

# PHILLIP ISLAND VIBE

Free

phillipislandvibe@outlook.com

P: 0407 266 271

www.phillipislandvibe.com.au



ISSUE 102 JULY 2018



This image taken by Renee de Bondt at Wildlife Coast Cruises perfectly captures nature at its best. It was entered into the Sea Shepherd global photo competition and was awarded second prize out of 400 world wide entries. What a great acknowledgement of Renee's photographic ability . Congratulations Renee. Lots of things happening this month with the Whale Festival running from July 6-8 featuring a host of free or low cost activities and the Island Makers Market on Sunday July 8 at the YMCA with lots of homemade goodies.




**BONUS**  
eftpos GIFT CARD

Purchase an eligible split or ducted air conditioning unit and receive a **BONUS** eftpos Gift Card.

OFFER ENDS 31 JULY 2018



Terms and Conditions Apply.  
[www.eftposgiftcard.mitsubishielectric.com.au](http://www.eftposgiftcard.mitsubishielectric.com.au)

## SHORELEC

Shop 10/95 Marine Parade, San Remo VIC 3925  
T | 03 5678 5361 F | 03 5678 5362  
Trading Hours | Monday - Friday: 8am - 5pm  
Saturday: 8am - 1pm




WINTER SCHOOL HOLIDAYS  
**SUN JULY 8**  
9AM-2PM

THE **ISLAND Makers MARKET**

FREE ENTRY - FREE PARKING - INDOORS - LIVE MUSIC  
HOMEWARES, LADIES FASHION, JEWELLERY, KIDS & BABY,  
QUALITY CRAFT ART & DESIGN, LIFESTYLE, HEALTH, BEAUTY,  
JAMS, FRESH PRODUCE, HOT FOODS, CAKES & BAKED, DONUTS & COFFEE.

**COWES LEISURE CENTRE (YMCA)**  
**10-14 CHURCH ST COWES PHILLIP ISLAND**  
WWW.ISLANDMAKERSMARKET.COM.AU BY MERMAID SORORITY



**ALWAYS COOL**  
AIR-CONDITIONING

SPECIALISING IN INSTALLATION OF HEATING & COOLING SYSTEMS

www.alwayscoolair.com.au 1800 931 631

**SPECIAL OFFER**  
PURCHASE A SELECTED  
PANASONIC AIR COND  
& RECEIVE AN EFTPOS  
CARD VALUED  
UP TO \$200

**7KW Panasonic**  
Reverse Cycle  
Inverter Split System

Fully installed only  
**\$2100\***  
plus gst \*Conditions apply

**Panasonic**  
Air Conditioning Specialists

Contact Kirk on 0414 825 179



# Newhaven College Tours



*Choosing a school that suits your family doesn't have to be difficult. Experience school life in action at a Newhaven College Tour.*

Your family is invited to take a guided tour with our student leaders to observe our students in their classrooms and our teachers at work.

Our Heads of School will be there to discuss your child's educational and pastoral care needs.

Meet our Registrar to discover availability for the year levels you require.

We are currently enrolling for Year 7 in 2021 and beyond.

Limited places are available in Prep and Year 2 in 2019 and some vacancies exist in other year levels.

Newhaven College is located at 1770 Phillip Island Road on Phillip Island and the final three College Tours for 2018 leave from reception at 9.30am on:

- **26 July**
- **30 August**
- **18 October**

For enrolment enquiries please contact Belinda Manning on 5956 7505 or discover more at [www.newhavencol.vic.edu.au](http://www.newhavencol.vic.edu.au)

## Success Starts Early

**Enrolling for 2020  
and beyond**



Contact Belinda Manning, 5956 7505  
1770 Phillip Island Rd,  
Phillip Island, 3923

[www.newhavencol.vic.edu.au](http://www.newhavencol.vic.edu.au)







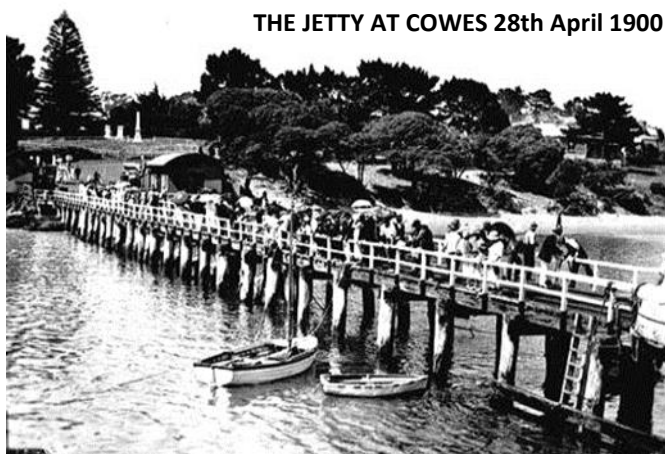
## Phillip Island Historical News

*Thank you to all that have shared my love of the history of this very special place I call home. My last article for you is about Cowes Jetty, that has greeted and farewelled us over the decades and holds a special part in many hearts from throughout the ages. Something that we share irrelevant of time.*

### JETTY NEEDED 8TH March 1869

A deputation of landowners waited on the Minister of Public Works this morning, for the purpose of requesting the Government to erect a jetty in the neighbourhood of Cowes. The Chief Secretary was also present with Mr McCrae. The Minister expressed that a jetty was required, and dismissed to order a survey at once, and that when he received the report he would give the application his favourable consideration.

### THE JETTY AT COWES 28th April 1900



People who are interested in the Cowes Jetty, at Phillip Island, were brought under the notice of the Commissioner of Customs yesterday. The Government provided £500 on this year's estimates for repairs to and work to, but Mr. Downward contended that if it had not been for past retrenchment this expenditure would have been spread over the last ten years. The jetty, he declared, is in a "terrible state of disrepair" and when northerly gales blow it affords no shelter whatsoever to vessels. It was now desired that £500 should be placed on next year's estimates for an extension of 100 feet. Mr. Salmon said it was difficult to determine as to the direction in which the extension should be made. He would depute an officer to make an inspection, and on the receipt of his report would be prepared to consider the matter.

### IMPROVING THE PIER – 16 March, 1923



As we go to press employees of the Ports and Harbors are engaged installing a much-needed improvement on the Cowes pier in the shape of a new revolving flashlight. The one being superseded has probably been in existence ever since the construction of the jetty and so feeble are its beams that very many of the shop lights rival it in its brilliancy, and consequently it was of little use as a guide to those making for the pier after dark, and in fact for some time has been a subject of ridicule and a laughing stock of boatmen and captains of craft calling at Cowes after sundown. Each year it seems as if the authorities are awakening more to the importance of Westernport, and gradually improving the lighting of the Bay, having already installed lights that make it possible for vessels to enter both the eastern and western passages after dark.

### WHALES PLAY OFF COWES – 11 August, 1950

Three whales have been "blowing" and basking in the sunshine off the Cowes Jetty for the past three days. Mr. P J Carter, licensee of the Isle of Wight Hotel, said last night the whales were the first seen in local waters for some time. They had apparently come from southern waters to scratch their backs on the rocks.



THE ROSE SERIES P. 14481

A VIEW FROM THE PIER, COWES, P. I.

