

Phillip

# Island Vibe

**FREE**

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ISSUE 100 MAY 2018



Layla waits patiently for her human as she enjoys a walk in the sunshine before the colder weather arrives. This 100th issue of the Vibe includes all your regular favourites and on page 5 you can check out all the info about The Pilates Company, a new business open in San Remo and on page 17 meet John, the new owner at Phillip Island Automotive.

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Places are still available in Years 1, 2 and 3 in 2018 with a few places remaining at some other year levels.

Open Day is on Saturday 19 May from 10am - 2pm and families are invited to take a tour and meet staff.

For enrolment enquiries contact **Belinda Manning** on 5956 7505 or visit [www.newhavencol.vic.edu.au](http://www.newhavencol.vic.edu.au)

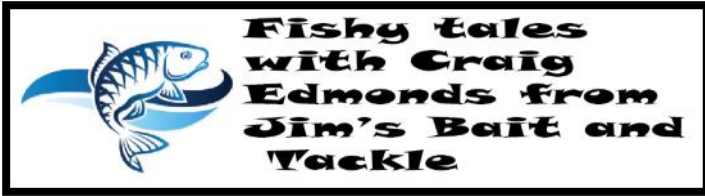
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Not a lot changed last month with the fishing reports and it is still very inconsistent with most species. There were a few positive signs though, especially with the extra people fishing over the Easter and school holiday period. We have been hearing about a lot of small and undersize whiting being caught and seen in the top end of the bay, Maggi shoal to Coronet Bay amongst the weed beds. This is promising for the spring because the whiting will grow quickly and by cup weekend will be worth chasing. The calamari reports improved and there was a mixture of sizes and several reports of large schools of very small ones which won't take too long to grow. Just when we thought the pinkies had finished as we hadn't had many reports for a week or so, they seemed to come back and just before the few days of very strong winds, we had reports starting to come back in again.

It might be about 2 months earlier than usual, but after the unusual season it's not surprising the Couta are moving back into the bay. They don't seem to be in very big schools yet but if you go chasing them, especially between the eastern entrance and the bridge, you will find plenty. Just remember the wire leader. We also had a couple of good reports of gummies off the surf beach at Woolamai - reports we haven't had for some time. The best time was after dark and the ones we heard about came from the tide change that was also just after dark. The baits were the same in all the reports with fresh salmon fillet but one thing that was different with the reports was that they were a week apart with a couple on the high tide change and the others on the low tide change. All the salmon were caught at the same place and others fishing for salmon at Woolamai said they were only small fish and nothing much over about 500grams.

The best of the calamari fishing is still coming from boats and kayaks but that will soon change to the land reports as the weather gets a bit colder and wet, especially in the kayaks isn't so appealing. We did see several calamari caught from the land, the usual beaches and jetties over the month with the majority of those reports coming from the kids that were on holidays. With the windy weather stirring up the water what we are starting to see now are reports made up of a mixture of artificial and baited jigs. Which Jig colour is best is the question to answer, start at white and finish at black and everything in between, because they will all work at some stage,. Getting it 100% right for that day is the impossible question to answer. As I always suggest, build up a selection of colors in your tackle box and don't be afraid to keep changing them until you find what works the best for that day. Flathead offshore have become a bit harder to find as the weather has got worse and West of the cape was better than East. After a blow they seem

to go off the bite for a few days but then come back if the winds stay down. They are much harder to catch when the swell is up, but it seems the dirty water has a bigger effect and you need that couple of days of light conditions to clean the water up. The only fish it doesn't make any difference to is Couta and we are starting to see plenty offshore as well. Although not as popular as they once were for eating, those that do are telling me they are good eating size at the moment and the majority are clean so it might be a good time to try some for tea and to fill the freezer of fresh bait for the upcoming snapper season. If you are going to keep them for bait either leave them whole or vacuum seal them to keep them as fresh as possible.



Noel has worked out the secret to fishing offshore and has no problem getting a feed of flathead.

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**A classic who-dunnit mystery series from our esteemed off-shore crime writer, Leon Herbert**  
**THE BOOKSTORE MURDER**

*Page 2 The Christmas Strangler*  
*Suddenly a hood was pulled over his head*  
*With a noose that tightened on his throat.*  
*unable to call out or to breathe, he died quickly.*  
*When the body was discovered, it lay on its back,*  
*ankles crossed, and with a gloating Happy Santa Claus*  
*perched on the breastbone. The noose was fastened*  
*with the same kind of tourniquet used in two previous*  
*Christmas Strangler murders.*

There's something about an old bookstore, particularly its basement that I find so appealing. Apart from the fact that I am somewhat of a bibliophile- the product no doubt of a lifetime of researching, reading and studying techniques of crime detection and reading crime fiction, it's more the tangible ambience of organized chaos, manuscripts left open, not forgetting inevitable shafts of light entering, enabling and entreating you to search for titles and maybe to perch somewhere and just immerse yourself in the written world where even the odd cobweb and musty smell find solace.

This however was not quite the ambience I had in mind on Sunday 23 December – there was a call to Inspector Jack Flint from a downtown Cowes bookstore to come quickly - I just happened to be sharing some time with my detective friend.

The proprietors were quirky but quintessential proprietors of the island's oldest book store- Xavier Pepys was short, bald, and classically, wore what seemed like the facial manifestation of acute indigestion situated above his ill-fitting worn jacket and also trousers that yearned for longer days or replacement. As for his wife Alice, well, she was even shorter, facially even less appealing than her spouse - coupled with a stern expression and severe hair-do befitting an archetypal librarian. Their dour personalities hardly served to drive the store to greater heights of commercial popularity. Still, the place managed to retain a fair measure of curiosity seekers and regulars, and I was one of the latter.

Both Xavier and Alice admitted to having gone down to the basement within a half-hour of the probable time of the murder.

Xavier said, 'I went down to get a copy of Descartes Principles of Philosophy, I saw no one in the basement.' Alice said "I went to get a copy of Spinoza's Ethics." Not unexpectedly she recited the same mantra- "I saw no one in the basement." It seems they were only intent on showing some of the several upstairs customers some light reading!

Jack looked at me after we had examined the body on the floor but not before I had read the page from The Christmas Strangler conveniently left open on the counter and made readable for Vibe readers at the start of my story. The page presciently describes what confronted us. The crime scene was in place and like so many crime scenes it provided clues seen and unseen that needed insight.

I loved it. I was in my own world and now, quite possibly, the answer to our whodunit was staring us in the face.

"Well," Jack said, "it's pretty obvious it's not suicide, but how is

it likely that the murderer entered and left the store without being noticed?

"I want to remind you Jack, if you need reminding, it's 23 December, and as you might have judged from the entrance to the store and the main street there are plenty of people about."

"O.K. O.K. point made, and I'll ignore your sarcasm", but, anxious to add something meaningful to the enquiry he added "but what do you think Tertius was reading when he was accosted?"

"I'm pretty sure he wasn't reading The Christmas Strangler. This is a non-fiction area frequented more by bibliophiles than mystery readers and Hagiology by Gregory Pope, lies open, near the victim's hand, suggesting he was reading this book when attacked by the murderer." "Well, yes, maybe but I think the killer brought his equipment with him. Can't say I've read that book. Not my genre. Although I know what it is to haggle." I laughed. 'Well Jack, seeing these are not items commonly found in a book store, it seems reasonable the tourniquet, hood and gloating little Santa Clause items were pre-purchased or part of the assailant's stock-in-trade," Jack nodded somewhat glumly at this obvious conclusion.

