

Free

PHILLIP ISLAND VIBE

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ISSUE 106 NOVEMBER 2018



Thanks to Renee de Bondt Photography for another stunning front page photograph. November is a wonderful month to soak up the summer sun and rediscover the beautiful beaches and walks our island has to offer. Of course it's also the ideal time for outdoors DIY projects, just not as much fun as a walk or swim. The next *Vibe* will be out in the first week of December. If you would like to have your business advertised in this issue, just send us an email or give us a call and don't forget the 150th celebrations starting with a Community Street Parade on Saturday November 3, commencing at 11am.

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Authorised by Ron Bauer, 324 Little Collins Street Melbourne VIC 3000

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A small number of places are still available in Prep, Year 2 and Year 3 and at some other year levels in 2019.

For enrolment enquiries contact Belinda Manning on 5956 7505 or visit www.newhavencol.vic.edu.au

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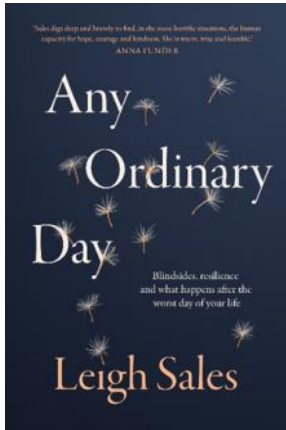
Contact Belinda Manning, 5956 7505
1770 Phillip Island Rd,
Phillip Island, 3923
www.newhavencol.vic.edu.au





Book Reviews

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



**“Any Ordinary Day”
by Leigh Sales**

RRP \$34.99

Our price \$32.99

As a journalist, Leigh Sales often encounters people experiencing the worst moments of their lives in the full glare of the media. But one particular string of bad news stories - and a terrifying brush with her own mortality - sent her looking for answers about how vulnerable each of us is to a life-changing event. What are our chances of actually experiencing one? What do we fear most and why? And when the worst does happen, what comes next?

In this wise and layered book, Leigh talks intimately with people who've faced the unimaginable, from terrorism to natural disaster to simply being in the wrong place at the wrong time. Expecting broken lives, she instead finds strength, hope, even humour. Leigh brilliantly condenses the cutting-edge research on the way the human brain processes fear and grief, and poses the questions we too often ignore out of awkwardness. Along the way, she offers an unguarded account of her own challenges and what she's learned about coping with life's unexpected blows. Warm, candid and empathetic, this book is about what happens when ordinary people, on ordinary days, are forced to suddenly find the resilience most of us don't know we have.



**“The Lost Man”
by Jane Harper**

\$32.99

Our price \$29.99

The man lay still in the centre of a dusty grave under a monstrous sky. Two brothers meet at the border of their vast cattle properties under the unrelenting sun of outback Queensland.

They are at the stockman's grave, a landmark so old, no one can remember who is buried there. But today, the scant shadow it casts was the last chance for their middle brother, Cameron. The Bright family's quiet existence is thrown into grief and anguish. Something had been troubling Cameron. Did he lose hope and walk to his death? Because if he didn't, the isolation of the outback leaves few suspects... For readers who loved *The Dry* and *Force of Nature*, Jane Harper has once again created a powerful story of suspense, set against a dazzling landscape.

PRAISE FOR THE LOST MAN 'I ask in earnest: How the hell does she do it? The Lost Man is Jane Harper's third consecutive marvel... and, against long odds, her most marvellous yet, pitting brother against brother, man against nature, reader against the clock. What an extraordinary novel: part family drama, part indelible ode to the Outback - a thriller as forceful and atmospheric as a brewing storm.

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

THE GOOD WIFE

A woman's intuition is part of her God given role as her husband's helpmate- anonymous.

A Mexican border guard was talking to his wife over his mobile phone when he accidentally pulled in a fragment of a static-filled conversation between a man and a woman. "I'll be waiting in El Mundo at noon for your regular Monday shipment," said the man. "You don't think the border guards are getting wise?"

"No," the woman laughed. "We can keep this operation going forever or at least until Donald Trump closes us down." And then, just as suddenly as they'd come, the voices disappeared.

For a full month, customs officials kept track of the traffic at the relatively quiet border crossing. Only three women made a regular habit of crossing into Mexico each Monday morning.

The first woman, impeccably dressed, drove a black Mercedes. The second, a girl barely out of her teens, always crossed on an old red bicycle.

The third drove a small van. "Tasti Spa" was on the side in fancy letters. Of the three, she was the only one declaring merchandise, a weekly supply of U.S.-made health foods and vitamins on which she paid a hefty tariff.

On the fifth Monday, they detained all three women. Methodically they searched, tearing every panel from the dark blue Mercedes, even checking inside the tire tubes. They did the same with the bicycle. Searching the van took the most time. Luckily, this week's shipment of health food was smaller than usual. The officers took samples from every box and bottle.