**McLardyMcShane**

INSURANCE & FINANCIAL SERVICES

**Business &  
Trade Packs**

**Farm, Livestock  
& Crops**

**Hospitality Industry**

**Liability &  
Professional Indemnity**

**General Insurance**

**P: 1300 952 188**

A: Level 1/82 Thompson Ave. Cowes

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



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

Despite the days getting colder there has been some very good breaks in the weather and long periods of winter sunshine. The sun certainly helps to get people enthused and heading down to the beach or jetty for a fish with some even getting the boat out from under the cover to take advantage of the calm conditions. Typically, the fishing has been inconsistent as it normally is at this time of the year. Having said that, we have had some very good reports coming in. We have also been steady with rod and reel repairs and servicing from those who want to be ready to go once the season starts.

Salmon and calamari make up most of the reports this time of year and not because that's all you can catch, but because they are the most targeted species at the moment. It's mostly from the land that both are fished for, but with the reasonable days we have had several are catching them and others in the boats also. Fishing for either of these can be as cheap or as expensive as you want with neither big fighting fish, especially the calamari. Salmon can be a bit more of a challenge and a better fight, if you were using light gear which is ok in the boat but from a beach it's all about being able to cast a considerable distance which takes some heavier gear.

Most beaches produced some salmon during the month but Kilcunda, Cemetery Beach was the best for the bigger ones first thing in the mornings when we had the early high tides. There were several caught during the day and other tides, but they were much smaller. Nothing much too big from Woolamai or the island beaches but more numbers and cleaner beaches with less weed. Not a real pattern on the island for

the best time or tide with the evenings marginally better for some. Bluebait and pilchards the best with surf poppers to help with the crabs and when the conditions were on the calm side pippies were also used. Lures were also well worth the effort.

We are starting to get more calamari reports from the beaches than the jetties and I think it is because there has been a lot of fine weed around the jetties and the beaches are a bit cleaner. The evenings are definitely better at Woolamai and even slightly better at Ventnor also but we have had more reports from during the day at Ventnor. Reports have come from all the island jetties and at San Remo but a bit of a guess when is the best, tide changes probably slightly better than the change of light. Boating and most of the reports have come from Cleeland Bight and spread out along the beach side from the moorings to the red channel marker. There has also been some very good reports from the footes side of the bight. Although there have been some calm days, the water has been quite dirty and the baited jigs have stood out as being better than the artificial ones.



*Quality gummies can be caught offshore this time of the year, James managed a couple during June.*

## Evie's Personal Training

Individual personal training for your needs, goals and interests for your own fitness/health level

All in the comfort of your own home. Yes, I come to you. No gym fees, no joining fees, no minimum commitment or hidden costs

Try me for a fun and supported workout with a FREE 20 minute introductory session

**0412 506263**

# KRISTOS

SOUVLAKI BURGERS CHIPS ROASTS

THE HEALTHIER CHOICE...

Eat in or  
takeaway  
EFTPOS  
AVAILABLE

## TENDER BBQ CHICKENS, LAMB PORK & BEEF @ KRISTOS

- Souvlaki • Greek Packs • Roasts • Burgers • Wraps
- Kids & Family Packs • Schnitzels • Fish n Chips • Kids Menu
- Home Cooked Vegies & Fresh Salads

Shop 5/15 The Esplanade Cowes

Open 7 days / Phone Orders Welcome

**T: (03) 5952 3355**





## What's Cooking?

Simple, delicious recipes.  
No experience necessary.

### Lemon and rosemary lamb traybake

#### What you need:

2 lemons, one and a half juice and rind and half sliced

2 tbsp olive oil                      Garlic clove, crushed

6 Rosemary sprigs, leaves picked from 4 and chopped

8 trimmed lamb cutlets      2 red capsicums, sliced

500 new potatoes, thinly sliced

50g black olives                      small vine tomatoes

3 tbsp capers, drained and rinsed

#### What to do:

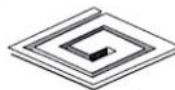
Whisk the lemon rind and juice with 1 tablespoon olive oil, garlic, chopped rosemary leaves and seasoning.

Add the lamb cutlets, toss to coat, then set aside to marinate for 30 mins if you have the time. Heat oven to 220C.

Toss the potatoes with half a tbsp olive oil and some seasoning. Tip into a large, shallow roasting dish and put in the oven for 15 mins.

Remove the dish and shake to loosen the potatoes then top with the capsicums, lemon slices, rosemary sprigs and tomatoes. Drizzle with the remaining oil and some seasoning. Return to the oven for 10 mins.

Place the lamb cutlets on top of the vegetables. Scatter over the olives and serve.



**Interiors unlimited**  
INTERIOR DECORATING

*With more than 30 year's experience in the Industry, we look after your property as if it's our own.*

- Expert advice on window furnishings from an Interior Designer
- Top quality blinds, curtains, wall art, rugs, cushions & accessories

Contact Lesley Hughes for an appointment:  
M: 0419 006 062 E: interiorsunlimited@iprimus.com.au  
[www.interiorsunlimited.com.au](http://www.interiorsunlimited.com.au)



## FIREWOOD

### \$120 for hard and softwood mix

Contains Pine, Cypress, Banksia, Coastal Tea Tree, Swamp Gum, Mahogany Gum, among others, (does not contain nuts)

### \$180 for hard wood only mix

Contains Iron Bark, Blue Gum, Sugar Gum, Coastal Tea Tree, among others

*Plus delivery depending on location. Pick up at 273 Church St, Cowes (opp Anchorbelle Holiday Park) by appt only or between 7.30-9am or 3-4.30pm or Saturdays 9am-1.30pm*

**Phone Adam Bailey 0427 052173**

island burger bar 

## DAILY WINTER WARMERS

☞ MONDAY..... *Beef Casserole*  
WEDNESDAY..... *Lamb Shanks*  
THURSDAY..... *Shepherd's Pie*

**PLUS** ☞ Weekly soup specials  
New salads, sides & sliders

Call us to book or order  
9 vista place, cape woolamai 5956 6552



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](mailto:newwaveconcreting@icloud.com)



**A classic who-dunnit mystery series from our esteemed off-shore crime writer, Leon Herbert**  
**DEADLY REGARDS**

"Well, this all looks very fancy and fun," Inspector Flint, of the Cowes constabulary said as he entered the interview room. His mate, Leroy, ace sleuth and resident of Phillip island was sitting across the table from Lionel Pachett, an antiques dealer who happened to be wearing a nineteenth-century tuxedo and top hat. "Yes," Leroy said. "Mr. Pachett is fancy, and I'm having fun, and now that you're here, we can add 'foolish' to the mix. Now I'm having even more fun.

Are you having fun, Mr. Pachett?" "Most certainly not!" Pachett sputtered. His white moustache bristled when he spoke, and Leroy half expected an antique eyeglass to drop from his incredulous eye. "You're not here to have fun," Flint said, leaning onto the table. "You're here to confess to the murder of your sweetheart, Doris Day. So let's get it over with." Flint watched with wry amusement as the sleuth and part time barrister got into his inquisitorial stride and in his inimitable way orchestrated the interview. They would play good cop bad cop if the situation required it, like now.

Pachett refused to look at Flint, and he spoke deliberately to Leroy. "Good sir, would you be so kind as to remove this Neanderthal from my presence? He's making the very air unbreathable."

