

PHILLIP ISLAND VIBE

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ISSUE 143 DECEMBER 2021

Merry
Christmas!



PHILLIP
ISLAND
NATURALLY PLAYFUL
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Merry Christmas to all of our valued readers, contributors and distributors. It's been another challenging year but we now have a great opportunity to support our local businesses when doing our Christmas shopping and help them recover from tough times. Thanks to Destination Phillip Island for this Christmassy front page photo.



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Newhaven College



Newhaven College is committed to further developing the College facilities, ensuring that we have an environment where creativity, academic, emotional, spiritual, physical and life skills are nurtured.

2004 - 82 acres of land were purchased for future development.
 2005 - The Year 9 Learning Centre opened with 108 Students.
 2006 - The oval was constructed and sown and stage one of the Pavilion commenced.
 2009 - Work commenced on the new Junior School.
 2011 - Prep to Year 6 relocated from Boys Home Road to the new Junior School.
 2012 - A second story was added to the Pavilion and the first Multipurpose Sport Court was built.
 2013 - Two extra rooms were added to the Junior School.
 2014 - Year 5 to 8 moved into the new Middle School. The Trade Skills Centre and Food Technology Wing were completed. A second Multipurpose Sport Court was built.
 2015 - The Administration and Library Wing opened. Newhaven College gained registered training organisation (RTO) accreditation. The Boys Home Road site was sold.
 2016 - Building of the Senior School and Specialist Art, Science and Technology Wing commenced.

2017 - A 242kw rooftop solar system was installed on three buildings. The Specialist Wing and Senior School were completed, along with extensive parking, internal roadworks, and the front entry.
 2018 - History was made as the school came together on one site. First Prep class completed Year 12. The double court Gymnasium was completed.
 2019 - Boys Home Road Boulevard was completed. Work commenced on the open air Amphitheatre, synthetic Tennis/Hockey Field and natural turf Soccer Pitch.
 2020 - The Amphitheatre, Soccer Pitch, Tennis/Hockey Field were completed. Building work commenced on the Netball Courts and Cricket Nets. 5000 plants were installed in the Wetlands area. A Four-Bin Waste System and Worm Farms were introduced to assist with our goal to become a carbon neutral school.
 2021 - The Tennis/Hockey Field, Soccer Pitch, Netball Courts and Cricket nets were completed. Work commenced on the new Performing Arts Wing (opening early 2022).



ENROL NOW for 2022 & beyond

Please contact our Registrar Belinda Manning
 P: 5956 7505 E: belinda.manning@newhavencol.vic.edu.au
 1770 Phillip Island Rd, Phillip Island www.newhavencol.vic.edu.au



Healthy and Healing with Pip

5 tips for stress-free holiday gatherings

1. Let go of expectation – we often have unrealistic expectations. Let go, and you will be able to see all there is to celebrate. Sometimes this means doing some forgiveness work – about others and yourself – and this is actually simpler than you might imagine. Write down 10 things or people (including you) that you need to forgive before the holidays. And as you cross them off the list, say to yourself this mantra: “I love you, Thank you, I forgive you.” I know it seems simple, but it’s really powerful.

2. Heal the ‘buttons’ – no one can push your buttons or make you feel bad without your permission. A lot of our buttons were set in place as children and can be a bit tricky to shift on our own. So, if you know your family trigger you all the time, it might be time to talk to a counsellor or coach or healer. Just allowing yourself to speak about it freely can be a big step forward.

3. Choose what you bring – what matters most is the energy you bring to the table, not the dish. If you turn up at the holiday gatherings with the energy of ‘meh’ or ‘wtf’ or ‘shit’ ... guess what will happen? There are ways to change your mood, vibe and energy before you go into those gatherings ... including using music, movement, meditation and lots of other things that don’t start with M. 😊

4. You’re only responsible for YOUR experience – bring your best energy and forget the rest. We all know that there are some people who won’t change because they love the drama, the pain and all the attention that comes with it. It’s their habit and their personality now. So, you can only look after your experience and your behaviour. How can you set yourself up for success? Do you have an exit plan if it gets too difficult? Are you doing your self-care before, during and after the gathering? You can do all this with love and mindfulness.

5. Remember what it’s all about – celebrate all of life’s blessings and remember to connect with each other.

If you need some help with healing your buttons, or letting go, or helping you get into a high vibe space, or maybe you just need someone to support you through the holidays ... guess what?! ... that’s what I do best.

The Divine Alignment Coaching Program is an amazing one-on-one coaching program specifically downloaded to serve my Earth Angel tribe for when you’re feeling exhausted, lost, frustrated, or disconnected from your true Self.

I will introduce you to the code designed for you to RESET, KNOW yourself deeply and ALIGN with your divine being.

It’s a 5-step process:

A – is for acknowledging and honouring where you are and clearing away the past.

L – is for love acts and rituals to take care of yourself.

I – is for intuitive skills to grow your self-trust.

G – is for getting guidance and self-knowledge.

N – is for nurturing your future vision.

By using simple mind-body-spirit alignment techniques, I will guide you to reconnect and remember your true Divine Self.

And Divine Being Alignments are perfect if you are feeling mentally, physically or emotionally messy, unfocused, in pain and you’re worried that it just keeps getting worse.

If you’d like to gently release your pain, feel deeply relaxed, emotionally soothed and move through this holiday season with support; Divine Being Alignment sessions combine Bowen Therapy body alignment moves and Reiki energy healing, including a grounding chakra clearing.

Remember you are allowed to give yourself the gift of peace of mind and relaxation.

May you have happy holidays and look forward to a bright new year.

Blessings, Pip

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

podcast: <https://anchor.fm/pip-coleman>

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Wishing all Island locals and visitors
a safe and happy Christmas and new year



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CRYPTO ISLAND



Understanding the technology that underpins cryptocurrency

Defining what a blockchain is: Blockchain is the internet of value, an internet that allows us to send and receive value. It is an all-encompassing technology that is integrating platforms and hardware all over the world. Start by focusing on the block part.

A block is a list of transactions recorded in a ledger over a given period of time. The chain is a hash that links one block to another, mathematically chaining them together. Put simply, Blockchain is made up of complex blocks of digital information. This technology can be used in multiple industries beyond finance. As an example, it is being used in the supply chain industry to track the origin of a product and its movement across complicated supply chains encompassing multiple geographies and regulatory regimes.

You can think of a blockchain in simple terms as a train set, with a train composed of containers all coupled together, going around in circles. The trainline is the internet which is made up of a network of 'nodes'. A node is a single computer within a blockchain network. Each node contains a complete record of all of the transactions that were ever recorded in that blockchain. Nodes can be operated by anyone, but it is difficult to do, expensive and time consuming so people do not do it for free. To get a perspective on the number of nodes operating in 2019, Bitcoin had over 5,000 nodes and Ethereum had over 10,000.

The concept of a 'Decentralised Ledger': A decentralised ledger is a ledger shared among nodes with no central authority. There is only one ledger per blockchain. Coming back to the trainset, anyone who has access to the blockchain can access the list of transactions held in each block instantly because the train moves at the speed of light.

What is a smart contract blockchain? Smart contracts are programs stored on a blockchain that run when predetermined conditions are met. They are typically used to automate the execution of an agreement so that all participants can be immediately certain of the outcome, without any intermediary's

involvement or time loss. The advantages of smart contracts include accuracy, transparency, clear communication, speed, security, efficiency, being paper free, having storage and backup. One of the primary requirements of a smart contract is to record all of the terms and conditions in explicit detail.

An ecosystem of digital exchanges has emerged allowing investors to buy and sell digital assets such as Ethereum. The assets that are traded are called 'coins' or 'tokens' The value of these coins or tokens is driven by simple economics. There is a supply of coins or tokens and there is a demand by investors. The interactions of these two groups determines the price. The interactions are changing every second, and the price movements can be very volatile, meaning prices can go up, or down quickly.

What Is a Non-Fungible Token (NFT)? This is a type of crypto that we are going to hear a lot about in the future. The word 'fungible' is commonly used in economics and it refers to goods that are by definition not unique. Examples include boat loads of iron ore, coal, barley, wheat etc. One boat load of BHP iron ore shipped from Port Hedland is essentially no different to the next boat load.

When an investor buys Bitcoin or any other cryptocurrency such as Ethereum, each investment is fungible, and they can be purchased in small portions. This is not unlike a can of baked beans. When you make an investment in a token (or coin) you are in effect buying a baked bean, but you cannot identify which baked bean is yours.

A Non-Fungible Token is a type of 'baked bean' that is unique. It is a certificate of authenticity that conveys ownership. There are a host of areas where NFT's are being developed, including artwork, memberships of sporting clubs, the events industry, travel and hospitality, meetings management, asset ownership documentation and gaming. The list of applications is growing every week.

Did You Know? Bitcoin is the dominant cryptocurrency. It is a decentralised monetary settlement network and it is a digitally scarce asset. It is regarded as a potential hedge against inflation and some see Bitcoin as a potential replacement for gold. Bitcoin has a good track record and many investors have been rewarded with spectacular returns.

The second most popular cryptocurrency is Ethereum, which is the operating system for decentralised finance platforms. It can be thought of as a totally new internet. Ethereum is not a currency and it is not money. Ethereum is a platform that allows for the development of digital applications and smart contracts. New developments are emerging almost daily, and many commentators suggest that there is limitless potential in Ethereum.

Next month's column will explain how taxation applies to taxpayers who invest in cryptocurrency. Finally, if you were wondering how an investment in Ethereum performed during 2021, the answer is well over 200% depending on when the first investment was made, and how many additional investments were made during the year.

