

PHILLIP ISLAND VIBE

Free

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ISSUE 123 APRIL 2020



In the face of all the current Corona adversity, it has been a time for communities to shine and this one is no exception. So many acts of kindness and compassion and offers of assistance from strangers. Let's continue to choose kindness and compassion over fear. Thanks again to Ja'nos from Cowes for the front page photo.

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Healthy and Healing with Pip

Comedy is the cure!

Honestly, I've not been sure what to say or do for my tribe and community during this Coronavirus situation.

So rather than be inauthentic and pretend that I'm always upbeat and enlightened, I'm doing what I do when I feel scared or sad. I'm watching lots and lots and lots of comedy and I'm laughing. It lightens my mind, body and soul.

It lifts me.

It distracts me.

It fills me up with joy.

It makes me FEEL GOOD.

When I was working on cruise ships in the entertainment department, I heard people say that 'entertainment is not essential'.

I'd say it would be a pretty boring cruise if there was no entertainment.

And now in this climate, we are hearing similar things being said.

Which is why I'm LOVING the posts by comedians and entertainers online.

I believe human beings not only love to laugh. I'd even venture to say they NEED it.

My thoughts this week are that since fear depletes the immune system, let's tap into the medicine of laughter to boost our spirits and our immunity.

The well-renowned Mayo Clinic has done extensive research into the benefits of laughter as stress relief.

Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving your resistance to disease. Laughter triggers the release of endorphins, the body's natural feel-good chemicals.

Abraham Hicks says that what we are experiencing now is what we created from the past.

This is true for our personal environment and it's definitely the case with our world environment.

And if we want something different, we need to focus on and act like we want things to be.

Look at the results of the quarantined cities and the reduced pollution in just a few short weeks.

Wow! Nature has ways of re-balancing if we give her the time and space.

So, here are some of my tips:

A) distraction from fear

B) feel as good as you can

C) take care of yourself and others.

Distraction - You can't create the life you want if you keep doing the same things you always do - that created the life you have and you can't be peaceful if you keep focusing on the drama and fear. So reduce the fear by distracting yourself. Denise Linn says to get up and change rooms and activities. If you are watching TV and get scared when the news comes on, turn it off, or change channels, or mute it. If you are worrying, go to another room and read a book or turn on some music. If you still have the thoughts of fear, change again until you find something or somewhere to be that soothes you. Stay in the soothing space as long as you can.

Feel good - Walk, ride, sing, dance, watch, play, talk on the phone. A big one that I'm implementing is only follow or interact with

people on social media who share positive, messages. (You can still be friends but unfollow for 30 days the people who are fearful). Get your information about the current situation from reputable sources ONCE a day. Eg. World Health organisation or Australian Health organisation.

Take good care - I'm very aware there is a health issue and we can't ignore it, but the fear and anxiety of it will cause even more issues.

So, of course, first priority is to take care of yourself.

And it always helps (when we are getting too inwardly focused or scared) to support/help others.

I love to see local Facebook groups like "Love Your Neighbour - Bass Coast" and "Phillip Island Resource Share".

They are wonderful. You can ask for items you need, give items you have spare, share tips and support each other.

Ocean Reeve (my publisher) was giving out free toilet paper on the street and drinking Corona on his Facebook feed this week.

Yep! That's why he's my mentor and publisher! He knows how to laugh.

And I'd recommend if you want a good laugh to follow "Comedy Central Stand-up" and "Just For Laughs" on Facebook.

Find your favourite comedians and follow them.

I love Joe Lycett, Katherine Ryan, Trevor Noah, Sarah Millican and Jack Whitehall.

Get out all your comedy DVDs or go to the comedy section of Netflix and Stan ... GO NUTS PEOPLE!

You'll feel 100% better. You won't regret it.

Let's shift the balance of the energy in the world from fear to laughter.

Comedy is the cure and laughter is essential.

Laugh and live long my friends. Xxx Blessings Pip

LINKS:

Pip Coleman: www.pipcoleman.com / Facebook @Conscious Courses and Therapies

The Mayo Clinic: <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-relief/art-20044456>

Help Guide: <https://www.helpguide.org/articles-laughter-is-the-best-medicine>

Pip Coleman

Author, Reiki Master Coach, Bowen Therapist (ISBT), Advanced Angel Intuitive, Meditation & Psychic Development Teacher.