## Counselling

**Individually assisting you to overcome challenging situations and become empowered by building life skills and strengths.**

**Unpack your concerns in a safe and non-judgemental environment.**

**Assisting with a variety of issues including child and adult sex abuse, domestic violence, grief and loss, depression and anxiety, family, relationship, confidence and much more**

**LINDA WILSON 0431 693313**

Fully qualified, practising counsellor and group facilitator  
lindawilson333@hotmail.com lindawilson333.com

"Neanderthal?" Flint said. "What's that, like a caveman? Listen here, Patchy, I wish we were in caveman times, because instead of a trial, you'd just get tossed off a cliff and forgotten. "In fact, I think there's a cliff just down the road." Flint took a step closer to Pachett, who pulled his top hat off and held it in front of himself like a shield. "Back, you cretin and don't call me Patchy!" Pachett shouted.

"All right, calm down," Leroy said. "Mr. Pachett, our forensic pathologist is examining the deceased Ms. Day right now. If there's anything you'd like to tell us before we find out for ourselves, it could help you out in court."

"The Lady Day and I do have a past," Pachett said, keeping a wary eye on Flint. "But we parted ways months ago and haven't spoken since then. I do pine for her though, and send her antique faux flowers now and again. They were her favourite. I regret her passing as if it were my own."

Flint rolled his eyes. "Where did you find this guy, Leroy? The Melodrama Store?"

"Good one, Jack," Leroy said. "You should write it down and use it again. You two play nice. I'm going to see how Dr. Forbes is doing." As Leroy left, he saw Flint smile at Pachett and thought he saw Pachett begin to sweat.

Dr. Lauren Forbes was the Island's forensic pathologist and that was just about all Leroy knew about her. He had the feeling that if she could examine the bodies without leaving her garage, which she had converted into a home lab and library, she would. He entered the crime lab and found Pete Bringle assisting Dr. Forbes in the examination of Doris Day. "Hey, boss," Pete said "Check out her fingernails." Dr. Forbes spotted it right away when she heard that Doris Day had vomited several times before she died.

Leroy looked at the corpse's fingernails and saw the white lines and horizontal ridges. "Arsenic poisoning?" he asked. "Correct," Dr. Forbes said without looking away from her microscope.

"Did hair analysis have traces of arsenic, too?"

"Yes," Forbes said, and pointed to a printout on the table. Leroy looked at the printout. "Looks like she's been in contact with the poison for at least a few months, maybe longer," he said. "Yes," Forbes said, and picked up a bone saw.

Leroy and Pete waited for more comments from her, but she continued what she was doing without giving them a glance. "Should we make small talk with her or just leave?" Pete asked Leroy quietly. "I don't know," Leroy answered. "Do you want to talk about advanced states of, uhh?" He paused slightly for the expected interjection from Pete.

"Decomposition and what various forms of trauma can do to an eyeball?" "No," Pete said. "No don't. What about footy?" Leroy considered it, then made a face. "Not likely," he said. "We'll probably have more luck talking with Flint."

Leroy and Pete went back to the interview room, where Flint was sitting on the table and Pachett was sitting in the corner. "Bad news, Mr. Pachett," Leroy said. "You've been nailed."

**CHECK PAGE 15 FOR THE SOLUTION TO LEON'S MYSTERY**

**Seals, Dolphins & Whales!**

Daily Cruises see website for details!

Wildlife coast cruises





Baboons usually make the news for all the wrong reasons, but once upon a long time ago they worked in law enforcement. Ancient Egyptian art depicts baboons helping cops in pleated skirts hunt down criminals and control unruly crowds. They were also popular as pets, and there is some evidence that they helped with the fig harvest. Please don't take me too seriously!! Back to facts supported by credible evidence, unless otherwise indicated.....

Baboons living in close proximity to humans in many places in South Africa have long rap sheets that list an embarrassing array of offences; breaking and entering, larceny, malicious damage to property, lewd behaviour and even kidnapping. I have witnessed, while visiting my son's home in leafy semi-rural Constantia, Cape Town, several of these legal infractions, and it's a scary spectacle for the uninitiated.

To be fair to the baboons, a good many charges are exaggerated, particularly the one about kidnapping. Whilst there have been isolated reports of baboons snatching human babies, mostly I think from dubious sources, they have I'm told, invariably given them back intact, rarely demanding much in the way of ransom, only assorted fruit items, bananas particularly, or filled shopping bags, maybe a camera and so on which they often carry with two hands, parcel or items in each, with dignity and poise and exit from the nearest open kitchen window or even the entrance. The disturbed household are likely to seek solace and comfort in the nearest alcoholic beverage or maybe just a plain old cup of tea. I might be perceived as making light of these uninvited incursions but maybe that's true in part, but believe me that these big guys can cause much consternation to human and barking dogs and distraught kiddies while they forage or seek compensation for being maligned and screamed at. Baboons are not territorial, a difficult

concept for human beings to grasp, saddled as many of us are with whopping mortgages and an inordinate pride in our herbaceous borders. They basically hang out wherever there's lots of trees or forest and a reliable nearby food supply and somewhere safe to escape to and sleep at night, often seeing no reason to move, despite screaming and shouting at them and mouthing obscenities, until they are pushed out. As our suburban mini-empires extend remorselessly into the bush, baboons have tended to become felons by default.



Bungalows popping up in their home range, replete with well stocked kitchens and delicious transplants from the local garden centre, must be seen heaven-sent. It must be equally perplexing to find these treats fiercely defended by red-faced homeowners with yapping dogs and pellet guns.

Away from human populations, baboons continue to live their lives blissfully unaware of the need to conform to, though larger groups are unexceptional. Baboons are big believers in the safety by numbers principle, a sensible precaution given they figure prominently in the diet of a variety of predators. Leopards, lions and spotted hyenas head the list, taking a steady toll on the young. Only 30 per cent on average make it to maturity.

Despite the millions of binoculars trained on the bush at any given moment, the birth of a baby baboon has rarely been witnessed. The alpha male in any troop or family set-up, rules supreme - I remember a very scary moment a few years ago when a large male surrounded by his harem and plenty of young uns surrounded me when I was enjoying a walk in a forest near to my home and as they jumped up and down, eyes redshot and menacing, in what appeared at least to me, to be a ritualistic voodoo style maniacal dance of death, mine, after returning loud obscenities to which maybe they had been subjected to, but in their mother tongue, they changed their minds about dinner ala Leroy and simply wandered back off into the nearby bush. I couldn't wait to regale my grandchildren over dinner with a wild embellishment of this near death experience and how I resisted the onslaught with my bare hands. These memorable and interesting animals are usually contemptuous of humans particularly women and are known to urinate on your head while resting on an overhead tree branch and you are on an otherwise enjoyable walk in the African bush.