This column does not provide investment or taxation advice, but it does encourage readers to do their own research. Remember that cryptocurrency is invisible, unregulated and volatile.

About the author - Owen Weeks is a registered tax agent and the author of 'Invisible Investing – Taking the mystery out of cryptocurrency investing'. The book is now available at the Newhaven Newsagency, and the eBook edition is available at Amazon eBooks and several other eBook retailers around the world.

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More time to swim between the flags



Bass Coast Shire Council is urging everyone to be safe by the water this summer and to always swim between the red and yellow flags at a patrolled beach.

The official lifesaving patrol season has been extended, beginning on Saturday, 27 November and will run until after Easter next year. This extension is in response to the increased number of drownings around the state in recent years.

In Bass Coast, in addition to our wonderful volunteer lifesavers, Council funds paid patrols at Woolamai beach and Smiths Beach on weekdays and Saturday mornings from 27 December until the end of February and at Cowes and Inverloch from 27 December until late January.

Phillip Island Nature Parks also contributes to the paid patrols at Woolamai Beach and Smiths Beach. From now until 27 December, volunteer lifeguards will be in place on the beaches on weekends and public holidays.

This ensures that our community and visitors always have access to a safe place to enjoy a swim.

Bass Coast Mayor, Cr Michael Whelan emphasised the important role that lifesaving clubs play in keeping people safe by the water.

"Our lifesavers, both paid and volunteer, play such a vital role for our visitors and locals alike. It's reassuring to know that you can go for a swim and enjoy a day at the beach safely," Cr Whelan said.

"But it's also so important that everyone looks out not only for themselves, but also for their friends and family while by the water, to ensure that everyone has a great day and goes home safe and sound," Cr Whelan concluded.

Anyone who spends time at the beach is also encouraged to download the Beachsafe app or visit www.beachsafe.org.au. The app and the website includes current information and conditions for every beach in Australia.

It shows patrol services, hazards and facilities as well as weather, swell and tide details. Beachsafe is designed to help you choose the right beach for your needs, so you can relax and enjoy your visit.

For more information on staying safe by the water this summer, head to www.basscosat.vic.gov.au/beachsafety.

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Write your name and number on this advert and present this voucher in store for **FREE** entry into our Christmas gift bundle give-aways



Merry Christmas to all our valued customers. Thanks for a great year.

Shop 2, 148 Thompson Ave, Cowes Ph 5952 5519

Testimonial

Since opening my business in March, Vibe has sent over 50 clients my way from the monthly ad. I now have regular weekly laundry clients.

Jade



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Let's get cooking

Simple and delicious recipes from
 Paul at Hill Top Farm Butchers

Roast Porchetta & Mango Salad



WHAT YOU NEED:

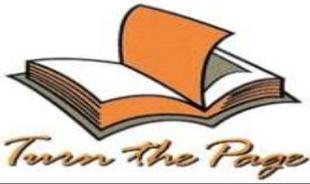
- | | |
|--------------------------|----------------------------|
| 3-4 kg rolled Porchetta | 2 sliced mangoes |
| 1 bunch Watercress | 300 g sliced Prosciutto |
| 100 g Walnuts | 100 g sugar |
| 1 jar marinated fetta | 1 jar Creamed horse radish |
| 2 tablespoons sour cream | 2 tablespoons olive oil |

WHAT TO DO:

Preheat oven to 180 degrees. Rub salt & pepper into skin of Porchetta and place on oven tray and roast for 45 minutes per kg (if crackling is still soft raise the oven to 200 degrees for the last 30 minutes). Rest meat under foil. Place sugar in pan on low heat until caramelised then add walnuts and stir. Pour onto cooling tray and when cooled smash up into small segments. Arrange watercress on a serving platter. Layer sliced mango, roll up Porchetta and dot round plate. Sprinkle cheese over and around and add the walnuts to the platter.

Mix the horse radish, oil and sour cream in jar and shake well. Pour over salad just before serving. Have a Happy Christmas from the team at Hill Top Farm.





Book Reviews

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

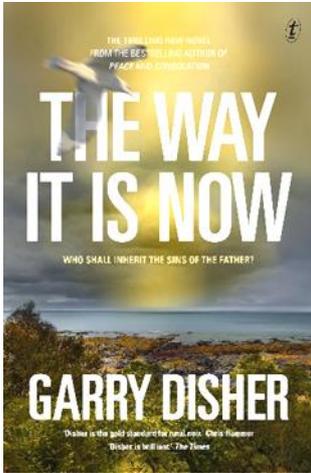
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**The Way It Is Now
by Garry Disher**

RRP \$32.99

Our price \$29.99

A stunning new stand-alone crime novel from one of Australia's most revered writers.

Set in a beach-shack town an hour from Melbourne, *The Way It Is Now* tells the story of a burnt-out cop named Charlie Deravin. Charlie is living in his family's holiday house, on forced leave since he made a mess of things at work.

Things have never been easy for Charlie. Twenty years earlier his mother went missing in the area, believed murdered. His father has always been the main suspect, though her body was never found.

Until now - the foundations are being dug for a new house on a vacant block. The skeletal remains of a child and an adult are found - and Charlie's past comes crashing in on him.

The Way It Is Now is the enthralling new novel by Garry Disher, one of Australia's most loved and celebrated crime writers.



**The Christmas Pig
by J.K. Rowling**

RRP \$39.99

Our price \$35.99

A book for the whole family to enjoy.

One boy and his toy are about to change everything. Jack loves his childhood toy, Dur Pig. DP has always been there for him, through good and bad. Until one Christmas Eve, something terrible happens - DP is lost. But Christmas Eve is a night for miracles and lost causes, a night when all things can come to life... even toys. And Jack's newest toy - the Christmas Pig (DP's annoying replacement) - has a daring plan: Together they'll embark on a magical journey to seek something lost, and to save the best friend Jack has ever known. A heart warming, page-turning adventure about one child's love for his most treasured thing, and how far he will go to find it. A tale for the whole family to fall in love with, from one of the world's greatest storytellers.

A gorgeously gifty hardback, with full-colour jacket and featuring 9 black and white spreads and decorative inside art from renowned illustrator, Jim Field.

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Island Foreshore Market

The Esplanade > Erehwon Point

Dec - Apr 3pm till 9pm | June 11am - 5pm

- Dec 27
- Mar 12
- Jun 11
- Jan 1, 8, 15, 22
- Apr 16, 23

Market on Church

St Philips Church Crn Thompson/Church Cowes

4th Saturday Every Month (Except Dec)

- Sat 22 Jan
- Sat 23 Apr
- Sat 26 Feb
- Sat 28 May
- Sat 26 Mar
- Sat 25 Jun

Cowes Sunday Market

Erehwon Point, Cowes

Every Sunday 9am till 2pm from
5 Dec - 26 Dec & 30 Jan - 1 May

CHRISTMAS HAMPER DONATIONS NEEDED

PICAL are seeking donations for their third annual Community Christmas Hamper appeal. Last year the campaign resulted in over 500 bags of festive fare being delivered to 165 families, 38 couples and 16 singles.

PICAL are seeking donations from the community of packaged non-perishable items that are still within their "Use-By" date.

Items can include Christmas goodies such as packaged puddings, canned ham, shortbreads etc; as well as other regular food staples such as pasta, UHT milk, biscuits etc; and any toiletries.

Unfortunately items with damaged packaging cannot be accepted due to health regulations.

Items can be dropped at PICAL Reception at 56-58 Church Street, Cowes or can also be left in the trolleys at the front of Cowes Coles and Woolworth supermarkets.

Cash donations are also being accepted. Contact reception@pical.org.au or phone 5952 1131 and these funds will be used to purchase items in short-supply needed to complete the hampers.

Donations will be accepted up until Friday December 17, 2021.

If you would like to receive a hamper you will need to call into PICAL where a register has been placed at reception, the *Phil Dixon* Food Relief Pantry and in the Women Connect office, for anyone wishing to register their interest.

Those wishing to receive a hamper must physically go to PICAL reception, Pantry or Women Connect to register their contact details, number of family members etc. and no registrations will be accepted via phone or e-mail.

Those wishing to receive a hamper should also nominate a date on which they intend to collect their hamper/s. As a general rule, there will be one hamper per person in a household.

We will be taking registrations up until Monday 13th December. Registered recipients can collect hampers from Wednesday 15th December onwards to Christmas Eve 24th December from the Pantry during opening hours, 9am-2pm.

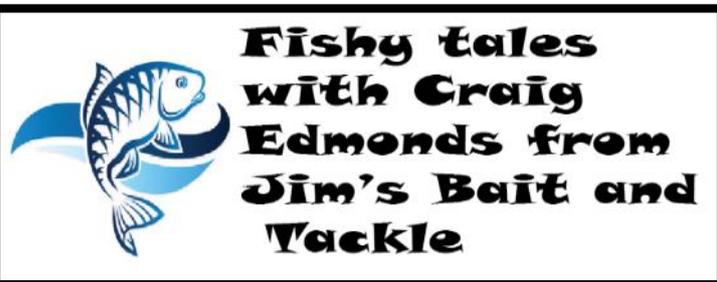
Delivery to households may be available upon request, but must be approved by PICAL.

PICAL thank the following businesses for their ongoing support of the hamper appeal: Cowes CWA, Phillip Island and San Remo Boomerang Bags, Rhyll Boomerang Bags, Cowes Woolworths, Cowes Coles, Phillip Island Baptist Church, Combined Churches of Phillip Island, Wonthaggi Secondary College and Phillip Island Lions Club.

