

Belinda – business owner / mum: "I always walk away from your classes feeling alive and connected with all the possibilities this Universe has to offer! Thank you."

Sarah – chef / mum: "I'm a single mum and I work in the hospitality industry. I'm stressed out, a lot. If I had not done Reiki Level One this summer there would have been bodies on the floor. I'm so grateful to have done this course."

Annette – carer / mum: "I feel that the course was worth the money. I've done Reiki on some of my clients and they love it. I enjoyed the experience and hope to continue with Reiki, so see you in the future."

Erin – bookkeeper: "I liked that it was an easy going and informative course, a very calming environment, loved the feeling of peace at the end of each session and loved that it was over a few weeks not a weekend. I developed a more positive attitude, loved the attunements and was blown away by the pendulums." We are all amazing, energetic beings with the power to connect to the Source of all things.

Is it time for you to try something that will open your mind, body and soul to that power?

Feel free to make contact if you have any questions. Pip
0437 670 820 or www.consciouscoursesandtherapies.com



Island Primary Produce

PADDOCK TO PLATE
Wholesale & Retail Butchery

Jake and Tania McStay
511 Ventnor Rd, Ventnor Ph 59568107
Phone orders taken - Eftpos available

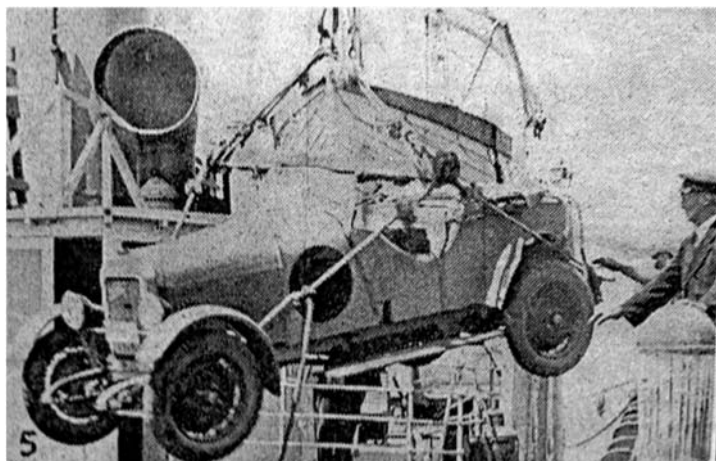
SPECIAL
2kgs premium mince
\$28

Normal opening hours: Monday to Friday
8am-6pm, Saturday 8am-3pm, Closed Sundays

**OPEN EVERY DAY FROM MARCH 30-APRIL 15TH
INCLUDING ALL OF EASTER AND THE SCHOOL
HOLIDAYS**



Phillip Island Historical News



LEFT: Unshipping Al Terdich's 'Senechal'.

BELOW: Some of the sports - Brewer Riley, E. H. King (vice president), W. Sear, Drake Richmond, Jack Day and A. C.



1930 - Cowes, Phillip Island, will be the scene of a gymkhana to be held on January 25, 26 and 27 by the Victorian Light Car Club. The gymkhana is being planned to create interest in Cowes as a suitable locality for motor racing and to direct interest in the forthcoming Grand Prix road race. On Saturday there will be a petrol consumption test on the run from Melbourne to San Remo. Sunday will be devoted to a bathing parade and aquatic sports.



On Monday morning there will be a short hill climb, followed in the afternoon by various events on the racecourse, including boot, balloon, liquid, potato and flag races, changing plugs and changing wheel competitions and grass track sprints. Conditions for the petrol test are not very stringent. It is open to club members only, the entry being 2/6 a car. Guards, screens and hoods are optional. No attachments to carburetors other than extra air will be allowed. Cars may arrive early at control, but a penalty for late arrival will be 2oz. of petrol for each minute or part of a minute late, added to the amount of petrol consumed. Provision must be made by each competitor to enable the petrol tanks to be sealed.



ABOVE: Jack McCutcheon in the Flag Race.

BELOW: Visitors and local residents watching the events.



"Create your own adventure"



Locally owned and
operated business
providing quality
camping equipment
for hire

Visit our website for full range of products and services
www.phillipislandcampinghire.com.au

P: 0411 606 866

E: phillipislandcampinghire@gmail.com



*Meet a local
community volunteer*



Phillip Island RSL are in desperate need of volunteers to assist with the annual selling of Anzac Day badges this year.

Badges will be sold in Cowes from April 15 to 25, 7 days per week from sites including the supermarkets and outside the newsagent.

Volunteers don't need to have any type of experience and all offers of help would be greatly appreciated. Even if you can spare half a day here and there, it is helpful but a two hour minimum would normally be required. Volunteers need to be a minimum of 18 years old.

The RSL provide everything needed including table, chair and badges.

Funds raised from the appeal help the RSL assist current and former serving members of the Australian and/or Allied Defence Forces and their dependents who find themselves in difficult circumstances with practical or financial support.

If anyone is interested in offering their time they can contact the RSL on 59521004 and the administration staff will pass the details onto the Appeals Coordinator.

Can you spare some time?
We're seeking volunteers to sell
ANZAC Day badges 15-25 April
contact Admin on 59521004 BH



dōTERRA®

Wellness Advocate

Essential oils to support your health and wellbeing, skincare, home cleaning and more

Have you experienced therapeutic grade essential oils yet? These are powerful plant extracts that have helped my sleep, moods, pain, immune system, skin and so much more. Book a free wellness consultation with me so I can support you to better health and happiness.

Contact Certified Health Coach Kellie Lunn
0421 484920 www.mydoterra.com/kellielunn
Facebook - Kellie Lunn Essential Health

ISLAND ELECTRICAL MAINTENANCE

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

For prompt & reliable service
Call Dave on 0409 435 207

R.E.C. 20993

CONSCIOUS COURSES WITH PIP



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

Contact Pip for more details 0437 670 820

Security Doors & Fly Screens

The Island's Best Quality at the Lowest Price, Guaranteed..

- Custom Made & Locally Repaired -

LOCKSMITH - 5952 5552

'Proudly Securing the Island Community Since 1996'

www.phillipislandonline.com



phillip island bodyworks

Accident repairs - Insurance and private
State of the art repair centre

BRIAN WITKOWSKI

2 Shorland Close, Cowes

Phone 59521010 or email

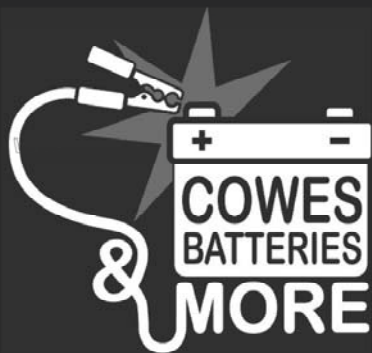
info@phillipislandbodyworks.com.au

HOLDEN BARINA



\$8500

2012 TM auto, black, 102,000klms
4 cyl 6 spd 1.6ltr auto, ac, pwr steer,
crs cont, 8 mnths reg, USB audio
input, bluetooth capability. YBC 913
0488 477298



Shop 2,
154-156 Thompson
Avenue, Cowes
5952 1044

**ALL YOUR BATTERY
NEEDS AT A GREAT
PRICE**

**Narva electrical products, globes,
fuses, trailer plugs, etc.
Also automotove products including
wiper blades, ryco filters and
camping accessories**

Also stockists of:



Mobility Scooters



Electric Bikes

www.voltoaustralia.com

FREE HOME DELIVERY DAILY!