CONTACT: Mobile: 0437 670 820 website: www.pipcoleman.com

SOCIAL MEDIA: Facebook: @consciouscoursesandtherapies

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1 kg Chuck steak

Sprig of Thyme

1 kg Potatoes, cubed

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1 large Onion, chopped

Salt & Pepper

2 sheets Puff Pastry

2 pie tins or pie foils

WHAT TO DO:

Place chuck steak in frying pan and fry until brown. Add to saucepan with onions, thyme, salt and pepper and cover with water and cook on low heat for round 3 hours. Add potatoes and cook for another 45 minutes or until some of the potatoes break down. Leave to cool. Place short crust pastry on the bottom of the pie dish. Fill with meat mixture and cover with puff pastry. Crimp down the edge with your fingers and make a hole in the centre of the pie. Brush with beaten egg. Place in oven at 180 degrees for around 30 to 40 minutes until golden brown.

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Hold Your Nerve

-surviving the Corona Virus factor in investments

The share market turmoil caused by the current Covid-19 situation (it's not a crisis at the moment) is causing many people a lot of stress, and that's understandable. Nor is it unexpected or avoidable because of human nature.

Just as so many people have been hoarding toilet paper, so have markets all round the world been acting irrationally and with panic. While not what I would call normal, it is usual behaviour when bad things happen out there.

If you have superannuation, and more than 65% of Australian employer super is in the share market, you will have recently seen substantial reductions in its value. If you have a share portfolio and are funding your lifestyle or planning to retire on it, then you will have seen the same. I will start by saying "don't panic" and don't take your money out of the market.

This will pass, just like the GFC passed, just like the "Asia crisis" in 1996 passed, just like 1987 and all the rest of these things passed. And each time the market recovered and reached record highs. In all my years as a share broker this reaction in the market is not new – I have seen it before and I hope I live long enough to see it a few more times too.

Warren Buffet said "A simple rule dictates my buying: Be fearful when others are greedy, be greedy when others are fearful. And most certainly, fear is now widespread, gripping even seasoned investors. But fears regarding the long-term prosperity of the nation's many sound companies make no sense. These businesses will indeed suffer earnings hiccups, as they always have. But most major companies will be setting new profit records 5, 10 and 20 years from now." New York Times, October 2008

I am happy to quote Mr Buffet because he's right. Some of our best companies are having 35% off sales right now but people are staying away. Imagine if your local auto dealer did that.

So, the answer is self-evident, make sure you are invested in good companies. This is really an opportunity that may actually be the best opportunity for the next 10-15 years.

Hold your nerve. Don't cash out your portfolio. If you do, you'll be selling close to the bottom and you'll probably miss being back in when the market turns upward again. In 2010 the share market recovered more than 50% in the year following. Those who sold out didn't make this much and those who didn't re-invest lost this for ever. Of that 50% recovery, more than 70% was attributable to only 10 individual businesses.

If you are worried about your investments there is something you could be, should be doing, and that is fixing its quality. By that I mean positioning it to make the best of the recovery when it happens, quite possibly sooner than you expect. And that means having more of the best businesses. By that I

mean selling any business that is not performing as well as the best, regardless of the current market, and buying the best companies that are likely to lead the recovery. You would only need a few of them to make a real difference. This is about switching investments but not selling out. Those shares that you now see that were a good idea at the time, need to be improved if you are to make the most of this opportunity.

If your shares are in a retail or industry fund, take this opportunity to switch to a higher quality equities exposure. If you have an SMSF in pension mode and have invested for an income bias, remember in terms of dividends, the better businesses are also more likely to maintain them, or at least recover them the soonest.

And if you want to get the most from the recovery, whilst still maintain a steady income stream, it may be advisable to investigate a Separately Managed Account that will allow access to an income whilst being positioned to generate the greatest growth of your capital.

None of this is rocket science to any experienced adviser, but the emotion involved makes clear thinking difficult in times such as these. I add that at times like these it's a help to have a share broker that will hold your hand and help keep things calm.

I am available to discuss any concerns you may have about the market. Simply email me and I will respond. While face-to-face meetings are unlikely I am also available by telephone – 03 9268 1157; 0414234770 or by email at dwells@shawandpartners.com.au.

All calls will be answered over time.

Your Gippsland share broker and adviser



David Wells MSAA
Senior Investment Adviser

Shaw and Partners
Level 20, 90 Collins Street
Melbourne VIC 3000

A Gippslander by birth, David Wells is a Master Stockbroker and Financial Planner working in Collins Street. David offers a full range of expert financial advice, including SMSF and retirement incomes.

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**A classic crime story from our
esteemed crime writer,
Leon Herbert**

The case of the portly corpse

*Mary, Mary, quite contrary,
How does your garden grow?*

*With silver bells, and cockle shells, And pretty maids all in a row,
maybe not forgotten by an angry sow.*

Leroy, the famous, although somewhat eccentric sleuth of Phillip Island, stood in front of a small suburban house in Cowes with a neatly trimmed lawn and beautiful flower beds.