If you have any further queries, the contact person at PICAL is Anne Marie Emanuele on email programs@pical.org.au.



Hamper collection baskets from last years hamper collections.



The compliance and the new normal kicked in last month and it has been challenging for most with only double vaxed allowed into the shop. We understand and respect there are different opinions out there and while our view doesn't really mean much the only way we and other businesses can keep their doors open is to comply with the current regulations. This is going to get much more difficult over the Christmas period and with a little understanding everyone will get through it. We can do door service for those not vaccinated but only those who show a little respect for our situation. Apart from the person who was going to jump the counter and do all sorts of wonderful things to me, the person who was standing in the street yelling abuse about us complying to a dictatorship and the other person who accused us of being Nazi lovers, everyone has been great and helping out. I have spoken to many other businesses and some of what we have gone through has been mild in comparison.

Fishing at the start of the month, over cup weekend was very good and everything pointing to the fish all doing what is expected and setting up the season. Problem is the weather gods lost the script and so did the fish. It just seemed to be downhill from there and while there was pockets of reasonable, with a couple of excellent, the majority of the weather was very ordinary and not possible to fish. The days you could fish were met with mixed results and while not all bad it took a little thinking to find the fish and when you did there was some very good catches. The weather, while not sending the fish anywhere certainly changed their habits and it was back to finding plenty on the sounder then working out how to get them on the hook.

Through the breaks in the weather there was a chance to head offshore and we had 2 makos reported a couple of days apart. While there was plenty of baitfish out there, we haven't seen any of the school tuna yet, although it is a little early with them showing around Christmas time over the last couple of years. Flat-head reports from offshore were ok but build up the muscles because the best reports have come from the deeper water around 60m. Plenty of salmon and couta and even a couple of reports of arrow squid off the bottom. Hopefully this weather settles a little and we see more offshore fishing soon. The Kingfish have been left alone over the last couple of years with people chasing the bluefin so I am sure they will be hungry and waiting for those who want to put in the time, just make sure your gear is up to scratch.

In the bay calamari has been the most reported of all the species, mainly because even when the weather was un-suitable for boating you could go and chase a calamari off the land. Wherever you fished for them it was difficult with a lot of weed being pushed around by the rough weather so you had to pick and choose your times. Baited jigs became the better method again but quickly

changed to artificial ones as the water cleared up during the tide. All the normal spots off the land with not too many surprises, other than the time of day or tide which changed often. While we didn't see any monsters, we did see plenty with hoods around the 30cm. Whiting fishermen struggled at times but the struggle was more with finding a consistent size of fish that were actually size. Most told us they didn't have a lot of trouble finding the fish, in the more popular spots, some of the not so normal spots it was a little more difficult, but the problem was the whiting were so different in size. Normally when whiting fishing the first fish you catch for the day sets the size and the rest will be very close to that size but lately reports are telling us in one session, they are catching from 24cm to 45cm.

Snapper, as I said at the start, were showing signs of doing what they should, moving down to the middle of the bay, across the corals and onto the mud of an evening. The weather saw an end to that and now it's a lot of driving to find a patch on the sounder that will feed with plenty of those patches not interested. We have had a lot of reports but from so many random times, tides and places that it's impossible to say head to this spot. It will change and probably by the time this is printed but early deep and late shallow would be my choice.

Just before finishing we would like to thank everybody who has given us support through the last 12 months in what has been very trying times for all. Compliance has been difficult for all with everyone having their own views of what should and shouldn't be done and businesses have been put in the middle of many arguments but we all made it through and fingers crossed that the next 12 months will be much better. We will have some very big changes and challenges in the shop coming up and will have a clearer idea after Christmas and let people know as soon as plans are in place. We will be closed on Christmas day then going to our normal Christmas holiday hours from Boxing day, opening early 7 days a week. For up-to-date hours, specials and fishing reports follow us on Facebook. From Robyn, Melanie and myself, have a safe and happy Christmas and if you are lucky enough to have some time off enjoy your time on the water or sitting somewhere on the land trying to catch that fish of a lifetime or just a feed of fish. If you are visiting from other areas and haven't been here before, drop in to the shop as we have plenty of information sheets to help you find the fish while you are here.



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

**HUNGOVER
AT
CHRISTMAS**



"A Christmas party. At work? With co-workers?
I'd rather hang myself!" Anonymous

Mr. Granger?" The secretary tried to speak calmly into the receiver. "This is Emily. Could you come down to the nineteenth floor? It's sort of an emergency."

Emily hung up. It was an emergency all right. Archie Tatum, their chief financial officer, was in his office, hanging by a rope from an extremely strong light fixture. He had been like this when Hank, his assistant, came to work. Hank was used to seeing him in the office before anyone else, but not like this. Hank had waited for Emily to arrive. She'd know what to do. Emily's reaction had been cool. "What a horrible thing - and on the last work day before Christmas! Call the police. I'll get Mr. Granger down here."

From the moment Gene Granger stepped out of the elevator, he was enmeshed in damage control.

As president of Granger Productions, he had to break the news to the rest of the company and then deal with the press, the police, and Archie's family.

Granger didn't even think about returning to the twentieth floor until Emily reminded him at 5 P.M. "The Christmas party upstairs, Mr. Granger. People won't stay long, but I think everyone could use a little comfort." Several employees were already gathered as Granger unlocked the door of his private conference room. A Christmas tree was in the corner, with a colourful jumble of presents under its branches. Emily crossed to the bar and immediately began serving. Despite the alcohol, the mood remained sombre. Granger handed out a personally chosen gift to each worker, from the secretaries to the executive vice-president.

Hank was one of the last to leave. He took one final look at the empty floor under the tree, then turned to join his fiancée.

"What could have driven Archie to suicide?" his fiancée wondered. "Emily says he'd been very worried about company finances. You don't suppose that maybe he was embezzling . . ."

'Archie didn't kill himself," Hank responded. He was murdered. And I know who did it."

WHODUNIT?

AND HOW DID HANK KNOW?

Leroy, the Island's resident sleuth Leroy declined an invitation to attend the party. Readers will have their own view and may not share Hank's confident assertion about knowing the identity of the culprit.

For those curious to read the solution to this whodunit please turn to page 34.

In conclusion, the author of this whodunit wishes readers a very happy Christmas and a happy new year but cautions readers in the workplace to be careful when choosing guests for their own Christmas office party!!

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FIXING OUR TOMATO PROBLEMS

Before we get too excited, just remember here in Victoria, we have had some pretty wicked weather lately. Heavy, heavy rain, hail and strong winds. All contributing to damage to your plants, and in particular, tomatoes. So those holes in the leaves and ragged look may just be due to the weather rather than disease or bugs.

One of the most common critters that damage your plants is the white fly. When you brush against the plant and a small cloud of tiny, tiny white flies rise, you know you have trouble.

Mites and thrips love this weather and the humidity too, so a good old fashioned home made spray can take care of all of the above.

Mix crushed or dried garlic with chilli flakes or fresh chilli, add a teaspoon of dishwashing liquid, a desert spoon of olive or vegetable oil, add water to make up about 750ml of liquid. Shake and stir the mix thoroughly. If you add a desert spoon of Epson Salts, you will replenish the plants needs for magnesium and other minerals at the same time. Let this mixture stand for 24hrs and then run through a fine strainer to remove all solids. Do this two or three times so the mixture looks like brown water and will go through the sprayer bottle without clogging up. Spray your plants freely, repeat in a week and whenever you see signs of bug attack.

Disease is harder to address. Common tomato bacteria shows up as a black spot on the leaves with a yellow type halo around the spot.

So you can have bacterial or fungal based disease, both very common, particularly if you grow your plants in the same spot as last year. Some of these things lay dormant in the soil. Leaves start looking tired, wilted and spotty. There are anti fungal sprays available at Mitre 10 and Bunnings. Try these first. If after a week there is no improvement, resort to tomato dust, but only as a last resort. It works very quickly and effectively, but be warned, it kills all the good pollinators as well. Bees, wasps, flies etc. So use sparingly.

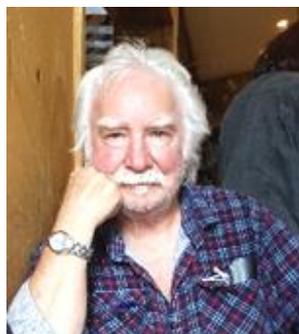
Over watering will show up as blisters on the leaves, and they will curl. So back off on the watering. Water only the bottom of the plant and roots, not the foliage. Wet foliage can aid the onset of fungal diseases.

A couple of tips to keep your plants healthy; coffee grinds are full of nitrogen, magnesium and other good minerals. Tomatoes, chilli and capsicum will benefit from coffee grinds dug in around the base of the plant. Ground egg shells and shell grit will help add calcium, and also keep snails and slugs at bay.

A spray of Epsom salts, mixed into a 2ltr sprayer (1x tablespoon), will add magnesium to the foliage and help your plants to stay healthy.

Happy gardening....

