

Free

# PHILLIP ISLAND VIBE

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ISSUE 134 MARCH 2021



Thanks to Penny Chadwick Photography for this stunning front page image. You can check out a full range of her work and buy from her store at pennychadwick.com. This image is titled Walk to the Pinnacles. Also welcome to the Phillip Island and District Historical Society who will be regular contributors to the Vibe with their history articles written by Pamela Rothfield. Check out the first article on pages 4 and 5.

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## DOLLARS AND SENSE BY DAVID WELLS

### Real Estate Investment— It's As Much About Finance As Property

Many people buy an investment property without really doing their homework. They have their hearts set on buying more property and look to find something which they feel is either cheap or at least good value, based on the premise that property never loses in value. Apart from the fact that property regularly drops in value (as much as the share market but it is not reported daily in the papers) there are many things that will determine whether the investment is a good financial decision or not. The recent impact of COVID -19 has hit some landlords of commercial and private housing hard with tenants unable to pay the rents needed, many walking away from properties they can no longer afford. Most people still borrow to buy property, and in many cases use their existing home to secure new finance, which has the outcome that the investor's financial situation is even less secure.

Will the investment property be negatively geared or will it be neutral or positively geared. Negative gearing is where the rental income is less than the costs involved in owning the property – interest, management fees (especially if an agent is involved), repairs and maintenance and time when the property is unoccupied. Positive gearing is when the rent covers all these and more, leaving some income for the owner.

Most investment properties are negatively geared as people start to invest in properties other than their own home. Financial institutions will lend only 20% deposit for investment properties and are now resuming Interest Only mortgages. This is the point where most investors start - borrowing up to 80% of the property value and paying interest only.

The problem here is that then the investor will be paying more than the property is earning for about 10 – 15 years and need to cover this shortfall from other income sources. Buying a \$750,000 "renter" on a mortgage of 80% at 2.4% interest will need a monthly rent of \$1,200 just to cover the mortgage. Add rates, insurance, maintenance and agent's fees and maybe one month in 13 empty and the costs soon add up.

We are at record low interest rates, so investors need to be prepared for these to effectively double over the next five years or so. While saying that they will save tax might be true, the reality is that this only reduces the cost, it doesn't add to

the gain as the ATO never gives you any of their money! Never invest anywhere if the investment needs a tax break to be profitable. Negative gearing relies on capital gains over a long time to make money for the investor and so usually the biggest tax benefit is the discounted marginal capital tax gain rate. Only in periods of booming real estate prices will this be a short to medium term investment.

Positive gearing is when the investor has sufficient available free cash assets to fund a large enough deposit so that the total borrowings and other costs are less than the total rental returns achieved. In this situation the investor also needs to consider the opportunity cost of using their existing cash assets for this investment rather than something else. A ten year investment in the share market has, in nearly every case for the last hundred years, returned more than the average property and the current average dividend rate is about 4%. So that needs to be considered, too.

As a generalisation, city prices tend to rise faster than regional ones and so if investors are looking to negatively gear, they are likely to find better opportunities in the bigger cities and capitals. However, lower prices and relatively higher rents mean that there are more opportunities for positive gearing in regional towns, but there may also be fewer renters available so occupancy can be an issue. An example of this risk is when major industries in the town close or reduce production or privatise. Examples are the mining industry in Northern Queensland and Western Australia, and the Latrobe Valley and Wonthaggi in Gippsland leaving many investors with no tenants and an empty property they had paid a premium price for.

Through all this flows the effects of finance. The interest charges are the primary determinant of profitability when borrowed funds are used, and even when the investors own resources are employed, this is a form of financing that comes at a cost.

What and how is it being financed – is it short term or long term? Is it interest only that will need to be re-financed in three years or so? What will be the investors position in that time? Is there capacity to cover interest rate increases, unemployment of the investor and unoccupied periods for the investment? If the property is in a superannuation fund, will it be paid off before the fund needs to pay pension so the rent can be used for that? All these and especially the pay-back period need to be calculated and considered carefully before proceeding. Often when the full costs of financing and the rest are considered, the real dollar return numbers are a great deal less than expected and, in many cases, negative.

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## PHILLIP ISLAND AND DISTRICT HISTORICAL SOCIETY

### The Day the 1875 Melbourne Cup came to Phillip Island

Written by Pamela Rothfield 2021

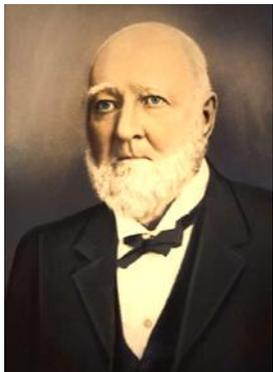
It was Tuesday 9 November 1875 – Melbourne Cup Day - the first time this most important event in the spring programme of the V.R.C. had ever been run on a Tuesday. Previously the Cup had been held on a Thursday but this Tuesday – the 9th of November - had been declared a public holiday for the Prince of Wales birthday. As ‘nearly everyone was free to seek amusement somewhere, and the racecourse was the one absorbing attraction’ - it was decided that this, the fourteenth running of the Melbourne Cup – would be moved to the Tuesday. The Melbourne Cup was already regarded as an institution, being called the ‘great race of the Southern Hemisphere’.

The weather was dull and gloomy, but that didn’t have the slightest effect upon the 80,000 patrons. Some 37,000 attendees were conveyed by rail to the Flemington racecourse, enticed by the cheaper fares being offered for the Spring Racing Event. Newspaper reports of the day record that the road to Flemington was lined with vehicles of every description, like that of Mr Fisher’s “four splendid bays”, and Sir Hercules Robinson’s fine English coach which was greatly admired.

The ladies were “more resplendent than ever, silk, being the prevailing fabric, and lilac, pearl grey and light blue the favourite colours...” but due to the male dominated crowd “which took possession of the lawn and the terrace, it was utterly impossible for many of the beautiful butterflies to show off their variegated colours to advantage. The stand was most inconveniently crowded, and during the day several ladies were carried out in a fainting state.”