He watched as the seat of the sedan in the driveway, alongside a flowerbed, was moved forward in order to remove the corpse wedged between the front and back seat. It was the portly body of Guy Edmunds- recently married, recently deceased. Shot in the head.

Leroy knew of him and his reputation as a serial womaniser and a regular at the RSL pub with his beer swilling mates, regaling his exploits, particularly with some of the married ladies of the village. Well, clearly having stopped chasing women, overeating and smoking- some at the same time- his funeral would be noteworthy for attendance by husbands keen to ensure he was safely buried- including the culprit.

Inside the house Inspector Jack Flint was questioning Guy's new bride, Mary. When Leroy entered, the inspector paused and summarised what he had learned so far. Guy's body was discovered in the back seat of his car that morning by Joseph the postman. Mary said she and her husband had had an argument the previous night around 11 o'clock. She claimed Guy had left in a huff and had not returned.

"So, you went to bed and just found out about your husband's death this morning when the police came to the door?" Leroy asked the petite young lady who sat at the kitchen table sobbing and wringing her hands.

Leroy could not help but feel sympathy for her and her failure to find a loving and faithful husband- anyway her married pain was short-lived in comparison to incarceration in jail if she was the culprit - something that needed immediate resolution and for which he had a premonition.

"No," she said, getting up to pour Leroy a cup of coffee. Standing, she was barely over five feet tall and could just reach the coffee cups in the cupboard. Her hands trembled as she set the cup on the table in front of Leroy. 'I was awake most of the night listening to music and worrying about Guy,' she said.

Leroy raised his eyebrows wondering who apart from Guy's mother would worry about him. Still he must be careful not to lose his objectivity when evaluating the attractive widow.

"Had he left in a huff before? Leroy asked. "Yes, he doesn't talk things out. He just drives around, I think, and settles down. He's usually back in an hour or so. We both apologise, and the spat is forgotten."

"Did you hear the car drive in?" Flint asked believing there was only one suspect here and it was the grieving wife who had cause to have more spite than spat.

"No, the music,' she said.

"I'm afraid, Mrs Edmunds....." Inspector Flint began.

"That someone killed your husband, drove his car home and left it here with his body in the back seat, and that someone isn't you" Leroy said, finishing Flint's sentence with probably a different conclusion. Flint looked at his friend in amazement. "Come on Leroy, let's not rush to judgement."

Well, readers of the Vibe- has our resident sleuth in reaching this conclusion been beguiled by the charms of Mary and his dislike for Guy? Surely Mary had all the motive and opportunity to rid herself of her beastly husband and focus on her garden? What do you think?

If you need a little help solving this crime, turn to page 10.

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Book Reviews

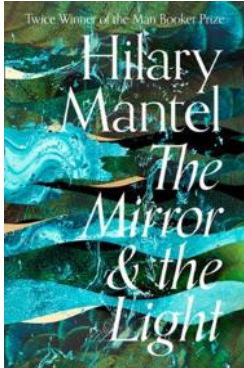
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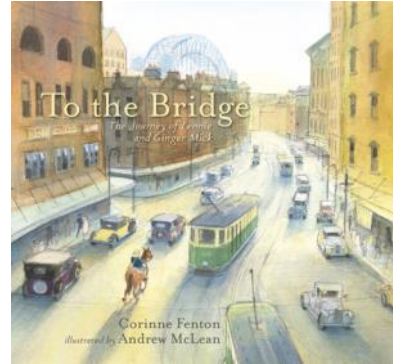
The Mirror and the Light

by Hilary Mantel

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Our price \$39.99

If you cannot speak truth at a beheading, when can you speak it? England, May 1536. Anne Boleyn is dead, decapitated and as her remains are bundled into oblivion, Thomas Cromwell breakfasts with the victors. The blacksmith's son from Putney emerges from the spring's blood-bath to continue his climb to power and wealth and Cromwell's robust imagination sees a new country in the mirror of the future. What will you do, the Spanish ambassador asks Cromwell, when the king turns on you, as sooner or later he turns on everyone close to him? With *The Mirror and the Light*, Hilary Mantel brings to a triumphant close the trilogy she began with *Wolf Hall* and *Bring Up the Bodies*. She traces the final years of Thomas Cromwell, the boy from nowhere who climbs to the heights of power, offering a defining portrait of predator and prey, of a ferocious contest between present and past, between royal will and a common man's vision: of a modern nation making itself through conflict, passion and courage.