How do you know if you need new tyres?

All drivers know that driving on illegal tyres puts them and other road users in danger. According to a recent survey, almost nine in ten Australian drivers don't know what the minimum tread depth is.

The legal minimum tread depth in Australia is 1.5mm. It means that none of the treads across the entire tyre must be shallower than this. If it is, you are driving illegally. Tests have shown that below a depth of 2mm, the risk of having an accident increases dramatically, because traction and handling worsen. Braking distances are evidence of just how much more dangerous it is to drive on worn tyres. In the wet and travelling at 80kph, on tyres with 8mm tread depth a car stops in 25.9 metres. At 6mm tread depth a car stops in 31.7 metres and at 3mm tread depth a car stops in 39.5 metres. On worn tyres it is going to take you a lot longer to stop.

So, how long should you expect your tyres to last? Our roads play a big part in determining how long the tyres will last along with your driving style. If you're a fast driver and brake hard, your tyres will wear out faster. If you drive on dirt tracks or poorly maintained roads, the rubber is more likely to be scraped and grazed. Vehicle design, weather and climate also impact tyre wear.

When checking tyres, if you notice a bald patch or uneven wear this may indicate that you may have a dangerous issue with the set-up of your vehicle. Quite often this is a wheel balancing or wheel alignment issue and will require a visit to a tyre dealership for testing. When checking your tyres look for wear down to the tread bar indicators. You should change tyres before this point. Check sidewall damage such as bubbling, chips and grazes. If you notice this type of damage, change your tyre immediately. Your risks of a blowout when travelling at speed are greatly increased when sidewall damage is present. Good parallel parking technique will help to avoid tyre damage. Use a 10c coin. Place it in the tyre grooves. If the outer band of the coin is obscured, tread depth is above the legal minimum. Many tyre manufacturers recommend changing tyres when they are five years old, irrespective of use and wear. If you are not sure of whether your tyres need changing, visit a tyre dealership for advice.





Can you choose your own repairer?

VACC and consumer groups have expressed concern over the loss of freedom for consumers to choose their own crash repairer in the event of an accident. Many consumers are not aware a problem may exist until they make a claim on their vehicle insurance policy.

Statistically, drivers have an accident approximately every 7.5 years. If you have not had a claim recently, the chances are the rules have changed considerably since your last accident.

Choice of repairer is important.

In the past, most policies allowed motorists a genuine freedom to nominate who would carry out necessary repairs. Over the past five-to-six years many insurers stipulated that a second quote was required, usually from a repairer nominated by the insurer. Most businesses are aware they face competition in the market place and are prepared to quote on that basis.

When a car owner is paying out of their own pocket for repairs, most will pay close attention to the quotes they receive and evaluate where they are getting the best value. It is up to the repairer to quote accurately, explain what they are going to do and try to win the job on service and quality values.

The situation becomes more uncertain when an insurance company is involved. Insurers who have set up recommended repairer schemes will sometimes go to extreme lengths to shift the consumer into their repairer network.

Protect yourself and your vehicle.

Make enquiries locally as to who carries out good repair work and, if possible, look at a repair completed by this repairer.

Get a quote from the repairer and question them on exactly what the quote means and what work will be carried out.

Look at the repairer's shop and equipment. Is it clean and well laid out, a place you could leave your asset with confidence?

Contact your insurer and check your policy. Find out if you are required to use their repairer. If so, ensure you receive a copy of the quote and the work is explained to you. If a repairer will not give you a copy of the quote, see if the insurer will send a copy to you before you make a final decision. If they are reluctant to do this, tell them you do not want to deal with someone who is not prepared to undergo the scrutiny you require. Remember, your vehicle is your asset and you should protect your rights. If you feel coerced at any time, be prepared to argue for your rights or to walk away. You should be the one to choose who works on your car.

You may have a repairer you are comfortable with and have dealt with previously. You will have to check your policy wording, but you can insist that your repairer carry out the work.

You may find your insurer has great service staff who give you good advice, the freedom of choice of repairer, an efficient assessing procedure and minimum delays. VACC advice is to stick with them.

WHEN WAS YOUR LAST SERVICE?

- Automotive Service & Repair
- All makes & models
- Cars, 4WD, Light Commercial
- The very best technical service



7/28 THE CONCOURSE, COWES

PH: 5952-5077



AUTO ELECTRICAL & AIR CONDITIONING REPAIRS

Automotive - Marine - Earthmoving - Caravans - Trailers

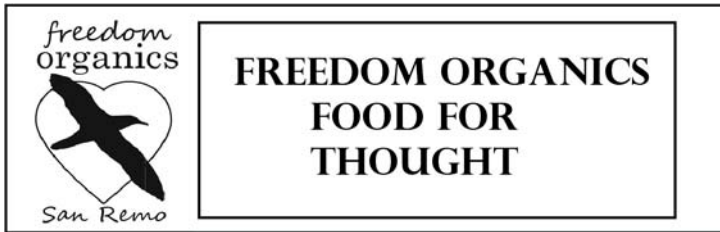
Specialising in:
Diagnostics
Dual Battery Systems
Brake Controllers
Power Windows
Auto & Marine Audio
Plus much more.....

Distributor for:
Engel
Clarion
Furuno
Hella
Redarc
GME
Bosch



MOBILE SERVICE AVAILABLE

9/30 THE CONCOURSE
COWES VIC 3922
PH: 5952 2332



PUT THE MOON TO WORK IN YOUR GARDEN

The Moon throughout history has been part of horticultural techniques in most civilizations throughout the world.

Its gravitational pull affects the oceans, tides and rivers, but also asserts an influence on very small bodies of liquid such as sap found in plants. When water is rising during the Waxing Moon, seeds sown and crops planted have less resistance absorbing liquids from the soil below than those sown in the waning phase.