One man, John Cleeland, proprietor of the Albion Hotel in Melbourne, had more than a passing interest in this particular Melbourne Cup. Cleeland had become heavily involved in horse racing at around the time the VRC had been established in 1861 and this was his 13th attempt at securing a Melbourne Cup winner, with his best previous result in the race being third place with his mare Shenandoah in 1868.

It was only seven years earlier that Cleeland, during a passing conversation with his friend Charles B. Fisher in a Melbourne street, mentioned the failure of having his mare, Fleur de Lis, mated with a number of imported sires. Mr Fisher offered the services of his own imported



John Cleeland

horse Ace of Clubs.

The mating was a success and produced a bright bay colt named Wollomai who was born in 1869 on Cleeland’s farm property at Newhaven on Phillip Island. Cleeland had been told that the word Wollomai was the indigenous name for sea-horse. When Wollomai was old enough he was taken to Melbourne for training at Billy Lang’s Flemington stables. His journey from Phillip Island to Melbourne meant that he had to be swum across the channel from Newhaven to San Remo and then walked the remainder of the distance on foot. In Melbourne he was often observed in trackwork at Flemington under instruction and watchful eye of his trainer Billy Lang. Cleeland raced Wollomai as a two and three-year-old with moderate success with his best performance running third in the V.R.C. St. Leger. However, from early 1873 and for the following two years, the horse was run under the ownership of a Mr J Arthur and showed better form. During the time of Arthur’s ownership, Wollomai’s successes included winning the Midsummer Handicap at the 1875 VRC’s New Year’s Day meeting and Warrnambool Cup in March 1875 over a distance of two miles.

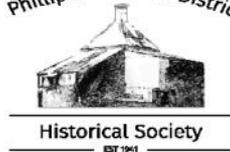
In April 1875 the horse had left Billy Lang’s stable and was offered for sale at Kirk’s Bazaar in Melbourne, a famous horse sales yard located in Bourke Street. By June that year Cleeland was once again the owner of the horse. He appointed Stephen Moon, of Flemington, as Wollomai’s new trainer.

All horses under Cleeland’s ownership raced in the US confederate army colours of grey and gold. When the nominations for entry in the Melbourne Cup were accepted in June, Cleeland chose to enter the horse in the name of his farm manager, Henry Sharp, rather than race him under his own name. There were 88 entries for the Cup in 1875 – up to that date it was the largest entry ever made for a handicap race - and weights were duly declared. Victorian book-makers immediately offered long odds, which saw a number of horses being backed months before the event. The six-year-old Wollomai, was to carry 7st 8lb which some considered was a very ‘kind’ weight given the recent successes Wollomai had had. There was, of course, the rule that if any horse won a significant race – that is a race to the value of 200 sovereigns or more – between the time of the announcement of the declaration of the weights in June and the running of the Cup in November, the jockey’s weight would be increased by 6lb. After acceptances in June, Cleeland sent the horse to Epping under the charge of his new trainer Stephen Moon until the running of the cup, which meant there would be no chance of increase in his weight for the big race.

There is much supposition as to the reason behind Cleeland using Sharp’s name, and it is likely that it had been prompted by certain events where unsavoury elements who were bent on interference with race results were operating within the racing industry. A failed attempt at a train derailment from Geelong which occurred just prior to the Derby in which the favourite Maid of All Work was being conveyed to Melbourne, is an example of the atmosphere which had pervaded the racing world throughout 1875.

By race day the scratchings were numerous and there remained only twenty competitors vying for the Melbourne Cup. An hour before the scheduled race time, the bell rang and the twenty hopefuls gradually moved from the saddling paddock into a graceful canter on the turf in front of those in the grandstand, the lawn and terrace areas. At a quarter past three, the twenty competitors had moved down to the post and as these were the days before starting gates, the race starter, Mr Watson, rode back and forth in front of the horses to ensure they were lined up. When he was satisfied, he would drop the flag and off they would go. This was an art for which George Watson became famous and for which he became known as the Prince of Starters.

Phillip Island and District



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Phillip Island & District Historical Society

**From page 4**

Some thought Wollomai hadn't had enough work and was too fat to be considered a potential winner, but his connections and even his former trainer, Billy Lang thought otherwise. Wollomai won by a convincing 2 lengths with betting odds at 16 to 1. The winner of the Cup received £ 1,400 and John Cleeland who maintained that he only ever placed a bet on his own horses, won £ 22,000 on the race, which today would equate to many millions of dollars. It was reported that John Cleeland paid £ 1,000 to his trainer Steve Moon and jockey Bob Batty.

In February 1878 Wollomai broke down after running in the Geelong Cup and in August of that year Cleeland sold him to Mr D H Hill who put him to stud where he stood for thirteen years, producing numerous progenies.

Cleeland retired permanently to his treasured home 'Woolamai House' on Phillip Island in 1881 but often ventured back to Melbourne especially for the Spring Racing Carnival. Wollomai

died at the age of 22 years in June 1891 at Mr Hill's estate, in Lindenow in Gippsland and is forever remembered as being Phillip Island's Melbourne Cup Horse.



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Leon Herbert**

**King of the Road**



*Trailers for sale or rent, rooms  
to let 50 cents*

*No phone, no pool, no pets, I  
ain't got no cigarettes*

*I'm a man of means by no  
means, king of the road – lyrics  
from King of the Road by Roger  
Millar*

There are, as we well know, times in the lives of some men, women too, when life deals them a savage blow, but often it's earned, and the downward spiral to oblivion becomes fast and furious with little chance of redemption. This is how it was with Wiley Klein, once a prominent lawyer, high flyer and socialite, also a colleague and mate of Leroy, the island's resident sleuth, when they were both successful lawyers at the criminal bar in Melbourne. After the inevitable disastrous divorce, and, of course, being taken to the cleaners, Wiley, formerly king of the bar and of Melbourne's social elite, reluctantly came to live in Cowes and set up practice, as part of the Leroy failed attempt at a rehabilitation program.