Whatever Jack's intellectual limitations were, he was a good solid cop and investigator with intuition and humour. "My gut feel is that the open package next to the counter corroborates he did bring his equipment with him and I think as a generally accepted rule you don't kill your customers so that rules out the owners. However fearing the entrance of a bookworm the perpetrator would have to have been strong and to have acted quickly. It was clearly not a random attack and the assailant is a man. Maybe, just maybe....." he paused, and looked at me gravely, then intoned, "it may have been a hit orchestrated by the Melbourne Mafia or maybe it was an act of vengeance arranged by an embittered wife or lover. We should look at his close friends, connections and family situation and even perhaps chat with his insurance broker and friends. I don't understand however why the perpetrator put the Santa on his chest. Is there a message there? Maybe it's beyond our authority and Melbourne should handle the investigation. It could be something big."

I respected Jack's judgment and conclusions but not all the time. As an experienced policeman and detective he was trained to focus on the facts and the hard evidence when sometimes the answer really was less transparent and obvious and the mind needed expansion- more, I felt, my area of expertise and training. We would however solve this together and it was time to narrow down the suspects and possibilities; maybe look for a motive in what appeared to be a pre-meditated attack. My instincts told me the answers lay in the basement.

"Listen Jack, having read and studied more than a book or two devoted to crime detection and authors of that genre, I am familiar with the profile of the author of The Christmas Strangler and his successes and failures and that has led me to a firm conclusion as to the identity of our culprit. "

Inspector Jack Flint looked at me quizzically. "What are you talking about? Come on Leroy you can do better than that--- think hard, we need to catch this guy before Christmas." "I think I can guarantee that", I responded with a knowing smile calculated to irritate my detective friend who looked quizzically at me, waiting for the denouement.

Well readers of the Vibe, Christmas has passed but not so your power of deduction and Leroy has plenty. What do you think his reasoning is and who would you interrogate next in order to solve this heinous crime committed just before Christmas.





# The Pilates Company comes to San Remo

The Pilates Company is proud to be opening a new authentic Pilates and teacher training centre in San Remo. The Studio will be situated at 71 Phillip Island Road, San Remo, next to the Outereef Surf shop bringing its unique brand of Classical Pilates combined with contemporary Pilates techniques to San Remo and the Bass Coast area.

## What is Pilates?

Pilates is a system of exercise named after its founder Joseph Pilates. It is based on the six reigning principles of:

- Concentration
- Control
- Centring
- Precision
- Flow, and
- Breath

Joseph Pilates understood that the body repairs and strengthens itself through movement. Pilates is a workout that will keep your body strong, flexible and functioning as it ages and enables you to do whatever you enjoy doing for longer.



As the word 'Pilates' has been deemed a generic term, it means is that anyone can call what they teach 'Pilates' whether or not they uphold the standards of authentic Pilates and its principles or have sufficient training. At The Pilates Company we teach Pilates in the authentic tradition, giving our clients the true benefits that Pilates offers.

All strength and movement originates from the core (Powerhouse). A well-balanced Pilates workout uses all the muscles of the core including the abdominals, back and sides of the body resulting in a feeling of freedom and well-being.

## 10 benefits of the Pilates method?

1. Improves bone density
2. Promotes weight loss
3. Eases back pain
4. Strengthens your core
5. Prevents injuries
6. Increases your flexibility
7. Makes a great cross-training workout
8. Improves Posture
9. Builds cardiovascular endurance
10. Reduces mental stress



## Your hosts - Marena and Chris.



Your hosts, Marena and Chris Digby have over 30 years of Pilates experience each and are considered experts in both the fitness and Pilates fields. They are both nationally and internationally trained in several styles of the Pilates method.

Regularly invited to present at fitness

conventions such as Filex Australia, in 2015 Marena and Chris were personally invited to present on Pilates at the world's largest fitness convention; IDEA World in Los Angeles. They are both excited about having the opportunity to help people of all ages and fitness levels in the San Remo and Bass Coast area improve their quality of life.

## Using the right equipment is important.

Using the correct Pilates equipment is a central part of the Pilates system and experience. We believe that it is



important to use Pilates apparatus that is closest to Joseph Pilates' original design. Therefore, executing Mr. Pilates actual exercises in the manner he intended. This is how you will get the greatest results from Pilates. The Pilates Company works on equipment designed by 'Pilates Designs by Basil' and 'Gratz' as their apparatus have remained true to Mr. Pilates actual designs and vision.

## Opening Specials.

To celebrate the opening of The Pilates Company, San Remo Studio (due to open middle of May), you can take advantage of two opening specials.

Your first **3 Private sessions**, 1 hour sessions: **\$120.00**

Your first **3 Duet sessions**, 1 hour sessions: **\$75.00 pp.**

This is a saving of 50% off the casual rate and a great way to try Pilates.

## How do I get more information?

For more information on Pilates or to take advantage of these opening specials; contact The Pilates Company on 9533 4831 or visit the web site at [www.thepilatescompany.com.au/san-remo/](http://www.thepilatescompany.com.au/san-remo/)



If the last 200 million years have taught us anything, it's that extreme specialisation is a risky strategy. Creatures that didn't want to listen have gone the way of the dodo, a bird that started out as a pigeon on a holiday to Mauritius and ended up as a kind of flightless Billy Bunter with a silly beak.

The diminutive Klipspringer (from loose meaning in Afrikaans= rock springer) has also failed to heed the lesson, but, remarkably its strategy seems to have paid off, at least for the time being. Africa's vast spaces are littered with rocky outcrops, islands of a sort in an enormous area of woodland, scrub and savanna.

By a lucky happenstance many such outcrops are located in game reserves and the small antelopes cling tenaciously to them like life rafts. Barring bush fires, a pair of Klipspringers might spend their entire lives on the same pile of boulders, a finite world usually encompassing a mere 20 to 30 hectares, and sometimes a lot less.

Adapting to a life on the rocks has meant making major changes, beginning with the hooves, which have undergone a complicated transformation and are unlike those of any other antelope. This radical adaptation enables them to get a sure purchase. Helped along by powerful hindquarters, they can effortlessly outrun, out jump and outmanoeuvre virtually any predator in their rocky home range. Even the most accomplished acrobats sometimes fall: the Klipspringer has taken the necessary precautions evolving a thick, springy coat made up of hollow, coarse hair that helps cushion the impact if it gets too cocky and takes a rare tumble.

Once hitched, they stay together for life and, in a seemingly touching display of mutual devotion, rarely stray more than a dozen metres from each other.

Secure on the top of a favourite boulder and supremely confident in their rock-bounding abilities, a Klipspringer pair sometimes like to cock a snook at approaching predators.



When they spot a threat, typically a leopard or a hyena, both male and female stand their ground and remain in full view, giving a short cry that has been likened to a blast from a toy trumpet.