Moon phase gardening considers four quarters lasting about seven days each. Moon planting is understanding the Moon's gravitational effect on the flow of fluids in soil and plants. The Moon controls ocean tides and also influences ground-water tables. Plant sap responds to these same gravitational principles. In the first phase the luna gravity attracts water and causes the seeds to swell and burst. This factor coupled with the increasing moonlight creates balanced root and leaf growth.

Using moon rhythms helps us make plants grow more vigorously, germinate seeds faster and achieve longer and more bountiful harvests. Lunar planting is free, easy, fun and everyone can do it if you're at home on the right days!

Scientific research is conflicting but people such as Dr Frank Brown of Northwestern University, John Jeavons "How to Grow More Vegetables" Maria Thun and Frau Dr.Kolisko have published papers worth a read.

New Moon Phase

When: From New Moon (crescent moon or dark moon) to the first quarter moon

Why: The moon is waxing (growing bigger). In this phase living things apparently feel an upsurge of energy. It is said that sap rises during this period.

What To Do: Hold off planting until a tiny crescent of the moon is actually visible. Planting, grafting and transplanting leafy annuals is recommended in this phase.

Plant cereal and grain crops.

Mow the lawn, prune many plants and provide low environmental impact liquid fertiliser to the patch.

First Quarter Phase

When: From First Quarter to Second Quarter

Why: The moon is still waxing (growing bigger) in this phase, and the sap is still flowing! Gardening is NOT recommended in the 12 hours before the full moon.

What to do: Still a great phase for starting things off and even better for planting, grafting and transplanting fruiting annuals (those that produce above the ground, and have their seeds inside, like tomatoes, capsicums, beans and peas). Cereals and grains can also go in now, and it's still okay to feed if you need.

Full Moon Phase

When: From 12 hours after Full Moon to Third Quarter

Why: All living things, be it plants, pets or people, are at the peak of their electromagnetic energy during the full moon phase (we've all heard about folks getting the crazies around this time, it's all about the energy!).

What to do: Sap is flowing downwards during this time, so whacking in bulbs and root crops that produce underground is perfect. Pruning and harvesting is recommended during this phase, but avoid planting most foliage and edible plants, as their initial growth will be impressive but will wane (just like the moon during this phase).

Last Quarter Phase

When: From Third Quarter to New Moon (dark moon)

What Happens: This phase is barren which, in gardening terms, can be translated as, well, a bit boring and tedious.

What to do in the patch: This phase is all about doing those annoying jobs in the garden, the ones we put off all the time, like weeding, cultivating, pest control and fertilising. It's also the best time to mow the lawn, especially if you want to slow down the growth of the grass. Preparing patches for impending planting is a perfect project during this phase.

Freedom Organics stocks Australian astrologer

"Thomas Zimmer's Moon calendar and planting guide", heirloom seeds, pots and healing plants. 127 Marine Parade San Remo.

Some content from ;

<https://www.gardeningbythemoon.com/moon-phase-gardening/>

<http://www.sgaonline.org.au/moon-planting/>



Book Reviews



"The Ruin" by Dervla

McTiernan

RRP \$32.99 - our price

\$29.99

This book is Dervla's debut and has received fantastic reviews.

Young Garda Cormac Reilly is called to a scene he will never forget. Two silent, neglected children - fifteen-year-old Maude and five-year-old Jack - are waiting for him at a crumbling country house. Upstairs, their mother lies dead. Twenty years later, a body surfaces in the icy black waters of the River Corrib.

At first it looks like an open-and-shut case, but then doubt is cast on the investigation's findings - and the integrity of the police.

Cormac is thrown back into the cold case that has haunted him his entire career - what links the two deaths, two decades apart? As he navigates his way through police politics and the ghosts of the past, Detective Reilly uncovers shocking secrets and finds himself questioning who among his colleagues he can trust.

What really did happen in that house where he first met Maude and Jack?

The Ruin draws us deep into the dark heart of Ireland and asks who will protect you when the authorities can't - or won't.

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



"Shout Out to the Girls"

RRP \$29.99

This is the Australian version of the two editions of Good Night Stories for Rebel Girls which have been enormously popular. This will give our young people some amazing role models and encourage them to achieve their goals.

Shout-outs to 50 awesome Australian women with easy-to-read biographies of their incredible achievements. From Cathy Freeman to Turia Pitt, Edith Cowan to Julia Gillard, Mum Shirl to Vali Myers, plus rally car drivers, molecular biologists and more, this book is a celebration of women in all fields, from all walks of life, and from Australia's past and present. Brought to life by colourful illustrations from female artists, Shout Out to the Girls is the ultimate inspirational read for young and old.

All royalties from sales of this book go to The Smith Family.

Copyright © 2018 Phillip Island Vibe

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



Coves Indian Restaurant

3/134-138 Thompson Ave, Cowes

Ph: (03) 5952 3896

www.covesindian.com.au
info@covesindian.com.au

Front cover image
by local Photographer ~Renee de Bondt



All images available as prints
 facebook ~ Renee de Bondt Photography
 Instagram ~ @reeneдебondt

Explore the Modernist Movement from Phillip Island with Metricon's LookBook Theme

Inspired by the iconic designs and concepts of the mid-20th century, Metricon have launched an exciting LookBook theme, Modernism, to provide Phillip Island interior enthusiasts, with unrivalled design advice on how to pull together this very on trend contemporary, sophisticated and dramatic style.

Carefully curated by Metricon's design team, the interactive LookBook features design tips and tricks to bringing the Modernism style to life, room by room.

The essence of the Modernism style stems from the typical 'contemporary' design scheme, Oak and walnut timbers teamed with raw concrete forms and black detailing. Muted earthy colors in olives, navy, and rust are mixed with designer and iconic furniture imitating that of the European modernist movement from the mid-20th century.

Local Metricon Interior Designer, Michelle Goddard says, the simple yet stylish theme is defined by a streamlined, pared back and less ornate approach with organic and sculptural shapes embraced over decoration.

"Form and function are the key to any Modernism living. Strong use of bold textures and pattern help create a dramatic look whilst walnut and tan leathers are true to the mid-century modernist style," said Michelle.

Designed to help prospective new home owners and redecorators explore and recreate the style, the Modernism LookBook shares building and décor tips for every room in the home.

"One of my favourite spaces to bring the Modernism look to life is in the bathroom. It is all about drama in a Modernism bathroom. We use bold rectilinear lines of the architecture and successfully meld these through a refined play of simple charcoals and fresh whites. You can also add in oak timbers and black tap ware to keep this look forever trending," said Michelle.

Metricon's innovative state-of-the-art local studios, Studio M, makes customising your home as uncomplicated and convenient as possible. Customers building with Metricon have access to a vast range of the latest on-trend products to curate the central elements of their home, with a particular focus on aspirational kitchen, dining and bathroom design the local New Home Stylists make customising new homes easy, convenient and fun.