The road to redemption was a rocky one - soon the king would be dead.

Leroy was visiting his lawyer friend in a small, seedy office building in Cowes, when he heard noises coming from above. First there were angry voices. Then came a scream, followed by a heavy thud. Leroy raced up the stairs towards Wiley's office. He found an open door. Wiley Klein his, low-rent lawyer friend, lay on the floor of his office, a switchblade knife sticking out of his chest.

Leroy was distraught. He called his mate Inspector Jack Flint and, in a few minutes, Jack was with Leroy at the crime scene.

The two detectives examined the office. Not far from the Wiley's hand was a half-smoked cigarette. On the floor beside it were a turned-over wastebasket, a cheap lighter, and a blank notepad.

On the desk they noticed a telephone, a pen, a shot glass smelling

of bourbon, and an ashtray filled with cigarette butts and burned matches.

"It's funny how none of his neighbours poked their heads out," Leroy observed. "Let's go talk to them."

The floor contained three other offices. The first door they knocked on produced Helen Hurly, a massage therapist. She told them she was relaxing between appointments.

"I didn't hear a thing," she claimed, pointing to the stereo headphones she'd just removed. "You say Wiley was murdered? I'm not surprised. He must have cheated everyone he'd ever met, just a cheap crooked lawyer, from what I've heard."

The second office belonged to Jackson Cod, an artist. In one hand he held a paintbrush, in the other an unlit cigar. "Sure, I heard the scream. But I was right in a moment of inspiration. Besides, you hear all sorts of things in this building." Jackson held out his cigar. "Either of you fellows got a light?"

Behind door number three was Lionel Wafer, a chiropractor, also between appointments. "I heard a scream. What happened?" Leroy told him; then he asked Lionel why he was holding an ice pick.

"Oh. I'm defrosting," Lionel said and returned to the old, ice-laden refrigerator in the corner. "You want a drink or a cigarette? We should celebrate. Klein deserved what he got."

Later, the detectives compared notes.

"Well, we definitely have a suspect," Leroy said.

Jack looked at Leroy in amazement – "What, so soon? He was your friend but don't rush to judgment."

"I'm not rushing, just furious and deadly serious. It's just a matter of observation."

Every crime scene tells a story and there's a story behind everything we see, hear, and behind every person we met, and of course there's the lie." Leroy paused and sighed. "I know who the bugger is."

**Well readers- whom is the culprit?**

**Check the facts carefully, what story did the crime scene and the versions of the motley suspects, unfold? The clues are there.**

**If you still need a little help solving King of the Road, or you just need to check that you got it right, turn to page 18 for the solution.**

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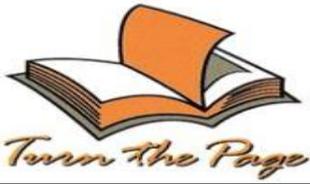
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# Book Reviews

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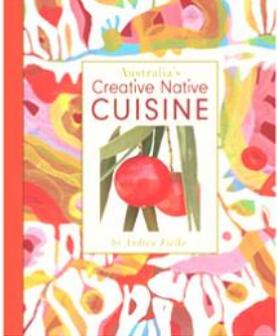
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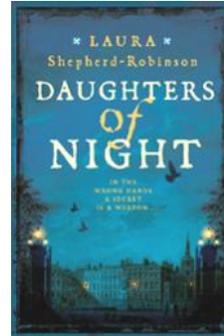
## Australia's Creative Native Cuisine

By Andrew Fielke

RRP \$49.99

Our price \$44.99

Australia's Creative Native Cuisine is the ultimate resource for home cooks looking to use lots of Australian native ingredients in their food preparation, but also includes everyday alternative ingredients for those occasions when the native ingredients are not in season or not readily available. It includes more than 150 original recipes incorporating Australian native foods; an Australian plant food glossary that includes descriptions, illustrations, nutritional aspects, forms (dried, fresh, frozen), availability, seasonality, and uses; expanded descriptions of certain key ingredients; chef's tips and cooking notes; and substitute ingredients where needed. Many of the foods and several of the simple methods such as cooking in paperbark are based on traditional Indigenous foods and techniques, which inherently respect and protect the natural environment while providing a food source. The long-term aim is that this book might contribute to the development of a sustainable and economically viable Australian industry that, most importantly, respects and includes Indigenous knowledge and culture while encouraging greater Indigenous participation in the supply chain. Australia's native foods tick all the boxes in terms of 21st-century sustenance: they are nutritious, flavoursome, and sustainable, and they also provide employment in Australia.



## Daughters of Night

by Laura Shepherd-Robinson

RRP \$32.99

Our price \$29.99

From the brothels and gin-shops of Covent Garden to the elegant townhouses of Mayfair, Laura Shepherd-Robinson's *Daughters of Night* follows Caroline Corsham as she seeks justice for a murdered woman whom London society would rather forget.

Lucia's fingers found her own. She gazed at Caro as if from a distance. Her lips parted, her words a whisper: 'He knows.' London, 1782. Desperate for her politician husband to return home from France, Caroline 'Caro' Corsham is already in a state of anxiety when she finds a well-dressed woman mortally wounded in the bowers of the Vauxhall Pleasure Gardens. The Bow Street constables are swift to act, until they discover that the deceased woman was a highly paid prostitute, at which point they cease to care entirely. But Caro has motives of her own for wanting to see justice done, and so sets out to solve the crime herself. Enlisting the help of thief taker Peregrine Child, their inquiry delves into the hidden corners of Georgian society, a world of artifice, deception and secret lives. But with many gentlemen refusing to speak about their dealings with the dead woman, and Caro's own reputation under threat, finding the killer will be harder, and more treacherous, than she can know.