When all is said and done, perhaps the Klipspringer has its own lesson to impart after all: if you find your perfect niche, maybe it's best to stick with it. Kicking off your shoes or throwing your tight feathers to the four corners of the of the wind on idyllic Phillip Island may seem like a good idea, but you can never really know who or what may one day come sailing up over the horizon.

### THE HIKING STICK MADE FROM A PLUM TREE BRANCH

Select a suitable looking branch, cut to length

Trim and sand smooth

Use a small rat-tail file to create circles around stick

Cut a copper plate to fit to bottom, tack & solder

Use flat drill bit to create indentations in top of stick and on sides

Glue halfpenny of year of birth into top, cover with watch-face cover

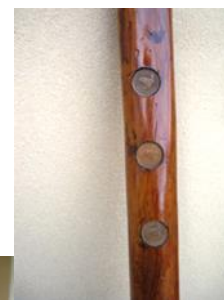
Glue interesting coins into side of stick (farthings, pre-decimal coins)

Paint filed circles black

Wrap copper wire to add effect

Lacquer entire stick with 3x coats

By Ian Burns







## Meet a local community volunteer

### Make a difference by volunteering

The new Volunteer Program at Phillip Island Nature Parks seems to be striking a chord with a whole range of people for a whole range of reasons, but it's not hard to spot a common theme that motivates many of these dedicated folk.

Elise is a Churchill Island garden volunteer as well as a visitor experience volunteer, and when asked recently why she gave of her time and joined the volunteer program, she was pretty quick to respond: "I have always volunteered in other organisations and have always found some sort of volunteering that can fit in with my life. I do it for lots of reasons. I like the activities and the social contact, but mainly I like to be part of something so that I can make a difference. That makes me feel motivated, satisfied and happy."

This notion of making a difference appears to be a common motivator with many of the Nature Parks' volunteers, and the new program is making it even easier for people to contribute and make a difference across a lot of different types of volunteering opportunities.

"The new Volunteer Program is excellent. It has so many opportunities and it is easy to find out what's involved including the hours, what sort of work you will be doing such as physical, outdoors or interacting with visitors. With the new program, you can commit the hours you wish. It's a bit like casual work where you can choose when you volunteer and plan when you have time off for holidays. It's a well organized program offering a variety of great opportunities.

In a former life, Elise was a microbiologist in a brewery for 33 years, and it's fair to say that she wouldn't have had much call to learn about Hooded Plovers doing this line of work. After coming across a Hooded Plover volunteer while holidaying in Anglesea, Elise learnt all about the threats to this critically endangered bird, and what she could do to help.

"That volunteer really reached me, and I realised that I could make a difference too! The Hooded Plovers have so many threats, and spending a couple of hours on a beautiful beach is really not too hard. All they need is space to raise their babies. This is what we educate people on – giving the Hooded Plovers some space. I have learnt so much about the Hooded Plovers, and my partner Frank now volunteers with me and he is just as passionate."

Elise recounted one of her favourite volunteer stories from when she was travelling in Turkey. "We visited a botanic gardens, and there were some volunteers there using rustic rakes. Even though none of them spoke English, I managed to ask them if I could use the rake. They laughed and I laughed, and even though it was only a couple of minutes, this enjoyable interaction just goes



*Elise in the Churchill Island Garden*

to show a couple of minutes can make a difference to someone's experience."

"At Churchill Island when I wear the costume and talk to people, this is the kind of thing that we do. Visitors often tell me I look pretty and want to take my photo. It's different for people to see us dressed in early 1900s clothing, with long skirts and a blouse. This human interaction makes an experience better, whether you're a local family visiting from Phillip Island, a visitor down for the weekend from Melbourne, or a traveller from overseas. I really feel like I'm making a difference to their experience."

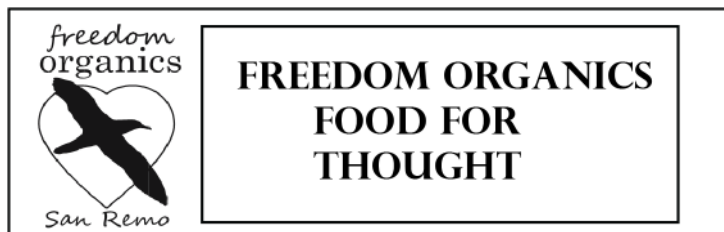
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## THE WONDERFUL WORLD OF GARLIC

**With so many uses why not grow your own!**

Garlic (*Allium sativum*) is a species in the onion genus, *Allium*. Its close relatives include the onion, shallot, leek, chive, and Chinese onion. Garlic is a perennial that is usually grown as an annual.

Garlic is native to Central Asia and northeastern Iran, with a history of several thousand years of human consumption and use. It was known to ancient Egyptians, and has been used both as a food flavoring and as a traditional medicine. China produces some 80% of the world supply of garlic.

There are basically two different types of garlic, although some include elephant garlic as a third. Elephant garlic is actually a variant of the leek. It has very large bulbs with very few cloves, three or four, and has a sweet, mellow onion/garlic flavor.

### Softneck Garlic

Of the Softneck variety, there are two common garlic types: artichoke and Silverskin. Artichokes are named for their resemblance to artichoke vegetables, with multiple overlapping layers containing up to 20 cloves. They are white to off-white with a thick, outer layer. These varieties have a long shelf life. Silverskins are high yielding, adaptable to many climates and are the type of garlic used in garlic braids.

### Hardneck Garlic

Hardneck varieties tend to form fewer cloves per bulb than Softneck varieties and tend to be a bit larger. Unlike Softneck garlic, Hardnecks send out a flowering stem that turns woody.

The most common type of Hardneck garlic is 'Rocambole,' which has large cloves that are easy to peel and have a more intense flavour than Softnecks. The easy-to-peel, loose skin lessens the shelf life to only around four to five months.

Garlic names are extensive and differ all over the world as much of the seed stock has been developed by private individuals who can name the strain anything they desire. "True" garlic plant varieties do not exist, hence, they are referred to as strains. Garlic is a fantastic winter crop requiring little special attention. For the home gardener, garlic has few pests, is not particularly prone to being nibbled by marsupial marauders and tastes far superior to most of the stuff found in supermarkets.

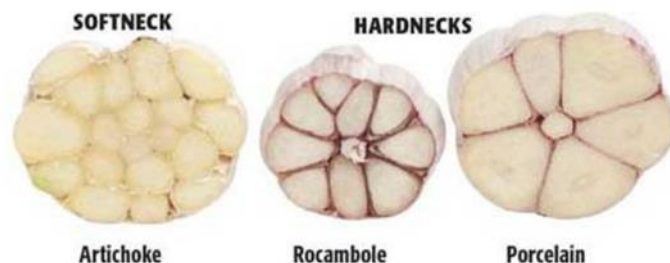
### Growing Garlic for bulbs and garlic greens

#### Climate:

Garlic needs a cold winter, a moist spring and a warm, reasonably dry November and December. For these reasons, garlic grows well in Tasmania, Victoria and the cooler parts of New South Wales. The cold triggers germination, as well as ensuring that biting flavour.

#### Soil:

Garlic grows well in most soils, but dislikes wet 'feet'. If you have poor draining soils you may be best growing your garlic in raised beds or even pots. If you have some clay, make sure you raise your garden beds at least 100mm. A recommended preparation is to; before planting add 10-20mm of compost, kelp if available (1 cup per m<sup>2</sup>) and a dusting of ag-lime and blood and bone.