"Our team of local New Home Stylists, step customers through the entire process. All are qualified interior designers with the necessary expertise and passion to help customers select colours, textures, finishes, fittings and fixtures," said Michelle.

To explore the new Modernism theme visit www.metricon.com.au/lookbook or for interior inspiration in the flesh visit the Metricon Bohemian display in Cowes at 4 Rushmore Avenue (off Ventnor Road) or go online to Metricon.com.au to book a tour of your closest Studio M today.





COASTAL LIVING REDEFINED



Image depicts items not supplied by Metricon such as feature fencing, landscaping, paths and water feature.

Inspired by the timeless elegance of the Hamptons in Long Island New York, the Bayville is Metricon's newest edition to it's premium Signature by Metricon collection.

m
metricon

To hear more about the Bayville, or learn how we can help you love where you live, visit our stunning display at Whytesands Estate, Ventnor Road, Cowes.
Open Monday to Friday 12pm – 5pm, Saturday & Sunday 11am – 5pm

1300 METRICON
metricon.com.au



PHILLIP ISLAND HEALTH HUB - COMING SOON!

The Phillip Island Health Hub provides an exciting opportunity to bring new and additional health services to Phillip Island. We would like to acknowledge the excellent contribution of community members thus far in developing these services; in particular, huge thanks to the Phillip Island Medical and Health Action Group (PIMHAG), and members of our own Consumer Advisory Committee and Phillip Island Consumer Advisory Group who have advocated strongly and advised us wisely on our progress over the past months. We would also like to acknowledge the collaboration between the Cowes Medical Centre, Ambulance Victoria, and the Gippsland Primary Health Network and let you know that we are continuing to work together to look at how we can expand after hours services on the Island in a way that is safe and contemporary.

The Hub brings to Phillip Island a range of services which will assist you in maintaining good health and support you in times of poor health. We know that the provision of health care services on the Island is important to you, and we look forward to working with the community to grow services to Phillip Island over the coming years. We will continue to update you of our progress as we move forward and we will continue to focus on safe and appropriate care.

Bass Coast Health's services that are available to Phillip Islanders include the Hospital in the Home (HITH) program, which provides patients with acute medical care in the comfort of their own homes. Our specialist nursing services include Cardiac Nurses, Palliative Care Nurses, Diabetes Nurses, Aged Care Nurses and Respiratory Nurses. Our new McGrath Breast Care Nurse specialises in

breast cancer care and we have a strong multidisciplinary team who specialises in Chronic Disease Management.

Other services to be delivered from the Hub include our new Paediatric Allied Health Service, which will offer a range of specialised multidisciplinary services to children with complex care needs. Allied Health professionals (including Occupational Therapy, Physiotherapy, Speech Therapy, Podiatry and Dietetics) will also provide a range of Adult Rehabilitation Services. General rehabilitation programs will be provided to assist people to return to their daily activities following illness, injury, surgery or a hospital stay. Our Lymphoedema Service will offer a specialist Physiotherapist who can assist with assessing and managing swelling in one or more parts of the body due to the accumulation of excessive amounts of fluid. Our Falls Prevention Program will provide exercises and education for clients who have experienced a fall, and our Pulmonary Rehabilitation Program will help people manage their respiratory condition so that they can return to their regular activities.

Counselling services will include Generalist Counselling, Family Violence Counselling, Sexual Assault Counselling, Youth Counselling and Mental Health Counselling. The Alcohol & Other Drugs Service will provide a team of experts who can provide counselling, consultancy and continuing care; including recovery; referral to residential detox facilities and rehabilitation facilities; non-residential withdrawal support; Pharmacotherapy linkages for clients on opiate replacement therapies, a Needle & Syringe Program and support for all members of the community affected by alcohol and other drug use.

Bass Coast Health is proud to offer a broad range of consulting specialists from the Hub so that people on Phillip Island no longer have to travel to attend specialist appointments. Our comprehensive list of specialists is growing all the time and includes;

Plastic Surgery

Dr John Crock, Plastic and Reconstructive Surgeon

Specialising in microsurgery, and breast, hand and facial reconstruction

Urology

Dr Anita Clarke, Consultant Urologist

Specialising in female urology, uro-oncology and stones.

Dr Owen Niall, Consultant Urologist

specialising in prostate cancer, renal stone treatment and benign prostate enlargements

Cardiology

Dr Damon Jackson, General and Cardiac Imaging Cardiologist

Specialising in echo and stress echoes, transesophageal echoes and cardiac CT scans

Dr Jamie Leyland, Interventional and General Cardiologist

Specialising in coronary artery angiography, heart studies, angioplasty and stenting and cardiac MRI reporting

Ophthalmology

Dr David Ehrlich, Ophthalmology Consultant

Specialising in cataract surgery, glaucoma, oculoplastics and medical retina issues including diabetes and macular degeneration

Oncology

Dr Mahesh Iddawela, Medical Oncologist

Specialising in breast, gastrointestinal, lung, prostate and gynaecological cancers

Gynaecology

Dr Geoff Edwards, Gynaecologist

Specialising in operative laparoscopy, utero-vaginal prolapse, lower urinary tract disorders, and menorrhagia, including endometrial ablation

Haematology

Dr George Grigoriadis, Clinical and Laboratory Haematologist

Specialising in the treatment of blood disorders, with an interest in malignant haematology including lymphoma,, myeloma, leukaemia, myelodysplasia and myeloproliferative neoplasms

General Surgery

Dr Kosta Syrrakos, General Surgeon

Specialising in advanced laparoscopic procedures and endoscopy/colonoscopy

Gerontology

Dr Renee Kelsall, GerontologistSpecialising in falls and balance, cognitive assessments, management of behavioural issues in dementia and deprescribing in the setting of polypharmacy

Geriatrics

Dr Margot Lodge, Consultant Geriatrician

Specialising in perioperative care for older patients, cardiogeriatric care and general geriatric medicine (the Comprehensive Geriatric Assessment)



The Phillip Island Health Hub is located at 50-54 Church St, Cowes. For more information, call 03 5951 2100





national vietnam veterans museum

**INVITE YOU TO A
FREE
CONCERT**

SISTERS & MISTERS

SEMI-FINALISTS ON AUSTRALIA'S GOT TALENT

Songs from the Vietnam War era taken from 1963-1972

**Saturday 28 April 2018
2.30pm – 3.30pm**

Nui Dat Café open for light refreshments

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

www.vietnamvetmuseum.org
National Vietnam Vets Museum
@nvvmuseum



BRIAN PAYNTER MP
YOUR LOCAL MEMBER OF STATE PARLIAMENT

LOVE WHERE YOU LIVE!