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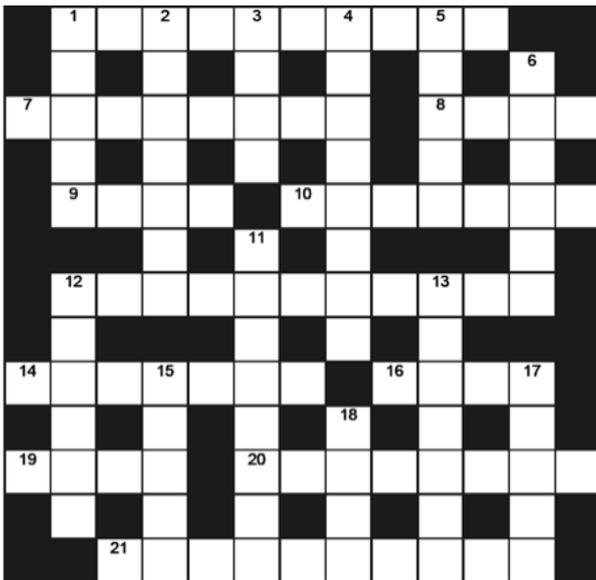


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# Brain Food

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



**Vibe Quick Crossword 134**

## Across

- 1 Specialist (10)  
7 Collapse (8)  
8 Afternoon (collq) (4)  
9 Unit of imperial  
measure (4)  
10 Fleetingly (7)  
12 Sweet smelling flower  
(11)  
14 Glass like rock (7)  
16 Shun (4)  
19 Implore (4)  
20 Fearless (8)  
21 Marketed (10)

## Down

- 1 Late (5)  
2 Witch's pot (7)  
3 Bites (4)  
4 Happy (8)  
5 Conscious (5)  
6 Grow (6)  
11 Explosive (8)  
12 Barely (6)  
13 Dog houses (7)  
15 Splinter (5)  
17 Sightless (5)  
18 Immediately (medical)  
(4)

## TRIVIA QUIZ



1. With what sport do you associate Joel Parkinson? 2 Which colour Wiggle was Greg Price? 3. What is the only muscle in the human body not attached at both ends? 4. What is the name of the Amazon founder Jeff Bezos's space exploration company? 5. What girls name is given to a female donkey? 6. Which companies slogan is "the make-up of make-up artists"? 7. What is the name of the recently deceased actor who played Mr Von Trapp in the Sound of Music? 8. We have recently celebrated Chinese New Year. This year we are celebrating "Year of the What"? 9. What year did Australia get their first female Prime Minister? 10. Name the song name and band that sang the song containing the line "oh-oh here she comes, watch out boy she'll chew you up".

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

**Vibe Sudoku 134**  
Each row, column and sub-box must have the numbers 1-9 occurring just once.

## Phillip Over 55's Club Update

Hi, this is Allan welcoming you to this great outlet. What a year! Sincerely we miss you all at our club every Friday with our roast lunches and being with our friends, celebrating our companionship. You can still be active around your home and around town. You're very welcome to call us any time at the club on 59522973 and we will call you back and happily just have a catch up conversation. Or if you prefer you can call our secretary, Liza who is always happy to listen and chat and find solutions etc. If we can help you in any way just contact us. We will do our absolute best to work something out for you.

We have created a special seating area as you first walk into the hall. It's called "Coleman's Corner" in honour of our dear friend and longest serving committee member, Patricia Coleman. Pat did many things over the years including entertaining us with the evergreens making baby clothes, calling the bingo and so very much more.

We missed our last AGM because of covid but we are needing to have our AGM in order to keep the club going. Our Annual General Meeting will be on Friday 26th March 2021 at 2pm at 6 Lions Court, Cowes. Everyone is welcome and we will be hosting an afternoon tea during this time. Without a committee there is no club so your input and attendance at the club is vital to us staying a club. If you're looking at volunteering and are aged 55 years plus we'd love to have you on board. We welcome new and fresh faces with new and fresh ideas. And it's not a big job. Just 1.5 days a week or even 1 day a week is all it takes. We are a fun bunch who like to celebrate and laugh and care and like to see happy smiling faces of our members. And the sooner we have some awesome volunteers helping us out, the sooner we can reopen to our members and Friday lunches. We are also holding our annual Easter Saturday garage sale on 3rd April 2021. We have a HUGE amount of great stuff that's all been donated plus we will have our awesome sausage sizzle on the day as well. Perfect day for bargain hunting with nothing priced over \$5.00, and a sausage sanga. And all while being covid safe! And all money from sales goes directly back into the club to help pay our ongoing maintenance etc.

We hope to see you at all or some of our upcoming events. Don't be a stranger. You are very, very welcome.

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## PHILLIP ISLAND MARKETS

Enquiries/Bookings 0428 603 043

### Island Foreshore Market

Jetty Triangle > The Esplanade > Erehwon Point

- Sat 6th Mar 3pm-9pm
- Sat 15th May 3pm-9pm
- Sat 3rd Apr 3pm - 9pm
- Sat 12th Jun 11am-5pm
- Sat 24th Apr 3pm - 9pm

### Market on Chapel

St John's Uniting Church 86 Chapel Street Cowes

- Sat 27th Feb 9am-2pm
- Sat 27th Mar 9am-2pm

### Market on Church

St Philips Church Crn Thompson/Church Cowes

New Market Opening Soon!

### Cowes Sunday Market

@ Cowes Jetty Triangle | 9am - 2pm

- 28th Feb
- 14th, 21st, 28th Mar

No Sunday Market after and Island Foreshore Market

## Community Engagement Policy Approved

Bass Coast Shire Council's Community Engagement Policy 2021 was adopted at the Council Meeting held last Wednesday, 17 February. The new Victorian Local Government Act 2020 requires councils to develop and adopt a Community Engagement Policy by March. The Policy includes the principles of deliberative engagement and was developed in consultation with the community. It defines Council's statement of intent regarding community engagement and aims to increase Council's performance in relation to community engagement.

Bass Coast Shire Mayor, Cr Brett Tessari, said that Council is grateful to all those in the community who took the time to provide feedback on the draft Policy in January.