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Tuesday Dec 28 to Thursday Dec 30 8.30am - 5pm

New Years Eve Dec 31 9am - 4pm

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Kerryn Pascoe - Service Manager

Mobile: 0488 987 827

Member ACWA, CIDESCO

kerryn@dignitymatterssupport.com.au

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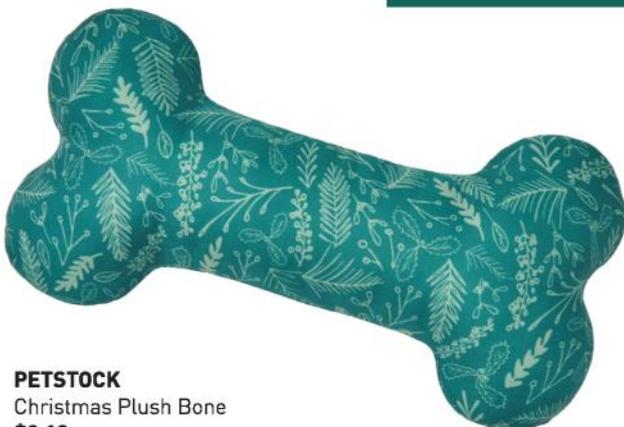




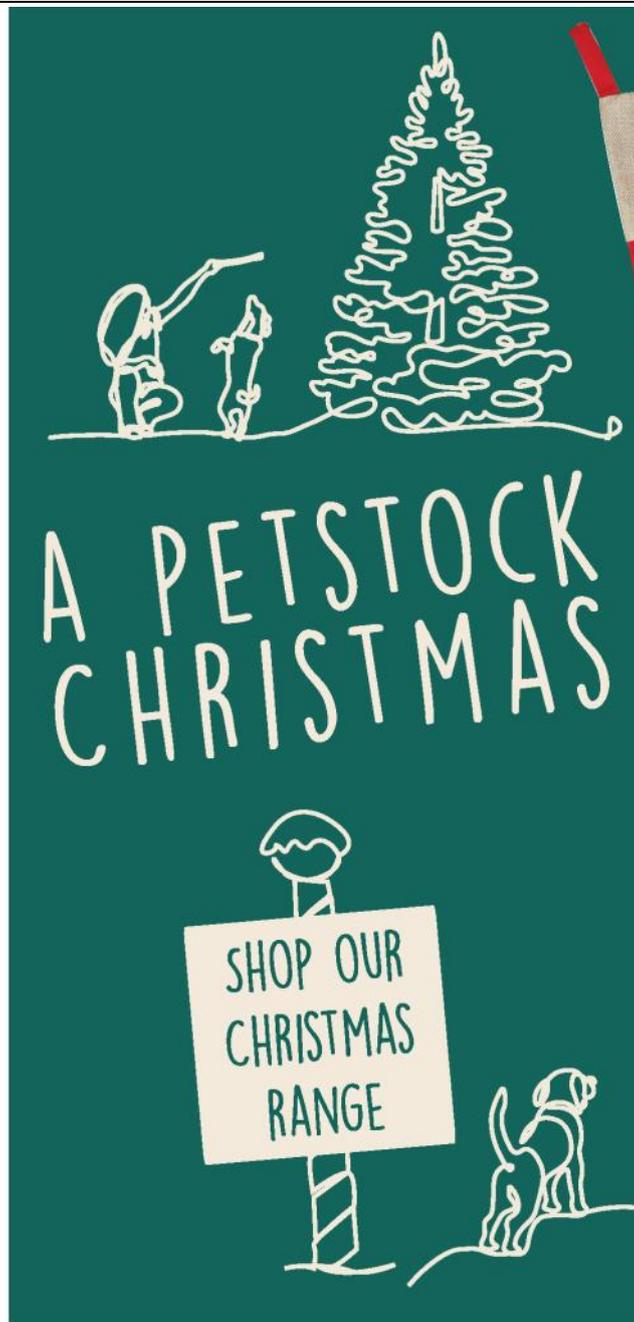
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Phillip Island Camera Club “Making Photography Fun”

INCORPORATING A POINT OF INTEREST IN YOUR IMAGES

Without a doubt, there are so many beautiful places on Phillip Island to photograph. We have beautiful beaches, rocks at low tide, and natural bushland too.

Often, we just want to capture the natural beauty of a place. But sometimes we may wish to add interest, tell a story or create a memory in what we photograph. Sometimes we wait for ages for people to get out of the way or get annoyed that people are photo-bombing the image. On the one hand, you may want to draw attention to the fact that you have a person or people in your image; or you may want the landscape to be the main focus. If you do decide to include people (or other points of interest) in your photograph, you can use the rule of thirds placement or leading lines to draw attention to the main focus of your image. The rule of thirds describes a basic compositional structure of a photo which is when you imagine your image split into nine segments by using two vertical and two horizontal lines spaced evenly through your image. The rule is that you should place key elements such as a person (or other point of interest) at one of these lines rather than slap bang in the middle of your image. Leading lines is another trick you can use to draw the viewer's eye in a specific direction or towards a designated portion of the photograph. Leading lines could be a path, boardwalk or stairs down to the beach that a person is walking or standing on.

A human element can change or add to the story of the landscape in your photograph. It may encourage the viewer to wonder what the person is doing in that landscape or seascape, such as is the case of the photo below.

If you include people in your landscape, do you want them to be a focus and enhance the story of the location? When you include a person in a landscape, you are adding a human element as well as showing the beauty of the natural environment. Next time you capture an image of a landscape or a seascape, consider whether it can be enhanced by including a thoughtfully positioned person or

people or some other point of interest. You may not always want the point of interest in your landscape or seascape to be a person; it could be an animal, such as a dog or an object such as a boat. Once again, think about whether the inclusion will enhance your photograph. Images supplied courtesy of Susan McLauchlan, PICC member. Images copyright of the photographer.

If you found this article of interest and would like to find out more go to:

<http://www.phillipislandcameraclub.com.au/>

For more information on Phillip Island Camera Club phone Jenny on 0408355130.



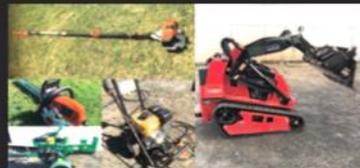
In this photograph taken at Kitty Miller Bay, Susan McLauchlan has used the rule of thirds in the placement of the person looking across the stormy sea and sky. The red in the jacket also draws our attention to the commanding figure taken from a low angle. The viewer's eye is also drawn to the dark rock formation on which the person is standing.



In this image, Susan has incorporated a piece of driftwood in the foreground as a main point of interest and two yachts in the background to enhance the seascape.

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ZONE 1

Cape Woolamai, Wimbleton Heights, Ventnor, Newhaven, Rhyll, Smiths Beach, Sunderland Bay, Surf Beach, Sunset Strip, Bass, Grantville, Pioneer Bay, Jam Jerrup, The Gurdies, Lang Lang, Silverleaves, Cowes

Bin Calendar - Zone 1



- Landfill and Organics
- Recycling and Organics
- No collection
- Landfill, Recycling and Organics
- Free Green Waste disposal (30 Oct - 21 Nov)
- Organics Bins (green lid) are collected every week

September 2021

M	T	W	T	F	S	S
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October 2021

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November 2021

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December 2021

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January 2022

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February 2022

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March 2022

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April 2022

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June 2022

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July 2022

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August 2022

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Zone 1 collection days – Monday: Cape Woolamai, Wimbleton Heights, Ventnor | **Tuesday:** Newhaven, Rhyll, Smiths Beach, Sunderland Bay, Surf Beach, Sunset Strip | **Wednesday:** Bass, Grantville, Pioneer Bay, Jam Jerrup, The Gurdies, Lang Lang | **Thursday:** Silverleaves, Cowes

ZONE 2

Corinella, Coronet Bay, Tenby Point, Dalyston, Harmers Haven, Kilcunda, San Remo, Archies Creek, Cape Paterson, Inverloch, Wonthaggi, South Dudley, Wattle Bank

Bin Calendar - Zone 2



- Landfill and Organics
 - Recycling and Organics
 - No collection
 - Landfill, Recycling and Organics
 - Free Green Waste disposal (30 Oct - 21 Nov)
- Organics Bins (green lid) are collected every week

September 2021

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February 2022

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March 2022

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April 2022

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May 2022

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July 2022

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August 2022

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Zone 2 collection days – Monday: Corinella, Coronet Bay, Tenby Point | **Tuesday:** Dalyston, Harmers Haven, Kilcunda, San Remo, Archies Creek, Cape Paterson | **Wednesday:** Inverloch | **Friday:** Wonthaggi, South Dudley, Wattle Bank

Bethlehem Spoonville in Cowes!

To Celebrate Christmas 2021, children (and those young at heart) are invited to contribute to the Bethlehem Spoonville in the grounds of the Anglican Church in Cowes.

Spoonvilles have cropped up in many locations throughout COVID 19, and this themed Spoonville aims to celebrate the original Christmas story as well as be a point of community connection as we emerge from yet another period of isolation.

The main spoon figures in the story have been made by the men's shed in Cowes and have been painted by local artist Paul

Woodruff (the artist who painted the mural on the side of the church hall). Children are invited to decorate a wooden spoon as a character from the Bethlehem story: shepherds, kings, angels, sheep, donkey or perhaps a star. Anytime from Friday 10 December the spoons can be 'planted' in the grounds of the church. We wish you a very happy Christmas.

Below are the spoons that have been painted by local artist Paul Woodruff.



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"On behalf of my wife Nancie and my family, I wish all Islanders and their loved ones a happy and safe festive season."

Ronnie Bauer
Councillor for the Island Ward



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email: Ron.Bauer@basscoast.vic.gov.au
Authorised by Ronnie Bauer, PO Box 996, Cowes 3922



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Judged the best tasting tap water in Victoria

Westernport Water was recognised as having Victoria's best tasting tap water at the recent Water Industry Operators Association of Australia (WIOA) 2021 Best Tasting Tap Water competition.