### Planting:

Some people like to plant at winter solstice and harvest at summer solstice. We plant in April and Early May then harvest in December.

Separate the garlic heads into individual cloves. Each clove that you plant will grow into a new garlic head.

Plant the cloves on top of the surface (pointy end up), pressing down firmly until the bottom is 5 – 10 mm into the soil. If you have lighter soils, plant the clove 30 – 40 mm below the surface.

Plant 8-15 cm apart within a row and 40 - 50 cm between the rows.

Mulch with straw after planting to keep the weeds down. If you don't mind weeding there is no need to mulch

### Harvest

Pull the garlic out by the stem (or with a garden fork if your soil is hard, but be careful not to damage the garlic).

Bunch the garlic into groups of 10 – 15 and loosely tie together with twine. Hang to cure in a dry and well ventilated shed or room.

Do not harvest your garlic if it has recently rained, drizzled or there's been a heavy dew; it is best to wait a few days for the weather to dry it off naturally. Curing/hanging damp garlic is a sure way to invite mould.

If you wish to plait your garlic, leave it to hang for two weeks, plait while the necks have not hardened off and then hang again for another 2 – 4 weeks.

Once the garlic has cured, clip off the root and the tops about 30mm above the garlic head and store in a dry, well-ventilated area, in the way you store onions.

The garlic should stay firm for 8 – 10 months (if stored properly). The medium to smaller sized garlic keeps much longer than the larger garlic heads, so eat your larger garlic first.

### How to cook with garlic

Apart from chopping crushing and cooking the cloves in any dish you desire there are many ways to enjoy the garlic flavour. Harvesting garlic sprouts and greens add a subtle garlic flavour to any dish. Roasting garlic is one of the most delicious ways to enjoy it. This process mellows the pungency of the bulb and releases the sugars, giving it a rich caramel flavour.

Slice off the top of the head of garlic and drizzle it with olive oil. Season with salt and pepper and wrap with foil. Bake at 180C for approximately 40 min. Once the roasted garlic has cooled, simply squeeze the bottom of the head of garlic and the roasted cloves will pop out.

The addition of raw garlic can be fragrant and pleasant, such as in homemade Salsa Verde.

Be careful Burnt garlic has a very distinct, bitter and unpleasant taste. To prevent burning your garlic when cooking in a frying pan, always add it toward the end of your process. Garlic can act as a great addition to a BBQ marinade, but since it burns easily, it's best to use whole crushed cloves when mixing your marinade, removing them before you start grilling.



## Matthew Evans inspired Easy Garlic Soup

### Ingredients

100 g unsalted butter, 1 leek, 4-5 cloves garlic, coarsely chopped, 4-5 Dutch cream or Nicola potatoes, peeled and coarsely chopped, sea salt and freshly ground black pepper, crusty buttered bread to serve

### Method

Melt the butter in a large saucepan over low-medium heat. Add the onion and cook for 8-10 minutes or until completely soft, but not brown. Add half the garlic and stir for 1 minute. Add the potatoes and season to taste, then cover with water and simmer until the potatoes are tender.

Puree the soup and adjust the seasoning and thin down with a little water if necessary. Place the remaining garlic on a work surface and sprinkle with sea salt flakes. Use the back of a large knife to make a paste out of the garlic, then stir into the hot soup.

Preserving garlic has its own charms and advantages, especially if you grow it and have a bumper crop.

Some methods are freezing, drying, smoked, garlic vinegar, garlic salt, garlic oil, black garlic (cooked in a low heat for 30-40 days) and refrigerator garlic pickles.

Sprouted Garlic can be eaten or planted: recently published in the ACS' Journal of Agricultural and Food Chemistry found that sprouted garlic has even more antioxidant activity than the dormant clove.

### Medicinal Uses

Garlic is a good source of vitamin and minerals including; Vitamins B6, C, A and K, Thiamine, Pantothenic Acid, Manganese, Folate, Phosphorus, Calcium, Iron, Zinc, Potassium Magnesium, Choline, Selenium. Garlic possess antiviral, antibacterial, anti-fungal properties allowing it to stand against all infections. It is rich in Sulphur compounds which according to research can protect against various forms of cancer.

It's great for boosting the immune system and has anti-oxidant properties. The Allicin content in garlic has shown to exert an anti-inflammatory action. Because of its high potassium content it can aid in the absorption of essential nutrients and help avoid digestive problems and fatigue. Garlic can also help in lung and throat problems due to its pungent smell. Since consuming garlic can irritate the digestive tract because of its pungent smell, a signal travels to the brain to release watery fluid in the lungs to counter the pungent property, helping clear the lungs of coughs and colds.

Toothache – Try applying a crushed garlic clove or garlic powder to the area. It may burn, but the pain from the toothache should diminish. Repeat this over a few days, and all should be well.

Warts – Each night before bed, crush up a clove of garlic, rub it on the wart, and apply a bandage. Additionally, cover the wart with juice from garlic twice a day.

Earache – Mix some sesame oil with a garlic clove and warm the mixture up in a pan. Afterwards, use it as ear drops. It is recommended that you allow the mixture to sit in the ear for 10 minutes or longer.

Cough – Boiling cloves of garlic and drinking it like tea will not only make it easier to breathe, but it will also help to alleviate itchiness which could cause you to cough continuously.

Stuffy nose or nasal congestion – Garlic is one of the best home remedies for a stuffy nose.

### Freedom Organics stocks the hardneck Italian Pick - Manaro red Garlic, for eating and growing

Read more: <http://naturalsociety.com/benefits-of-garlic/#ixzz5DGdUafJm>

Read more: <http://naturalsociety.com/benefits-of-garlic/#ixzz5DApFJdz9>

[www.southernharvest.com.au](http://www.southernharvest.com.au)



## What's Cooking?

Simple, delicious recipes.  
No experience necessary.

### Emily's Creamy Thai Carrot soup with basil

#### What you need:

1 tbsp coconut or olive oil	1 onion Chopped
3 gloves garlic Chopped	500g Carrots
2 cups vegie stock plus 2 cups water	
1/3 cup Creamy or Crunchy peanut butter	

#### What to do:

Add diced onion and garlic to a pot over medium heat with oil and cook for two minutes or until onions are soft.

Add carrots and cook for 5 minutes. Season with salt and pepper then add stock and water and stir. Bring to the boil, cover and simmer for 20 mins or until vegies are tender.

Transfer to a blender and blend until smooth and creamy. Add peanut butter to the blender and blend.

Taste and adjust seasoning as needed. For a touch of added sweetness, add a tablespoon of brown sugar, maple syrup or



agave nectar. Add 2 teaspoons of chili garlic sauce when adding peanut butter if desired. Serve with fresh basil or herbs of choice and fresh crusty bread.



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## Phillip Island Historical News

**21st March 1933**

One of the worst accidents in the history of the race occurred to day in the early stages of the 200 mile Grand Prix car race on Phillip Island when W. H. Lowe, in a super-charged Lombard skidded wildly at Heaven Corner, broadsided through the bushes and tore away a fence behind which was a group of spectators. The car ploughed through them, carrying five with it, all being injured, one seriously. Two were imprisoned beneath the car.