"It's great to see that we've adopted this updated Policy. It spells out the 'why' of community engagement," Cr Tessari said.

"Sitting underneath this document is the Communications and Engagement Strategy 2018, which is more detailed on 'how' we engage with the community. This Strategy will be reviewed next, with a longer community consultation period.

"This will be where we want to know the best ways to engage with community members, and they're the best ones to tell us how," Cr Tessari concluded.

As well as the Engagement Strategy review, Council will be providing a number of community engagement opportunities in coming months for upcoming projects and initiatives, including the Smiths Beach Master Plan, the Council Plan and the Community Vision. To view the Community Engagement Policy, visit [www.basscoast.vic.gov.au/policies](http://www.basscoast.vic.gov.au/policies).

## Cowes land purchase paves way for aquatics centre

Bass Coast Shire Council's purchase of land in Cowes on the south-west corner of the intersection of Phillip Island and Ventnor Roads, also known as the Cowes Carnival Site, has now been finalised.

The land was purchased through negotiation with the owners and was agreed to by the vendor on a voluntary basis.

The land will be home to the Phillip Island Aquatics and Recreation Precinct, which will provide Phillip Island with an essential recreation and aquatics facility to improve the health and wellbeing of the local community and visitors to the Island.

Bass Coast Shire CEO Ali Wastie said that as part of Council's 10-year Aquatics Strategy, planning is currently underway for the construction of a new district aquatic leisure centre at Cowes, as part one of stage one of the Phillip Island Aquatics and Recreation Master Plan.

"In 2019, we appointed Otium Planning Group to develop a Feasibility and Business Study and concept plans for an aquatics centre on Phillip Island," Ms Wastie said. "Otium in conjunction with Integral Group is currently carrying out an Environmentally Sustainable Design (ESD) Options Report, including a geothermal investigation, to ensure the design of the facilities are as environmentally sustainable as possible. "The concept plans and Feasibility and Business Study will be finalised based on this report." Ms Wastie said that once the study and concept plans have been completed, engagement activities will take place to seek feedback from the community, which is anticipated to begin this April.

"We really look forward to seeing what Otium comes up with and sharing this with the community to get their feedback and ideas," Ms Wastie said.

"Engagement with the community and stakeholders is crucial and the feedback we receive will be critical in shaping the design and operations of the facility. We are still in the early stages of this project, however the purchase of this land means we are able to progress with confidence, to provide the community with a valuable and much needed facility."



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# Nature Parks Says Thank You Bass Coast!

The Phillip Island Nature Parks team is delighted to invite our beloved community to their tenth annual Community Open Day on Sunday 14 March 2021.

This year more than ever, the event will be a special thank you to the Bass Coast community for your support over the recent challenging months. Open Day is one of the many special things about being a Bass Coast Shire resident, when all locals receive free entry to the evening Penguin Parade (pre-booked tickets essential), Koala Conservation Reserve, Churchill Island and the exciting Antarctic Journey at the Nobbies Centre. Enjoy old time games, farming demonstrations and guided walks at Churchill Island. Our team and community will host a mini expo of Conservation Heroes where you can meet the people behind wildlife conservation, living sustainably and much more – there will also be giveaways, a Welcome to Country and Conservation Dog demonstration.

In the woodland at the Koala Conservation Reserve, rangers and volunteers will be there to welcome you and share their conservation stories including an exclusive experience with Ranger Dan who will take you through the journey of caring for bushfire-affected koalas.

At the Nobbies Centre, rangers will share the magic of the southern ocean and waters closer to home in the Antarctic Journey exhibition across the day. As the afternoon settles in, the Centre's café overlooking Bass Strait, will come alive with seals, beats and bandicoots where you can enjoy a refreshment, listen to some music by local performer Shaun Kenny and chat with Dr Duncan Sutherland and our researchers and rangers about threatened species, seals and more. There will also be cool marine craft for kids. As the sun begins to sink, the Penguin Parade will shine. Enjoy a guided tour led by penguin experts Dr Andre Chiaradia and Paula Wasiak to learn

about the secret lives of little Penguins before they waddle in at sunset. "We are excited to be able to invite our community to enjoy the Nature Parks - the not for profit conservation and sustainable tourism organisation in your backyard," said Sally O'Neill, Phillip Island Nature Parks' Community Engagement Officer.

Entry to all activities and Nature Parks' attractions (including the 'Antarctic Journey' and evening Penguin Parade) is free throughout the day for residents, students and landholders of the Bass Coast Shire and Aboriginal and Torres Strait Islander Community members. Also this year, pre-booked Penguin Parade tickets are essential. Tickets will be released on 1 March and you can secure your tickets via email [bookings@penguins.org.au](mailto:bookings@penguins.org.au) or from our visitor sites. You just need to show some proof of residency or your student card to gain entry at the first venue you visit.

"Of course locals will not be surprised to see some changes to the program and the way we usually do things to ensure the event is COVIDSafe, so stay in touch with all the updates and news at [www.penguins.org.au/](http://www.penguins.org.au/) community. Looking forward to seeing you there!"

Did you also know that all Bass Coast Shire residents can purchase a Locals Pass and become part of the Phillip Island Nature Parks community all year round with unlimited entry and great offers and activities? See [www.penguins.org.au/locals](http://www.penguins.org.au/locals) or call 5951 2820.

The full program will be featured on #Phillipislandnp and in local papers in the week before the event and available online at [www.penguins.org.au/](http://www.penguins.org.au/) community or check out our Facebook event: <https://www.facebook.com/events/777589822963753>

If you have any queries please call 5951 2830 during business hours or email [community@penguins.org.au](mailto:community@penguins.org.au)

## PHILLIP ISLAND NATURE PARKS 10<sup>th</sup> ANNUAL COMMUNITY OPEN DAY Sunday 14 March 2021

### Welcome back locals!

- **FREE\*** entry to Nature Parks attractions: Penguin Parade (General viewing), Antarctic Journey, Koala Conservation Reserve, Churchill Island.
- Meet our team of rangers, researchers and volunteers.