To the Bridge

by Corinne Fenton

RRP \$26.99

The award-winning team of Corinne Fenton and Andrew McLean tell the story of Lennie Gwyther and Ginger Mick, a boy and his pony who crossed Sydney's Harbour Bridge on 19th of March, 1932 and marched into history. Nine-year-old Lennie Gwyther dreamed of seeing the opening of the Sydney Harbour Bridge. With his father's blessing, he rode his pony Ginger Mick across Australia, inspiring crowds of supporters to greet him in cities along the way, as he made his way to Sydney. It was there that he saw the bridge that had captivated his imagination and inspired his brave journey. And it was then that he and Ginger Mick became a legend. This inspiring historical story is about persistence, resilience, bravery, courage and hope. It's about pursuing a dream and the impact that journey can have on those who follow.

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JPEG VERSUS RAW FILE FORMATS IN PHOTOGRAPHY

Most cameras today will let you choose the type of image file you wish to use. Your camera manual should tell you how to select your preferred file format. The two most prevalent formats are JPEG or RAW and there are advantages and disadvantages for both.

JPEG files are produced in the camera, they are smaller files so take up less room on your card or drive, but files are compressed each time you save, information will be lost and quality will deteriorate.

JPEG images are easiest to use on social media as they can be sent straight from the source, no fuss. They are easiest to email too because of size and universal use.

What is RAW? It is a file format that captures all image data recorded by the sensor when you take a photo. Raw images need processing in an editor to make them "pop". Straight out of the camera they may look flat or dull. Using an editor is non-destructive to the original file so you can reset and start over again and again.

They give you the highest level of quality. Raw images record greater levels of brightness. JPEG records 256 levels of brightness whereas RAW format records between 4096 and 16,384 levels.

Over/under exposed images can easily be corrected. White balance and colour are essential to an awesome image with RAW files letting you make the adjustments easier and faster. There is also access to sharpening and noise reduction in editing.

Better prints result from RAW files.

By shooting in RAW file format, you take control and should be able to create the best results possible and preserve your precious images longer.



Before editing



After editing

Cowes Foreshore by Lynne Cook

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Or for more information on Phillip Island Camera Club phone Susan on 0408 136 717

Ref: Raw Vs JPEG 8 Reasons to Shoot in JPEG

10 Reasons why you should be shooting Raw.

From JPEG to Raw.

Surf News by Ed Amorim (@prosurfcoaching)

No Surf today, tomorrow and the next day

The Corona Virus reality is affecting everyone and the surf community is no exception. PIBC season has stopped, state titles and nationals, WSL, Rip Curl Pro and the Olympics in Japan are cancelled. Now even a surf session is not allowed. It's a hard time for surfers but you know the waves will be there exactly the same when you come back.

Quarantine is probably the best opportunity in a long time to look after ourselves with spare time at home. Slow down a bit and try to rediscover yourself and the essentials you really need in your life. Try concentrating on putting your life in order again and try listening to your mind. Strengthen up your body doing exercises and eating well and enjoy all this time with your family away from everyone else. It offers an opportunity to grow, not just financially but spiritually as well.

@prosurfcoaching_ are here in case you need some inspiration at home. Let's transform the chaos in positives and let's bring that good vibe back to everyone that needs it at this challenging time.



Pro Surf Coaching Surf Camp 2020

We offer a magic time for participants to enjoy the freedom of a tropical island with the Pro Surf Coaching Surf Camp at Mentawai. We surfed one of the best waves in the world located in the iconic Kandui Resort Mentawai, with top accommodation, gourmet healthy food, private surf coaches 24/7 to help achieve set goals, video makers and photographers on the channel waiting for your next barrels, plus lots of out doors and cultural activities in one go. The next camp dates are set for August and November and everyone is welcome. For more info @prosurfcoaching_

Keep the harmony

Yoga and stretch sessions are the best way to loosen up your body and take the best care of you so that you're ready for your next surf.

Simple like that

The beauty of the simplicity. We are happy and we don't know it, we are waiting for tomorrow but today is ok, is fun, is special and unique. Let's enjoy what we have, what we are and what it is. Top day everyone, Mini.



