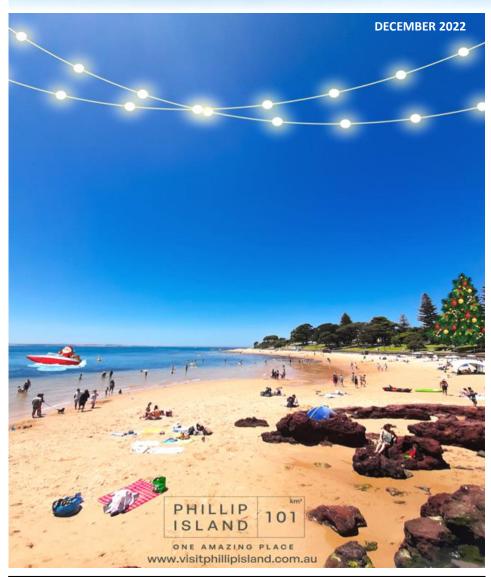
PHILLIP ISLAND VIBE

phillipislandvibe@outlook.com

P: 0407 266 271

www.phillipislandvibe.com.au





Merry Christmas to all of our valued readers, contributors and distributors. It's been great to have tourists and major events back at the Island and with Christmas on our doorstep, we now have the opportunity to shop local this Christmas and support our local traders. Thanks to Destination Phillip Island for this festive front page photo.



Sorohan Plumbing



Your plumbing maintenance specialists

Phone Dave 0487 921113

sorohanplumbing@iinet.net.au





4 WAGYU FOR \$48

 Grass Fed and Free Range Meat Available •Speciality Tassie Scallop Pies • English Produce

Open Monday to Friday 9am till 5.30pm Saturday and Sunday 9am till 4pm

35 Coghlan Road, Cowes 0409 817209

SUMMER SPECIAL

Supply and installation of a 7kw
Panasonic reverse cycle inverter split system
Fully installed only \$2490* plus gst

*Conditons apply



Call us on 1800 931 631

Our local, friendly and experienced team specialise in installation of heating and cooling systems



A haven for growth and belonging

We nurture the whole child academically, physically and emotionally.

Hearts and minds. This approach helps children build a foundation of inner confidence and respect to ground them through adult life.

Limited places
AVAILABLE FOR 2023

Come and find out more about our Junior School.

Please contact our registrar Belinda Manning.

T 03 5956 7505 belinda.manning@newhavencol.vic.edu 1770 Phillip Island Road, Phillip Island, Victoria 3923

IN QUIETNESS AND CONFIDENCE SHALL BE YOUR STRENGTH



HAVE YOU HEARD ABOUT SMART CONTRACTS?

What Is A Contract?

A contract is an agreement between people and/or organisations. Any form of agreement can be encapsulated within the conditions of a contract. Contracts may or may not be in written form.

Written contracts are typically drawn up by a lawyer, and in many cases these contracts run for several pages in length. We all come across written contracts in our daily lives. For example we sign a contract when we purchase a mobile phone, a motor car or real estate.

Contracts rely on trust between the parties to follow through with the agreed outcomes.

What Is A Smart Contract?

A smart contract is an automated computer program that executes transactions without the need for an intermediary. The program runs when predetermined conditions are met.

As an example, a multi-national company with employees spread over 20 or more countries, could pay all employees in one single transaction using a smart contract. The smart contract would already know the weekly pay rate, the hours worked, the superannuation contributions, fringe benefit adjustments, overtime worked and any other allowances. Other examples include financial purposes like investing, borrowing, and lending. There are a host of applications in healthcare, gaming, and real estate.

Smart contracts run on decentralised blockchains. This means that the parties interacting with the smart contracts can verify the code themselves and trust that it will be free from manipulation.

Supporting smart contracts is an ecosystem of platforms that enables developers and users to interact with smart contracts, digital assets, and decentralised applications. Ethereum (ETH) is the largest smart contract platform. ETH is a cryptocurrency and investors can buy and sell their investments using a digital exchange. In Australia, we have a number of digital exchanges. One of the most visible cryptocurrency exchanges is Brisbane based, Swyftx, who sponsor a football team and a motor racing team.

Smart Contracts Do Have Limitations

Smart contracts involve a single blockchain and a single shared network. In effect this means that smart contracts cannot be scaled and cannot share information with several networks.

While smart contracts eliminate the need for lawyers and other intermediaries, the parties involved need to understand the full implications of private, public, criminal, and commercial law. There are concerns expressed by lawyers that a smart contract does not provide for flexibility that is built into many legal contracts. It is not unusual to find the following terms used in a legal contract; 'good faith', 'best efforts' and 'reasonable'. These terms may provide for flexibility. Smart contracts by design aim to

eliminate third party participation. However, third parties will need to be consulted by the developers that set up smart contracts and smart contract platforms. There is apparently, a lack of security audits that run on particular platforms. To audit a smart contract, the auditor will need to have above average technical skills. These skills are arguably well above the capabilities of common investors and end-users.

What Are The Benefits Of A Smart Contract?

- Smart contracts remove the need for trust. No human intervention is needed because the contract execution is automatic when the contract conditions are realised.
- The outcomes are always predictable. By way of contrast, a
 written legal contract can in some cases be interpreted by two
 different judges differently. There are no different
 interpretations in a smart contract.
- A smart contract on a public blockchain is on public record, and the outcomes can be audited and tracked. For example, you can check to see that someone has paid you.
- Privacy protection can be built into a smart contract because your transactions are tied to a unique cryptographic address, not your identity.

What Can Smart Contracts Do?

Smart contracts can perform computations, store data, create currency, mint non fungible tokens, send communications and even create graphics. Here are a few examples:

- 'Stablecoins' are cryptocurrencies where the price is designed to be pegged to the value of a reference asset, such as gold, the US Dollar, oil or even real estate.
- Decentralised gaming provides players with the opportunity to compete in daily challenges, play poker and receive free chips.
- Create and distribute digital assets such as Bitcoin and Ethereum, which people invest in, and trade when markets rise or fall.

Disclaimer: Cryptocurrency is Global, Volatile, Poorly Regulated, and Invisible.

Owen Weeks, director & registered tax agent, Lifestyle Matters Pty Ltd, FIPA, Hon FASFA, and author of 'Invisible Investing - Taking the mystery out of cryptocurrency investing' which is available on Amazon eBooks.





ALL TYPES OF CLEANING ALONG WITH A SERVICED LAUNDRY

- All laundry needs Pick up and delivery Doona, protector,
 pillow top protectors Pet bedding & horse rugs Air BNB linen
 - Tea towels for restuarants daily service if required
 - · Hired linen and event linen

Phone 0417 150 566 islandpremiumlaundry.com.au Factory 3, 17-19 The Concourse, Cowes

ISLAND ELECTRICAL MAINTENANCE

Lights gone out? No power?
Safety switch tripping?
No hot water?
For prompt & reliable service
Call Dave on 0409 435 207

R.E.C. 20993



QUALIFIED AUTOMOTIVE MECHANIC

McHenry Motors is a highly reputable and trustworthy automotive workshop in Cowes with a loyal client base and strong following.

We are looking for an experienced qualifed automotive mechanic to join the team. What we look for in the ideal candidate:

- Fully qualified with a minimum Australian Cert 111 in Light Automotive Strong experience in the Australian automotive trade
- Holds a manual Victorian licence Strong diagnostic and repair abilities • Capable to work autonomously and take iniative
 - · Confident in decision making · Great communication skills
- Team player Multi skilled Reliable and punctual Basic admin skills i.e. take phone calls and bookings, speak to customers.

What we offer:

- Full time position Monday to Friday with work from 8am-5pm NO WEEKENDS • Above award remuneration • Professional and supportive family run business • Clean and spacious workshop
- Diverse work ranging from classic car restoration to the latest makes and models

If this sounds like the job for you, please email your cover letter with a resume to finance@mchenrymotors.com.au

Thank you for your interest, we look forward to hearing from you!

Phillip Island Business Network

The Phillip Island Business Network has had a very productive year, with nine fantastic events on our calendar including:

- Business event with Totally Renewable Phillip Island hosted by Rhyll Wild Food Farm
- Member Dinner hosted by Westernport Water
- Social Event hosted by Dimples Lounge Bar
- Three Wellbeing Events hosted at Ramada and Phillip Island Nature Parks
- AGM and social event hosted by Hotel Phillip Island
- Members' Morning Tea hosted by Phillip Island
 Nature Parks and Create Catering
- Christmas Party hosted by Wildlife Coast Cruises and North Pier Hotel

Our members have told us that Networking with other members is a key benefit of membership and therefore these events have been a great avenue to allow our members to come together and meet new people, learn and share ideas.