**Program and updates:**  
[www.penguins.org.au/community](http://www.penguins.org.au/community)

- **Bookings ESSENTIAL** for the Penguin Parade.

**Email:** [bookings@penguins.org.au](mailto:bookings@penguins.org.au)

**In person:** Visit our friendly team at: Churchill Island, Koala Conservation Reserve or Nobbies Centre.

**Note:** You will need to provide proof of residency at entry on the day.



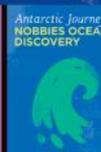
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**OUR  
COMMUNITY**

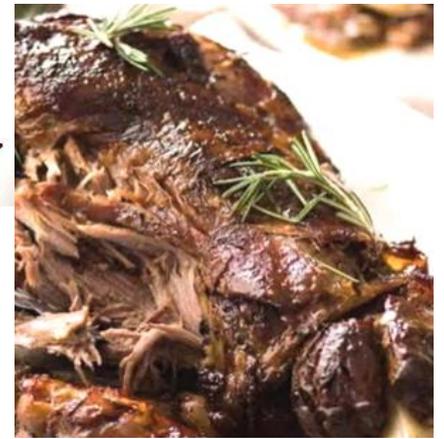


\* Entry to activities and attractions is free for residents, landholders, Aboriginal and Torres Strait Islander Community members and students of Bass Coast Shire.  
• To gain your free entry, please bring proof of your residency such as rates notice, bill, drivers licence, student card etc. Free entry for household only.  
• Accompanying friends are welcome, but must pay entry fees as apply.



## Let's get cooking

Simple and delicious recipes from Paul at Hill Top Farm Butchers



### Slow Cooked Moroccan Lamb Shoulder

**WHAT YOU NEED:** 1 x whole Garlic Pod cut in 1/2  
1 x jar Moroccan Spice Rub Bunch Rosemary  
1 x bottle White Wine

#### WHAT TO DO:

Rub the shoulder with the spice rub and place in a large roasting dish. Add Garlic and Rosemary then pour the wine in the dish and cover with foil. Place in oven set at 140 degrees for 6 hours. Remove the foil after 6 hours and roast on 180 degrees for 30 minutes to crisp the skin. Remove from dish and rest for 30 minutes.

Serve with roasted tomato and mint salsa and flat breads.

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## A COMPOSITIONAL TOOL - ISOLATE THE SUBJECT

A very effective way to isolate your subject and simplify your composition is to use a shallow depth of field. Using a wide aperture, the background can be blurred eliminating the distraction from the main subject.

This technique is particularly handy when taking portraits. It is an excellent way of simplifying a composition.



*Sun Orchid by Rob McKay*  
Nikon D7200 Lens 40mm F2.8  
F 4.5 1/500 sec ISO 400



*White Tern by Brenda Berry*  
Nikon D3200 Lens 55-300 mm  
F 5.6 1/500 sec ISO 1000 Focal Length 300 mm

### Using Macro Rings

Another technique is to use macro extension tubes. The effect created by extending the lens is to absolutely isolate the subject against an otherwise blurred background. This system is ideal for picking up detail in the interior of flowers and other subjects where exploded and enlarged detail provides a visual impact which is otherwise missing.

When using macro rings a tripod is essential. The front of the lens is placed quite close to the subject and by using the tripod it allows easy focusing and shooting to obtain a powerful, engaging image.

### Using Depth of Field

To isolate a subject in the field use a telescopic lens and use a long focal length with the lens fully open F2.8/F5.6. Stand close to the subject. Focus on the subject letting the background fall off into a blurry blend of colour. Steadying the camera on a tripod is also recommended to assure a steady hand.

Either an extension tube or telescopic lens is an interesting way to provide isolation of subject matter. How about going out and trying to "Isolate the Subject" now?

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Or for more information on Phillip Island Camera Club phone Jenny on 0408355130

Ref: 20 Composition Techniques That Will Improve Your Photos by Barry O'Carroll

How to Use Bokeh in Photography to Isolate the Subject by Roger Passman

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Saturday April 3rd 9am-4pm  
Sunday April 4th 10am-3pm  
Closed Monday April 5th

## Growing large tomatoes

By Ian Burns

Some years ago I got some seeds from a mate of mine on the island, tomato seeds for a large tomato developed in the thirties by an enterprising American. The tomato is called "Mortgage Lifer". Looking for a bigger better tomato, this chap crossed a German Johnson tomato with a Branywine and or Oxheart, to produce the biggest tomatoes he had ever seen.

I have grown all the above for some years now, with my largest tomato last season topping the scales at 486gms. This monster was a straight out Mortgage Lifter.

This year I have done a bit of experimenting of my own, with cross pollination. I crossed a Black Klim with the ever faithful Mortgage Lifter. I got some staggering results.

I finally broke the half kg barrier with a 516gm monster... not a pretty tomato but huge!!

Average size off this bush range around 300-400 gms, with the exception now of this half kilo plus individual.

To grow successfully there are a few tricks you need to know. Tomatoes are heavy feeders, need lots of minerals, particularly calcium. Lack of calcium, and the inability to absorb it, will cause BET. "Blossom End Rot", a black patch that appears on the bottom of the tomato and continues to spread. Dolomite is the key. Treat your beds with Dolomite prior to planting, and make sure the plants get a regular water supply, do not let the plants dry out.

Crushed egg shells, or cuttlefish skeletons are excellent mineral and calcium sources. To feed the foliage and keep your bushes looking healthy and green, spray with Epsom Salts every 2-3 weeks. Two or three tablespoons in a 2 litre spray bottle, spray all your vegies.

This product is high in magnesium and the foliage will love it. Some of my bushes this year have reached the height of over two meters.

I also add lots of "pony poo" to the beds when the season finishes. Sheep manure is also excellent. Chook manure needs to be very matured, use sparingly.

Birds are a problem, particularly black birds. Cover your tomatoes with netting, and the larger ones individually with a piece of shade cloth around the tomato.