Pat Carroll, Sydney, sustained leg and head injuries and is in a serious condition. Carroll and another were under the car and it had to be lifted off them. Lowe, the driver, was completing the first lap with two cars. All three approached Heaven Corner between 70 and 80 miles an hour. Lowe braked fiercely 40 yards from the turn and the car got out of control.

It dashed through towards the fence amid wild screams from nearby women, went straight through, snapped off saplings and plunged into a group of young men who formed a picnic party from Dandenong. The injured men had to lie on the grass in a downpour of rain, which swept across the ground until the arrival of the ambulance.

The race resulted in a win for W. Thompson (N.S.W.), who won last year. He drove a British car.



He also secured the fastest time of the race, 2hrs. 45min. 51sec., an average of over 72 m.p.h. H. Drake, of Richmond, driving a Bugatti, was half a lap away second. L. Jennings (Melbourne), piloting a Morris Magna, was third. About 10,000 people saw the thrilling race. Neither Lowe nor the mechanic was injured in the smash.

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## Healthy and Healing with Pip

### 95% of your health is in your own hands

**Can your actions affect your body?**

**Can your thoughts affect your actions?**

**Can your feelings affect your thoughts?**

**The answer is Yes! Of course.**

I was telling my Reiki students this week that there is more and more evidence coming to light to prove there is a direct link between what we feel, think, do and our physical health.

Did you know that it's now been confirmed by the science of epigenetics that your lifestyle, environment, thoughts, feelings, beliefs, actions have MORE impact on your health than your genes?

Heather Dane quotes: "...we have great news from science: your genetics are only 5% of your health, which means you have 95% of your health in your own hands." (reference: <http://heatherdane.com/heal-revealing-the-science-spirituality-of-health/>)

Are you really hearing this? Is this a shock to you? Really?

I was shocked when I heard this news.

I've been brought up in the same world as you.

I've been told that the intolerances, conditions and illnesses were only showing up because of my genetic family history.

The doctor asked 'Did your mum or dad have diabetes, heart disease, cancer?'

'Yes' I replied.

'Ahhh' they said 'well then you probably will too'

'Okay' I would say - resigned.

This new information puts a whole new spin on that conversation.

The doctor now asks 'Did your mum or dad have diabetes, heart disease, cancer?'

'Yes' I will say.

And now they'll say 'Well, the good news is you don't have to - you have the power ... keep focused on a balanced diet, keep moving, work on a healthy mind, tap into your spirit-self and make sure your environment is relaxing and happy - then you'll likely have a healthy and long life'

'Okay' I'll reply - excited about the future.

How about that as a new medical paradigm, huh?

I teach all my students and clients about this information.

Now they can call on what I describe as their 'Inner-GP' for the prescriptions in their life.

Ask 'how do I feel?' And 'how can I feel better?' And 'what am I thinking that is making me feel bad?' And 'what could I think instead to make myself feel better?'

Then take action based on these answers, now that's empowering.

And ... yes ... it may take some practise to shift away from asking others to fix you, especially if you've been doing it for 40, 50, or 60 years.

But listening and trusting yourself is a big step forward in your life on many levels - not just for your physical health.

It just makes good sense to me.

Want to learn more?

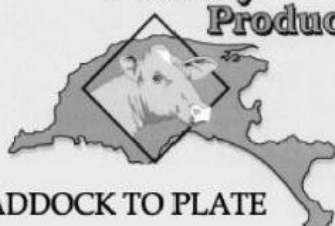
Contact Pip on 0437670820 or go to:

[www.consciouscoursesandtherapies.com](http://www.consciouscoursesandtherapies.com)



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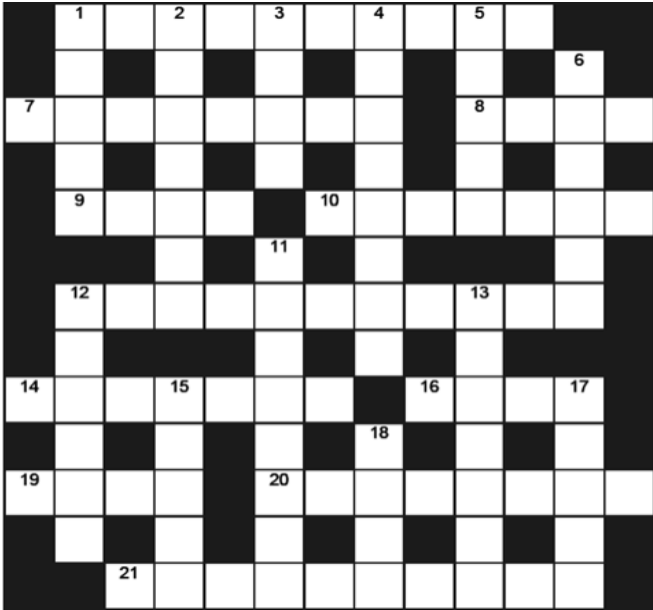
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# Brain Food

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



Vibe Quick Crossword 100

**Across**

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

**Down**

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

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

Vibe Sudoku 100

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

## Preparing for Shearwater departure

The annual short-tailed shearwater migration is due to begin in mid-April, and this year Phillip Island Nature Parks has joined forces with VicRoads to increase the chicks' chances of successfully departing the island, and to increase the awareness of motorists to potentially hazardous driving conditions.

"We expect most of the shearwater fledglings will depart sometime between April 18 and May 8," said Jodi Bellett, wildlife rescue and rehabilitation officer at Phillip Island Nature Parks.

"During that time birds may end up on the roads at night as they learn to fly, and of course this can cause a hazard to not only the birds but to drivers as well"

VicRoads and the Nature Parks' team have been working closely together over the last few months to implement several road safety initiatives including lowering speed limits on affected roads to 40km/h and placing electronic message boards and billboards on roadsides to let motorists know that there may be shearwaters on the roads.

The birds are known to flock to the San Remo bridge lights, so in conjunction with SP Ausnet, the bridge lights will be switched off as in previous years for up to 8-10 nights around April 25 during the peak of departure.

"Nature Parks' staff and a dedicated band of volunteers will be patrolling areas where the birds are likely to land on roads, particularly around Surf Beach, Cape Woolamai and near the Penguin Parade," said Jodi.

"Since the inception of the Shearwater Rescue Patrol in 1999, thousands of birds have been saved from the roads as they learn to fly. Last year alone, a total of 532 birds were struck by cars and died, but we also managed to rescue 534 birds."

"We hope that with the support of VicRoads and the local community, this year we will be able to reduce the number of bird deaths even further, as well as reduce the risk to drivers on our roads at night."

About short tailed shearwaters:

Short-tailed shearwaters arrive on Phillip Island in September and spend the summer raising their single chick in a sand dune burrow. They undertake one of the most incredible migrations, flying approx. 16,000km to feed near Alaska during our winter. Adults begin their migration in early-April, the fledglings leave about three weeks later with no guidance. Many of these birds are killed each year on the roads at night. Shearwater Rescue is an initiative to reduce these deaths.