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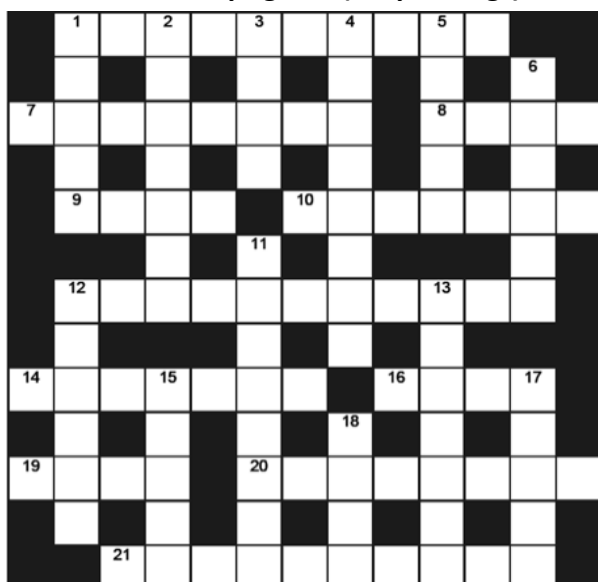
At Pro Surf Coaching we pride ourselves on having the best equipment on offer. With amazing equipment from great brands like Ripcurl, G Boards and Smoothstar



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Brain Food

Find all the answers & solutions to Puzzles
& Quiz on page 14 (No peeking!)



Vibe Quick Crossword 123

Across

- 1 Tempted (10)
7 Mistake (8)
8 Kind (4)
9 Knots (4)
10 Plans (7)
12 In another world (11)
14 Lawlessness (7)
16 Dirty froth (4)
19 Eager (4)
20 Emptying (8)
21 Anchorman (10)

Down

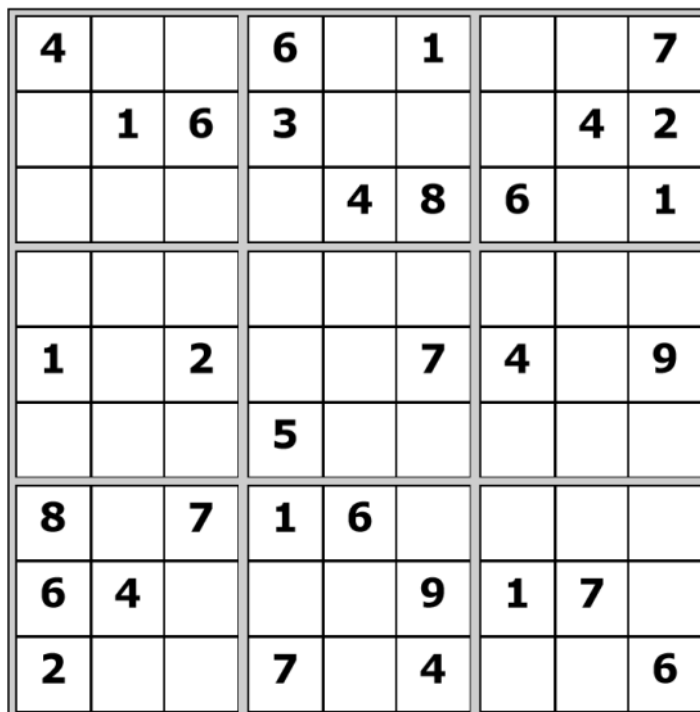
- 1 Implicit (5)
2 Innocently (7)
3 Place (4)
4 Essential (8)
5 Consumed (5)
6 Jumped (6)
11 Stores (8)
12 Moves to music (6)
13 Agitated (7)
15 Scope (5)
17 Junior (5)
18 Area (4)

TRIVIA QUIZ

1. 30 is the atomic number for which element? 2. Who discovered penicillin? 3. What is the official currency of South Africa? 4. How many countries are there in Europe? 5. What does the roman numeral C represent? 6. What language has the most words? 7. What is the hardest substance in the human body? 8. In which film did Roger Moore first play James Bond? 9. Who won six consecutive Wimbledon singles titles in the 1980s? 10. The Sheffield Shield is competed for in which sport? 11. What is converted into alcohol during brewing? 12. What do the British call the vegetable that Australians call zucchini?



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Vibe Sudoku 123 Each row, column and sub-box must have the numbers 1-9 occurring just once.

FREAKY FACTS

Tomato sauce was sold in the 1800's as medicine.
A donkey will sink in quicksand, but a mule won't.
It's impossible to hum while holding your nose.

'THE CASE OF THE PORTLY CORPSE' WHO DUNNIT SOLUTION

Leroy did not rush to judgement- He had noticed the car seat had to be moved forward to remove the body. By deduction someone had put the body in the back and then moved the seat back, wedging the body in between the seats.

Being only five feet tall, our Mary would have moved the seat forward. It was also doubtful of course, that such a petite woman would have been able to lift the portly body of a full-grown man in the first place. No, it was more likely to be the action of a very disgruntled husband of a deflowered wife.

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IF YOU'RE LUCKY, A PET WILL COME INTO YOUR LIFE, STEAL YOUR HEART, AND CHANGE EVERYTHING

PETS AND WILLS

Most of us grew up with dogs, cats, birds and other pets. They were, and remain, an important and essential part of what makes for a happy life. There are few things that are so quick to bring screams of happiness from most of us. I know - I'm preaching to the converted.