**Daily LUNCH SPECIAL**  
**\$18**  
**Tuesday - Friday**

17 The Esplanade, Cowes (Phillip Island)  
Phone (03) 5952 6226  
email: [info@harrysrestaurant.com.au](mailto:info@harrysrestaurant.com.au)  
[www.harrysrestaurant.com.au](http://www.harrysrestaurant.com.au)

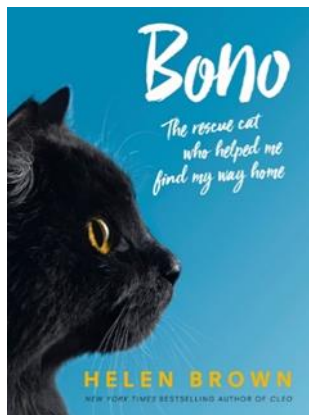
**Cleaning Services**

Call Mel on M: 0421 715 945  
E: [pulsepropertymaintenance@y7mail.com](mailto:pulsepropertymaintenance@y7mail.com)

- Exit Cleans • Spring Cleans
- Permanent Homes • Rental Properties • Linen
- Businesses • Offices • Caretaking Duties



## Book Reviews



**“Bono” by Helen Brown RRP \$29.99**

Having survived a brush with cancer, Helen Brown, happily married and with three grown children, took stock of her comfortable suburban life and found it wanting. When she was invited to visit New York, the city that never sleeps, she accepted. Perhaps, she mused, she might never return. There was a catch, however: would she foster a homeless cat during her stay? Visualising a dozy, sweet-natured snuggler called Mavis, Helen agreed. The cat she met in the Manhattan shelter was anything but dozy. Bono, as he'd been named, was wide-eyed and unpredictable, a bundle of nervous energy with a feisty attitude and punk haircut to boot. After a shaky start, Helen and Bono began to get to know each other and, as winter turned to spring, cat and woman explored new beginnings and past heartache, only to discover that, in the end, home is where the heart is, wherever that may be. In the tradition of Helen Brown's international bestseller Cleo and based on her enormously popular Huffington Post blog, Bono is a funny, tender and insightful story about life, love and recovery - and a rock-star rescue cat with a big heart.

Helen will appear at the Phillip Island Literary Festival on the last weekend in July.

Go to [www.theislandstorygatherers.com](http://www.theislandstorygatherers.com) for full details.

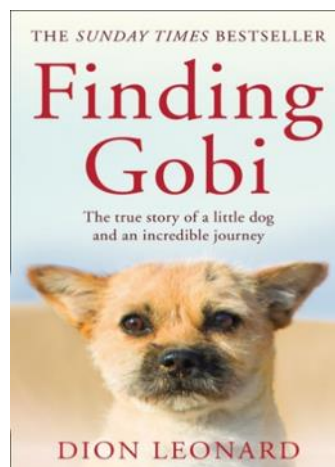
### CONSCIOUS COURSES WITH PIP



Learn vital self-care skills,  
Improve your intuition,  
Connect with like-minded  
people by joining a  
Meditation class or Reiki course  
and  
Relax, De-stress, Re-energize  
with nurturing one-on-one  
therapies

Contact Pip for more details 0437 670 820

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



**“Finding Gobi” rrp \$18.99**

In 2016, Dion Leonard, a seasoned ultramarathon runner, unexpectedly stumbled across a little stray dog while competing in a gruelling 155 mile race across the Gobi Desert. The lovable pup, who earned the name 'Gobi', proved that what she lacked in size, she more than made up for in heart, as she went step for step with Dion over the treacherous Tian Shan Mountains, managing to keep pace with him for nearly 80 miles. As Dion witnessed the incredible determination of this small animal, he felt something change within himself. In the past he had always focused on winning and being the best, but his goal now was simply to make sure that his new friend was safe, nourished and hydrated. Although Dion did not finish first, he felt he had won something far greater and promised to bring Gobi back to the UK for good to become a new addition to his family. This was the start of a journey neither of them would ever forget with a roller coaster ride of drama, grief, heartbreak, joy and love that changed their lives forever. Finding Gobi is the ultimate story of hope, of resilience and of friendship, proving once again, that dogs really are 'man's best friend.'

**This book will make your heart sing!**

### A1 Mowing and Handyman

*“If it's broke - I'm the bloke”  
“Need something new? - I can build that too”*

Leaky taps, fence repaired, gates swung, new screening on your deck, rubbish removal or anything else



Call Bart on  
0408 950570  
Check out my work on Facebook  
A1 Mowing and Handyman



## Locals Free Open Day at the Museum Free Entry Sunday 8 July 2018

If you haven't visited the National Vietnam Veterans Museum and you live within the Bass Coast Shire, here is your opportunity. Free entry for the day. This is our way of thanking the local community for their support, so don't forget to put this date in your diary.

Our well loved Wonthaggi Woodcrafters will have wooden model kits for kids to make up and purchase. Some models will be in the shape of the Canberra Bomber, the Huey helicopter, the Jeep and the Centurion Tank. Face painting with local well known artist, Patrice Mahoney, who creates some amazing and interesting faces on willing participants. Fun games for kids, quizes, knuckles or hopscotch which we used to play in the 60's, are amongst activities for the day. A special attraction is the Action Station where kids and adults will be able to handle items used by servicemen on their tour of duty. A great opportunity for photos. At the entrance to the museum, kids will be able to register as an NVVM Investigator and follow the clues to discover the secrets of the museum. They will be presented with their very own Certificate with their name on it, on completion of the quest. There will be plenty of volunteers to ask if you get stuck.

A guided tour of the Museum Workshop will be one of the highlights of the day. This area is usually off limits to the public. Members of our restoration team will be available to conduct tours and answer any questions about current restoration projects, including the restoration of the Canberra Bomber and Caribou 231.

Our holographic Light & Sound Show is always popular and we have a new exhibition to commemorate the 50th Anniversary of the Battle of Coral Balmoral.

Doors will open at 10am – 4pm. The Nui Dat Cafe will be open for delicious snacks and great coffee.

We would like to thank our Major Sponsors – San Remo & District Community Bank – for their generous support.

Located: 25 Veterans Drive, Newhaven. (behind the Helipad). Please call the museum on 5956 6400 for further details.



## ISLAND ELECTRICAL MAINTENANCE

Can't get an electrician to do all of those small jobs around your home or rental?

For prompt & reliable service  
Call Dave on 0409 435 207

R.E.C. 20993

## ANIMAL TALES

\* PET SUPPLIES

From Axolotis to Zebra Danios-  
we can help you with all your  
aquarium needs

144 Thompson Ave, Cowes  
E: animaltalescowes@gmail.com

Ph: (03) 5952 5516





## Cowes Indian Restaurant

3/134-138 Thompson Ave, Cowes

Ph: (03) 5952 3896

[www.cowesindian.com.au](http://www.cowesindian.com.au)  
[info@cowesindian.com.au](mailto:info@cowesindian.com.au)

## Security Doors & Fly Screens

The Island's Best Quality at the Lowest Price, Guaranteed...  
- Custom Made & Locally Repaired -

**LOCKSMITH - 5952 5552**

"Proudly Securing the Island Community Since 1996"

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





**BRIAN PAYNTER MP**  
YOUR LOCAL MEMBER OF STATE PARLIAMENT

Authorised & Edited by Brian Paynter MP 9 McBride Avenue Wonthaggi 3995  
Tel 03 5672 4755 Email: brian.paynter@parliament.vic.gov.au www.brianpaynter.com.au  
Funded from Parliament's Electorate Office and Communications Budget.

LOVE WHERE YOU LIVE!