Water samples from Westernport Water's Ian Bartlett Purification Plant were judged by a panel of water experts against samples from water corporations across regional and metropolitan areas. Judges focused on qualities such as colour, clarity, odour and mouthfeel during blind taste tests.

The water taste test offers a good way to compare tap water and recognise the efforts of water corporations and their water treatment teams in delivering quality water products and services.

As the Victorian winner, Westernport Water's samples will now go on to be judged in the Australian competition, which is hosted by the current title holder early next year.

WIOA Chief Operations Officer, Craig Mathieson said "I'd like to congratulate Westernport Water on winning the 2021 Best Tasting Tap Water in Victoria this year."

Westernport Water's Managing Director, Dona Tantirimudalige said "Being acknowledged by the water industry shows that the daily efforts of our dedicated team, which are making a difference. It's a testament to our Water Treatment Team's focus on continual improvements."

To learn more about our drinking water and the treatment process please visit:

<https://www.westernportwater.com.au/products-services/water/>



Westernport Water staff proud of their win are from left Dean Chambers, Sam Weston and Stephen Fisher.

Nominate your 2021 **COMMUNITY AT HEART** Gems!



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SUBMIT YOUR NOMINATION

You can send me an email, post a letter, fb message or call my office.

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Nominations close Friday 24 December

Jordan Crugnale MP
STATE MEMBER FOR BASS

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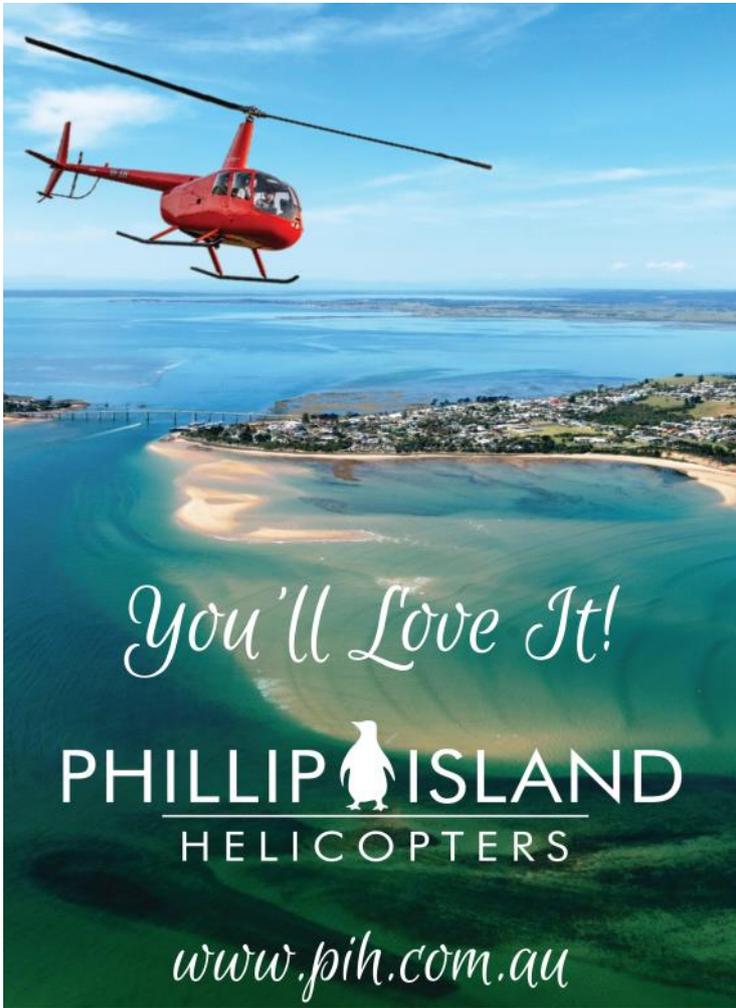


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Organics: weekly



Recycling: fortnightly



Landfill: fortnightly



Be A Good Sort!

Using bins inside your home or holiday house in colours that match Council's kerbside bins makes it easy to sort waste appropriately at the point of disposal. There are many different styles of coloured internal bins available from a variety of manufacturers, so choose the style that's right for your home.

Contact Council's Waste Services team on 1300 BCOAST (226 278) or (03) 5671 2211 or visit www.basscoast.vic.gov.au/waste for further assistance.



My kerbside bins are full – what can I do?

Be A Good Sort!

Make sure your waste is being sorted appropriately to get the most out of your three bin system. Visit www.basscoast.vic.gov.au/whichbin for more details.

Upgrade your Landfill bin or order another Recycling or Organics bin

For an annual fee, you can upgrade your 120 litre landfill bin or order another 240 litre Recycling or Organics bin.

Dispose of Excess Waste at Council's Waste Facilities

It's free to take dispose of excess Recycling bin waste. A small fee applies for excess Landfill bin waste.

Engage a Private Waste Contractor

If Council's standard kerbside collection service doesn't meet your waste management requirements, there are many private waste contractors who service our region.

For further assistance contact Council's Waste Services Team on 1300 BCOAST (226 278) or (03) 5671 2211 or visit www.basscoast.vic.gov.au/waste.

100 YEAR MILESTONE FOR PHILLIP ISLAND'S LITTLE PENGUINS

November 27 marked a significant milestone for Phillip Island Nature Parks and the very popular little penguins – which were put on the map as a must-see experience 100 years ago. Minister for Energy, Environment and Climate Change Lily D'Ambrosio joined Member for Bass Jordan Crugnale, Phillip Island Nature Parks staff, Traditional Owners and local families to celebrate the milestone.

Penguin numbers on the island have almost tripled since the mid-1980s – from 12,000 to around 32,000 breeding birds today thanks to extensive conservation work.

The former Cain Labor Government and then Minister for Forests, Conservation and Lands Joan Kirner were key to this come back with the Government buying back 774 housing and other lots that made up the Summerland Residential Estate – protecting the penguin colony from extinction.

The Andrews Labor Government also provided \$48.2 million for a major redevelopment of the attraction's Visitor Centre, which opened in 2019, replacing the outdated 1988 facility with a larger and better equipped centre.

The story of the penguin parade began in 1921 when His Excellency the Governor, the Earl of Stradbroke, viewed the little penguins – kicking off a hugely successful ecotourism industry on the island.

Over the past 100 years, tens of millions of people from more than 70 countries are estimated to have visited to watch the nightly parade of penguins – and that's just in person. Another 25 million viewers watched Live Penguin TV from their homes during coronavirus pandemic restrictions.



Penguin viewing in the 1940's was enjoyed with a close up view.

Phillip Island forms part of the traditional lands of the Bunurong People, whose connection with the Summerland Peninsula and its Little Penguins extends for thousands of years.

Minister for Energy, Environment and Climate Change Lily D'Ambrosio highlighted the international aspect of the penguin parade.

"These little penguins have become global sensations, attracting visitors from all over the world and going viral on the internet. Today we also recognise the significant conservation efforts made by Labor Governments that have contributed to the conservation of these adorable animals."

Member for Bass Jordan Crugnale said "Now Victoria is opening

up we can once again welcome everyone to Millow/Phillip Island to walk with nature and enjoy all our Gippsland offerings including seeing the little penguins that are thriving due to the longstanding conservation work by so many over many years." Phillip Island Nature Parks CEO Catherine Basterfield said "We are delighted to be back at full capacity so visitors can join us in celebrating this milestone – and we look forward to a fantastic 100 years ahead, making people smile while they share in protecting the penguins."

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DOLLARS AND SENSE BY DAVID WELLS

Good advice! Or is it?

I have always believed that investors should get professional advice. Good, unbiased, and knowledgeable advice should pay for itself many times over. It is a legal requirement that financial advisers must always act in their clients' best interests when developing and advising on financial strategies and recommending investments.

Recently I have found an alarming number of instances where this hasn't been the case, and the inexperienced investors have been led to make decisions that are genuinely not in their best interests. In most of these cases the adviser would have known that.

In one case an investor was told that he should invest in property in his own Self-Managed Super Fund, by his employer, an accountant. Acting on that advice the investor bought two residential units through a local solicitor, and used a non-recourse loan and a bare trust setup through the accountant and solicitor. Apart from the horrendous cost in this, there were far more important factors.

The accountant and solicitor were connected and the solicitor in effect owned the properties.

More importantly, the investor discovered that residential property in a SMSF is not cash flow positive for many years if normal borrowing levels are applied. Negative gearing is just that – negative. The investor has had to salary sacrifice for some time far more than his usual superannuation contributions just to make up the shortfall, and the interest on the borrowing only has a minimal tax deductibility.

The investor is now considering whether to sell one of the units to minimise their disadvantages. The units have appreciated, but only sufficiently really to cover the costs of disposal. In this case I find it hard to see where the investor was being looked after.

Another case involved a financial planner recommending a portfolio for a widow in order for her to draw a pension. The portfolio was designed in such a way that the adviser's fees and other costs were always going to be greater than the investor's return, before even any pension was paid. When the widow complained the planner promised to review everything. The widow then received a sub-standard statement of advice that would have perpetuated her problem. The adviser again, played on the widow's ignorance.

When a third party explained this to the widow's accountant, he

explained that a fair number of his clients were in a similar position. As he didn't have a licence, he couldn't advise them differently. Most financial planners are upright and honest, but they're not directly involved in investing. Effectively what they can recommend is only part of the investment universe and they do not control that. In both these situations the client has suffered because of their ignorance, which defeats the entire reasons for getting advice in the first place.

I have spent nearly thirty years advising normal people that work hard for the money they have and this abuse still causes me the greatest anger. As advisers we are morally and legally beholden to our clients. Most of us always have been, as they are the reason for us doing what we do and if we do what is right for the client, we will inevitably get referrals from that client which is the greatest compliment a client can pay an advisor!