As we are closing out 2022, we thank all our members and the broader Phillip Island Community for your continued support of one another and the Business Network model. We believe that strong communities can achieve great things when working together and in support of one another. If you haven't visited the PIBN website recently, I encourage you to do so, and in particular to become familiar with our members and the services they offer collectively - in our 'Member Directory' area.

Phillip Island Business Network

- Tradespeople
- Restaurants
- Professional Services
- Accommodation
 - Attractions



Find professional, local businesses listed in the Phillip Island Business Directory: www.pibn.com.au/directory



https://www.facebook.com/phillipislandbusinessnetwork



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

MURDER AT THE POKER TABLE

Inspector Jack Flint of the Cowes constabulary stood in the hotel suite, gazing down at the body of Bugsy Ferret.

"He was a card sharp," the Inspector told the hotel manager. "Bugsy preyed on tourists. He'd lure them

check 'em out."



to a hotel, start a friendly poker game, and take them to the cleaners. I guess someone came back this time and took Bugsy." Bugsy lay sprawled amid a carpet of scattered playing cards and a bottle of Blush gin. He'd been stabbed in the chest.

"Looks like he didn't die right away," said Leroy, Phillip Island's super amateur sleuth who, as usual in a probable homicide, had accompanied the Police Inspector, to the crime scene, as he pointed to the five cards held in the victim's stiff grip. All diamonds. "Maybe he was trying to tell us something." "We've got our suspects," came a voice from the bedroom. Inspector Jack Flint, holding a handwritten list. "Benny King, Jack Lawrence, Joe Blush, Alan Spade. He listed their hotels, too. Let's

The Reverend Benny King denied knowing Bugsy and vehemently denied ever playing poker. "My parishioners know I would never risk their money - or mine - in such a sinful pursuit. I don't know how my name got on that list."

Jack Lawrence told a different story. "Sure, King was there. And Al Spade and Joe Flush. The four of us first met yesterday at a hotel bar. We got to talking about cards and this Ferret character talked us into a game. Hey, you live and learn." Maybe stick to watching the World Soccer Champs in Qatar on TV drinking non-alcoholic beer, it's safer", attempting a weak touch of levity.

Alan Spade was a tad more sanguine. "He was a stinking cheat and he deserved to die. I was livid, but we all paid up and we left the rat in one piece. Someone must've come back, but it wasn't me." Joseph Blush, an English professor, seemed an unlikely gambler. "At first, we all won our share. But as the evening progressed, we lost more. I don't suppose you can give me my money back." The police assured him that no money had been found in Bugsy Ferret's suite.

"We should bring one of them in for questioning," Leroy said after the final interview. He added, ruefully "There is no sympathy in poker. Always keep cool, they say. If you lose your head, you will lose all your chips, and for Bugsy it was a case of running out of chips." The inspector smiled ruefully at his friend's musings, anxious to hear who Leroy had fingered and why.

Well, readers of the Vibe, can you keep your head find the clues? Which card player did Leroy suspect and why? Check page 26 for the solution.



When you know what to say, but don't know how to say it outsource to a professional copywriter

Words are my business

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



Simone Bowers 0409 166 654

www.thewritetrack.com.au

20% OFF SHOES 4 DAYS ONLY

RIEKER - TAOS -CABELLO BUENO -STEGMANN JOSEF SEIBEL - EOS - NEW BALANCE - ZETA -SALA - VIA NOVA ARCOPEDICO - CASINI PROPET' - KROTEN **ALFIE & EVIE**

20% OFF ALL OUR FAMOUS **FOOTWEAR BRANDS**

ALL LEATHER BAGS **AND WALLETS**

ALREADY REDUCED STOCK

Friday, December 2 to Monday, December 5 ISLAND SHOES 134 THOMPSON AVENUE, COWES 5952 2515



Healthy and Healing with Pip

It's okay to be of service, but not in servitude.

At this time of year I talk to a lot of people who are struggling with guilt, obligations and expectations.

Ahhh yes, I believe the heaviest word in the English language is ... SHOULD! Closely followed by ... HAD TO!

One of my Contemporary Goddess friend's recently shared (in one sentence) that she HAD to go here and there, and she SHOULD pick up this and that, and then, in the next breath said how deeply tired she felt.

I said: "No wonder ... you're exhausted."

So many of my Contemporary Goddess clients are feeling obligated, expected, and buried in "I should".

Is that you too?

You are not alone my friend.

The truth is that you've been conditioned so perfectly since birth. Most women have. Somewhere along the line, instead of embracing and honouring the nurturing side of women, it's been skewed to serve everyone except us. And until we are aware of this, we cannot begin to take back our power.

Women have been taught that:

- It's better to put your needs last.
- It's necessary to prioritise your partner, your kids, your boss, and your friends.
- It's easier to do what everyone else wants, so they're happy.

And I ask youtime-out, the space to rest, the quiet moments, the filling your own cup, the heart-healing time, the spiritual reconnection, the ... Goddess, where, in your list of 'things to do' is the meeting of your Soul-Self, the tapping into your intuition, the

DECEMBER GIG GUIDE FRIDAY 2ND SATURDAY 3RD SUNDAY 4TH The Mark mogen **Hoodoo Men Howard** FRIDAY 9TH SATURDAY 10TH SUNDAY 11TH No Promises Dale Aaron Chaston Gannon FRIDAY 16TH SATURDAY 17TH SUNDAY 18TH Done n Hughes SATURDAY 24TH FRIDAY 23RD Mick Sita FRIDAY 30TH SATURDAY 31ST Millie NYE Clifton ONES Ticketed event

care moments, or the permission to "un-should".

Now, I'm not saying that you completely switch to a self-focused life. Sure ... you will enjoy it for a minute, but there is a delightful gratification in serving others. But only if you are serving and not in servitude.

Obligation and expectation are the opposite of love. Whether it's loving yourself or loving others. If there is an undercurrent of SHOULD that will taint the situation or the relationship with resentment. And no-one really wants to have love with a side of resentment.

That's not satisfying or fulfilling. That's not serving anyone well.

So, what can you do about it? Being aware that you have resentful, angry, frustrated feelings is step one. There is a power in being awake to your unhealthy behaviours. Once you know you cannot un-know. That'll give you the leverage to make changes.

Finding someone safe to share your truth and look at possibilities for steps forward. Note: the key here is 'someone safe', a coach, counsellor, therapist, doctor. Be discerning about who you talk to.

Putting 1 or 2 self-care rituals into your daily schedule, so that you are recharged and in the best possible state to do what needs to be done. This is the essence of self-love that will sustain you from within and remove the bitter taste of resentment.

As a Contemporary Goddess, you know deep in your Soul that you can't keep living in this land of obligation and expectation because it's slowly killing you. Right?

It's safe for you to say 'no more shoulds'!

It's safe for you to speak the truth.

It's safe for you to call back your power.

It's safe for you to take care of yourself.

If you need some help with this process of calling out the SHOULDS during the holidays and stepping back into your power, just send me an email to book in a complimentary Divine Discovery call.

Email: pipcoleman@yahoo.com.au

Blessings Pip

p.s. The Divine Alignment Coaching program is open now ... it's tailor-made for Contemporary Goddesses ... check it out:

https://pipcoleman.com/the-divine-alignment-coaching-program/



PHILLIP ISLAND HOUSE CLEANING & LAWN MOWING SERVICE

- Trusted & reliable
 - Fully insured

Call Julie for a FREE quote 0402 606 275

Reclaim your free time & let us do the hard work for you



DOLLARS AND SENSE BY DAVID WELLS

Investments – Why you should use both a Financial Planner and an Investment Adviser

When it comes to investing, many people get confused with the role of a financial planner and that of an investment adviser, thinking that they are one and the same but they are not. Recently the Stockbroker Association, of which I am a Master, changed its name to the Stockbrokers and Investment Advisers Association to reflect this difference between share brokers and financial planners. Believe me, while you can get one person who does both, the roles are very, very different. Getting the mix wrong can have severe effects on the financial outcome.

In a financial planning degree for instance, from experience, about 4% covers investing as a subject and the balance covers planning, structures economics, superannuation and general subjects, such as client engagement. Qualifying as a share broker now requires a financial planning degree (or equivalent) and then the equivalent of 25% again specialising in equities education, ethics and learning. In years past it took 10 years experience and an in-depth knowledge of securities law, regulation and supervision before a person was even allowed to use the term "Stock Broker". Unfortunately, with all the new education rules that has changed.

The real difference is about what each does as a primary focus. There are some brokers (such as me) who are also qualified planners and there are some planners that could have been called share advisers but not many of either. So, what's the difference? Planners are concerned with financial pathways to the future for their clients. They look at what the client needs to achieve and what is the best structure and organization of a client's investment to achieve those ends. Then they look at what asset allocation may be needed to achieve that. This is usually based on third party advice from organizations which lay out how much should be allocated to local shares, international equities, fixed interest (local and international) or property and the like. In doing all this they will analyse the risk profile and clients' objectives to ensure the plan is appropriate. Then they look at whether it should be in superannuation or outside super.