It's really about Wills, so often neglected, so often unsigned, left to do another day, that I need to relate this article, and maybe it will help to spur some of our readers to get their Wills done, and, you never know, include something for their pets!

Australia has one of the highest rates of pet ownership in the world. Over 62% of Australian households own pets. There are more than 24 million pets in Australia. Phillip Island is not far from sharing in this largesse.

Is a pet an asset?

Under Australian law pets are "property" that you can give away in your Will.

Your residuary beneficiaries, or some of them, will probably love your pets. They are the thread that keeps your memory alive. Also, it is highly likely that your animal will die before you. Personally, I'm not a great believer in gifting pets in a Will- better to leave them to be lovingly cared for by consensus in the family, but there's not always a family or consensus. So, a specific gift in your Will could be an option.

Animals, like small children, cannot support and care for themselves. Animals who are not provided for by their "adoptive parents" may find themselves in the local pound or euthanised. Giving your pet to a special person (and perhaps some money) protects them.

So, if you must specifically give away your furry, feathered or scaly friend, then here are rough, light hearted examples of how to do so.

Specific Gift – Pet and money- to Aunt Milly

mM cat called Jellybean, my boxer dog called Prince and any other pets that I may own at the date of my death and the sum of \$5,000, but this gift fails if I have no pets at the date of my death.

Specific Gift – specific beneficiaries, plus backups with conditions- To Uncle Jack

My black and white cat called Minki (and any other pets) together with the sum of \$10,000, but this gift is subject to and conditional upon my pets being kept in a healthy



environment and if re-homed this must be to a quality indoor home only. My pet must not be surrendered or euthanised unless a qualified vet has deemed a condition as terminal or unhealthy for my pet. If I have no pets at the date of my death then this gift fails.

Specific Gift – right to live in the home with a pet

My black and white cat called Minki (and any other pets) together with the sum of \$10,000, a life estate in my home in Cowes or any home that I own at the date of my death for life. All rates, taxes, insurances and other expenses to be paid by the specific beneficiary. But if I have no pets at the date of my death then this gift fails.

You could also provide your carer nominated in your Will with a letter of wishes as to how your 'pooch' should be looked after, her special needs and so on.

Bottom line- get your Will done and at the same time if you have a pet, think hard about the best for him or her when you go and having me prepare a quality lawyer drawn Will to suit your profile.!!

Part of a series of articles on Wills by Leon Herbert of Legal Documents Ph 04022 64744/herbertatlaw@gmail.com



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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: lionsclubphillipisland@gmail.com

Phillip Island Bicycle User Group Every Wed 10am starting at Amaze'n Things car park. Very social, speed is the slowest rider. Contact Ruth Scott 0409 946696.

Phillip Island Bridge Club duplicate games Mon & Wed 12.15pm for 12.30pm start. Located at back of Newhaven Hall. Visitors welcome. For partner or lesson info contact 0400 815353.

Phillip Island Girl Guides Multi age groups from 5 years, Tuesdays 5-6.30/7pm. More info contact Lisa Toro lisa_olivia_nathan@hotmail.com

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

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 0437 526757 or probussanremo@gmail.com

Rotary Club of Phillip Island & San Remo. A friendly group, fund-raising FOR and investing IN our local Community through various projects. Meets each Monday 6:30 pm at RSL & other local venues. New members always welcome! Please contact us on secretary@rotarypisl.org.au

Phillip Island Scout Group – Cubs: Wed 6.30pm-8pm, **Scouts:** Thur 7pm-9pm, **Venturers:** Mon 7pm-9pm. Located at Bluegum Reserve, Dunmore Road Cowes. New members welcome. Email: gl.phillipisland@scoutsvictoria.com.au

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 welcome. Call Thelma 56785549.

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 0438 808428 or 59526955.

Phillip Island TOWN Club Weight Loss Group Thurs 9-11.00am, Ryhill Hall. Joining fee \$48, weekly fee \$6. Nutritional eating, weigh in and group therapy. New members welcome. Contact Vincent Vale on 0414 709066

Phillip Island Croquet Club new members welcome. Contact Ken 59568803 or David 0412485913, 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 Julie Waters on 5956 6400

Phillip Island RSL Day Club every Monday, ANZAC Room, RSL, 10am-2pm. Games, craft, exercises, guest speakers and outings. Transport can be arranged if necessary. Ph: PIRSL Reception ON 5952 1004.

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 Bob Hee 0418 173388.