Unlike pumpkins and melons, tomatoes have both sexes in the one flower. The pollen is spread by pollinators, (bees, wasps, flies etc) from one section of the flower to the other. The wind will also do this. You can help by giving the bushes and flowers a gentle shake each day to make the pollen fall into the right spot. Next season I will be selling seeds and possibly seedlings from my stocks I have developed this year... so watch the Vibe next Spring for my advertisement!



### PHILLIP ISLAND HEALTH HUB AUXILIARY WITH WOOLAMAI & DISTRICT RACING CLUB



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

Easter is just around the corner and for some it's the end of the season but for others it's the middle of the best time of the year for fishing in this area and if it's anything like last years weather, it will be worth keeping the boat fuelled long into the winter. The best part about the autumn period is the variety of species that you can come across in a days fishing, from whiting to tuna and everything in between. Normally the weather is a lot more settled as well but this year is a bit of an exception with a windier than normal February. There were plenty of opportunities if you could go at anytime but for those stuck to weekends it was wait until Saturday morning and check then and see if the forecast is anywhere near right. There is always someone that has the time to fish and plenty of very good reports came in through February.

Tuna, Kingfish, Mako sharks and very large Salmon filled up the offshore reports this month from those who set off for a days trawling while those dropping baits managed some quality bags of flathead and snapper with the usual size offshore gummies. The tuna were everywhere from Cape Schanck to Cape Patterson and in close to about 40m of water. Finding them was relatively easy, it was the getting them to take a lure that was the hard bit. There were plenty of varieties of lure tried and although the smaller sized ones were definitely more successful, the colour or shape didn't matter as much. Everyone of course had their favourites and the ones that worked for them, but that didn't mean that it was going to work for the next customer that walked in. Many of those catching the tuna told us that they also hooked kingfish and salmon to 3kg on the same lures and from in amongst the tuna. The reports of snapper and gummies we got came from the area around the Powlett and close in by the windmills while the flathead were a lot harder to find but once you did, there seemed to be plenty there.

Whiting dropped off during February and became very patchy with the best bags of them closer to 10 than 20. It didn't matter if you were deep or shallow looking for the whiting, the reports were the same. In fairness the winds weren't that favourable and often on the lighter wind days it was still sideways to where you were fishing ,making keeping your baits on the bottom difficult. Calamari were the same and just continued their frustrating season and haven't improved at all.

Like the whiting we are still seeing plenty but getting it right has been very difficult. Jig colour, shape or size has been the least of people problems, whiting the same with baits, hook type or size, it has just been trying to find them and once you do the rest hasn't mattered too much.

Planning is well underway and entry forms are now out for our Good Friday Appeal Easter Fishing Competition. Unfortunately, last year's comp had to be cancelled due to Covid but hopefully this year it can go ahead. It's very simple to enter and 100% of the entry money is donated to the Good Friday Appeal. There is heaviest weight categories for Adults, Juniors and Small Frys, secret weight prizes, early entry prizes, kids show bags (first 50 kid's entries) and over 30 random lucky angler prize draws with the major lucky entry prize a helicopter flight donated by Phillip Island Helicopters. If you are looking for a competition with thousand-dollar reels for first prize this ones not for you but if you want a comp designed for the whole family to have a bit of fun together over the Easter break while donating to an excellent cause, then this is perfect. More information and entries in store or on our Facebook and web pages.

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## PUZZLE SOLUTIONS



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

### ANSWERS TO TRIVA QUESTIONS

1. Surfing
2. Yellow
3. Tongue
4. Blue Origin
5. Jenny
6. Max Factor
7. Christopher Plumber
8. Ox
9. 2010
10. Maneater by Hall and Oates

### SOLUTION TO KING OF THE ROAD

Leroy had examined Wiley's ashtray, like everything else at the crime scene. He had observed that his lawyer friend, a smoker, lit his cigarettes with matches. The cheap lighter on the floor by the body had probably been left accidentally — by Wiley's killer. Jackson Cod smoked cigars but there was no evidence of a lighter or matches in his studio with him. That made him a prime suspect. Jackson confessed — cigars were not readily available where he was going.



## Healthy and Healing with Pip

### 5 SIMPLE WAYS TO LIFT YOUR MOOD

Many people are still feeling quite high levels of anxiety after last year - honestly, so am I.

We humans love certainty. And the possibility of 'snap lock-downs' and changing circumstances is really making us feel on edge, scared and generally anxious.

So, I thought this month I would give you some simple ways to take control and lift your mood.

1. Write, paint, doodle, dance, sing – anything creative will help you to shift out of that worry space. Whether you think you are good at it or not, the therapeutic benefits will be worth it.
2. Watch a comedy movie – laughter shifts your emotions ... it even changes the chemistry of your brain, improves blood flow and makes you feel happy. There is even Laughter Yoga classes now.
3. Walk outside and breathe deeply – being in nature and connecting with your body will always shift your mood from sad to glad. Try walking with a smile on your face – you'll feel the vibes.
4. Read or listen to an inspiring book – there are millions of amazing people in the world who have written stories that will enlighten, inspire and uplift you. Pick one and dive into someone else's life and then see how it affects your view of the world.
5. Have a bath and listen to some relaxing music or a meditation – water is a magical healing element ... especially for the emotions. Try adding magnesium, essential oils (like wild orange or lavender) and a few bubbles (bath and champagne) are always fun too. Then do a google search for happy subliminal meditation music or chill out music - lie back and soak up the self care.

The most important thing to do in times of outside instability, is to find ways to be calm inside. That way the storms can come and you will be able to manage anything that comes your way with grace.

You can take control of your life. Be loving. Be present. Be kind. Blessings Pip

p.s. If you need any help with lifting your mood, calming your monkey-mind or aligning your body, you might like to book in for one of my NEW Divine Being Alignments.

Contact Pip Coleman at [www.pipcoleman.com](http://www.pipcoleman.com) or @Pip Coleman Author Intuitive Coach on Facebook.