Does the client need to protect all this with life insurance, income protection (that's always "yes") and then how to fund it all. How will the client fund all this? This is a most important process and it's worth paying for as it's really an investment in itself. You can see, though, that none of this is actually investing - it's all planning. It is developed by a planning professional. A share broker on the other hand is all about investing. They are an investment

professional and may never do any planning at all. The client has some funds to invest and is looking at the share market. The share broker will try and pick the best portfolio for the client that's in line with the risk profile and objectives and help the client manage the portfolio over time. In Australia suitably qualified brokers can advise on Australian equities, International Equities, Fixed Interest (here and overseas), Exchange Traded Funds (ETF's), Options, Warrants, Separately Managed Accounts (SMA) and even Managed Funds. Like planners they can also take on discretionary management of investments within their qualifications. The difference is that they are focussing (usually) solely on investing and therefore generally are more aware and do it (again, usually) better.

The other real difference is in costs. A full financial planning Statement of Advice (SOA) may cost several thousand dollars due to the amount of time it should take to do a comprehensive plan that covers all of a client's needs. Usually an equity SOA is free. A planner will also usually charge an ongoing fee for reviews and assistance. Unless a broker has taken on a management role there is no ongoing costs unless the investments are product based such as SMAs. A share broker will charge brokerage on any transactions and then there's no charge until the next transaction. Some brokers may instead charge a flat annual fee and then either no or minimal brokerage but this is not standard. Many people who bought CSL in 1992 have seen the value go from 75c to nearly \$300 and have never paid their share broker a penny because it was a new issue.

A share broker can get his client any type of approved investment directly or as close to directly as possible and charge considerably less than a planner whereas a planner may need to use an investment firm to get the shares.

The saying I use to illustrate this is that as a broker and a planner, I plan better than a broker and I invest better than a planner. The same would be said for any competent broker/planner. The truth of the matter is that we should all use a planner and then take the advice along to an investment adviser and ask them to implement it, not let a planner send your money off to a fund manager to invest. Use the planner to plan, by all means, but leave the investment part of the process to the investment professional. Using a broker to invest is always cheaper for the same investments than using a fund manager.

I hope you have a safe, happy and peaceful Christmas surrounded by those who care and that you New Year is safe and prosperous, too. Stay well.

Your local share broker and adviser

- Do you have Managed Funds either in or out of your Self Managed Super Funds?
- Do you want an investment for your children or grandchildren?

Available for appointments in Melbourne, Warragul or wherever you prefer. Call me to discuss investment alternatives that could really work for you.



David Wells MSAA Senior Investment Adviser

Shaw and Partners Level 36, 120 Collins Street Melbourne VIC 3000

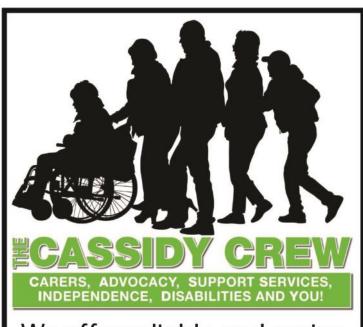
Telephone: 03 9268 1157 Mobile: 0414 234 770

dwells@shawandpartners.com.au

Wealth Management | Global Investing | Portfolio Management | Investment Advice for SMSFs

Your partners in building and preserving wealth www.shawandpartners.com.au AFSL 236048

Shawand Partners



We offer reliable and caring NDIS PACKAGE SUPPORT CO-ORDINATION

Due to an expanded workforce we now have availability in your area.

to Pakenham including
Bass Coast

Enquire now on 1800 601020

HEAD OFFICE LOCATED AT: 126 North Road, Warragul

MONTHLY NEWS UPDATE FROM THE PHILLIP ISLAND SENIOR CITIZENS CLUB



HO HO HO and Merry Christmas. What a fabulous year we have had at the Phillip Island Senior Citizens Club.

Twelve lunches in a row. Woohoo! We have been excited every month we've been able to have our lunches. Our members have been so happy to return to normal. We're not out of the woods totally regarding Covid just yet, but we are cautious for our members as they are the most important people in our world. Please take care everyone.

But enough of doom and gloom. Let's get back to the celebratinghaving 12 lunches in a row month after month.

The fact that our community have been above and beyond in supporting our club by way of vouchers etc. We as a club are truly grateful for your generosity and support during these very difficult financial times. We know you do it tough and yet you still chose to support us and our members with vouchers to raffle off each lunch. To us and our members, you are legends, you are heroes, you are in all our hearts for showing your caring nature and kindness, from all of us (including our members), we give you the biggest hugs and the very best of wishes for the future.

And just to show our appreciation once again, please give the biggest round of applause for the following businesses who have supported the Phillip Island Senior Citizens Club both throughout the year and at special occasions for our club:

Phil and Konnie and all the staff at IGA, Ladasha Jewellers, Aaron and Jareth at The Tipsy Cowe, RSL, Penny Lane, Nats Rustic Fish and Chips, Beand, The Lazy Wave, Coles, Woolies, Rohan at Heard of Cowes Butcher, Paul Joseph and Simon at Hill Top Farm Meats, David Cassells and all staff at Cowes Vets, Priceline, Terry White Pharmacy, Chris and Richard at Anerie, BP, Waterboy Café, G'day Tiger, Island Foods, Grazing Phillip Island, Ocean Reach Brewery, Pika Sushi, Panny's Chocolate Factory, Vicki at The Phillip Island Vibe, Joy Sherriff for buying wine for raffles, Turn the Page Bookshop, Hayley at H-bomb Barber, Kelly at Bass Strait Direct, Aussie Outdoor Emporium, Christine Slavin at Bassine Cheeses, Bakers Delight, Cafe Di LeCtable, One Stop Discount Shop and Anything Goes.

From all of us at the Phillip Island Senior Citizens Club, both committee and members, we wish you a very happy Christmas and a fabulous new year. Stay safe and enjoy summer (if and/or when it ever arrives



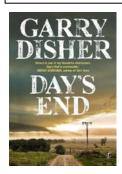
Book Reviews

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

Season's Greetings to all and thank-you to our customers for their support. Brendan and Kylie.

Telephone: 5952 1444 Email: info@turnthepagebookshop.com.au

Facebook: Turn the Page Bookshop Website: https://www.turnthepagebookshop.com.au/



DAYS END

BY GARRY DISHER

Price: RRP \$32.99

(10% discount to registered

customers)

Day's End is the next in the Australian rural crime series by critically acclaimed author Garry Disher, featuring beloved local copper Hirsch.

Hirsch's rural beat is wide. Daybreak to day's end, dirt roads and dust. Every problem that besets small towns and isolated properties, from unlicensed driving to arson.

In the time of the virus, Hirsch is seeing stresses heightened and social divisions cracking wide open. His own tolerance under strain; people getting close to the edge.

Today he's driving an international visitor around - Janne Van Sant, whose backpacker son went missing while the borders were closed. They're checking out his last photo site, his last employer. A feeling that the stories don't quite add up.

Then a call comes in- a roadside fire. Nothing much-a suitcase soaked in diesel and set alight-but two noteworthy facts emerge. Janne knows more than Hirsch about forensic evidence. And the body in the suitcase is not her son's.



GOING ROGUE

BY JANET EVANOVICH

Price: RRP \$29.99 (10% discount to registered customers)

THE NEW YORK TIMES BESTSELLER

Stephanie Plum breaks the rules, flirts with disaster, and shows who's boss in the latest smash hit from No. 1 New York Times bestselling author Janet Evanovich. Monday mornings aren't supposed to be fun, but they should be predictable. However, on this particular Monday, Stephanie Plum knows that something is amiss when she turns up for work at Vinnie's Bail Bonds to find that longtime office manager Connie Rosolli, who is as reliable as the tides in Atlantic City, hasn't shown up. Stephanie's worst fears are confirmed when she gets a call from Connie's abductor. He says he will only release her in exchange for a mysterious coin that a recently murdered man left as collateral for his bail. Unfortunately, this coin, which should be in the office - just like Connie -is nowhere to be found. The quest to discover the coin, learn its value, and save Connie will require the help of Stephanie's Grandma Mazur, her best pal Lula, her boyfriend Morelli, and hunky security expert Ranger. As they get closer to unravelling the reasons behind Connie's kidnapping, Connie's captor grows more threatening, and soon Stephanie has no choice but to throw caution to the wind, follow her instincts, and go rogue. She is more shocked by the results than anyone. Full of surprises, thrills, and humour, Going Rogue reveals a new side of Stephanie Plum, and shows Janet Evanovich at her scorching, riotous best. Praise for Janet Evanovich's Stephanie Plum novels 'A laugh-out-loud page-turner' Heat 'Plum remains outspoken, brave, and definitely one-of-a-kind... a hilariously madcap, action-packed caper filled with crazy twists and some nail-biting suspense' Booklist (starred review) 'Romantic and gripping' Good Housekeeping.