**LAWN MOWING SERVICES**

- RUBBISH REMOVAL • STUMP GRINDING
- WEED SPRAYING • PRUNING

**COLIN'S COMPLETE CARE**

PHILLIP ISLAND & BASS HWY

COLIN BOWES  
scbowes@bigpond.com

0437 074 468



**LOCALS FREE**

**OPEN DAY**  
SUNDAY 8 JULY  
FROM 10AM TO 4PM

WONTHAGGI WOODCRAFTERS

ACTION STATION  
FACE PAINTING  
KID'S GAMES TO PLAY  
LIGHT & SOUND SHOW  
WORKSHOP TOUR  
MARKET STALLS TO BROWSE OVER  
MUSEUM QUEST

KID'S CREATE YOUR OWN WOODEN MODELS

NUI DAT CAFE  
OPEN FOR SNACKS & COFFEE

25 Veterans Drive, Newhaven,  
Phillip Island VIC 3925.  
Ph: 5956 6400

WITH THANKS TO OUR MAJOR SPONSOR

San Remo District, Cowes and Grantville & District Community Bank\* branches  
**Bendigo Bank**

**THE Terrace**  
CASUAL DINING

**ADULTS TAPAS BAR**

**RSL**  
Phillip Island Sub-Branch Inc

WWW.PIRSL.COM.AU

**WHAT'S ON**

**TUNES ON THE Terrace**  
GROOVE TO THE TUNES OF LOCAL MUSICIANS  
EACH SUNDAY AFTERNOON IN JULY  
FROM 1:30PM TO 4:30PM

*July*

- 1st - Colin Matthews
- 8th - Nic & Archie Humming
- 15th - Garry & John Two Up
- 22nd - Imogen Price
- 29th - Andrew Williams

**PAELLA ON THE Terrace**  
EACH SUNDAY FROM 12:30 TO 2:00  
RELAX AND ENJOY THE DELICIOUS FLAVOURS OF SPAIN INCLUDING A COMPLIMENTARY GLASS OF HOUSE WINE FOR ONLY \$25.



## Motoring Guide

### Cowes Batteries and More now selling Seakote

Ashley and Alistair Bow from Cowes Batteries and More have been involved in the automotive industry for over 35 years and now pass this experience onto their customers to ensure they are purchasing the right product for the job.

Alistair is a qualified mechanic and Ashley is a qualified panel beater. They started Cowes Batteries and More in 2016 and are determined to offer the best prices to their customers.

They stock car, motorbike, truck, tractor and deep-cycle batteries and also have small batteries from car key to alarm back up batteries. They also have a range of oils, wiper blades, car care products, globes, fuses, trailer plugs and tools.

To cater for customer demand the shop also stocks all items needed for camping

including chairs, tents, air mattresses and Billy's as well as electric folding bikes.

Recently they have been appointed as a local agent for Seakote which is a very popular, locally founded product. Seakote is a rust prevention product that is a spray-on that coats metal with a colourless lubricating film, thus protecting it from water and salt. Call in and see Alistair and Ashley today.



Ashley and Alistair Bow from Cowes Batteries and More are now stockists of rust prevention product, Seakote. Call in and grab yours before it's all gone. They are also currently offering free vehicle safety checks.

## PROTECT YOUR 4WD, BOAT AND TRAILER FROM RUST.



Shown here are results from 30 day corrosion trials conforming to the ASTM G31 testing standards for corrosion in salt water.



**SeaKote outlasts, outperforms & outprotects.**

SeaKote is a technologically advanced, self neutralizing corrosion inhibitor and lubricant. SeaKote provides superior long term protection and lubrication for assets operating in harsh and corrosive environments. Enhanced with Fortified Lanolin™, SeaKote outperforms other lanolin based products.

Now available from Cowes Batteries & More  
2/154-156 Thompson Avenue Cowes



**SeaKote Stops Rust!**

1800 15 53 56

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



## FREE VEHICLE SAFETY CHECK

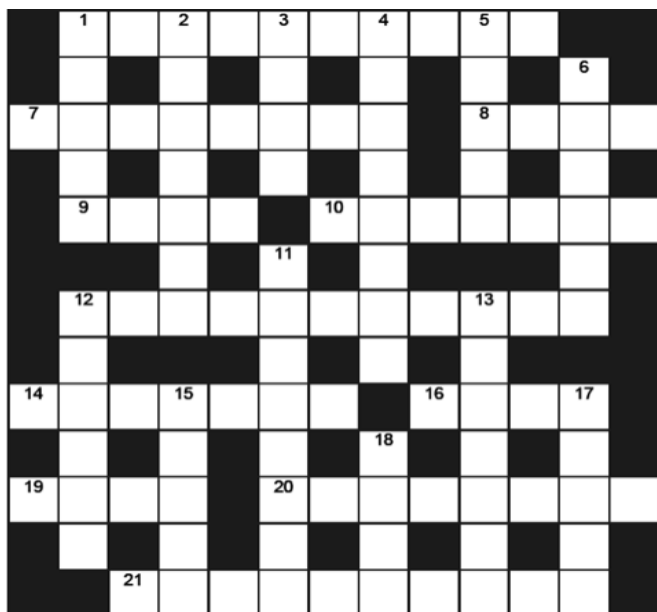


- BATTERY TEST**
- CHARGING TEST**
- LIGHTING CHECK**
- WINDSCREEN WIPER CHECK**
- UNDER BONNET FLUID CHECK**

**Cowes Batteries and More**  
2/154 Thompson Avenue, Cowes  
Phone 5952 1044

## Brain Food

Find all the answers & solutions to Puzzles & Quizzes on page 15 (No peeking!)



Vibe Quick Crossword 102

### Across

- 1 Divergent (10)  
 7 Guilty parties (8)  
 8 Level (4)  
 9 Amend (4)  
 10 Contempt (7)  
 12 Unhappy (11)  
 14 Monkeys (7)  
 16 Worn on a riding boot (4)  
 19 Also (4)  
 20 Regard as perfect (8)  
 21 Skin tightening liquid (20)

### Down

- 1 Dark tan (5)  
 2 Serviettes (7)  
 3 Sinister (4)  
 4 Most appetising (8)  
 5 Fix (5)  
 6 To the rear (6)  
 11 Smellier (8)  
 12 Not possible (6)  
 13 The product of force (7)  
 15 Sanctuary (5)  
 17 Reboot (5)



1. In the movie Shrek, which actor voices Donkey? 2. What chemical element is diamond made of? 3. What part of the body produces insulin? 4. In what country

were the 2014 Winter Olympics held in the town of Sochi? 5. What is the capital of Turkey? 6. What is the currency of India? 7. In which year of the first World War did Germany declare war on Russia and France? 8. What does ICAO stand for? 9. Entomology is the science that studies what? 10. The ileocecal valve belongs to which one of the main systems of the human body? 11. The German word siebzig represents which number? 12. In 2015 which former president released the autobiography, A Full Life: Reflections at 90?

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

Vibe Sudoku 102

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



## Australia's best storytellers to headline 2018 Phillip Island Literary Festival

A swag of Australia's leading storytellers including powerhouse rapper Adam Briggs, international acclaimed scientist Tim Flannery, social commentator Jane Caro, author of The Tattooist of Auschwitz, Heather Morris and esteemed lawyer and human rights advocate Julian Burnside AO QC will be telling their own unique stories at this year's Literary Festival of Phillip Island from 27-29 July 2018.

'Everyone has a story' is the theme for the 2018 festival and according to Festival Coordinator, Stacey Shine, not only does everyone have a story but there's also a story for everyone at this year's event.