## Q&A

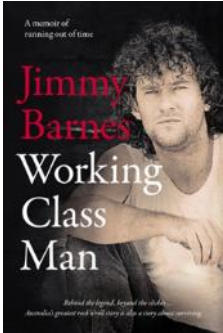
1. What temperature does water boil at? 2. What did the crocodile swallow in Peter Pan? 3. Which German city is famous for the perfume it produces?

4. What year did the first world war start? 5. Where is the smallest bone in the body? 6. What number does the Roman Numeral C represent? 7. What nationality was Chopin? 8. How many dots are there on two dice? 9. What horoscope sign is depicted by a crab? 10. What are the first three words in the bible? 11. What did the Seven Dwarves do for a job? 12. What is the capital city of Kenya?





# Book Reviews



**“Working Class Man” by Jimmy Barnes RRP \$49.99  
OUR PRICE \$20.00  
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THE SEQUEL TO THE NUMBER 1 BESTSELLER WORKING CLASS BOY**

This is a life too big and a story too extraordinary for just one book. Jimmy Barnes has lived many lives - from Glaswegian migrant kid to iconic front man, from solo superstar to proud father of his own musical clan. In this hugely anticipated sequel to his critically acclaimed bestseller, Working Class Boy, Jimmy picks up the story of his life as he leaves Adelaide in the back of an old truck with a then unknown band called Cold Chisel. A spellbinding and searingly honest reflection on success, fame and addiction; this self-penned memoir reveals how Jimmy Barnes used the fuel of childhood trauma to ignite and propel Australia's greatest rock'n'roll story. But beyond the combustible merry-go-round of fame, drugs and rehab, across the Cold Chisel, solo and soul years - this is a story about how it's never too late to try and put things right.

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



**“The Ruin”  
by Dervla McTiernan  
RRP \$32.99**

Cormac Reilly is about to reopen the case that took him twenty years to forget ... The most addictive crime fiction debut of 2018. Cormac Reilly is called to a scene he will never forget. Two silent, neglected children - fifteen-year-old Maude and five-year-old Jack - are waiting for him at a crumbling country house. Upstairs, their mother lies dead. Twenty years later, a body surfaces in the icy black waters of the River Corrib. At first it looks like an open-and-shut case, but then doubt is cast on the investigation's findings - and the integrity of the police. Cormac is thrown back into the cold case that has haunted him his entire career - what links the two deaths, two decades apart? As he navigates his way through police politics and the ghosts of the past, Detective Reilly uncovers shocking secrets and finds himself questioning who among his colleagues he can trust. What really did happen in that house where he first met Maude and Jack? The Ruin draws us deep into the dark heart of Ireland and asks who will protect you when the authorities can't - or won't.

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# COMMUNITY NOTICEBOARD

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

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

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

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

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

**Phillip Island Girl Guides** Multi age group from 5 years, Thursdays 5-6.30pm. More info contact Sue Viney [sviney@guidesvic.org.au](mailto:sviney@guidesvic.org.au)

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

**Phillip Island World Vision Club** 2nd Wed of each month 1.30pm, St Phillip's Church Hall, Cowes. A friendly group of people undertaking fundraising events around the Island to raise funds for sponsored projects around the world. New members very welcome. Call Thelma 56785549.

**Phillip Island Community & Learning Centre (PICAL)** recreational, educational and some welfare services to reflect local community needs. For further info call 59521131, [www.pical.org.au](http://www.pical.org.au) or pop in at 56-58 Church St Cowes.

**The Probus Club of San Remo** 2nd Mon of each month 10am at the Newhaven Hall, 23 Cleeland Street, Newhaven. New members most welcome. For more info: Bob Andrews 0437526757 or [probussanremo@gmail.com](mailto:probussanremo@gmail.com)

**Rotary Club of Phillip Island & San Remo** "Fundraising for our community". New members welcome. Phone Keith Gregory 0439020996.

**Lions Club of San Remo & Newhaven** 2nd & 4th Tues of month St Augustine's Church, Phillip Island Rd, San Remo, 6.30pm. Contact Secretary Andrew Page 0410 785081, 56780162 or [sanremo.newhavenlions@gmail.com](mailto:sanremo.newhavenlions@gmail.com)

**Men's Shed** meets at the rear of the RSL every Tues & Thurs mornings 9.30am-noon. Anyone most welcome to join us. Contact Terry Heffernan 0438808428 or 59526955.

**Phillip Island TOWN Club Weight Loss Group** Thurs 9-11.00am, Ryhll Hall. Joining fee \$48, weekly fee \$6. Nutritional eating, weigh in and group therapy. New members welcome. Contact Vincent Vale on 0414709066

**Phillip Island Croquet Club** new members welcome. Contact Ken 59568803 or David 0412485913 or just come along to our club Frid 10am Blue Gum Reserve Dunsmore Rd, Cowes.

**The National Vietnam Veterans Museum** needs volunteers to assist with cataloguing and conserving the collection, maintenance and building projects and office work. Contact Debbie Barber, Stephen Knox or Liz Fincher 5656 6400

**Islander Day Club** every Monday, ANZAC Room, RSL, 10am-2pm. Games, craft, exercises guest speakers and outings. Transport can be arranged if necessary. For more info: Kaye Cannin 59522097.

**The Probus Club of Phillip Island Inc** meet 4th Wed of each month, 10am, Anzac Room, Phillip Island RSL, New Members most welcome. For further info Chris Cannin 59522097 or Ash Rizvi 59521604.

**Euchre at the RSL** Come and play Euchre every Thursday night at 7.30pm or come for a meal first at 6.00 pm with cards to follow. For more info contact Dorothy Young 59521532.

**Phillip Island Camera Club** meets 1st Mon of month, Heritage Centre meeting room, 1.30-4pm. Contact Sue Brereton 0408136717 or [phillipislandccaspi@gmail.com](mailto:phillipislandccaspi@gmail.com)

**Country Women's Association**, 1st Thurs month, CWA Shop, Thompson Ave, Cowes, 1pm. More info: Jan 59525177, Judy 59568480.

**Phillip Island Swim Club** must be competent in 3 out of 4 strokes looking to extend skills with qualified coaches [Swimclub@waterfront.net.au](mailto:Swimclub@waterfront.net.au)

**Phillip Island & District Genealogical Society** discover your ancestry. 56 Chapel St Cowes. Tues 10-1pm, Thurs 10-4pm, Frid 1-4pm, Sat 10-1pm. Contact 0418178343 or [piadgs@gmail.com](mailto:piadgs@gmail.com)

**Phillip Island Adult Riding Club Social** & HRCVA horse riding club for beginners to advanced. Rallies held every 3rd Sat of month. New members welcome. Contact Rachel 0435552518 or email enquiries.[piarc@gmail.com](mailto:piarc@gmail.com)

**Wildlife Rescue Phillip Island**, Rehabilitation, care, rescue & transport of all wildlife on the Island & surrounding areas. Kaylene 0412258396 or Colleen 0409428162.

**Phillip Island Squares** (square dancing) Thursdays 7.30-10pm Bass Valley Community Hall, Bass School Rd, Bass, Contact Carol 59525875.

**Phillip Island Day View Club** proudly supporting The Smith Family, Feb-Dec, 4th Monday of month, 11am, Ramada Resort, Cowes. Bookings essential. New members welcome. For information contact Irene 59523447.