Authorised & Edited by Brian Paynter MP 9 McBride Avenue Wonthaggi 3995
Tel 03 5672 4755 Email: brian.paynter@parliament.vic.gov.au www.brianpaynter.com.au
Funded from Parliament's Electorate Office and Communications Budget

LAWN MOWING SERVICES

- RUBBISH REMOVAL • STUMP GRINDING
- WEED SPRAYING • PRUNING

COLIN'S COMPLETE CARE

PHILLIP ISLAND & BASS HWY

COLIN BOWES
schbowes@bigpond.com

0437 074 468

All Things Air-Conditioning

NOW BASED IN SAN REMO
0407976291

SALES, SERVICE & INSTALLATION
YOUR LOCAL SERVICE COMPANY
FREE QUOTES

MITSUBISHI ELECTRIC & MITSUBISHI HEAVY INDUSTRIES 7KW SPLITS FULL INSTALLED
\$2250 inc

Price is for back to back domestic only & extra cost may apply depending upon installation. While stocks last.
All certification supplied.

PANASONIC 7KW FULLY INSTALLED
\$1900 PLUS GST *Conditions apply. While stocks last

OTHER BRANDS & SIZES UPON REQUEST

Service call & breakdowns \$88 inc - domestic only

Phone now 0407 976291 or text or email
corinella.aircon@hotmail.com
Also message us on Facebook

THE Terrace
CASUAL DINING

**ADULTS OVER 18
BAR AND TAPAS
NOW OPEN!**

RSL PHILLIP ISLAND
www.pirsl.com.au

WHAT'S ON

TUNES ON THE Terrace

Each Sunday afternoon in April from 3pm to 6pm
GROOVE TO THE TUNES OF LOCAL MUSICIANS

- April 1 - Easter Sunday
- April 8 - Bern Carroll
- April 15 - Nic Huigsloot
- April 22 - Garry & John
- April 29 - Andy Williams

**New 'Ask Trish' column by local
Psychic/Medium Trish Oostendarp**

Email us a question you would like answered or an area of your life you would like some answers for and Trish will tune in and intuitively answer. If you would like to be anonymous please let us know so we don't publish your name but Trish will need your full name for the actual reading part. If you have a question or would like a message from a loved one no longer here, email phillipislandvibe@outlook.com to receive a reply in a future issue



What's Cooking?

Simple, delicious recipes.
No experience necessary.

Lemon Yoghurt Cake

What you need:

2 large eggs at room temperature
3/4 cup vegetable oil (I use grapeseed)
1/4 cup lemon juice
Zest of 1-2 lemons
1 cup thick Greek style yoghurt
1 cup Castor sugar
2 cups sifted SR flour (I also add a little pinch of cream of tartar to flour)
Icing sugar and lime or lemon juice

What to do:

Preheat oven to 180 initially. Prepare a 22cm bundt tin with high sides.

Whisk eggs together in large bowl until well combined, add sugar and beat again. Add all other wet ingredients and whisk to combine. Add sifted flour bit by bit in a folding motion until all combined into batter. Will be a thick batter, just pourable. Do not over mix. Add 1 dessert spoon more of yoghurt if needed.

Pour into pan and turn oven down to 165 and bake for about 45 mins. Keep an eye on it as it browns quickly. Remove from oven and stand in tin for 10 mins before turning out.

For icing I use lime zest and juice to give an extra zing but you can use lemon.

Drizzle on cooled cake.



Cleaning Services

Call Mel on M: 0421 715 945

E: pulsepropertymaintenance@y7mail.com

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



dancing free

Guided movement for
health and well-being

Looking for somewhere to move
to music with guidance but no steps
to learn?

Here it is... great range of music,
experienced leader.

Get grounded, free, centered, energised...ages 18-80

Classes at Health on Course, Cowes. \$20/15

Call Tony 0418 134709 or

visit [f](https://www.facebook.com/SoulDance-TonyNorquay) Soul Dance - Tony Norquay

BJ's Mowing & Garden

FRIENDLY PROMPT SERVICE

- Household lawns and larger
- Green waste removal • Weed spraying
- Fully insured • Competitive rates



FREE QUOTES

Call now

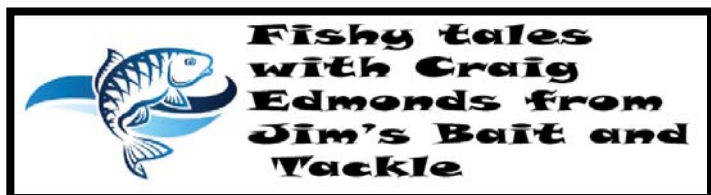
0414 463 395

Visit www.bjsmowing.com.au

Prop Brendan Dwyer



Driveways / Paths / Patios / Steps / Garages / Crossovers
Pattern & Stencil Paving / Plain & Coloured Concrete
Exposed Aggregate / Bob Cat / Tip Truck Hire
Excavator - 3 Tonne
newwaveconcreting@icloud.com



Although it seems Christmas was only yesterday, it's Easter school holidays already which also signals the end of daylight savings and the start of the cold and dark of winter. It is however, apart from the date of Easter, the same as it is every year and nothing new. It gets darker earlier, colder and like the weather, the fishing season also changes. This time of the year isn't a reason to put the boat under a tarp down in the corner of the yard or to pack up the fishing gear for 5 months. It is however a time of the year to get the rain coat and the winter jumpers out and to change your fishing gear for target species. This time of the year and coming into winter its time to target fish unlike the summer where you tend to be happy for float around in the bay or just sit on a jetty in the summer sun. Fish the tides and moon phases for fish like gummies and a winter red because like us fish are less active during the cold weather, but they do seem to be a little more active during tide changes and moon phases. Same for the beaches or jetties if you are chasing calamari and salmon with both seemingly more active on the tide change. If you are heading offshore to get a feed of flathead, tides and moons don't seem to make much of a difference. They are either there or not and for the few that chase them you can still get a good bag right through winter.

This has been one of the strangest seasons we have had since we took over the shop and there are 100 different thoughts as to why that might be but no matter which one is right everyone is looking for the edge that will help them out. Unfortunately, from a report side of things there isn't a lot I can help with because there are not a lot of patterns to any of it. The best advice I can give is just keep fishing and don't get stuck in the "it worked last time" so why shouldn't it work this time.