Pip Coleman

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

#### CONTACT

mobile: 0437 670 820 website: [www.pipcoleman.com](http://www.pipcoleman.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](mailto: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](mailto: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](mailto: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. Recommencing February.

**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](http://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: Dianne Glanz 0417 610 611 or [probussanremo@gmail.com](mailto:probussanremo@gmail.com)

**Rotary Club of Phillip Island & San Remo** "Fundraising for our community". New members welcome. Phone Keith Gregory 0439 020996.

**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](mailto: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](mailto: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, Ryhll 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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:capewoolamaica@gmail.com)

**Phillip Island-San Remo-Bass Coast Vegan Community** Sharing and promoting what's vegan & plant based. Everyone welcome. [phillipislandbasscoastvegans@gmail.com](mailto: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, Phillip Island Golf Club, 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, 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

**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

**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. Two Art Shows at Easter & Cup Weekend. Memberships Available Contact Lois Green 5956 9595

**First Friday Philosophy Lunch** We meet once a month over lunch at the Wild Food Farm, on the Rhyll Newhaven Road at Rhyll. We discuss some of the big questions about life, the universe and everything. Newcomers are very welcome. \$35 (including a two course lunch). Bookings or enquiries to John Buttrose: jbuttrose54@gmail.com

**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 – Wendy 0417 245 692.

**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** Contact Secretary Aleta Groves 0419 525 609 or email-info@phillipislandgallery.com.au

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## Surf News by Ed Amorim (@prosurfcoaching)

**Floater** This manoeuvre was very popular in the 80's. I remember watching Richie Collins and Martin Potter competing against each other to see who could make the longest and craziest floater in the comps. It wins finals too. These days it is defined as a functional manoeuvre for advancing sessions and taking speed in the transition but it's still very technical and needs to be done in a proper way to look good and achieve the efficiency you need. We need speed to start, the right entry point on the wave, the levitation feeling on the top and then an action to bring the board back on a free fall decent track back to the base of the wave. If you're interested in learning more about it please contact us.

**The Grommets Program** Our progressive sessions are still happening after summer with two separate sessions - one on Wednesday at 4 pm and another on Saturday at 10 am. You can join us anytime. Please contact Pro Surf Coaching 0490 406005 for details.

**Hello team riders** We would like to inform everyone that we have picked the date for our next day out at URBANSURF in March.

A full day hanging out in the surf pool. We will keep you up date on our social media @prosurfcoaching\_. Please check it out and come enjoy the pool with us.

**Legends time** Great weekend of competition at the Victorian Masters Titles here at Cape Woolamai last month. Lots of good surfers came from all over Victoria and we were very happy to make the finals. Well done also for our friends Bob, Arthur, Adrian, Ricci and Michelle all making the finals and representing the islands top masters. The successful "Surf Competition Training Program" for under 15's is on again after the lockdown and better than ever. Every Tuesday 4 pm normally at Smiths Beach but sometimes at Shelly's Beach depending on conditions. We prepare young talents with good techniques, comp tactics, extra training and lots of fun together. The good news for the kids is that @ripcurl\_phillipisland will sponsor \$500 in prizes for the champions and @smoothstar will offer a brand new skate board for the champions. We have 6 rounds - one every week so 4 more to go. The round one champion was Ryan and the round two winner was Kay who is the actual race leader at the moment.

**Perfect duck diving.** This will involve the right time to go down just before the wave hits you, then the right place to put your hands on the front of the board, then the right depth you should go down and finally the pressure on the tail with your foot or knee to bring the board back to the surface. You need to try it a lot until it becomes a natural movement in your surf routine. Just be careful the board doesn't come back on your face so hold it properly and firmly. For more information and to try it with some guidance, organise a session with us @prosurfcoaching\_

**Ladies Time** Ladies Club Program is the newest Project of @prosurfcoaching\_ inspired on @livefortheseabeforefree idea. We created a program to bring surf ladies together for a session on Fridays at 10am at Smiths just after the kids are dropped at school. The idea is to create a club to catch up, be safe and supportive to each other while developing the techniques and surf knowledge you need to boost your surf skills with @prosurfcoaching\_ unique and effective methodology. Book now. First sessions start on February 12th. You and your best friends are more than welcome.

**Indo dreams** @prosurfcoaching\_ head coach Indonesia Guto Amorim will be @kanduiresort for 30 days on our Indo magic Surf Camp. If you're free and can travel that's the best your surf life can get. Goooo Guto.

**Gift vouchers** Our gift voucher are still available for all occasions. Contact us for more details 0490 406005.



**No rip curl pro for us** We just got the sad news that Victoria's favourite event of the year, the traditional Rip Curl Pro at Bells Beach, will not be happening this year at Easter. The WSL have changed the dates.

**The quick and right way to go** With some guidance from @prosurfcoaching\_ methodology your progress curve will be more vertical than you can imagine. Your surf knowledge will increase, you will optimise your practice surfing with the right equipment and you will start to trust more in your technique. Just a few points to help your decision to get your surf to the next level @bbrryiddss on the grove.

**When we are out there** We surf every wave together with you. Your success is our achievement and when you have fun we are happy to see you happy and that's why you feel special here. Our surf academy is not just a surf academy. This is Pro Surf Coaching and you are part of this amazing surf community journey. We look forward to seeing you in our training programs very soon.

**King Island here we come** Good News Surfers. We already planning our next Pro Surf Coaching Surf Camp and guess where we're going??? The amazing King Island in Tasmania. So organise yourself for trips on April 10 to 12 or 19 to 22. We will have 4 days and 3 nights, private airplane travel and a 4x4 truck to drive around to find the best surf on the island. I fully encourage our surf students to be part of this adventure.

**Be well** Eat healthy, sleep well, drink water, breathing properly, smile at the world. Just a few simple things that change your life and make you live better. Start practicing it and you will see the benefits.

**Keep well and be positive.** A good weekend to everyone. We will always be here to help you boost your surfing, catch your first wave or just for a chat to see how you are. We are always here for you.

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