Phillip Island Camera Club meets 1st Mon of month, Heritage Centre meeting room, 1:30-4 pm. Contact Susan Brereton on 0408 136 717 or phillipislandcameraclub@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 and 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 0418 178343 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 0435 552518 or email enquiries.piarc@gmail.com.

Cape Woolamai Coast Action is a volunteer group who meet on the second Saturday Monthly from February to November. We undertake general maintenance and plantings along the Cleeland Bight foreshore. Meeting at Cottlesloe Ave 8.00am to 10.00am followed by morning tea. Ph: Marg 0419007758
Email: capewoolamaica@gmail.com

Phillip Island-San Remo-Bass Coast Vegan Community Sharing and promoting what's vegan & plant based. Everyone welcome. phillipislandbasscoastvegans@gmail.com

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 0434 489011 or Ash Rizvi 59521604.

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 0400 900612. 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. Every Wednesday 12.30pm for 1pm start. Stick draw. New bowlers and visitors most welcome. 1a Wynne Road, San Remo, next to Recreation Centre. Phone 56785558.

Phillip Island Patchworkers Meet Newhaven Hall Monday 7.30pm; Info Centre Newhaven, 10.30am 1st Tues of month; Cowes Cultural Centre 10.30am last Tuesday of month; Wonthaggi Cricket Reserve 10.00am 1 & 3 Friday of month; Corinella Crafties 10.30am 2nd & 4th Wed of month. Contact Lyn Duguid 0427 593 936

Newhaven Indoor Bowling Club meets every Tues at 12.30-3.45pm in airconditioned Newhaven Hall, Cleeland Av, Newhaven. \$5 includes afternoon tea. New members welcome. Age group 60-90 years. Call Dagmar 59566965.

"Bee Crafty" Community Craft Group is meeting fortnightly on Wednesdays at St Phillips Church Hall, Thompson Avenue, Cowes (opposite Coles). All are welcome. For further details Desma Maxworth 0409 136 620

Phillip Island University of the Third Age (U3A) provides learning and social activities such as choir, creative writing, stage-craft, 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

Boomerang Bags Phillip Island and San Remo Volunteers sew re-usable bags to supply local shops and reduce plastic. Sewing bee every Wednesday 10am-4pm Garden Room 2, PICAL 56-58 Church St Cowes. Everyone welcome (no sewing experience necessary). email Kylie@boomerangbagspir.org

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

The Phillip Island Miniature Light Railway Inc. Secretary, Bev Munro, 0417 578 435 or Facebook.

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)

Cowes AA Big Book/Steps Meeting, 7pm Tues nights, St. Phillips Anglican Church. Corner Thompson Ave & Church St.(opp. Coles) Ph. 0417 317470

Artist Society of Phillip Island(ASPI) meet regularly for Visual Artists, Textile Art, Plein Air, Writers, Portraits & Appraisals & Workshops throughout the year. 2 Art Shows at Easter & Cup Weekend. Memberships Available Contact Lois Green 5956 9595

Bass Coast Strollers Inc. Walks every Monday morning; generally 8-10km and graded Easy or E-M, occasionally longer; bush tracks to coastal paths to town walks; an additional shorter 4km walk is also offered; \$40/year subs. Contact Belinda 0408347722 www.basscoaststrollers.org

First Friday Philosophy Lunch. We meet once a month over lunch at Rusty Water to discuss some of the big questions about life, the universe and everything. Newcomers welcome. \$35 (includes 2-course lunch). Bookings or enquiries to Ian Robinson: gurdies@australiaonline.net.au

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

The Phillip Island Medical and Health Action Group (PIMHAG) advocates for improved medical and health services for Phillip Island and San Remo. PIMHAG welcomes new members. Please contact Secretary linda@marston.com.au or 0428 344 726 for more information.

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 Deb McCann 0428 523 706

Phillip Island Health Hub Auxiliary meets 1st Wednesday of every month at 1.30pm at the PI Health Hub in Cowes. We fundraise to purchase much needed equipment for specialists and medical staff offering services at the Health Hub. New members very welcome. For more info – Maree 0408 362600.

PHILLIP ISLAND BOWLS CLUB 40 Dunsmore Rd, Cowes. New members welcome, open to all ages. Social bowls every Thursday at 12noon and barefoot bowls over Christmas holidays. Corporate bowls from January till March. Free coaching available. Come and give it a try - contact George Mol on 0407 851065.