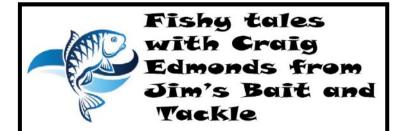
Security Doors & Fly Screens The Island's Best Quality at the Lowest Price, Guaranteed...

- Custom Made & Locally Repaired -

OCKSMITH - 5952 5552

"Proudly Securing the Island Community Since 1996"

www.phillipislandonline.com



From the most unsettled couple of years with covid to one of the most unsettled Novembers I can remember, it's certainly been challenging for anybody in business. While we have been wet here it's nothing compared to those in the flood areas, especially those who have been flooded more than once, Something we can only guess what's it's like. We can't do a whole lot about it so we just move on and wait for opportunities to come along and they will.

I think we will find that regardless of what the weather does now, we will just have a different season, not a lack of fish, but just a challenge every time you head out because of the everchanging temperatures. From the reports we are getting there isn't a lack of fish, both numbers or quality and most have found them not far from where they would expect for this time of the year.

The unsettled weather, minimal opportunity and inconsistency has made it very difficult to get any sort of read on what the snapper are doing. On a normal year in November there is always a line of lights towards Elizabeth Island in the evenings and it's easy to get a pattern on where the fish are moving but this year with one fishing day every seven days or so it's like the start of the season every time you go out trying to find them. The snapper reported this season so far have been a real mix of sizes, from those undersize to snapper as big as 11kg and from many different spots with the only thing consistent through almost all the reports, squid or pilchards for bait.



Copyright © 2022 Phillip Island Vibe
This edition is copyright. Apart from any use permitted under the
Copyright Act 1968, no part may be reproduced by any process,
nor may any other exclusive right be exercised, without the

Whiting have been a little more consistent in sizes with very little difference in the first fish you catch to the last you catch. It has still been a challenge to find them, although the reports are suggesting they are closer to where you would expect to find them. We went through a few weeks a couple of months ago where we started to see some smaller ones showing up mixed in with the bigger ones but the reports recently show that has changed and they seem to have separated again. The consistency has definitely been better than the snapper despite not always being able to find a bag of fish, I guess if you take home ten 40cm plus ones that's not a bad day on the water. The very expensive and quickly becoming elusive again pippies are becoming the third choice for many with squid and pilchards the preferred. Peeled prawns aren't that far behind either. Calamari, like the whiting have been good and not hitting the "I got 10 easy" mark but the quality has made up for the lack of numbers. It's still a mixture of baited and artificial jigs and neither seem to be that much better. Colour is also a bit of an unknown, not that it's ever easily worked out but we have seen some different colours more popular lately - purples, yellows and greens. Boats will normally have the advantage over the land based anglers but because of the weather this year it's not that far apart, from the beaches anyway. Jetties have been slower because of the weed from what we have been told.

Mel and Amanda together with the WIRF ran another successful talk at the shop for ladies with almost 30 attending for a fun night and information on snapper fishing. They will be having another night before Christmas and its open to ladies of all ages and abilities. Just keep an eye on our Facebook page for more information.

Lastly from Mel and myself, we would like to wish all our customers a safe and enjoyable Christmas and New Year and thank everyone for their support over the last 12 months with the shop move and the challenges that have come with that. We have increased our stock variety by around 30% since the move and we have plans to go even further in the new year but the best way we can continue to grow is from your feedback letting us know what you need. We will go into our early opening and late closing once we get to Christmas and for everything that's happening keep an eye on our social media, Facebook and Instagram for up-to-date info.



Anglican Christmas Services

CHRISTMAS EVE December 24th
5pm St Augustine's, San Remo - Family Service with Carols
5pm Parish Hall, Cowes - Family Service with Carols
7.3opm St Paul's, Bass - Holy Communion with Carols
11.3opm St Philip's, Cowes - Midnight Mass
CHRISTMAS DAY December 25th
8am St Augustine's, San Remo - Holy Communion
10am St Philip's, Cowes - Holy Communion
www.anglicanparishbassphillipisland.org

Wonthaggi & Leongatha Mitsubishi

If you're in the market for a New or Pre-Owned Mitsubishi, Wonthaggi & Leongatha Mitsubishi have you covered. From sales, service to parts, no matter what it is, you can be sure our team can do it.







WONTHAGGI MITSUBISHI | 342 Bass Highway, Wonthaggi, VIC 3995 | (03) 5672 1122 www.wonthaggimitsubishi.com.au

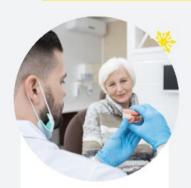
LEONGATHA MITSUBISHI 1 Hughes St, Leongatha, VIC 3953 (03) 5662 4088 www.leongathamitsubishi.com.au

*Conditions apply. 10 Year/200,000km New Car Warranty [whichever occurs first and when all scheduled services are completed at a Mitsubishi Dealership or Authorised PHEV Mitsubishi Dealer for PHEV vehicles]. 10 Year/150,000km Capped Price Servicing [whichever occurs first]. Includes the first 10 regular services (at 15,000km/12 month scheduled intervals). Some items excluded or subject to separate warranty. PHEV main power (traction) battery is warranted for 8 years or 160,000km [whichever occurs first]. Any non-regular service/repair items are at an additional cost, servicing must be completed by a Mitsubishi Dealer within 7,500kms or 6 months of the service due date. Valid from date of vehicle registration. Excludes Government, Rental and National Business customers.

@Mitsubishi Motors Australia Limited. ABN 53 007 870 395. LMCT 8179



HOLIDAY OFFER WHITENING HOME KIT AND CHECK & CLEAN



Dentures
FREE
CONSULTATION



Veneers FREE CONSULTATION



Wisdom Teeth FREE CONSULTATION



Check and Clean \$149

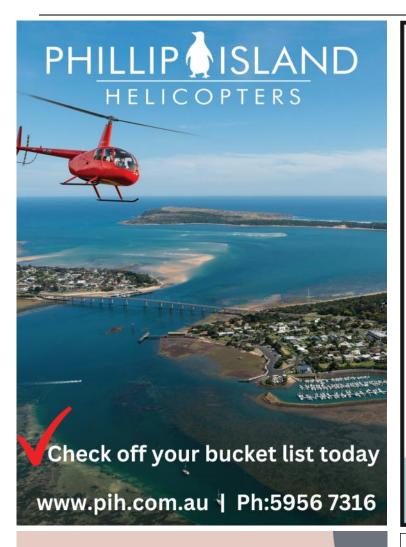
A better life starts with a beautiful smile

BOOK YOUR APPOINTMENT NOW

Shop 3,209-213 Settlement Rd, Cowes

www.phillipislanddental.com.au







"Everything we touch turns to sold"

Local agents working with local people



Leanne 0437 441 127
Natalie 0483 056 187
Fiona 0499 889 588

Call us for results that will move you

Leanne Poulton

REAL ESTATE EXECUTIVE





- Beginner & intermediate reformer classes
- Small group classes
- Casual classes
- Purchase class packs
- Private Classes

For enquiries please email Jacqui at info@capepilates.com.au www.capepilates.com.au

@capepilates







MLP Building Pty Ltd - Registered Building Practitioners DB-U 44011



HONESTY - INTEGRITY - RELIABILITY HIGHEST QUALITY WORKMANSHIP

Custom Build - Extensions - New Home Construction - Decking - Verandahs - Home Theatres - Commercial Fit-Out

We cover ALL of your Residential Building, Construction & Carpentry needs & <u>ALL</u> Trades are covered including Electrical, Plumbing, Plastering, Painting & much more......

CONTACT US TODAY FOR A FREE, NO OBLIGATION QUOTE!

Contact Matthew Pollard direct; (M) 0411 387 407 (e) <u>mlpbuilding550@gmail.com</u>

*Check us out on Instagram @'mlpbuilding'



Let's get cooking

Simple and delicious recipes from Paul at Hill Top Farm Butchers

Traditional Glazed

Xmas Ham

WHAT YOU NEED:

Packet of Cloves

Jar Orange Marmalade

Jar Grained Mustard

100g Brown Sugar

100g Maple Syrup



Remove skin from the ham with a sharp knife. Make thin cuts in the fat on a diagonal line then the other way to form diamonds. Push a clove in the centre of the cuts.

Mix marmalade, mustard, maple syrup and brown sugar in a pan. Bring to the boil then brush over the ham and place in 160 to 170 oven bake for an hour. Every 15 minutes brush glaze over the ham. Remove when ham is brown and shiny. Leave to cool. You can eat hot or cold. Keep the ham in a ham bag in fridge and will keep for round 1 to 2 weeks.