The reports this month have been all over the place and the weather has played a big part in it with the appearance of some very windy days. There is a good run of pinkie snapper at the moment which makes up for the normal run through January that didn't show up. There has been some good ones too with regular 40cm ones being reported. We have also had a few reports over the last couple of weeks of 5 kg or better snapper being caught, which we do hear of this time of the year but the difference this year is several of the snapper are new fish and ones we would expect to see in October. The snapper have come from the deeper part of the channel off French island and off Silverleaves while the pinkies have come from the corals and in Cleeland Bight. Typically of pinkies, they just show up and tide or time doesn't make a lot of difference. Whiting reports have been promising and it's not those being filleted at the boat ramps that make it promising, it's the amount of small undersized ones being seen and caught that will become our spring fish. The whiting

has been one of those species that were all but non existent this season and one species that the theory of the water being too hot seems to fit. Since we have been getting a bit of colder weather and the bay temperature has cooled some the whiting reports have been marginally better. Whatever the reason if you are heading out for a whiting fish, the reports we have had came mostly from the early morning and any reports from during the day came from deeper water.

Offshore continued to be good although a bit more effort was needed to find the flathead and the schools of the big salmon seemed to have gone out a bit wider. There were some very good reports of pinkies and even snapper on the reefs off Kilcunda and the rubble off cape Woolamai. We had several reports of gummies all caught towards the windmills and a report of a school shark around 10kg which we haven't seen for a while. The big arrow squid are here and would appear the makos have come back for them with several makos between 20kg and 100kg reported, all from 50m and deeper. The arrow squid are on the bottom mostly and can be easily caught using a squid jig with a heavy sinker to get to the bottom or just do as some customers have done which is target flathead and have the net ready for when the squid grabs a hold.

Sisters & Misters Concert at the National Vietnam Veterans Museum

Sisters and Misters is a Melbourne based vocal group that provides opportunities for people of all ages to sing songs to the wider community whilst improving their self-esteem and confidence and providing social interaction. The majority of these people come to the group with no previous singing experience. Sisters and Misters perform songs from the 60's through to current hits.

In 2011 the group appeared on national television in the talent show Australia's Got Talent, they received a standing ovation from all 3 judges and subsequently were one of 48 acts Australia wide to go through to the semi-finals.

The group spreads the joy of singing to aged care facilities, retirement villages, hospitals, special need communities, markets, festivals, The Olivia Newton John Wellness Walk, school fundraisers, hospitals, charities, as well Rotary and Probus functions. As part of their charity work, the group has in the last few years raised over \$72,000 for cancer research.

Sisters & Misters is led by founder and director Irene Bennetts who has been a professional singer over 35 years. This wonderful singing group will be performing at the National Vietnam Veterans Museum on Saturday 28 April 2018 from 2.30pm – 3.30pm. It is a free concert and they are performing iconic songs from the Vietnam War era. Free entry to the Museum from 1pm onwards. Come along and watch these talented performers and while you are there, why don't you have a look through the Museum. Relax with a cuppa at the Nui Dat Café. Call 03 5956 6400 for more information or visit our website www.vietnamvetmuseum.org



**A classic who-dunnit mystery
from our esteemed off-shore
crime writer, Leon Herbert
HOMICIDE ON THE RISE**

**“What Good Is Having A Lucky Horseshoe Up Your Butt
When The Horse Is Still Attached?”**



Colleen Bungle said good afternoon to Shorty the doorman as she walked into the lobby and took the elevator up to her fifth-floor luxury apartment in the prestigious Crown Casino block in Melbourne.

The time was 3.55pm.

At 4pm sharp, Shorty's telephone rang. "Help," a man's voice gurgled. "Stabbed 503." Then the weak voice fell silent.

Apartment 503. That was Kurt Wallenberg, the Swedish businessman and well known international gambler, property owner and arms dealer. Shorty was alarmed and his instincts told him to act quickly as this was not a game of chance.

Shorty phoned the cops and related the cry for help details to Inspector Jack Flint, then hung up and waited. Seconds later, the tenant from 505 entered the building. "What's the matter?" Lucky Fiddler asked the visibly shaken doorman. Before Shorty could answer, a siren's wail announced the approach of a squad car. Inspector Jack Flint and his mate Leroy Cunningsworth, the renowned sleuth, exited the car which was parked adjacent to a pay phone.

The police found Kurt's body on his white living-room rug, the handle of a knife protruding from his chest. "A single but deadly stab wound," the inspector observed somewhat matter-of-factly, as he stepped around the single isolated pool of blood, the only stain to mar the pristine carpet. "It must have cut an artery. I'll bet some blood got on the killer, too." Leroy concurred and the sleuth's brain went into over-drive. There was bound to be some clues nearby, he said to himself as he looked around and considered the probabilities. On a visit from Phillip Island to see his Inspector friend, he had not expected forensic action so quickly - never-mind an apparent homicide elevated in more ways than one.

The Inspector moved in for a closer look and nearly tripped over a long telephone cord. Leroy had earlier observed that the receiver was still in the dead man's hand yet the phone itself sat on a desk three meters away. The doorman was the

first name on the telephone's speed dial. "After the assailant left, the dying man must have staggered to the phone and pressed #1," the inspector said and looked at Leroy for support but his friend was speaking with Shorty and engaged in his own enquiry. Flint knew from experience to let his brilliant forensic friend have a free rein. "The building has a fire exit," Shorty volunteered. "The killer could've left that way - without me seeing him." But Leroy's gut feel was they didn't have to look outside the building to find suspects. He quizzed Shorty on who occupied nearby apartments and may have been known to the deceased as there was no evidence of a break-in. The killer had to be known to the deceased.

It was revealed that Colleen was Kurt's next-door neighbour and his girlfriend. When the Inspector knocked on her door with Leroy at his side, she responded quickly. It was evident she was just coming out of the shower. "I got home a few minutes before four," she said as she patted down her wet hair and tried to clutch for closure at her silk and somewhat revealing robe. "I knocked on Kurt's door, just for a chat. He didn't seem to be in. I got no answer." She smiled coyly at the handsome Inspector whose face remained impassive and unaffected unlike the beat of his heart and the racing of his pulse. "Hell", he thought, I've only been married six months. Leroy just smiled at this obvious display of professionalism and control. It was hard to be impervious to her obvious charms.

It also transpired that Lucky Fiddler was the victim's other neighbour and his business partner.

A lover whose commitment to fidelity seemed tenuous, a business partner with a significantly incriminating name, and a now deceased arms dealer of questionable pedigree. 'An explosive and deadly cocktail' Leroy thought, as he pondered over the evidence and made his deductions.

As far as Leroy could determine for present purposes, these were the foreigner's only friends and the only two with possible motives. Leroy felt he did not need to phone a friend or roll the dice in the downstairs casino- he knew the culprit but could he prove it? He proceeded to explain to his audience how he thought it all happened.

Well, readers of the Vibe, think laterally, the clues are there - place your chips on the lucky number. Who does our brilliant resident sleuth suspect and, more importantly, why? Need some help solving this one? Turn to page 22 for the solution.