After finally allowing the women into Mexico, the guard who had intercepted the conversation got back on his phone and reported every detail of the fiasco to his wife.

"From what you say, dear, I think I know who it is. When the woman I suspect crosses back into the U.S., ask passport control to detain her. If my theory is correct, it will be obvious what she is smuggling and how she's doing it." She explained her theory, leaving the guard to marvel at the brilliant woman he'd married.

WHO'S THE SMUGGLER? WHAT IS SHE SMUGGLING? AND HOW?

Well? Readers of the vibe, by now the many regulars of my column in the Vibe are well versed in the art of "sleuthing" and so should have no difficulty with this mini- whodunit.



Healthy and Healing with Pip

Do you want to make authentic decisions that stick?

This month is about how to use your intuition to make decisions ...

I have to tell you that most of my life I didn't know I was using my intuition.

You know when you are looking for jobs and there is an advertisement that 'jumps out at you' ...

You know when you are meeting a person for the first time and you get a 'good vibe' from them ...

You know when you want to travel to a certain country and you've just 'felt like it would be a cool place to visit' ...

Well ... THAT is your intuition!

That good vibe ... that feeling ... that seeing something jump out at you ... that's your internal GPS (your intuition) giving you tips.

And we've all had those tips when we are going the wrong way too right?

You've been in a job that 'makes you feel sick' or 'irritated' or 'frustrated'...

You've all been in a relationship that you knew felt 'wrong' or 'off' from the beginning ...

You've all been in a situation where you feel 'uneasy' or 'fearful' but can't quite pin-point why ...

So, I have a cool process that I learnt from Robert Holden (author of Shift Happens) that can help you to tap into your intuition and make better decisions.

He says to use the Traffic Light System when making decisions or choices.

a) Think about the decision eg. should I take this job? or start this relationship? write this book?

b) Feel in your body ... when you consider this question does it have a RED light reaction (STOP! NO!) or an ORANGE light reaction (MAYBE) or a GREEN light reaction (YES!) ?

c) Feel in your heart / soul ... is it a RED light, ORANGE light or GREEN light?

d) Feel in your head / mind ... is it a RED light, ORANGE light or GREEN light?

Once you have your answers ... consider ... If you have 3 of the same colour that is your clear action to take.

If you have 2 of any colour that is most likely your true authentic answer - note which part of your body is not in alignment. If you have 1 of each colour that is usually a maybe ... more information is needed.

Remember that your head / mind will usually go for the practical answer, but this may not be good for your body, heart and soul. Most times we make decisions from the head / mind only. Meanwhile our body, heart and soul are crying out ...
Noooooooooooooooooooo!

I encourage you to try this method for a week.

Do it with big and small decisions ... see what happens.

You might be pleasantly surprised at the results.

Perhaps you'll make different choices from now on.

Let me know how you go.

Blessings Pip x Contact 0437670820 or go to
www.consciouscoursesandtherapies.com

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2014 - 2018

WREATH LAYING WELCOME



Composition in Photography

Composition is the arrangement of elements in the frame. Over the following months we will investigate different rules that can be used in the composition of your images. These rules are guidelines only with many used in art for thousands of years. Their use usually achieves a more attractive composition.

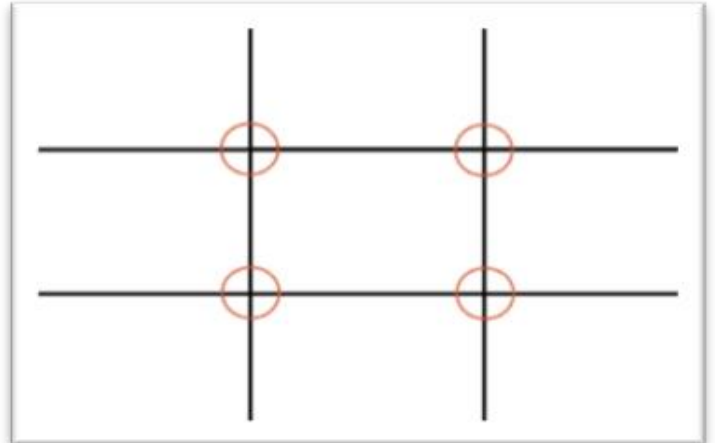
The first one most commonly used is **The Rule of Thirds**.

Simply put, the frame is divided into nine equal rectangles, three lines across and three lines down. Many cameras have the capability to display this grid built in. Place the important element/s along one or more of the lines or where the lines intersect. The tendency, is to place our main subject in the centre of our frame.

Using the rule of thirds offsets your subject and will usually lead to a more interesting composition.

The challenge now is to go out and put **The Rule of Thirds** into practise.

Ref: O Carroll, Barry (20 Composition Techniques that will Improve your Photos).



How full is your cup?