COUNTRY TO COAST LOW COMMISSION, GREAT SERVICE



Simone Bowers LICENSED REAL ESTATE AGENT 0409 166 654

HAPPY CHRISTMAS AND **NEW YEAR TO ALL**

simonebowers@oneagency.com.au oneagencycountrytocoast.com.au

LOCAL PRODUCE AT ITS BEST.

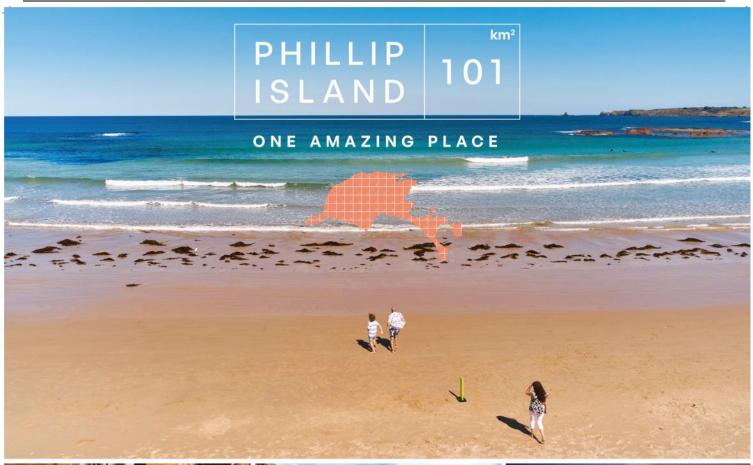
We offer an extensive range of fresh fruit and vegetables, local products, local and international cheese selection, on-site butchers, a fully stocked deli and bottle show

facebook.com/sanremosupermarket



Disability support group

Brianna Matthews, from Gippsland Disability Advocacy, is seeking expressions of interest from people who live on the Island with disability. The support group is for people to catch up, information and share support each other. It'll be a friendly space, where food is provided, participants can learn about various topics of concern and make new friends. They really want to hear about what the community wants so the group can get up and running, It'll be cost-free, for anyone over 18 years old. Brianna can be contacted on 0447 033 967.









Welcome to Phillip Island, one amazing place home to 101km2 of extraordinary experiences.

Driving over the bridge from San Remo, you'll feel the pace slow down.

So take a deep breath, switch gears, and let all your worries go - you're in the land of early morning surfs, cruisy pub lunches, late arvo beach walks and sunset beers with a view.

With so much on offer, you can do it all - or do nothing at all.

Whether you come for a few days or a week, we can't wait to show you around so you can see what us locals have long known – Phillip Island is one amazing place!

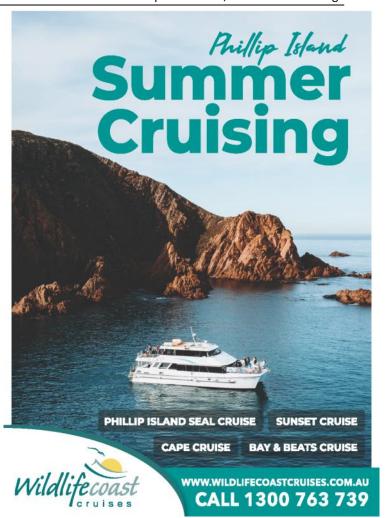
visitphillipisland.com.au

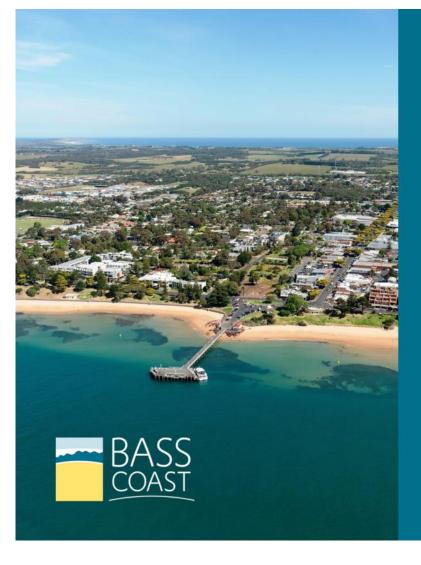


Are you a local business wanting to partner with us? Visit our Industry website www.visitphillipisland.com.au/destination-phillipisland



authorised by Russell Broadbent MP, Liberal Party of Australia, 46C Albert Street, Warragul, VIC, 3820





Help keep Bass Coast beautiful.

Learn everything about Council's waste services from recycling rules to bin collection calendars.

Get the latest information and advice for residents and guests.

Visit basscoast.vic.gov.au/waste.

Meet us in-person at Council's visitor information or customer service centres across the shire. Or call 1300 BCOAST (226 278) for free or (03) 5671 2211.



Phillip Island Camera Club—"Making Photography Fun" Creative Flower Photography

Do you enjoy capturing the beauty of flowers? They may be from your own garden, one you visit, or you may just see a beautiful bunch in a shop or market. Flower arrangements may be for a specific occasion, such as a birthday or wedding. Unfortunately, fresh flowers don't last forever, so we often like to take the opportunity to capture them in a photograph when they are at their best.

A few tips for taking images of flowers are choosing your subjects carefully, making sure the lighting is right, finding the best location and walking around the flower/s to capture them from the best angle. You may wish to do some styling before taking the shot by including a vase or container and selecting or arranging a suitable background.

Colleen Johnston, an active member of our club for almost twenty years has a keen interest in using flowers as her subjects for photography and painting. She enjoys growing and sharing her flowers such as poppies, flannel flowers, lilies, cornflowers, and daisies and was a successful exhibitor in this year's Phillip Island World Vision World Vision Flower and Photography Exhibition. Colleen uses a black backdrop between the top and bottom

kitchen cupboards which has the best lighting in her home. This area has good day time (from windows) and night time lighting. The plain black background she uses provides no distractions in the images and it really highlights the form and colours of the flowers. She sets up her Olympus camera on a tripod and usually uses an Olympus lens 14-42mm. Colleen believes that when we give flowers to others, we convey our feelings and when we create art using flowers as our subjects, we can capture the wonderful lines, sensual shapes and their beautiful colours and

Three of Colleen's creative images are shown above right.

Phillip Island Camera Club welcomes new members with all levels of photography. We wish all Vibe readers a very happy Christmas and a safe and enjoyable new year and hope you have fun with your photography!

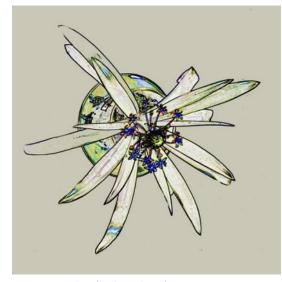
Images are copyright of the photographer and may not be copied or used without permission. If you found this article of interest and would like to find out more go to http://www.phillipislandcameraclub.com.au For more information about the Phillip Island Camera Club phone Jenny on 0408 355130.



Tulips in a vase against the black background, using lighting to bring out the colours of both the flowers and the foliage.



Single poppy with water droplets.



Agapanthus (looking down).



>>> Service & Repairs <<<



EQUIPMENT HIRE FOR THE SUBCONTRACTOR
AND HOMEOWNER

Short & Long term hire available with mechanic onsite for service & repairs

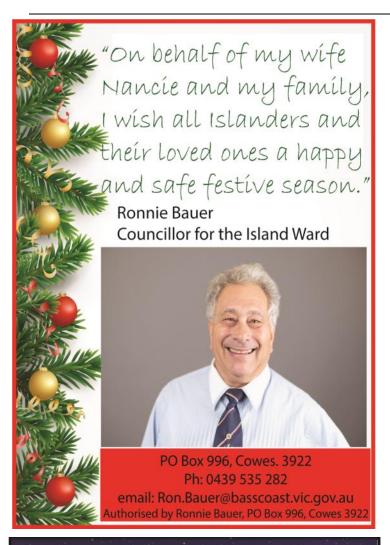
20 The Concourse • Cowes • www.islandequipmenthire.com.au 0417 820 565

Need some help with your mower?

Island Equipment Hire also has a qualified mechanic onsite who not only repairs and services the big stuff but also all small light engine machinery - such as lawn mowers, brush cutters and chainsaws. NO JOB TOO SMALL.

ISLAND EQUIPMENT HIRE

20 The Concourse • Cowes • 0417 820 565 www.islandeguipmenthire.com.au





OPENING HOURS

Friday Dec 23rd - 8.30am - 5pm Saturday Dec 24th - Christmas Eve - 7am - 4pm CLOSED DEC 25, 26 & 27

Wednesday Dec 28th to Friday Dec 30th 8.30am - 5pm New Years Eve - Saturday Dec 31st 7am - 3pm CLOSED JAN 1st & 2nd



We wish you all a very Merry FISH-mas! Thank you for your ongoing support!