A1 Mowing and Handyman

"If it's broke - I'm the bloke"

"Need something new? - I can build that too"

Leaky taps, fence repaired, gates swung, new screening on your deck, rubbish removal or anything else

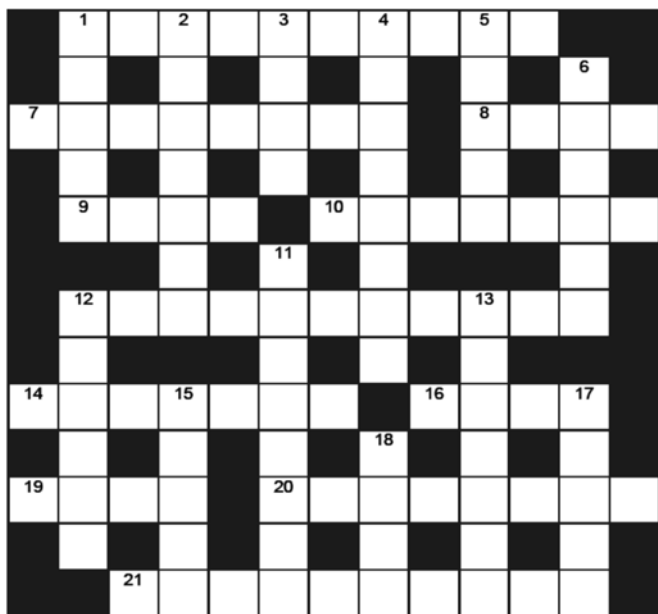


Call Bart on
0408 950570

Check out my work on Facebook
A1 Mowing and Handyman

Brain Food

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



Vibe Quick Crossword 99

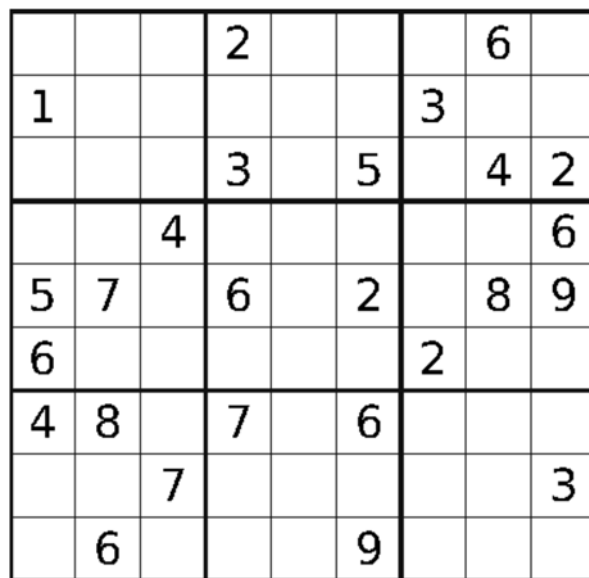
Across

- 1 Thin noodles (10)
- 7 Let down (8)
- 8 Dog hands (4)
- 9 Lucid (4)
- 10 Fleeting (7)
- 12 Big finds (11)
- 14 Reprimanded (7)
- 16 Number (4)
- 19 Solid (4)
- 20 Teaches (8)
- 21 Technical tool (10)

Down

- 1 Outlooks (5)
- 2 Gives in (7)
- 3 Small amount (4)
- 4 Approved (8)
- 5 To let slide (5)
- 6 Resides (6)
- 11 Unified and consistent (8)
- 12 Trickery (6)
- 13 Copy (7)
- 15 A citrus fruit (5)
- 17 Occurrence (5)
- 18 Expert (4)

1. What is another word for lexicon? 2. What is the only American state to begin with the letter P? 3. Name the director of the Lord of the Rings trilogy? 4. How many valves does a trumpet have? 5. How many times was the Men's Tennis Singles at Wimbledon won by Bjorn Borg? 6. Who was Henry VIII's first wife? 7. When did Margaret Thatcher become Prime Minister? 8. Which Shakespeare play features Shylock? 9. What flavour is Cointreau? 10. What is the most common blood type in humans? 11. How many chambers are there in a dog's heart? 12. What is the name of Mickey Mouse's dog?



Vibe Sudoku 99

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

PHILLIP ISLAND HEALTH HUB Community Open Days

Learn about the health services available on Phillip Island

Come along to one of our Community Open Days to learn about the health services that will be delivered from the Health Hub.

Find out which health services will now be available to Phillip Island residents and visitors for the very first time.

SATURDAY 14th APRIL 2018
10.00am—3.00pm

FRIDAY 4th MAY 2018
4.00pm—6.00pm

FRIDAY 20th APRIL 2018
12 noon—5.00pm

WEDNESDAY 9th MAY 2018
4.00pm—6.00pm





Black backed jackal



The jackal-headed god Anubis played a pivotal role in the funerary rights of Ancient Egypt. He monitored the Scales of Truth to protect the dead from eternal death and conducted the opening of the Mouth ceremony, among other important duties.

To be fair, jackals didn't really apply for a job in the Egyptian pantheon, but they have always been granted the capacity for cunning. In African folk tales they are usually portrayed as tricksters who exploit the gullibility of other supposedly lovable and affable creatures. Such stories usually end up with the dimwit hero outwitting the jackal, an outcome that tends to disappoint cynics and leave lingering doubts about the efficacy of natural justice.

Having a name synonymous with treachery and deceit in popular culture is bad enough, but jackals have slid even further down the slippery slope of opprobrium. They are still regarded by some as vermin and hunted and poisoned in many areas of Southern Africa, in effect becoming victims of their own success.

Jackals live on their wits, something that has enabled them to survive, even flourish in areas outside game reserves, where other large carnivores were long ago exterminated to make way for sheep and people. The latter includes those folks who've still got plenty of bullets left over from killing the last lion.

These jackals are carnivorous, and, like most of us, they certainly enjoy lamb chops. Given the opportunity they will prey on accessible livestock, especially those that are weak, but generally their diet consists of wild fare. Typical menus include lizards, insects, rodents, small mammals and even items as large as impala and juvenile wildebeest.

They frequently shadow lions, hyenas and even the diminutive honey badger in game parks in anticipation of a free meal. They don't always wait at a kill until the formal diners have retired for brandy and cigars, being prepared to take the occasional risk by darting in to snatch a morsel within inches of a lion's massive paws, a liberty they don't usually take with leopards and cheetahs.

Jackals are among the earliest and oldest members of the Canis genus. Excavations at a Stone Age human site in South Africa's Western Cape, not terribly far from where I live, turned up fossil bones that were assumed to be those of dogs but on analysis proved to belong to the black-backed jackal.

This find gives a tantalizing thought that a semi-domestic arrangement of sorts may once have existed between our early forbears and the jackal. Readers of the Vibe may need to visit the site one day to see from the fossils whether it's possible these guys were ever domesticated. Me thinks they were not. Rather stick to working out from the clues provided who the bad guy is in Leroy's whodunit series to be found elsewhere in this issue where jackals of another genus are the villains of heinous crimes.