"This is a festival for anyone who loves a good story – in any form, it could be a book, a film, spoken word, music or through visual art – we've made a conscious effort to capture all types of storytelling in this year's program. We've crafted a festival that celebrates local talent, showcases interesting ideas, challenges us to think differently but most importantly provides good old-fashioned entertainment," said Ms Shine. Highlights of this year's program include:

Opening night (Friday 27 July) includes 'In discussion with Briggs', and dedication to former part-time resident of the Island, John Clarke, by Professor Tim Flannery. Prof. Flannery will deliver "The Good News for John's Birds" a reference to the birds of Phillip Island, whose habitat John was keen to protect.

Authors telling their stories include: Heather Morris (The Tattooist of Auschwitz), Stella Prize shortlisted author Shokoofeh Azar (The Enlightenment of the Greengate Tree), and Helen Brown (Bono).

Screening of Voyage of the Sun (Saturday 28 July) by Adventurer of the Year Michael Smith about his solo circumnavigation of the globe in an amphibious plane in 2015. Smith who is also owner of the Sun Theatre will be doing a Q&A after the screening.

Women By The Sea is Ruby Rees' (Miss Fisher's Murder Mysteries, Picnic At Hanging Rock) debut feature film. Set in Phillip Island, it will be one of the first films made in Australia to be employing an entirely female identifying cast and crew. Rees will talk about the trying to put women front and centre of film and TV industry – a chance to own the narrative.

This year's program includes a strong theme of encouraging Aboriginal Australians to tell their stories and to bring many untold histories into the light such as Aunty Fay Muir running an introduction to the Boon Wurrung language; Tunnerminnerwait and Maulboyheener the story of the first people to be hanged in Melbourne; and a panel discussion between well-known Aboriginal identities Tammy Anderson, Patrice Mahoney and Steve Parker titled: What colour is an Aborigine?

For tickets: Opening night adult \$55/ students \$20

Saturday pass \$50 / Sunday pass \$45/ Weekend (sat+sun) pass \$75 / Voyage of the Southern Sun \$12



## CLIP 'N CLIMB NOW OPEN IN COWES

Clip 'n Climb Phillip Island is bringing the outdoors inside with the newest concept in indoor climbing. Visit them now for active, healthy fun in a safe, family friendly environment.

Clip 'n Climb Phillip Island is one of the biggest purpose built indoor climbing centres in the Oceania, and the first to use the Belay Mate. Enjoy the experience of climbing in a supervised and colourful climbing space. With 30 wall challenges, an augmented climbing wall, four awesome party rooms and a cafe overlooking the climbing arena.

The team behind the family attraction promise you will leave full of adrenalin and pumped at the idea of returning!

Stephen Murphy (owner) said: "We are really excited about bringing this concept to Phillip Island. We as a local family understood that there really is a need to keep our kids active through all the seasons and give the local tourism market another must do attraction in our region."

"It's impossible to get bored and it is not only for the kids, young and old can give it a go, there are all levels of difficulty and challenges to keep everyone engaged."

"You don't need any specialist equipment or even to have climbed before. You just need comfy clothes and runners and we will get you in a harness, give you some tips and you go climbing, and by using the Belay Mate we know that our climbers are connected 100% securely to the Auto Belay line before they climb."

Make sure you book your session online to secure your spot. Climbing not your thing? Sit back in their state of the art cafe while you watch all the action and enjoy some great food and Bean'd coffee.

Clip n Climb Phillip Island, located at 6 - 8 Industrial Way, Cowes  
Phone 59526780 [www.islandclipclimb.com.au](http://www.islandclipclimb.com.au)  
Open 9.30 - 7pm Tues - Sun and everyday during school holidays. 9.30 - 9pm.

### The Combined Churches of Phillip Island

#### Phillip Island Baptist Church

Cnr Settelemeat & 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

EVERYONE HAS A STORY  
27-28-29 JULY  
LITERARY FESTIVAL OF PHILLIP ISLAND

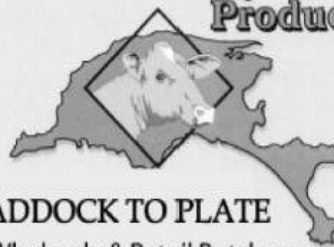
Illustration by Janis Vibe design

book online at [THEISLANDSTORYGATHERERS.COM](http://THEISLANDSTORYGATHERERS.COM)  
or at 'TURN THE PAGE BOOKSHOP' to get your  
2018 LITERARY FESTIVAL TICKETS

PROFESSOR TIM FLANNERY-ADAM BRIGGS-TAMMY ANDERSON-JANE CARO-JULIAN BURNSIDE AO QC  
HEATHER MORRIS-SHOKOOFEN AZAR-HELEN BROWN-BO ALLEN-EDIE WRIGHT-MICHAEL SMITH-STEVE PARKER  
KAREN ALLEN-SAM GATTO-MEG HUMPHYS-ALANA MARSH-MAGGIE MILLAR-AUNTY FAY MUIR  
RUBY REES-IAN ROBINSON-SHASTA STEVIC-SALLIE JONES-PATRICE MAHONEY-STEPHANIE SKINNER

FUNDED BY CREATIVE VICTORIA  
PRESENTED BY THE ISLAND STORYGATHERERS

### Island Primary Produce



Open  
until 6pm  
Mon - Fri

#### PADDOCK TO PLATE

Wholesale & Retail Butchery

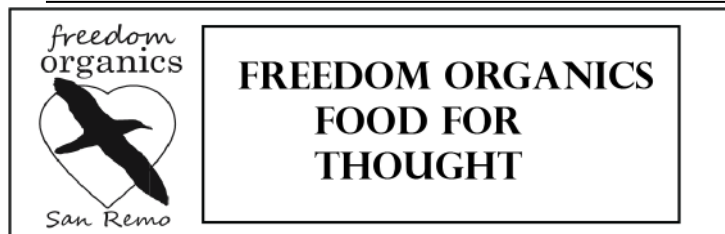
Jake and Tania McStay

511 Ventnor Rd, Ventnor Ph 59568107

Phone orders taken - Eftpos available

**SPECIAL**  
**Rump Steak**  
**\$19.99kg**

Opening hours: Monday to Friday  
8am-6pm, Saturday 8am-3pm,  
Closed Sundays



## Cure Your Cold with Simple Wholefoods Essential Foods for Winter Wellness

Winter is here, the season that is often filled with viruses and the common cold. There's no cure for the common cold, however, you can fight off the symptoms and speed up your recovery by incorporating some healthy, natural and organic wholefoods into your diet. Each one is full of nutritional properties to help boost your immune system.

If you catch a cold, you can expect to be sick for one day to two weeks. That doesn't mean you have to be miserable, embrace healing yourself. You definitely need to stay at home and not spread your cold or virus around and you need to be getting enough rest to help you recover so take this opportunity to relax a little, read a book, listen to music, watch a movie and some of these remedies might help you feel better:

Stay hydrated. Water, juice, clear broth or warm lemon water with honey helps loosen congestion and prevents dehydration. Avoid alcohol, coffee and caffeinated sodas, which can make dehydration worse.

Rest. Your body needs to heal.