So how do you avoid getting poor advice?

First of all don't trust any advice that seems too good to be true. There are no get rich quick schemes in the real investment world that don't rely on the unexpected, so don't expect it.

Secondly does your adviser have an interest in any of his/her recommendations? Is he/she connected with the investment manager/property owner or similar? Is the advisor limited to the financial products issued by the company they work for? Are they getting any commissions? If they don't say, ask them and get their response in writing, if they'll give you one. At least then if things go wrong you'll have a base case for compensation. All commissions and payments must be disclosed prior to investing.

Thirdly, have a look at the forecasts. Are they real? Are they reasonable? If you are drawing a pension will they help cover that cost? Who makes the most if you follow the advice – the planner, broker, real estate agent or you? Check the numbers on both sides of the equation ask how much the financial advice will cost in both upfront and ongoing fees. After all, we're looking at a cost/reward situation, so you need to be sure that the reward is sufficient.

And then, get a second opinion from a qualified advisor who doesn't have an interest in the situation. Less than 20% of financial planners can legally be called independent. In the prior case quoted, there was a planner, then there was there was the dealer group and then the owner. Since the Financial Advice Standards and Education Authority was established and made certain standards compulsory, nearly a third of advisers have left the industry. In many of those cases, that's a good thing. Hopefully those of us that are left will continue to act in our clients' best interests! Paying for professional financial advice is a good idea, just do your research to ensure you are getting the best advice for you!

Just a reminder I am available both in our Collins Street office or my Warragul office or I can come to you. Phone me for a chat on 0414 234 770. May you all stay safe and be happy throughout the festive season and enjoy a prosperous New Year.

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Anglican Christmas Services

CHRISTMAS EVE December 24th

Family Service with Carols 5pm St Augustine's, San Remo*

Family Service with Carols 5pm Parish Hall, Cowes*

Holy Communion with Carols 7.30pm St Paul's, Bass**

Midnight Mass 11.30pm St Philip's, Cowes*

CHRISTMAS DAY December 25th

Holy Communion 8am St Augustine's, San Remo*

Holy Communion 10am St Philip's, Cowes*

**proof of vaccination required*

*** check website for COVID 19 details*

www.anglicanparishbassphillipisland.org

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A PETstock Christmas: Spoil your pet this festive season

Christmas is fast approaching and it's time to get your pet's wish list sorted. PETstock Cowes has everything you need to spoil your furry, feathery or scaly friend this festive season with a huge range of toys and treats that are sure to get tails wagging.

Make your buddy feel extra special with a personalised PETstock Assist Christmas Stocking, which they will be delighted to find overflowing with gifts on Christmas morning, and the PETstock Christmas Plush Bone and Christmas Rope Toy are staple stocking fillers that will keep your pet entertained during the Christmas day chaos. As you set the table for a delicious Christmas feast, don't forget to involve your buddy with safe and pet-friendly treats from the PETstock Holiday Happiness treat range, which is a perfect way to include your pet in the Christmas indulgence, and the PETstock Assist Bandana is another essential gift that will have your pet looking and feeling great for festive family photos.

In the spirit of giving, PETstock Assist, PETstock's charity organisation, is encouraging pet lovers across the country to put an animal that makes our lives better on their Christmas list. From November 1 to December 25, PETstock Assist will be raising funds so that they can donate the equivalent of 100,000 bowls of food as part of their National Christmas Bowl Project initiative. Simply donate \$2 in-store at PETstock Cowes via the Wishing Tree or purchase specifically marked products.

PETstock Cowes has you covered with quality gifts to spoil your pet this Christmas. Visit the friendly team in-store at 149 Thompson Ave, Cowes.

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PHILLIP ISLAND AND DISTRICT HISTORICAL SOCIETY

James Morrison

**Publican of The Waterman's Arms Hotel,
San Remo**

By Pamela Rothfield

To most Australians the name James Morrison is synonymous with jazz music, but to Griffith Point (now known as San Remo) residents back in the 1870s, James Morrison was a well-respected publican and store owner.

James Hunter Morrison was born in Scotland in 1830, the son of a stonemason. He came to Australia via London where he learned his trade as a baker.

He and his wife, Mary, arrived in Australia in 1857. They lived in Prahran where James worked as a baker and grocer. It seems that James and a rival baker, F. H. Cornell, also working in Prahran, had a personality conflict which resulted in a number of skirmishes. One of these ended up before the local Prahran Court. The altercation occurred on 24 March 1870, when Mr. Cornell accused James of coming up behind him in his cart and giving him 'a severe cut across the neck with his whip'. James denied the charge. In cross-examination, it transpired that the parties were jealous rivals, and that James had a case to answer. James was fined 20 shillings and ordered to pay 23 shillings and sixpence in costs.

Later that same year, James went into insolvency. He was found to have liabilities of £314, assets of £61 and a resulting deficiency of £253. However, within 12 months he was given a certificate of discharge from his debts.

Inside a couple of years James' fortunes had improved greatly - he was a storekeeper and baker at Griffith Point (later called San Remo). In December 1873, he applied for a Publican's License, for a hotel situated between the bootmaker and the draper's stores. He called his hotel The Waterman's Arms. There were only two other hotels in Griffiths Point at this time - The Pier Hotel, owned by John Cleeland - and what was most likely a small accommodation house, known as Bergin's Hotel. James' hotel, The Waterman's Arms Hotel, was a substantial size at nine-rooms and also comprised an

adjoining grocery store.

Griffith Point was increasing in activity at this time due to coal mining in the area. A jetty for the purpose of transporting coal, was built in 1874. At the same time Thomas Bergin was in a spot of bother in the courts facing conspiracy to fraud charges and in July of 1874 the Sheriff in the colony of Victoria offering for public auction, "the whole of the stock in trade of a storekeeper and publican, including book debts, and also defendant's interest in a publican's licence."

James died at his hotel in Griffith Point, on 21 March 1875 from complications from diabetes. As there was no cemetery in Griffith Point at the time of his death, he was brought to Phillip Island for burial. The process of conveying his coffin by punt across the channel between San Remo and Phillip Island and then to continue by dray to the Cemetery, which is a distance of around seven miles (eleven kilometres) on an unmade track, would have been quite a challenge.

James left his estate, which was valued in excess of £300 solely to his wife Mary, as the couple had no children.

It is believed that Mary sold The Waterman's Arms Hotel to Thomas Bergin and it then became known as Bergin's Hotel and later, the San Remo Hotel. The original Waterman's Arms was substantially extended and stands to this day, albeit with a different facade.

It is not known if James Morrison, musician has ever played at his namesake's venue.



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SAN REMO HOTEL, SAN REMO, VICTORIA

Phillip Island and District



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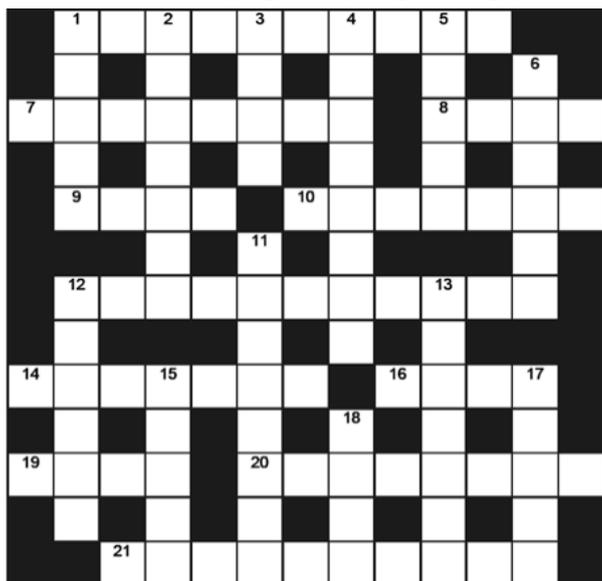
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Phillip Island & District Historical Society

Brain Food

Find all the answers & solutions to Puzzles & Quiz on page 34 (No peeking!)



Vibe Quick Crossword

Across

- 1 Disclosure (10)
- 7 Follow closely (8)
- 8 Leave (4)
- 9 Twelve months (4)
- 10 Over weight condition (7)
- 12 Banker (11)
- 14 Craftsperson (7)
- 16 Distant (4)
- 19 Carnival (4)
- 20 Saltiness (8)
- 21 Diligently (10)

Down

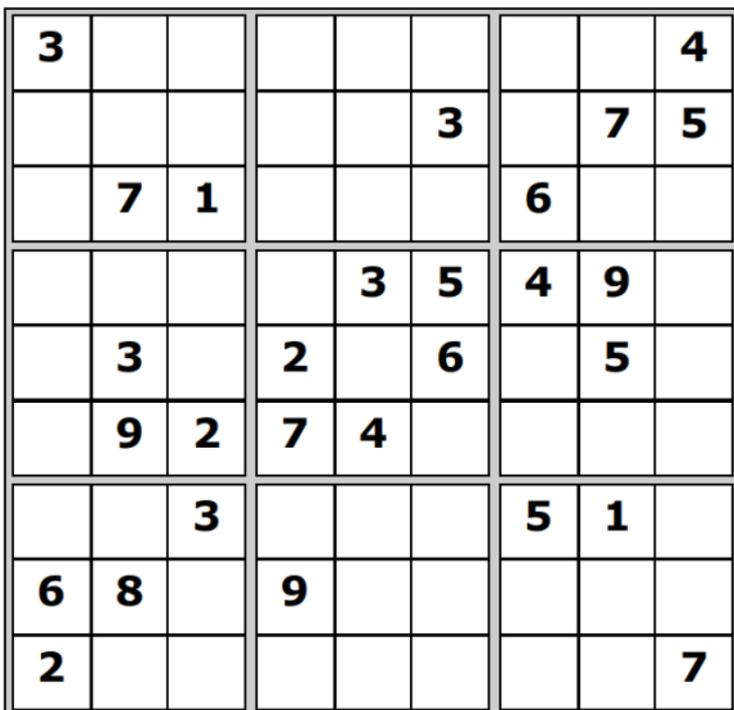
- 1 Prepared (5)
- 2 Evil one (7)
- 3 Slim (4)
- 4 Quivered (8)
- 5 Kilns (5)
- 6 Sour (6)
- 11 Overlooked (8)
- 12 Advertise (6)
- 13 Supports (7)
- 15 Lifeless (5)
- 17 Rodent like (5)
- 18 And (4)