24-26 Boys Home Road, Newhaven Ph 5956 7980

WHERE CAN I WALK MY DOG

In all public places in Bass Coast dogs must be on a lead at all times, unless in a designated off-leash area. There are regular patrols to make sure that dogs are registered and on a leash.

Under Local Law, a person in charge of any animal on Council land must carry a bag (or other container) to clean up after their animal. They must be able to produce the bag or container upon request of any authorised officer.

Off-Leash Area Conditions:

A dog may be exercised off a chain, cord or leash in any of the following off-leash areas if the owner of the dog:

- · carries a chain, cord or leash
- has at all times effective voice control of the dog and is able to
 place the dog under effective control by means of a chain, cord or
 leash immediately if necessary
- does not allow the dog to attack a person or animal or rush at a person
- always keeps the dog in sight

If within 20 metres of an organised sporting or practice event, a playground area or a permanent barbecue or picnic area, dogs must be on a chain, cord or leash.

Off-Leash Area - Phillip Island

If a dog is off a chain, cord or leash in a Designated Dog Off-leash Area, it must be brought under effective control by the owner by means of chain, cord or leash if it is within fifty metres of a signed threatened species wildlife refuge area.

Ventnor Beach area between Graydens Road and Ventnor Beach Road - dogs are allowed off-leash at all times

Cape Woolamai Beach (Cleeland Bight) between Palm Beach Avenue access track 350m south to Southport Avenue access track - seasonal restrictions apply: dogs on-leash 1 Dec- 31 Jan and Easter school holidays 9am-6pm: off leash all other times.

Cowes West beach between Yacht Club access track to approximately 50 metres short of the Cowes Anderson Boat Ramp - Designated off leash area seasonal restrictions apply: dogs on-leash 1 Dec- 31 Jan and Easter school holidays 9am-6pm: off leash all other times

Blue Gum Reserve, Dunsmore Road, Cowes

Dog Restrictions

Dogs are not permitted on the following beaches from 1 December to 30 April each year (inclusive) between 8.00pm to 7.00am and 10.00am to 5.00pm.

Cape Woolamai Safety Beach (southern end of The Esplanade to Cleeland Road)

All northern beaches from Ventnor to the eastern most part of Silverleaves with the exception of Cowes Main Beach (Mussel Rocks to Erehwon Point) where dogs are prohibited at all times Rhyll Beach (McIllwraith Road to Hastings Street)

Phillip Island Nature Parks

Phillip Island Nature Parks manages 1805 hectares of flora and fauna reserves including about 60 per cent of beaches on Phillip Island. In most of the reserves and beaches there are no dogs allowed at anytime for the protection of native wildlife and for the amenity of visitors. There are however some beaches where dogs are permitted on-leash, for example: Devon Avenue Ventnor, YCW and Smiths Beach, Surf Beach and the Colonnades, with summer restrictions in line with the Council managed beaches.

SPRING SALE



Split green firewood

\$150 per mtr

plus delivery (minimum order one metre)

Ready to burn **DRY**

split redgum \$330 per cubic mtr plus delivery





Garden Mulch \$65 per mtr plus delivery

- TREE PRUNING & REMOVAL TREE REPORTS
 - STUMP REMOVAL
 ON SITE MULCHING
 - GARDEN MAKEOVERS TIMBER SLABS

All services provided by a Certified IV Qualified Arborist Servicing Phillip Island and San Remo

Phone Adam Bailey 0427 052 173



Roads, Rates and Rubbish

After heavy rains we often hear (and lodge) complaints about the conditions of our roads, but perhaps we should spare a thought for our forefathers and the conditions they had to endure.



The tracks and trails on Phillip Island were something to behold – and even exist in living memory. The sandy track between Cowes and Rhyll, which was often impassable, was the first item of business to be addressed, when the Phillip Island Roads Board was established in 1871.

If we go back to the 1840s Phillip Island like most of the land around Western Port was mostly occupied by squatters. The squatters on Phillip Island were brothers, William and John McHaffie - on their license to occupy the area, the island was described as 'Waste Lands of the Crown'. The squatters would pay an annual rental to the Crown for their runs, which were large tracts of land used for grazing livestock. Much of the time these runs were defined by geographical features like rivers, hills, and clusters of trees.

Up until the squatters were forced to relinquish their leaseholds to make way for subdivision into farming allotments, the existing roads, which were essentially meandering bush tracks, were not even adequate for the use of a dray. Subdivision of Phillip Island took place in November 1868.

But But once the land was subdivided, the plight of the settlers in regard to traversing these muddy tracks in their carts and wagons, rapidly worsened with the demand for transporting agricultural

goods and the influx of new arrivals into district. Consequently, the demand for properly constructed (earth) roads became more urgent.



There was no quasi-official or governmental body in many districts to oversee road construction or maintenance. To address this issue, the government legislated the creation of district roads boards, which were responsible for levying property owners within their jurisdiction and using the resulting revenue to construct and maintain roads and bridges.

Phillip Islanders first started agitating for the establishment of a Roads Board in 1871.

Acknowledging its urgent need, the Melbourne's Commissioner for Roads and Bridges responded promptly and the Phillip Island Roads Board was established on August 28, 1871. On that date an election was held to choose its six board members – all ratepayers within that district.

Elected were William Sutherland, Solomon West, James Foster (Pres.), George Clyne, Robert Dunn and Robert Goudie. Their first meeting was held at the Isle of Wight Hotel on 15 September 1871. The first item on the agenda was a petition submitted by Thomas Smith and James McIlwraith both from Rhyll, complaining about the condition of the sand road from Rhyll to Cowes.

Over its three years in operation, the Phillip Island Roads Board also enacted what was likely the first local law in the district: the prohibiting of riding on footpaths in Cowes with violators facing prosecution.

The Roads Board's responsibilities did not begin and end with road construction and maintenance. The naming of streets in Cowes was also its responsibility. The main street leading to the jetty was to be called Centre Street (now Thompson Avenue), and the first street to the east of Centre Street was to be called La Trobe Street (now Bass Avenue). During its tenure, the Phillip Island Board also addressed calls from boaters and fishermen for a lighthouse to be built at Tortoise Heads on French Island. The Roads Board used the revenue levied the rates of 1 shilling per pound on the rateable value of all property within its jurisdiction. Mr. Clyne and Mr. Clarke, both locals, performed the appraisals.

In 1874 ratepayers thought that the Roads Board was limited in its capacity to raise the necessary revenue needed for the vast amount road construction required on Phillip Island and felt that the formation of a Shire would be to their advantage - with its ability to borrow the extra funds required.

In order to have wider ranging powers than those limited by being a Roads Board, the residents of the Parish of

Woolamai petitioned the Commissioner for Roads and Bridges to allow for a merger between themselves and the Phillip Island Roads Board and thus be officially recognised as a shire.

The
Commissioner
for Roads and
Bridges
granted the
request, and
the Shire of
Phillip Island
and Woolamai
was consulted





in the Local Government Act No. 358, which was passed on 24 December 1874, becoming law on 1st January 1875.
On 20 January 1875, the Phillip Island Roads Board held its final meeting.
President Solomon West gave the secretary the order "to procure a seal and

all the necessary books and papers for the carrying out" the transitioning from the Phillip Island Roads Board to the Phillip Island & Woolamai Shire.

He then adjourned the Phillip Island Road Board meeting and reconvened it under the auspices of the Shire of Phillip Island and Woolamai to conduct the necessary Shire business. Solomon West was the first President of the newly formed Shire.



Join us!

We protect, promote and share local history. Annual Membership \$30

e: history@waterfront.net.au Phillip Island & District Historical Society



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

newwaveconcreting@icloud.com

STANDOUT RESUME SERVICES AUSTRALIA Resume plus 2 cover letters for \$150

ATS compliant and aligned to the job description

You only pay when 100% satisfied - not before!

The service includes revision, phone chat
and a quick turnaround

We provie unbeatable quality, service and value You won't be disappointed. Treble your chance of an interview.

Contact us: Leon Herbert, Editor
Phone 0402 264 744
E: cvriter@gmail.com Melbourne



PADDOCK TO PLATE



OPENING HOURS: Monday to Friday 8am-5.30pm, Saturday 8am-3pm, Sunday 8am-2pm

PHONE ORDERS TAKEN - EFTPOS AVAILABLE

Jake and Tania McStay, 511 Ventnor Road, Ventnor. Phone 5956 8107



A VERY AUSSIE BBQ COMMUNITY CHRISTMAS

On Christmas Day, December 25th at 12pm 6 Lions Court, Cowes at the Phillip Island Senior Citizens Club Price: \$10 at the door

Hamburgers, sausages and prawns along with salads, bread and pavlova, plus tea, coffee and water. We have a BYO licence so people are welcome to bring their own alcoholic beverage of choice, as long as they bring their own wine glass.