KRISTOS

SOUVLAKI BURGERS CHIPS ROASTS

THE HEALTHIER CHOICE...

TENDER BBQ CHICKENS, LAMB PORK & BEEF @ KRISTOS

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

Eat in or
takeaway
EFTPOS
AVAILABLE

Shop 5/15 The Esplanade Cowes

Open 7 days / Phone Orders Welcome **T: (03) 5952 3355**

ANIMAL TALES

* PET SUPPLIES

Now stocking Fetch Premium raw dog food
available in beef or kangaroo
\$8 per kilo or \$5 per 500g

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









COMMUNITY NOTICEBOARD

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

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

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

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

Phillip Island Bridge Club duplicate games Mon & Wed 12.15pm for 12.30pm start. Located at back of Newhaven Hall. Visitors welcome. For partner or lesson info contact 0400815353.

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

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

Phillip Island World Vision Club 2nd Wed of each month 1.30pm, St Phillip's Church Hall, Cowes. A friendly group of people undertaking fundraising events around the Island to raise funds for sponsored projects around the world. New members 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/)

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

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.

Cowes AA Big Book/Steps Meeting, 7pm Tues nights, St. Phillips Anglican Church. Corner Thompson Ave & Church St.(opp. Coles) Ph. 0417317470

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

Cambridge[®]
Weight Plan

Real people, real support, real results.

Local Personal
WEIGHT LOSS
CONSULTANT

-Tracey Smythe-
'in your corner, just for you'

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

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

www.cambridgeweightplan.com.au

Community Markets

Churchill Island Farmers' Market 4th Sat of month, 8am-1pm. Churchill Island Nature Park

The Cowes Night Market Last market for 2018: Sat April 7 at Erehwon Pt, Cowes. 5-9pm.

Cowes Island Craft Market 2nd Sat of month with Make, Bake and Grow theme, more than 60 exhibitors, Phillips Parish Hall grounds, Thompson Ave, Cowes.

Market on Chapel April 28 - 4th Sat of month, Uniting Church, Cnr Chapel St & Warley Ave, Cowes. 8am-3pm in Summer, Autumn and Spring and 9am-2pm in Winter

Market on Main April 11 Twilight Market, Town Square 3-8pm

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

Grantville Market 4th Sunday of month, 8am-2pm, 100 plus stalls, Grantville Recreation Reserve, weather permitting.

The Combined Churches of Phillip Island

Phillip Island Baptist Church

Cnr Settelement & Dunsmore Rds, Cowes. Worship time:
10am Sunday. Good Friday and Christmas day at 9am
Ph 59523408 Website: islandbaptist.org.au
Facebook @phillipislandbaptistchurch

St John's Uniting Church

Cnr Chapel St and Warley Ave, Cowes. Worship time:
10am Sunday. Good Friday and Christmas day at 9am
Ph 59522083 Website: cowesunitingchurch.org.au
Facebook @cowescommunitymeal

St Philip's Anglican Church

Cnr Thompson Ave and Church St, Cowes. Sunday Worship:
St Philip's, Cowes 9am, St Augustine's, San Remo 10.30am
and St Paul's, Bass 12.30pm. Ph 59522608 Website:
anglicanparishbassphillipisland.com

Hope Church

At Newhaven Primary School, 12-22 School Avenue,
Newhaven. Worship time: 3.30pm Sunday
Website: islandhopechurch.com
PO Box 348, Cowes. 3922.

St Mary's Catholic Church

6 Rhyll Rd, Cowes. Mass at Cowes Sunday 9am,
St Mary's Star of the Sea, San Remo Saturday 6pm,
St Joseph's Bass Sunday 11am
Ph 59425418

Who Dunit Solution

Leroy figured or rather fingered Lucky Fiddler as the culprit. He explained further to his rapt audience....." Even though the knife had severed an artery there was only one isolated pool of blood. So how did the victim get three meters away from the telephone without leaving a blood trail? He didn't. Someone placed the receiver in the dead man's hand, someone who needed an alibi.

It was not a lover's quarrel with a girlfriend that went wrong but rather more likely a business argument with a partner that got seriously overheated. Lucky probably had his finger in the till. Lucky put the receiver in Kurt's hand, probably wiped away his fingerprints, then went to this own apartment and changed from his bloody clothes. No doubt evidence will be found of that quick change in his apartment. Then after leaving the building via the fire exit, Lucky calls Shorty from the pay phone, we know to be nearby, pretending to be the victim. When he walked into the casino building he assumed he had the perfect alibi. But no such luck."

Inspector Flint as usual was in awe of his friend's powers of deduction and looked menacingly at Lucky who broke down and quickly confessed.

Puzzle Solutions



Vibe Crossword Solution 99

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

Vibe Sudoku Solution 99

Quiz Solution 99 1. Dictionary 2. Pennsylvania 3. Peter Jackson miles 4. Three 5. Five 6. Catherine of Aragon 7. 1979 8. The Merchant of Venice 9. Orange 10. O+ 11. Four 12. Pluto



Phillip Island Health Hub

See pages 12 & 13 for
feature article and page 18
for open days information



2/144 Thomson Avenue, Cowes
(next to St. Vinnies)
PH: 0420 661 398



FACTORY DIRECT
TO PUBLIC



TEAK folding chairs from \$49
TEAK benches from \$299





Medical & Aged Care Group

For your convenience, book your next appointment online



We travel the journey together

gv | Grandview
Family Clinic

www.grandviewfamilyclinic.com.au
3 Grandview Grove
Cowes 3922
P: 5951 1860 (24 hrs)

sr | San Remo
Medical Clinic

www.sanremomedicalclinic.com.au
123 Marine Parade
San Remo 3925
P: 5678 5402 (24 hrs)

sg | South Gippsland
Family Medicine

www.southgippslandfm.com.au
Shop 4-6, 1 Billson Street
Wonthaggi 3995
P: 5672 4111 (24 hrs)

cm | Cowes
Medical Centre

www.cowesmedicalcentre.com.au
164 Thompson Avenue
Cowes 3922
P: 5951 1800 (24 hrs)

ls | Long Street
Family Medicine

www.longstreetfm.com.au
1 Long Street
Leongatha 3953
P: 5662 4455 (24 hrs)

ll | Lang Lang
Community Family Medicine

www.langlangcfm.com.au
5 Whitstable Street
Lang Lang 3984
P: 5997 5799 (24 hrs)



Bulk Billing ALL Medicare Card Holders*

* Grandview Family Clinic & Cowes Medical Centre are mixed billing.

M&ACG
Medical & Aged Care Group