**Phillip Island & District Historical Society**. Cowes Heritage Centre, contact Secretary Christine Grayden 5956 501. Check out our History on [pidhs.org.au](http://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](http://www.wgrlc.vic.gov.au) or call 59522842.

**Friends of the Library** book chat 1st Wed of every month at 2pm, Feb-Nov. Phillip Island Library. Friends of Library meeting 10.30am, 3rd Sat of every month. New members welcome. Call Celia 59521901.

**South Coast Speakers Toastmasters** meets every 2nd and 4th Wed of month, 7.30pm at San Remo Hotel. Develop oral communication and leadership skills. More information Brigitte Linder 0421 812691

**San Remo Bowls Club** Summer rollup in Mufti every Wednesday afternoon starting at 12.30pm. New members and visitors will be made most welcome 1a Wynne Road, San Remo. For further information please contact Robyn on 0411 549 380 or Tony 0474 205 369.

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

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

**"Bee Crafty" New Community Craft** Group is meeting every 2nd & 4th Wednesday of the month at St Phillips Church Hall Thompson Avenue Cowes (opposite Coles) All are welcome. For further details Desma Maxworth 0409 136 620

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

**Phillip Island University of the Third Age (U3A)** provides learning and social activities such as choir, creative writing, stagecraft, Spanish, canasta and many more. For retirees and semi-retirees. Most activities are ran at 56-58 Church Street, Cowes. For further info call 5952 1131 or 5952 6461

**MS Community Visitors Scheme** in San Remo requires volunteers to visit residents in aged care who are socially isolated. Visits are fortnightly and may include taking residents on outings. Phone 98452729 or email [volunteer@ms.org.au](mailto:volunteer@ms.org.au)

**Phillip Island Community Meal** operates on Mondays during school terms, 5.30 to 6.30pm. Volunteers prepare and serve a healthy two course meal to attendees. All welcome. Uniting Church Hall, Cnr Chapel St and Warley Ave, Cowes. Facebook @cowescommunitymeal

**Woolshed Spinners** meet each 2nd & 4th Thursday of the month at PICAL, Cowes, 10 am to 2 pm to spin wool and other yarn activities. Contact John Stott 5952 3477.

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

**Bass Coast Strollers Inc.** Walks every Monday; generally 8-12km and graded Easy or Easy-Medium; bush tracks to coastal paths to town walks; a shorter 4km walk option is often offered. \$35 subs. Contact Liz 5678 0346, Chris 0400 346 078, [info@basscoaststrollers.org](mailto:info@basscoaststrollers.org)

**First Friday Philosophy.** Series of lunch time discussions of some big intellectual questions. Next meeting Friday, June 1 Topic is "What is Music?". Phillip Island RSL. \$35 includes lunch. Book or enquire by emailing [gurdies@australiaonline.net.au](mailto:gurdies@australiaonline.net.au)

**The Phillip Island Miniature Railway** is keen to hear from anyone who would like to be part of the Club. Please contact Secretary [bevmunro2@gmail.com](mailto:bevmunro2@gmail.com) or 0417 578 435

**Narcotics Anonymous** meets weekly Sundays 5-6pm, St Phillips Anglican Church, 102 Thompson Ave, Cowes. New members welcome. For more information contact 03 9525 2833 or [na.org.au](http://na.org.au)

**Paul's Table Community Café** open every Saturday and Sunday 10am -2pm, Bass Hall, serving quality food and coffee.

**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](mailto:linda@marston.com.au) or 0428 344 726 for more information.

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## Community Markets

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


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

**Market on Chapel** May 26 - 4th Sat of month, Uniting Church, Cnr Chapel St & Warley Ave, Cowes. 8am-2pm in Summer, Autumn and Spring and 9am-2pm in Winter.

**Market on Main** Next market Winter Sunshine Festival June 30, 9am-3pm Town Square

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

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



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Authorised & Edited by Brian Paynter MP 9 McBride Avenue Wonthaggi 3995.  
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**Draft 2018/19 Budget**



Council has prepared a draft 2018/19 Budget for the financial year starting 1 July 2018 and ending on 30 June 2019. Council will consider the adoption of this document at the Ordinary Council Meeting to be held on Wednesday, 20 June 2018.

**Key Phillip Island projects in the draft 2018/19 Budget include:**

- Ongoing development of skate parks across the municipality with replacement of the Cowes Skate Park and design for a Regional Skate Park on Phillip Island, \$500,000
- Acquisition of land for future community needs in Cowes, \$2,000,000
- Further development of the Cowes Transit Centre and all day car park, \$727,000
- Planning for an upgrade to the car park at Anderson Road Boat Ramp, Cowes, \$25,000
- Master Plan works for the Beachcomber YCW activity area, \$15,000
- Design of Olive Justice Park, Cowes \$25,000
- Refurbishment of the Phillip Island Football Club rooms, \$350,000
- Rehabilitation of Ventnor Beach Road, Ventnor, \$317,000

Submissions are invited and must be received by 5.00pm on Tuesday, 22 May 2018. For more information on how you can have your say and a full copy of the draft 2018/19 Budget visit [www.basscoast.vic.gov.au/budget](http://www.basscoast.vic.gov.au/budget), visit any of Council's Customer Service Centres or contact Council on 1300 BCOAST (226 278) or (03) 5671 2211.

**The Combined Churches of Phillip Island**

**Phillip Island Baptist Church**  
Cnr Settelement & Dunsmore Rds, Cowes. Worship time: 10am Sunday. Good Friday and Christmas day at 9am  
Ph 59523408 Website: [islandbaptist.org.au](http://islandbaptist.org.au)  
Facebook @phillipislandbaptistchurch

**St John's Uniting Church**  
Cnr Chapel St and Warley Ave, Cowes. Worship time: 10am Sunday. Good Friday and Christmas day at 9am  
Ph 59522083 Website: [cowesunitingchurch.org.au](http://cowesunitingchurch.org.au)  
Facebook @cowescommunitymeal

**St Philip's Anglican Church**  
Cnr Thompson Ave and Church St, Cowes. Sunday Worship: St Philip's, Cowes 9am, St Augustine's, San Remo 10.30am and St Paul's, Bass 12.30pm. Ph 59522608 Website: [anglicanparishbassphillipisland.com](http://anglicanparishbassphillipisland.com)

**Hope Church**  
At Newhaven Primary School, 12-22 School Avenue, Newhaven. Worship time: 3.30pm Sunday  
Website: [islandhopechurch.com](http://islandhopechurch.com)  
PO Box 348, Cowes. 3922.