Everyone gets a raffle ticket on the day to win some great vouchers from local businesses.

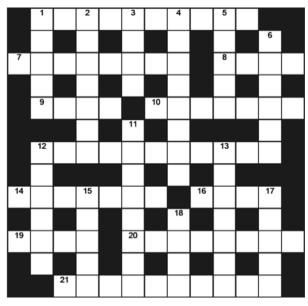
BOOKINGS ARE ESSENTIAL AS NUMBERS ARE LIMITED

Call our Secretary Liza on 0431 867058 as soon as possible to book your place.

This Xmas day lunch is for anyone who is alone or has no family around on the day or similar. This is not for families who have each other on the day.

Brain Food

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



Vibe Quick Crossword

Across		Down			
1	Tempted (10)	1	Implicit (5)		
7	Mistake (8)	2	Innocently (7)		
8	Kind (4)	3	Place (4)		
9	Knots (4)	4	Essential (8)		
10	Plans (7)	5	Consumed (5)		
12	In another world (11)	6	Jumped (6)		
14	Lawlessness (7)	11	Stores (8)		
16	Dirty froth (4)	12	Moves to music (6)		
19	Eager (4)	13	Agitated (7)		
20	Emptying (8)	15	Scope (5)		
21	Anchorman (10)	17	Junior (5)		
		18	Area (4)		

AUSSIE CHRISTMAS TRIVIA QUIZ



1. What was the first song ever broadcast from space? 2. Rolf Harris sang about six white boomers pulling Santa's sleigh through the blazing Aussie sun. What's a

boomer? 3. What spirit is traditionally added to Christmas pudding? 4. Christmas Island has an annual migration of which animal? 5. How do you say Merry Christmas in Spanish? 6. Who stole Christmas? 7. What Christmas tradition began in Melbourne in 1938? 8. Which two famous sporting events begin on Boxing Day? 9. One of Santa's reindeer shares the same name with a different holidays symbol? 10. In the song 'Frosty the Snowman', what made Frosty come to life? 11. What is the highest grossing Christmas movie? 12. What are the names of the three wise men?

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

St Philip's Journey to Bethlehem

Many of you will remember the Bethlehem Spoonville in the grounds of St Philip's Anglican Church, Cowes last year. This year we are preparing six scenes to tell the story of the birth of Jesus. We invite you to come on a "Journey to Bethlehem". So, next time you're in town come and have a wander and a wonder at the story of Jesus' birth as you visit the six scenes dotted around the church grounds.

Our story will be presented with the help of local artists Paul Woodford (who painted the murals on the church hall) and Fernanda Guimareas, using materials donated by various local traders including Mitre 10, Cowes.

The Journey to Bethlehem concludes on Christmas Eve with a 5.00pm service of Carols, readings and prayer as we prepare to celebrate the birth of Jesus this Christmas. We look forward to sharing the hope and joy of the season with you this year.







- Renovations Additions Decks
 - Pergolas Maintenance



Surf news by Ed Amorim @prosurfcoaching_

Making Surfers Better

When you try to improve your surfing you need to trust in three things: #1 - Equipment that will put you where you need to be and get you out of there if you need . #2 - Your personal physical and mental condition. You must be prepared and #3 - Your knowledge to know when to go and when not to and when to take the wave offered to you or to sit it out. Luckily we are here @prosurfcoaching_ to help you be your best.

Extra training

Out side of the water dry training is so important. Even more important than the training you do in the water. Repetitions, corrections, adjustments and muscle memory are some of the benefits you can get from it. Your progress curve will be vertical with solid fundamentals to keep with you for a long time. Part of our surf training on land is mind set preparation before the session, combining local knowledge and safety briefings, making the experience much more positive and complete.

Environmental surfer

Here is a good cause to join in and participate with this fundraiser in Australia. "Save the Koalas" has been organise by environmental scientist Kelly Smiths. Please help to promote it with your family and friends. We can make the difference. Please check out the details: https://chuffed.org/project/94093-the-southern-koala-scat-project-sksp

Feels Good

Time for changes and absorbing the meaning of the life. Ready the room and decide what is good to stay and the bad that must go. Time to start feeling good and let the universe know what you deserve. Time to be present. give yourself a present, be the present this world needs more than you can imagine and every day is another day ready to ride in a better way than yesterday. This text inspiration comes after a cup of tea following a yoga session!

Soul Surfers Surf Camp for NDIS

Our Surf Coast Round Trip Surf Camp has finished just like that. The Twelve Apostles, Port Campbell, camping around the fire, visiting the Australian National Surf Museum in Torquay with so much history to see. Surfing Apollo Bay and Lorne and checking the waves at Bells Beach.

Now after a few days of resting we are processing everything we did in such a short time with our amazing team around the Surf Coast. It was awesome and everyone did so well and we had so much fun together. We can't wait for our next one.

Skate for Surfers is back

Our SKATE for SURFERS session is back every Wednesday and Sunday 4 pm Newhaven skate park.. book essential 6 spots only. Perfect boost in your surf experience @smoothstar



Indo Base

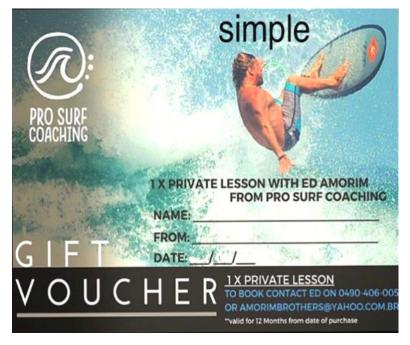
Our new base in Bali is ready @prosurfcoaching_ Indonesia is a reality now. We are here to make your experience even better with a full packages for your next trip starting with our surf lessons and prime surf camp accommodation. We can also arrange pick up and drop offs from airport, any rental that you might need, we have a big board room and lots of more. So take it easy, we are here for you. Contact us for more details ...info@prosurfcoaching.com

Braussie Surf Crew

Celebrating the first year working with @prosurfcoaching_ our amazing Braussie crew is a proudly example that when you work hard on your surf skills everything happens and the results come quicker in every single aspect of you surf life. Well done Du, Gio e Ju. Fantastic time, awesome memories and lots of achievements. Bring on the next one.

Time to go hard

We're back in Australia . Yep, our head coach Ed Amorim is back for a few weeks of coaching in the summer at Phillip Island. Book with him from now until March 2023 when he returns back to the Brazilian base again.



Community Noticeboard

If you're a not for profit club or organisation, you can list your group details with contact numbers free of charge. Ernail your listing to phillipislandvibe@outlook.com

Phillip Island Lions Club - Trash and treasure market. Sat and Sun. 9.30 -12.30. Dunsmore rd. Cowes (next to transfer / recycling station). Volunteers welcome. Ph.59002896 f/b page: Phillip island lions

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 Thursday night from 5pm to 6.30pm at Scout Hall, Dunsmore Road, Cowes. Contact Chris Oliver 0428 644397or email: chris.oliver@guidesvic.org.au

Phillip Island Club (Senior Citizens) Carpet bowls, cards, ballroom dancing, craft. Membership \$15 per year. Fridays 12noon, 3 course lunch \$20. Island Celebration Centre Hall for hire. Ph 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 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 first Wednesday of each month, 7.15pm start. New members are very welcome. To find out more details please contact Eden White edendwhite22@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.

Phillip Island and District Railway Modellers is a model train club that meets every Sunday to run trains at the Cowes Senior Citizens Club (back door) from 1:00pm to 4:30pm. Visitors are welcome, new members more welcome. More details Geoff N on 0419 357 097 or Geoff B on 0429 419 011. Or email to piadrm@gmail.com Home Library Service For information on applying for our home library service or volunteering, please speak to library staff on 5644 3320 or visit our website www.myli.org.au/about/volunteers The Phillip Island Miniature Light Railway Inc. Secretary, Bev Munro, 0417 578 435 or Facebook. New members welcome.

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 Tony Ashton 0499 996237.

Phillip Island TOWN Club Weight Loss Group Thurs 9-11.00am, Ryhll Hall. Joining fee \$60, 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 to come and try Thursday and Friday mornings 10am-12pm. Please phone before coming to the club. Claire 0403 690237 or John 0409 858985. Blue Gum Reserve, Dunsmore Rd, Cowes.

National Vietnam Veterans Museum needs volunteers interested in gardening on our site and cleaners keen to keep our displays sparkling. Contact Julie on 5956 6400 or apply online via our website www.vietnamvetsmuseum.org.