CHRISTMAS TRIVIA QUIZ



1. If you're born on Christmas Day, what is your star sign? 2. What colour are mistletoe berries? 3. In

which ocean can Christmas Island be found? 4. Where was baby Jesus born? 5. Which one of Santa's reindeers has the same name as the god of love? 6. How do you say Merry Christmas in Spanish? 7. What was Frosty the Snowman's nose made out of? 8. What is Scrooge's first name? 9. What drink is traditionally left out for Santa? 10. In the film 'Christmas With the Kranks', which tinned food item is Nora Krank fighting over in the supermarket? 11. According to the song, what do you deck the hall with? 12. In which film does Tom Hanks voice Santa?



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

PHILLIP ISLAND SENIOR CITIZENS MONTHLY UPDATE

Hi everyone. This month is a month of much gratefulness and many thankyou's. Thank you to all of the following local businesses who helped support us during the most difficult past two years of our lives: The Lazy Wave Clothing Store, Sambremos Mexican Restaurant, Cowes Corner Take Away, Anerie French Bistro, Heard of Cowes Butcher, Priceline, Phillip Island Winery, North Pier Hotel, Thai On The Island Restaurant, Cowes RSL, Bean'd, Claire's Mobile Hairdressing, H Bombs Barbershop, Phil and Connie and all at the IGA, Woollies for their bread donations, Phillip Island Vibe, Health Oncourse, Phillip Island Nature Parks and The Phillip Island and San Remo Advertiser.

Also thanks to Vietnam Vets Museum, the lawn bowls club, the CWA and so many other businesses and locals who have graciously supported the Phillip Island Senior Citizens Club when we had our grand reopening in July this year and for our Christmas lunch on Friday 3rd December. It means the world to all at our club that you care and respect that we have done everything to keep our members safe during these most intensely difficult times. Thank you also to all who attended our recent garage sale in October. With everyone's support we have managed to keep the Phillip Island Senior Citizens Club running during the most difficult times in our lives. Hugs and kisses to you for any help you have given us. Please keep an eye out in the January edition of the Vibe for when we will be back next in February. We will be doing monthly lunches from then and at sometime, depending on how numbers go with whatever covid crap gives us, we will think of increasing this. But, for the time being, let's have a great Christmas and New Year with our friends and family and get back to some sort of normality next year in 2022.



Surf news by Ed Amorim @prosurfcoaching_

Learn to Surf or Go to the Next Level. Pro Surf Coaching Academy is a quality Surf School with 40 years of surfing experiences developing a very unique methodology for surf lessons and programs. We have always been focused on safety and results. We are suitable for all age groups and surfers levels from a complete beginner that needs strong fundamentals and safety on the beach all the way to experienced competitors committed to explore their very best. Today we are proud to deliver almost everything you need to be able to definitely improve your surf skills to the next level, We use all available resources and technology, we combine skate and surf and also physical preparation, working on developing the surf mind with resources on data base from video analysis so you can also see the stages of your improvement journey. We are currently located in the world famous Phillip Island also Mentawai (Indonesia), Fort Pierce (Florida), Pichilemu (Chile) and Santa Catarina (Brazil) so Pro Surf Coaching Academy can support you in your surf journey all around the globe.

New methodology Pro Surf Coaching incorporates the use of the SmoothStar (special skateboard for surfers) to optimise your time on top of the board (less paddle and more surf) so students of all abilities benefit greatly from this unique combination of coaching. The repetitive muscle memory helps to improve technique, body position and flow on a wave. We offer arguably the world's best surf training tool, plus working out of the water independent of surf conditions. We have also created a unique surf gym with equipment.

The Surf Academy Philosophy: Pro Surf Coaching will focus on safety when you look for fun, we will look for results when you give your best to improve yourself. "Make Surfers Better Surfers". Promoting love and respect for the ocean and life, increasing surf knowledge and supporting all surfers progress their surfing fast and safely.

What you need to be a coach: You need to be a surfer with a love of the ocean, of sharing your skills and knowledge. All coaches must have: First Aid and CPR certificate, Surf Coach certification, Bronze Medallion Certificate, Working with Children, Police Check, Covid-19 free course and Play Safe certification.

Skate for Surfers training We offer you full training on your new Smoothstar surf skate starting with safety procedures then step by step techniques to make sure you have the CLOSEST FEEL OF SURFING OUTSIDE OF THE WATER. SmoothStar is the best surf trainer, voted by the best surf coaches all over the world. Are you ready for your first SURF TURNS ON SMOOTHSTAR? Learn the top 8 surf manoeuvres you can practice time and time again on a SmoothStar developing muscle memory, balance and better biomedical of your body. We already know that practice makes perfect, that is also used for the best high performance pro surfers on the word tour.

Approvals, Permits & Insurance All surf schools that operate within the Bass Coast Shire must have permission to operate. Pro Surf Coaching is proud to have the following permits and approvals in place and updated: Pro Surf Coaching ABN, Public liability insurance \$20 million that covers our students and staff for surfing, skating and transportation, Parks Victoria: Tour Operator or Activity Provider License, Nature Parks: Event license, Surfing Australia: Certificate.

Employment Do you love to surf and have what it takes to share your skills and knowledge? Pro Surf Coaching may be looking for you! Get in touch and find out how you may be our next team

member. Please apply if you're interested.

What happens in a surfing lesson? We meet at the beach most appropriate to your ability and confidence in the water. We provide all the equipment needed including a suitable wetsuit and board if necessary. Firstly we will spend some time on the beach talking through all the safety aspects of our surf lesson, rips, currents, waves and how to stay safe to make you feel comfortable when in the surf. Next we will do some warm up exercises. Combining skate, yoga and surf gym before we start working on basics techniques and fundamentals like how to paddle and stand up on your board covering all the aspects you may missing from your surf skills. We do this on the sand. Once we have mastered our paddle and pop up, we will get in the water with our coaches and get started. Intermediate and advanced surfer may jump a few steps but we are very critical on fundamentals to progress levels. To help you understand your surfing, we work on wave by wave guidance correcting your posture and progress. We can organise a video surf analysis program so you can watch yourself surfing and work on details to improve your performance. After the training we will give personal feedback and some homework to be done before the next session. The challenges are there to be achieved and we will work together to get you to the next level.

What happens in the SmoothStar lessons? We meet at the designated skate park and each student will be given a helmet and SmoothStar skate for surfers. Your coach will talk through how the SmoothStar works, and will demonstrate and show you the unique techniques, turns and movements in circuits you can do on the SmoothStar. Your lesson will then focus on practicing basic through to advanced skating techniques starting on flat surfaces advancing to the vertical ramps elements. After the training we will give personal feedback and some homework to be done before the next session. Yes, it is definitely an ultimate surf life change and you will love feeling all the benefit from day one.

How long is a lesson? All lessons going for two hours.

How old do I need to be? 1 year old to 100 years old. We use different approaches to cater for all ages groups and levels, always with focus on safety first and fun.

Do I need to be able to swim? Would be good if you are able to swim and able to tread water but not necessary as you won't be swimming here as we normally stand in water deepest to your chest as we do understand not everyone may be used to swimming in the surf. A wetsuit is a floatation device the same as a surf board attached to your leg so you will be fine. Anyway, we teach to your ability, we will stay in waist deep water, and will always have a coach or support person close by. Young children will always stay in the shallows, close to shore with one coach to support and secure them.

What do I need to bring? Bring a towel, a warm set of clothes, a drink bottle, a hat if it's hot and apply some sunscreen half an hour before you come. Pro Surf Coaching will provide sunscreen, a wetsuit, surf board and in the Smooth Star lessons, a helmet and skateboard. Additional safety wear for the skateboarding is not provided.

Do you operate all year round? Yes we do 365 days in the year.

What if the weather/forecast is not good? Wherever possible we will try and keep to original booking times. In the event of unsuitable weather/bad tides or a lack of suitable conditions, lesson time, day and location may be changed at the discretion of Pro Surf Coaching.

How many people are in a group lesson? Our group lessons will have 3-8 people. This applies to both surf and skate. We much prefer small groups as surf is individual and everyone learns in different ways.

Can I cancel? Cancellations can be made up to 24 hours prior to your lesson. Cancelling after this time will not be taken and no refunds will be made.

Do I need to sign a waiver? Yes all students must sign our waiver.



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. Ron Hateley 59522549 or Averil Roberts 59522602.

Phillip Island Lions Club - Steptoos Emporium - Outdoor Trash and Treasure market every Sat and Sun 9.30 - 12.30pm. Dunsmore Rd, Cowes. (Next to Transfer station.) Ph. 59002896 or email - 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 Trevor Hayes 0408 574360.