Soothe a sore throat. A saltwater gargle - 1/4 to 1/2 teaspoon salt dissolved in a glass of warm water can temporarily relieve a sore or scratchy throat. Children younger than 6 years are unlikely to be able to gargle properly.

You can also try ice chips, a herbal throat spray or eucalyptus lozenges. Use caution when giving lozenges or hard candy to children because they can choke on them. Don't give lozenges or hard candy to children younger than 6 years.

Combat stuffiness. Saline nasal drops and sprays can help relieve stuffiness and congestion. In infants, experts recommend putting several saline drops into one nostril, then gently suctioning that nostril with a bulb syringe. To do this, squeeze the bulb, gently place the syringe tip in the nostril about 1/4 to 1/2 inch (about 6 to 12 millimetres) and slowly release the bulb. Saline nasal sprays may be used in older children. Essential Oils can be put on a tissue or cloth. Freedom Organics recommends blending your own or use TOCO-THOLEN, which is a blend of oils from the Netherlands that also helps with headaches, migraines and sore muscles.

Sip warm liquids. A cold remedy used in many cultures, taking in warm liquids, such as chicken or organic veggie soup, tea or warm apple juice, might be soothing and might ease congestion by increasing mucus flow.

Add moisture to the air. A cool-mist vaporizer or humidifier can add moisture to your home, which might help loosen congestion. Change the water daily, and clean the unit according to the manufacturer's instructions.

Eat Healing Wholefoods.

### APPLE CIDER VINEGAR

Organic raw apple cider vinegar naturally contains probiotics also known as the 'Mother' which is great for gut health. The acidity of the vinegar creates an alkaline environment which helps kill bacteria and viruses and break down mucus.

### ROLLED OATS

Rolled oats are a great source of vitamins, minerals, fibre and antioxidants. A hot bowl of porridge will not only warm you up

but give you a dose of healthy nutrients too. Oats also contain beta-glucans, which has been shown to boost defenses of the immune system against bacteria, viruses, fungi, and parasites.

### CHIA & HEMP SEEDS

Chia Seeds and Hulled Hemp Seeds are naturally high in the essential fatty acids Omega 3 and Omega 6. These heart-healthy fats are a part of a balanced diet and help transport minerals and vitamins such as vitamins A, D, E and K through your body.

### GARLIC

Garlic contains an active principle called allicin, which naturally hosts anti-microbial properties that help kill off certain pathogens such as viruses, bacteria and fungus.

### GINGER

Ginger contains natural anti-inflammatory and anti-bacterial properties that help in the treatment of all the symptoms associated with a cold: sore throat, congestion, coughing, nausea. A hot cup of ginger tea is also very soothing and relaxing.

### RAW HONEY

Organic Raw Honey and Manuka Honey have natural anti-bacterial properties that can help to soothe a sore throat and fight off the flu.

### BAOBAB

Baobab is a rich source of vitamin C, with one 20g serve of baobab providing about half of the recommend daily intake of vitamin C for adults. Vitamin C is commonly known as a cold and flu fighter as it helps to support a healthy immune system and reduce inflammation.

### TURMERIC

Turmeric holds anti-inflammatory and antioxidant properties (due to the active compound curcumin), which can help aid in the relief of colds, congestion, headache, and sore throats. Simply add turmeric to curries & stews or try our warming Turmeric Latte.

### PEPITAS

Pepitas (pumpkin seeds) are a great source the mineral zinc, with just one handful containing 14% the recommend daily intake. Zinc can help boost your immune system and fight off any nasty colds or flus.

### HERBAL TEAS

When you're sick with a cold or the flu, it's important to stay hydrated and drink plenty of liquids. Hot herbal tea contains plenty of antioxidants to soothe a sore throat and ease congestion. Some of our favourite teas to help fight off winter blues include: organic ginger, turmeric, echinacea, chamomile and a special Wintertime blends available at good health and wholefood shops.

### CHILLI

Chilli contains capsaicin, the component that gives these peppers their heat and acts as a decongestant to help relieve a stuffy nose. Chilli peppers are also high in vitamin C & A, which helps support a healthy immune system.

**Essential Oils can be used in the vaporiser, as a spray, in the bath or shower and diluted to be applied directly.**

#### 1. Oregano

Antiviral and antibacterial, oregano essential oil helps boost the immune system and is perfect for combating infections. You can also use it to make a natural hand sanitizer.

#### 2. Thyme

If your immune system needs a boost (or your liver needs a detox), turn to thyme oil. It has antiseptic properties and can be used to stimulate circulation in those with sports injuries, pains and strains.

#### 3. Eucalyptus

This antiseptic and antibacterial oil is often found in cough drops and ointments. Eucalyptus essential oil stimulates the immune system and combats inflammation in the lungs. Use it to make your own steam inhalation remedy, which is great for healing sinus infections.

**Continued on page 15**



- 4. Lime.** Lime oil is antiseptic, antibacterial and antiviral, meaning it will help your immune system fight off germs left and right. It can also be added to natural household cleaners.
- 5. Frankincense.** Great for coughs, frankincense oil is said to be a natural remedy for the lungs. You can also make an antiseptic spray, which is great for healing wounds.
- 6. Peppermint.** Peppermint oil is not only is it great for digestion, it's beneficial to the respiratory system.
- 7. Lemon.** When ear-aches or swelling in your lymph nodes has you feeling icky, rub a little lemon oil (with carrier oil) around your ears and/or lymph nodes to allow them to drain. Lemon oil also helps energize, making it perfect for a DIY air freshener.
- 8. Clove.** Known for its toothache-remedying powers, clove oil is also anti-inflammatory, analgesic and anti-bacterial. It's often mixed with cinnamon, clove, eucalyptus, lemon and rosemary in a blend called Thieves Oil.
- 9. Ginger.** If nausea is what's getting you down with your flu try ginger essential oil, which can also soothe flu-related aches and pains.

**PRE BLENDED HERBS**

**SAMAHAN** is a herbal tea blend from Sri Lanka. It is very effective to end a cold quickly by heating up your insides with a slight chilli taste that is pleasant with a little honey and lemon added.

**COLLOIDAL SILVER**

Spray for your throat or gargling and drinking can be very effective in killing germs and bacteria associated with cold a flu. Overuse and misuse of any remedies or medications can cause serious damage. If you choose over the counter pharmaceuticals, take medications only as directed. Some cold remedies contain multiple ingredients, such as a decongestant plus a pain reliever, so read the labels of cold medications you take to make sure you're not taking too much of any medication. Many herbs, essential oils and all your organic wholefoods for coughs and colds are available from Freedom Organics San Remo. <https://www.mayoclinic.org>, <https://www.goodness.com.au>

# PUZZLE SOLUTIONS

	T	A	N	G	E	N	T	I	A	L		
	A		A		V		A		M		B	
C	U	L	P	R	I	T	S		E	V	E	N
	P		K		L		T		N		H	
	E	D	I	T		D	I	S	D	A	I	N
			N		S		E					N
	U	N	S	A	T	I	S	F	I	E	D	
	N				I		T		M			
B	A	B	O	O	N	S		S	P	U	R	
	B		A		K		B		U		E	
P	L	U	S		I	D	E	A	L	I	S	E
	E		I		E		A		S		E	
		A	S	T	R	I	N	G	E	N	T	

**Vibe Crossword Solution 102**

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

**Vibe Sudoku Solution 102**

**Quiz Solution 1021.** Eddie Murphy 2. Carbon 3. Pancreas 4. Russia 5. Ankara 6. Rupee 7. 1914 8. International Civil Aviation Organisation 9. Insects 10. Digestive System 11. Seventy 12. Jimmy Carter

## Who Dunit Solution

**What gave Pachett away? Leroy explained.**

I believe my knowledge of poisons and its history have helped me to solve this heinous crime and Pete has been a great help - murder by poison is perhaps the most insidious and heinous crime on the murder bucket list. Pachett mentioned that he had been sending artificial antique flowers to Doris Day since they broke up. As an antiques dealer, Pachett would have known that many nineteenth-century items, including artificial flowers, playing cards, and hat liners, contained lethal amounts of arsenic. He sent the flowers to her knowing she would spread them around her apartment, surrounding herself with poison. She ingested the arsenic in this manner and Patchett will shortly have his day in court and incarceration for many years to come.