Phillip Island RSL Day Club Mondays, 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 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:

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

phillipislandadultridingclub.com.au

The Probus Club of Phillip Island Inc meet 4th Wed of month 10am, Anzac Room, Phillip Island RSL, New Members most welcome. Further info Chris Cannin 0434 489011 or Ash Rizvi 59521604. Cowes Branch Country Women's Association (CWA)1st Thursday of

the month February-November. currently meeting at Rotary Shed-Dunsmore Rd 1pm More info: Felicity 0414 507 420 Penny 0437 042 084 Cowes CWA Shop Thompson Ave Cowes Tues-Sat 10-2 cwaofviccowes@gmail.com

Country Women's Association Victoria Inc. Phillip Island Twilight Branch invite you to join us for "Sharing, Fun and Friendship". We are a vibrant group of women who are engaged in social issues, learning new skills and fundraising for women and children. We meet the 2nd Wednesday of the month at St John's Hall, Chapel Street, Cowes at 7 pm. Contact Sally Matthews 0409521825 and Rosie Brewin 0409792245

Phillip Island Day View Club proudly supporting The Smith Family. Feb-Dec - 4th Monday of the month at 11am, Rusty Waters Brewery, Cowes. Bookings essential. New members welcome. For information contact Ann Finger 0439 399829.

Phillip Island & District Historical Society 56 Chapel Street Cowes, Contact: Pamela Rothfield 0418 368 607

Phillip Island Library is closed for the redevelopment of the Cowes Cultural centre the new library facilities. Our Click &Collect and returns location is Phillip Island Community and Learning Centre 56/58 Church St., Cowes. Library items may be returned outside the office at PICAL 24hrs and pick-up of holds is available on the following days: Tues 1.00-4.30pm: Wed 9.30-2pm: Thursday 9.30-1pm. Friends of the Library 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 Social Bowls 12pm for a 12.30pm start. Stick draw. New bowlers and visitors most welcome. April to September - Tuesday's and alternate Saturday's. October to March - Wednesday's. 1a Wynne Road San Remo, next to the Primary School. Ring 0493237913 for details.

Phillip Island Patchworkers Inc. We not only do Patchwork but all other varieties of Craft such as Embroidery, Beading and Knitting. We meet Monday Nights 7.30p.m. to 9.30p.m. The first, second and last Tuseday of the Month 10.30a.m. to 2.30p.m. At Wonthaggi first and third Friday of the Month 10.a.m. 2.30p.m. Corinella Crafties second and fourth Wednesday of the Month 10.30a.m. to 2.30p.m. For more information please contact President Gayle Rowden 0400634282 or Secretary 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). PARKRUN- free 5km timed run/walk for all abilities. Saturdays 7:45 Churchill Island (www.parkrun.com.au/phillipisland/)

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

The Probus Club of Cowes-3rd Monday of each month at 10:00 a.m. at The Phillip Island Senior Citizens Hall Cowes. For enquiries call Sue on 0438 304 082 or email probuscowes2@gmail.com

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

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

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 & Warley Ave, Cowes. Facebook @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

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.

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 0419525 609, email info@phillipisandgallery.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 lan 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

Ventnor Coast Care Association Inc is a volunteer group, working to conserve, enhance and maintain the Ventnor coastal foreshore between Anchorage Rd and Devon Ave. We meet monthly at 9.30am, for a 2 hour working bee, from February to November, followed by a cuppa. We welcome new members! Please contact Cathie or Trish at: ventnorcoastcare@gmail.com.'

The Newhaven Residents Group Association Inc. We are a not for profit organisation advocate for communication and residents concerns. Phone 0413 623 052.



Breathing with Cape Pilates

By Jacqui Payne

When was the last time you put "breathe" on your to-do list, or assigned it to calendar tasks?

Pilates is a time to focus completely on mind and body and an escape from the chaotic world that surrounds it. During practice, your mind is only responding to your instructor's cues and assisting your body in strengthening poses.

Pilates allows time to slow down, to breathe and simply be.

Pilates will not judge you, criticise or discriminate, it is a space in time where you can simply be YOU! You don't compete against others, the only challenge you'll face is what is set by you as determined by your personal goals and growth. How do you talk to your body, did you know that your body hears everything your mind says, so you have the capacity to improve and drive the quality of your life based on the thoughts you have, so let's talk nicely to it.

There are many valid, scientifically backed reasons why Pilates is beneficial for your health and wellbeing such as:

Calming the mind

Sculpting the body

Creating new neural pathways

Developing proprioception (spatial awareness)

Improving core strength, stability, posture, and balance Improving lower back pain

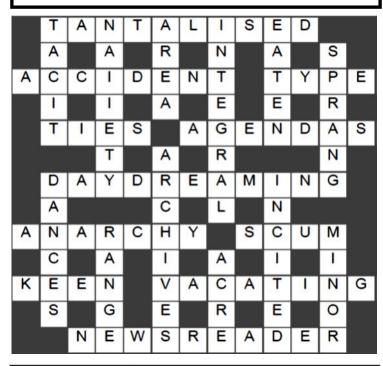
So, do you love a challenge? Are you sick of wishing for more time for yourself? Do you miss the feeling of calmness and flow of energy? Then you're already open to the possibilities granted to you by Pilates. These are reasons I am passionate about movement and whilst it is not always easy, it will be whatever you want to make of it.

If I can achieve anything as a teacher it is allowing my clients to share this passion and leave my class feeling grateful, having recognised their body and mind's potential.

ANSWERS TO TRIVA QUESTIONS

1. Jingle Bells, in 1965 2. A large male Kangaroo 3. Brandy 4. Crabs 5. Feliz Navidad 6. The Grinch 7. Carols by Candlelight 8. The Sydney to Hobart yacht race and the Boxing Day cricket test match at the MCG 9. Cupid 10. An old silk hat 11. Home Alone 12. Casper, Melchior and Balthazer

PUZZLE SOLUTIONS

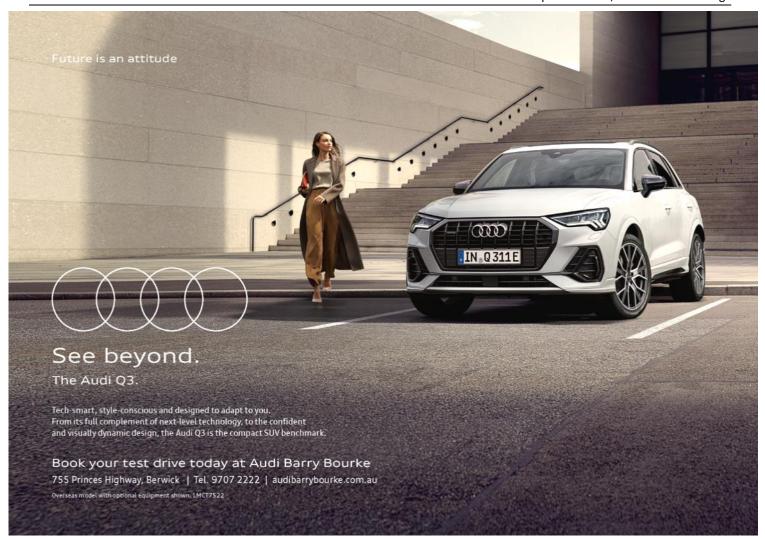


6	5	4	1	3	8	2	9	7
2	1	3	9	6	7	8	4	5
7	8	9	5	4	2	6	1	3
4	6	8	2	5	9	7	3	1
9	3	1	8	7	6	4	5	2
5	2	7	4	1	3	9	8	6
1	7	6	3	8	4	5	2	9
3	4	2	6	9	5	1	7	8
8	9	5	7	2	1	3	6	4

SOLUTION TO MURDER AT THE POKER TABLE

Had Bugsy, with his dying efforts, been trying to identify his attacker? If his killer had been the Reverend King, he might have picked a king from the scattered cards. Holding a jack would have fingered Jack Lawrence. Any spade would have identified Alan Spade. And all the dying man had to do to identify Joseph Blush was to grab the empty bottle of Blush gin. Instead of any of these clues, however, the victim was holding five diamonds, otherwise known as a flush.

When Jack Lawrence mentioned the other players, he got one name wrong. Instantly, Leroy knew the truth. Jack had killed Bugsy, then placed the cards in his hand, hoping to frame the man he had mistakenly known as "Joe Flush."





Volvo Cars Berwick 755 Princes Hwy Berwick T 03 9998 2919 LMCT 12099

THINKING OF BUYING OR REFINANCING?

GET THE CARE AND GUIDANCE YOU DESERVE WITH OUR TEAM AT LOANBRITE BOUTIQUE FINANCE

WE SIMPLIFY THE PROCESS FOR YOU TO BUY OR REFINANCE YOUR

- BUSINESS

- COMMERCIAL PROPERTY

- HOME LOAN

- ASSET FINANCE LEND

- DEVELOPMENT/CONSTRUCTION FINANCE

ON 1300 084 031

WWW.LOANBRITE.COM.AU