Phillip Island Community Art & Craft Gallery Cowes Cultural Centre, contact Secretary Aleta Groves 0419 525 609 or email info@phillipisandgallery.com.au

Chat & Chew drop in centre Anglican Church Cowes. Free lunch, coffee/cake. Open every Friday 11.00am till 2.30 Contact John on 0438268243

Phillip Island Club closes for 30 days for now and to be reviewed regularly

Hello readers. All of us here at The Phillip Island Club sincerely hope you are taking care of yourselves during these very difficult and strange times. Please be kind to each other including people you don't know, but especially those serving us at the supermarkets and restaurants and cafes etc. If we treat each other respectfully and with dignity it will make everyone feel much more comfortable. We WILL get through this. We encourage you to think of the great depression before WW2 when everyone had to live on coupons and rations. We need to be kinder to each other now more than ever before in our lifetimes. Please help each other where you can while social distancing, whether you know them or not. If you know elderly people, please help them if you can. Also, be kind to expectant mothers and mums with young kids, especially babies. But more importantly, remember that karma has a way of returning what you give out to the world times three.

As of Saturday 21st March, the Senior Citizens club is closed, firstly for 4 weeks, but reviewing our situation in conjunction with the Health Department on a month by month basis. Please be assured that when we are allowed to reopen, we will notify everyone via the Phillip Island Vibe as well as local newspapers and the buy, swap, sell noticeboards on Facebook.

If you're a senior citizen and find it hard to cook or even buy food, please contact our local Meals on Wheels service on 5671 3247. Bass Coast Health has asked me to pass these details to you.

In the meantime, follow your doctor's advice, do all you can to remain safe and we hope very much to see your beautiful faces again when we can. From the committee of the Senior Citizens Club, please take care.



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

Quiz Solution 123

1. Zinc
2. Alexander Fleming
3. Rand
4. 50
5. 100
6. English
7. Tooth enamel
8. Live and Let Die (1973)
9. Martina Navratilova (1982-87) as well as 1978, 79 and 90
10. Cricket
11. Sugar
12. Courgettes

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What I Learned From My Divorce



Like so many people not only in Phillip Island but around the world I guess, my marriage started to disintegrate to the point where divorce was inevitable.

I consulted with some of my friends as well as some reasonably close acquaintances I had made through my children's school, so I suppose they could be included as friends. They all said overwhelmingly that the most important thing I had to do first was get a GOOD lawyer.

It was amazing, it's as if they were all reading from the same hymn book, I suppose in a way they were as they were all divorced or separated. I thought it wasn't much point getting advice from someone who was happily married. How could they relate to my situation. But it was one thing that was constant, and that was get a good lawyer.

On more than one occasion, the name James McConvill & Associates came up. I did some research and I suppose it was because they were local to the Phillip Island/Bass Coast area and most likely understood the local market here, especially when it came to family law.

Anyway I was really happy with the support and service they provided. Here are some of the things I learned through my experience and dealing with James McConvill & Associates.

If your situation is becoming unbearable and you need to leave, make sure to plan ahead on where are you going to stay, and make arrangements ahead of your announcement to leave.

If there is property involved, you really need to start preparing for the division of that property, do not leave it to the last minute, make it a priority in the whole separation process.

Along with the property you are currently living in, any investments including shares, and investment property that may or may not be held in joint names also needs to be catalogued as to the acquisition contribution made to acquire those properties. If you have children, and you have spent

most of your time as unpaid work caring for those children, then you could be entitled to a greater proportion of the split of those assets. And also, if that were the case, then you may well be entitled to a portion of your ex-partners superannuation.

Though because this becomes a deciding factor depending on your individual case, you would need to consult your lawyer with regards to this.

Where children are involved, you need to start making plans for what kind of parenting arrangements you desire with your ex-partner in relation to the children. Make a list of all the activities you currently do with your child along with times and duration of the activity. Try and create a pre scheduled itinerary of these activities ahead of time, and highlight any special rituals only you and your children do.

Make a list of your personal support groups you have access to in the event of an emergency. And above all, if the mood of the separation is becoming hostile in relation to caring for the children, then highlight a list of reasons why you are in a better position than your ex-partner to care for your child on a regular basis.

Ideally it is best to try and negotiate all this with your ex-partner directly, when it comes to parenting rights, though sometimes this is not usually the case if the relationship rapidly sours during the separation. In which case, if you are unable to come to an agreement on parenting rights, and it needs to go to a mediator and/or court, then having all this prepared ahead of time will put you in a stronger position of negotiation.

At the end of the day, with the right support and advice you can come through a divorce and separation a new person with a new lease on your life. Society has changed dramatically, and there is no longer the negative stigma there once was on divorce.

We have come a long way with changes to the Family Law act and the number of support networks available. It is not the end, but a new beginning. If you need to call a lawyer you can contact James McConvill & Associates on: **0400 138 768**.

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