# 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 Hately 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 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** & HRCav 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](https://www.facebook.com/cowescommunitymeal)

**Cowes AA Big Book/Steps Meeting**, 7pm Tues nights, St. Phillips Anglican Church. Corner Thompson Ave & Church St.(opp. Coles) Ph. 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, July 6. Topic is "Why is there something rather than nothing?" Harry's Restaurant \$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** Now closed over winter and re-opening in Spring.

**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.

**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.

Copyright © 2018 Phillip Island Vibe

This work 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 permission of Phillip Island Vibe, PO Box 239, Cowes. Vic 3922. [phillipislandvibe@outlook.com](mailto:phillipislandvibe@outlook.com). ABN: 609444475

## 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** July 28 - 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** Currently in recess for winter. Watch out for our return in spring.

**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.



## Healthy and Healing with Pip

The winter months are my favourite on Phillip Island, because the whales come back to visit us.

And this means I get to work with the powerful energy of Whale. A lot of people ask me about Animal Spirit guides and their messages ...

I've had some wonderful encounters with Butterfly, Galah and Whale on my morning walks this month.

Butterfly (a kaleidoscope of them - that is what a group of butterflies is called - cool huh?) - They flew all around me for a good 5 minutes as I walked to the beach. Yellow and black coloured-wings.

Galah (a flock of them) - swirled over my head and then landed next to me - 50 of them! and Whale - juvenile Southern Right Whale played all day just off the beach in front of Woolamai House. It's only my 2nd close up whale encounter ever!

These encounters were unusual / out of the ordinary ... so that is how I KNOW that they are messages.

Animal Spirit Guides are always communicating with us. Sometimes in real life, on the TV, in dreams, in 'random' conversations or a combination of all of these. For example, when you see 3 (or more) of the same animal in a short space of time or you have an encounter / interaction with an animal that is odd or out of character - then you are definitely being given a message.

\*Note - when I talk about Animal Spirit Guides, I will refer to them as Whale, Echidna or Eagle - because that is their name.

And so I got out my Animal Spirit Guide book (by Scott Alexander King) and I looked up what those animals were trying to tell me:

**BUTTERFLY means: Transformation.**

As Butterfly moves from one developmental stage of life to another it shows trust in its ability to grow and adapt to new situations. Butterfly promises that when contemplating change, and when the time is right, she will offer three potent windows of opportunity to rebirth, grow and heal on all levels - with each window (coupled with a 'butterflies in the stomach' feeling) lasting approximately one week in duration. Such a period is typically followed by a figurative death, represented by the ending of a job or relationship, bout of depression, a breakdown or a sudden shift in awareness.

**GALAH means: Joy.**

Galah teaches us to love life and to celebrate the joy that it brings. Galah can't help but bring people together, because it draws only the best out of everyone. It represents our fun-loving, social, interactive, outgoing side, while helping us to feel happy, safe and content in our own skin. Galah teaches us not to judge others or ourselves. It's pink feathers represent the heart chakra (energy centre) and it's grey feathers represent prudence and

indecisiveness. Galah helps us to honestly assess our actions and assist those close to us to read between the lines.

**WHALE means: Record keeper.**

Whale asks us to remember the Earth as our Mother and to reconnect with her and the soul connection we forged at the beginning of time. Whale is the keeper of the Earth Mother's sacred records. Whale helps us remember the spiritual history of the areas most significant to our personal journey and offers ways to enhance our medicine, our lives and the planet as a whole. It is said that people who work with Whale hold within their DNA the ability to comprehend the sound frequencies encoded in the audible rhythms and vibrations emitted from the great mammal. Whale helps us remember our personal truth and wisdom.

Have you had any animal encounters lately? Send me a message and I'll let you know what they have to say. And I'm starting the Animal Spirit guides 5-week course on 19th July @7pm. \$200.

You are most welcome to join me. Topics will include:

- \* Animal Spirit Guides journey to retrieve your power animal
- \* Mermaids and how to tap into the power of their magical energy
- \* Unicorns and the truth around the legend
- \* Fairies and how they can help you manifest all your desires
- \* Earth Angel Realms - where you'll learn what realm you may have been in a past life (if it wasn't human) including being angels, elementals, fairies, star people, mermaids, wise ones, knights, magicians, leprechauns and more ...

Blessings Pip - [contact@consciouscoursesandtherapies](mailto:contact@consciouscoursesandtherapies)

**Pip Coleman**

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

**Mobile: 0437 670 820**

**Website: <https://www.consciouscoursesandtherapies.com/>**

**Facebook:**

**<https://www.facebook.com/Pip-Coleman-Conscious-Courses-and-Therapies/>**

### Phillip Island Miniature Light Railway Inc

#(A0101394F)

You and your family are invited

We don't have a railway YET, so we're going to play at another  
DIAMOND VALLEY RAILWAY ON SUNDAY JULY 22  
Cost \$50 adults, children \$25, children under 2 free  
Family ticket \$135 for 2 adults and 3 children



Photo by Sammy Daly DVR

**Bus will leave Cowes at 9am and return at 5pm**

Includes train rides, visits to station, platforms, workshop and signal box. Packed lunch and tea/coffee provided

**Book your seat now and pay by July 1st, limited numbers**

Contact Bev Munro 0417 578435

[bevmunro2@gmail.com](mailto:bevmunro2@gmail.com)

FB Phillip Island Miniature Light Railway



Humpback

Southern Right

Killer Whale

Breaching

Spy hopping

Tail slapping

Blow

Pec slapping

# PHILLIP ISLAND WHALE FESTIVAL

## 6-8 JULY 2018

Celebrate the annual  
whale migration!

Join in for a whole host of  
**FREE** or low-cost activities:

- Follow the Bass Coast Whale Trail
- Whale out of Water
- Meet a Marine Biologist
- Marine Wildlife Photo Exhibition & Workshop
- Boomerang Bags
- Art Installations
- Marine Wildlife Movies
- Stories and Craft Fun
- Whale Spotting
- and much more...

For program details and more info, visit:

[islandwhales.com.au](http://islandwhales.com.au)







# Medical & Aged Care Group

For your convenience, book your next appointment online

Access a doctor 24/7  
call your clinic

## We travel the journey together

**gv** Grandview  
Family Clinic

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



**Bulk Billing ALL Medicare Card Holders\***

**M&CG**  
Medical & Aged Care Group

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