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 Girls and volunteers both welcome. Girls aged 7-14 on Tuesdays 7-8pm. Contact Emma Hadrian 0432 349335 or email: emma.hadrian@guidesvic.org.au

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. Phone 5900 2921 or 0431 867058 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: Dianne Glanz 0417 610 611 or probussanremo@gmail.com

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.

IAA Island Astronomy Association Inc. Our Club meets on the second Monday night of each month at 7.15 start. New members are very welcome. To find out more details please contact Eden White edendwhite74@gmail.com

Phillip Island Masonic Lodge - meets every 2nd Wednesday of the Month at 7.30pm (opposite Coles supermarket) New members and visiting brethren welcome. Hall for hire - contact Ian Samuel 0413157284.

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

PIRSL Community Men's Shed meets at the rear of the RSL every Tues, Wed & Thurs mornings 9am-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 work in the front of house sales area, particularly on weekends. Contact Julie on 5956 6400 if you are interested in joining our fantastic team.

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 Monday of the month, Newhaven Yacht Squadron Clubrooms, 1:30 - 4pm. Contact Jenny on 0408355130 or email phillipislandcameraclub@gmail.com. For more information go to www.phillipislandcameraclub.com.au

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 us via email: phillipislandadultridingclub.com.au

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 Medical and Health Action Group PIMHAG Meets the second last Thursday of the month 5pm-6.30pm PIRSL New members welcome Contact Sec Linda Marston 0428 344 726

Phillip Island Day View Club proudly supporting The Smith Family. Feb-Dec - 4th Monday of the month at 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. Ph 56785558.

Phillip Island Patchworkers We meet Monday Nights at 7.30 p.m. The first, second and last Tuesday of the month at 10.30 a.m. also first and third Friday of the month at 10.00 a.m. and Corinella Crafties second and fourth Wednesday of the month 10.30 a.m. For more information please contact Gayle Rowden 0400634282 or Lyn Arnold 0429481875.

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

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@boomerangbagspirs.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. New members welcome.

SES San Remo Unit trains every Thursday at 6:30 pm at 14 Davis Point Road, San Remo. Come and meet our friendly group, see what we do. We have a role for everyone. For information email sanremo@ses.vic.gov.au

Rotary Club of Phillip Island and San Remo Our friendly Club helps care for & brings our Community together through fund raising & community activities, including running our Cowes Op Shop. New members & volunteers are always warmly welcomed. Please call President, Judy Lawrence for more info: 0418 325 055

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)

The Artists' Society of Phillip Island, ASPI, is for a wide range of artistic expression from the field of Visual arts through to writers and poets. There is a program of regular activities including Textile Arts, Portraits, Life Drawing, Appraise & Connect, Come & Create, and the Ibis Writers group. Workshops held throughout the year. New members are very welcome. For further information contact aspicommittee@gmail.com or Miranda 0400 927 076

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 Robyn Holman 0429 700 492.

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

Ibis Writers is a group of local writers who meet once a month to support and encourage one another, share writing opportunities and offer each other feedback on work in progress. All writers, beginners or experienced, poetry, fiction or non-fiction, are welcome to join. Contact Lorrie Read 0425 858 067 or Ian Robinson 0407 240 024 for more information, meeting dates, etc

Rotary Op Shop, Cowes Run and staffed by Volunteers from all walks of life, including Rotary Club members, our Op Shop is a wonderful, fun place to volunteer, help the community & meet new people! New volunteers always welcome, please call Rotary Op Shop Coordinator, Diane for more info: 0417 577 082

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

Island Voice Meets last Wed of the month 5.30- 7pm PIRSL New members welcome Contact Sec. Linda Marston 0428 344 726

Christmas Day Community Lunch

Regrettably, the Phillip Island Community Services Group will NOT be hosting their annual Christmas Day Community Lunch at St Philip's hall because of COVID-19 restrictions and the possible increase risk during the tourist season

However, if you really need some support, please contact PICAL
Ph 5952 1131
Monday - Friday
9am - 3pm at
56-58 Church Street,
Cowes



PUZZLE SOLUTIONS

ANSWERS TO TRIVA QUESTIONS 1. Capricorn 2. White 3. Indian Ocean 4. Bethlehem 5. Cupid 6. Feliz Navidad 7. Button 8. Ebenezer 9. Milk 10. Hickory Honey Ham 11. Boughs of Holly 12. Polar Express

Solution to the "Hungover at Christmas" whodunit

Hank who fancied himself as an astute amateur sleuth, proceeded to expand upon his identity of the alleged killer. There is no doubt that he possessed strong forensic skills. "Gene Granger supposedly did not hear about the suicide until he arrived on the nineteenth floor. And yet, when Granger unlocked the door to his conference room, there was no Christmas present waiting under the tree for Archie. Granger had personally selected presents for all of his employees—all except the man he killed, the man he knew would be dead. There was no other way to explain the oversight." Hank proceeded to notify the police, who soon uncovered Granger's massive embezzlement.



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



CHRISTMAS HAMPER APPEAL

We are seeking donations of packaged non-perishable groceries and toiletries within their use-by date.

Christmas items such as pudding, canned ham, shortbread are very welcome.

Please deliver donations to PICAL reception, 56-58 Church Street, Cowes or leave in the trolley at Woolworths or Coles by Friday December 17th.

Cash donations are welcome. Phone 5952 1131.

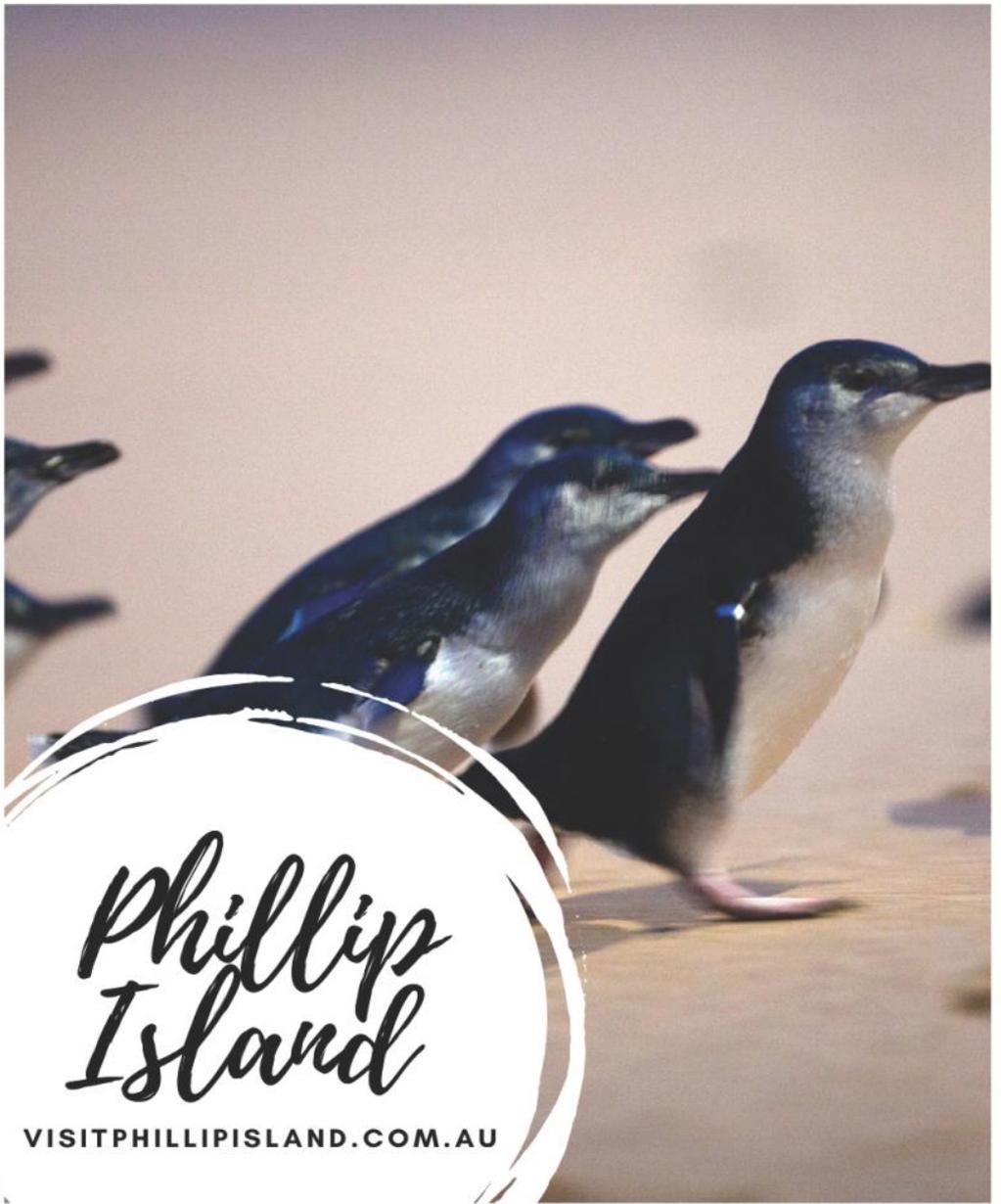
To register to receive a hamper you need to visit the PICAL OFFICE.

Last year we were able to distribute over 500 hampers within our local community and we would love to be able to do the same again.

For enquiries contact Anne Marie Emanuele by email on programs@pical.org.au.



Phillip Island Community and
PICAL Learning Centre Inc.



Phillip
Island

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