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



**THE Terrace**  
CASUAL DINING

**WHAT'S ON**

**TUNES ON THE Terrace**

Each Sunday afternoon in May from 1:30pm to 4:30pm

**GROOVE TO THE TUNES OF LOCAL MUSICIANS**

**May 6** - Colin Matthews  
**May 13** - Two Up with Garry & Jon  
**May 20** - Humming with Nic & Archie  
**May 27** - Imogen Price





# Motoring Guide

## Women are key auto decision makers: VACC

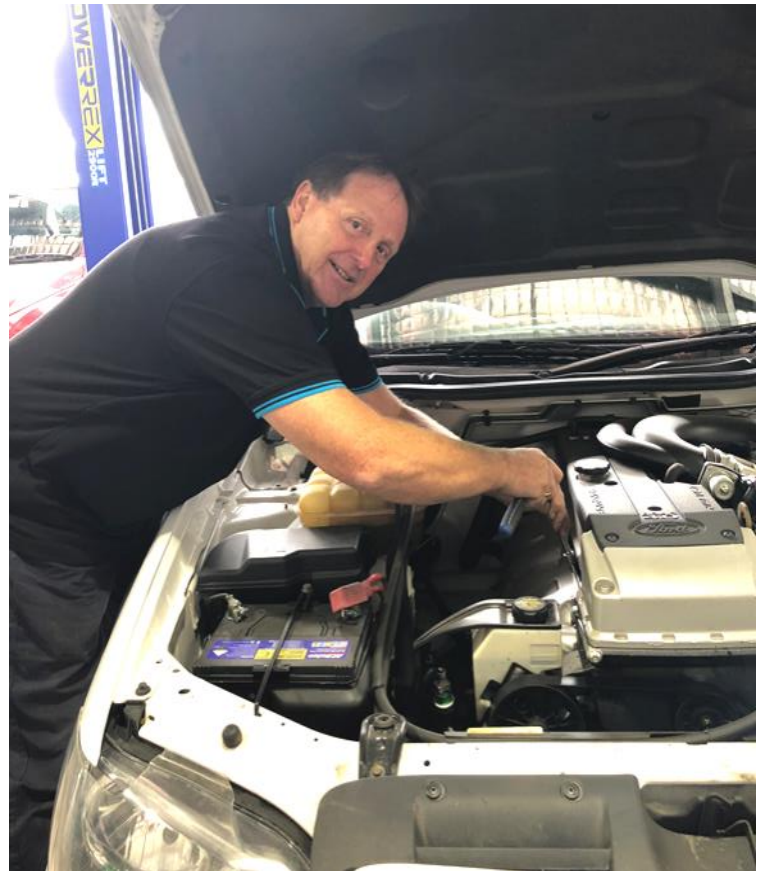
Women play a key role in vehicle purchasing, and automotive servicing and maintenance decisions in Australia, according to research by the Victorian Automobile Chamber of Commerce (VACC).

82% of women are involved in car purchase decisions and 49 per cent of total licence holders in Australia are women.

Heading-up Women in Automotive at VACC is Dr Imogen Reid. "It is clear that women are key decision-makers when it comes to automotive purchasing. The automotive industry needs to not only be aware of this, but to be proactive about customising their approach for female customers" said Dr Reid.

The female automotive industry workforce has remained static for the past five years, the latest figures indicating that the workforce is currently 19.5 per cent female. Women in Automotive is working to change that. Its activities include education and mentoring, networking opportunities, communications and the development of tailor-made courses for women in the automotive industry.

# New owner at Phillip Island Automotive



John Alcock brings a wealth of experience with him as new proprietor of Phillip Island Automotive. He has been in the automotive industry for 40 years and has been a resident of Phillip Island for many years.

His team will guarantee the service you receive from them will be honest, reliable and helpful.

Servicing is offered for all types of vehicles including log book servicing. They can also help out with breakdowns, general repairs, tyres and batteries.

Call in at 2/60 Thompson Avenue, Cowes or give them a call on 59523660.



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Proprietor: John Alcock

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2/160 Thompson Av, Cowes Ph 59523660

## New Pilates Studio in San Remo

Marena and Chris Digby are excited to be opening The Pilates Company in San Remo. After living and working near the city of Melbourne for over 20 years, they decided they wanted a better quality of life and made a sea change. Chris spent many family holidays at Inverloch and San Remo so he was familiar with this beautiful part of the world. When looking to make their lifestyle change, Marena was introduced to the Bass Coast area and immediately fell in love with it too.

Marena and Chris have been involved in the health and wellness industry for over 25 years, Chris has come from a diving and sporting background, Marena draws from her dance and remedial massage background. They both taught group fitness classes all over Melbourne and eventually set up their own Pilates studio. Wanting to share their passion for Pilates with others, they developed their first teacher training program in 2005. This led them to present at many fitness conventions both in Australia and the USA. Through their expertise in both the fitness and Pilates fields, they have been involved in setting standards for Pilates in the fitness industry. Marena and Chris are trained in Pilates programs in Australia but have also travelled extensively to Los Angeles and New York to study the Classical style of Pilates. They recently launched their government accredited Certificate IV in the Authentic Pilates Method and continue to educate the next generation of dedicated Pilates teachers.

Pilates is corrective exercise that improves your quality of life no matter what your age, background or fitness level. The Pilates Company specialise in both contemporary and classical styles of Pilates that focus on the original work of its founder Joseph Pilates. Sessions on offer will include privates, duets and groups of 3. Marena and Chris pride themselves on making everyone feel welcome. At their Hampton studio, they have clients who range from 13 years old to 96 years young! Clients come from all backgrounds such as those who just want to move without pain, tradies, mums, elite athletes and everyone in between.

Marena and Chris would love to welcome you to The Pilates Company, San Remo. Come get healthy and strong in a fun, friendly, supportive environment. Group sessions will be available on Monday, Wednesday, Fridays and Saturdays, private and duet sessions are by appointment.

To celebrate their opening in mid May, The Pilates Company would like to offer new clients two opening specials. Your first 3 private sessions for \$120 or if you wish to work out with a friend, 3 duet sessions for \$75 per person.

If you would like to take advantage of both specials you are more than welcome to do so. For more information or to make a booking, please call Marena on 0412 500 649 or Chris on 0412 646 773.



## Puzzle Solutions



Vibe Crossword Solution 100

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

Vibe Sudoku Solution 100

**Quiz Solution 100** 1. 100c 2. An alarm clock 3. Cologne 4. 1914 5. The ear 6. 100 7. Polish 8. 42 9. Cancer 10. In the beginning 11. Miners 12. Nairobi

## Who Dunnit Solution

Well readers, we know the pressures put on authors to write a best seller and especially to produce a sequel to a blockbuster first novel. We have seen the lengths these publishers go to get to the next massive book signing for successful first book authors.

So in this instance, being aware from publicity not only of the unhappy personal life of the famous author, a survivor of three divorces and some jail time, and of the poor sales of the second book in the series, my senses told me that Aaron Spielberg, the author, had become a desperate man. Desperate for publicity and a huge advance on book sales to help finance his commitments to three previous wives and his large mortgage. So if he didn't do it personally he was the sort to get a hit man to do it and to kill to achieve publicity for his book. The relevant open page of the Christmas Stranger left ever so conveniently on the counter eerily prescient and depicting the same modus operandi for the bookstore murder was the desperate author's attempt to get his book and his name back in the spotlight of literary success. His ploy failed and he confessed after being arrested.





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Rylee Queen Bed  
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**gv** Grandview  
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3 Grandview Grove  
Cowes 3922  
P: 5951 1860 (24 hrs)

**cm** Cowes  
Medical Centre

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

**sr** San Remo  
Medical Clinic

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

**ls** Long Street  
Family Medicine

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

**sg** South Gippsland  
Family Medicine

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

**ll** Lang Lang  
Community Family Medicine

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



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Medical & Aged Care Group

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