Wow we are already in November and how quickly the time flies. We are heading into one of the busiest times of the year with Christmas festivities just around the corner. This is when we can become very run down, tired, no energy, grumpy, impatient etc. This is when it's most important that we make sure our cup is full. You know you can't pour from an empty cup. Our cup is half full is a metaphor reflecting when we are feeling depleted and running on empty so it becomes very hard to be able to do anything much rather than just exist a bit like ground hog day. But as we know when we don't listen to our bodies we can then become unwell. Self care is not selfish, it's actually selfless. Taking time in each day to do something just for yourself. This could be going for an hours walk along the beach, it might be treating yourself to a massage or perhaps simply having a weekend or night away to just sleep, relax, read, and just only have to concentrate on pleasing yourself. When our cup is full we are living at our best.



Monthly column by Trish
Psychic/Medium, Intuitive Counsellor,
Past Life Regressionist and Healer

We are happy, we are healthy, energized, and aligned with our true self and when we are like this, it then becomes that our cup overflows so that it can also be there for others. Others actually benefit from our cup being full and overflowing onto them. So to reflect is to not neglect. Take time and check in with yourself how are you feeling are you just running on auto pilot. If so, it might just be time to sit down for a few moments and think how can I fill this cup of mine because an empty cup is a tired worn out drained soul and well lets face it, nothing is really of any benefit when one is like that. Self Care is important. Take time to check in with you today



AS PLEASED AS CATS' WHISKERS

There are wonderful stories and anecdotes about visits to the famed Kruger National Park in South Africa- 8000 square miles of African bush teeming with animal life including the big five.

I found this story told to me by Derek captivating. It has to do with cat sightings. Vibe readers will be quick to notice we are not talking about our beloved feline domestic pet often adorned with a smart collars carrying a bell and enjoying a comfortable bed.

We are talking about much bigger totally undomestic cats.

Derek first spotted a leopard in a Marula tree not far from a picnic spot. Then, just a few hundred metres down the road, he came across a lion and lioness in the grass.

Turning his head, a cheetah strolled along in the distance on the other side of the road. A few kilometres down the road he added to his tally by spotting one of Kruger's least often seen cats: a caracal.

In total, four species of cat in the space of 10 kilometres . No stranger to lucky sightings, on another occasion he saw three Cape clawless otters in a standoff with a male lion on the banks of the N'wanetsi river.



The otters won, and the lion eventually retreated and went to find a more peaceful spot along the river to have a drink.

Oh well, just some more sightings in the African bush, nothing to get excited about, heh?

Much more interesting, some folk might think, to follow the antics of the 15 human animals who allegedly recently put paid to reading any further articles by a Washington Post journalist!

Well as they say, one man's (cat) meat is another man's poison.

More of out of Africa next month.

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On your own Christmas Day? Tuesday December 25th, 2018

The Phillip Island Community Services Group is hosting their 8th annual Christmas Day Community Lunch at St Philip's Hall, Cnr Church St and Thompson Ave, Cowes.

This alcohol-free community lunch is for people who might be on their own or not able to have a Christmas lunch at home and would like to enjoy the day in the company of others. Volunteers will co-ordinate and host the day with goods and funds donated by the local community. There is a charge of \$5 per person to help with costs which must be paid when booking. Bookings open from November 14 to December 14. Please contact PICAL reception Mon-Frid 9am-3pm



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

We have been in the shop now for almost 13 years and writing regular reports for 11. I often read back over the reports for patterns and to see how the season is going compared to others. While there are a few similarities, there is a lot more that changes and just when you think you have it worked out, it changes again. I get asked often where we fish, and despite what many think, we don't have magic spots and in fact probably have a harder time working out where to go than most of our customers would. Because we get so many reports from all over the place, that information will often make it more confusing than pointing to an exact spot. What we do though, is exactly what we tell our customers, and that is listen to the reports but just use them as a bit of a guide to an area then trust your equipment on the boat to find the fish. If you have a plan stick to it, it's often the best plan. Many people also forget the phenomena that fish swim, they might have been on that GPS mark yesterday but doesn't mean they will be there today or tomorrow. I also get the "my mate in the boat next to me caught them and we got nothing" or "I could see them on the sounder but they wouldn't bite". While this might just be bad luck, we then ask more questions to find out that their bait was only 3 years old, hooks were rusty but the point seemed sharp and they didn't have heavy enough sinkers to get to the bottom but surely those things won't make a difference and the list goes on. But they were on the exact spot and thought that was enough.

There are a few things that make successful fishermen. 90% is luck and after that, preparation and maintained gear, quality bait, and a knowledge of the fish you are chasing and almost as important as luck is time on the water. A thousand-dollar rod and reel won't guarantee success, doesn't quite work like the add says. If you are having one of those runs that seems the fish just don't like you, strip it all back to basics, simplify what



Ian and Dave from Phillip Island Helicopters managed to head out for a fish over the last couple of weeks and landed some good Calamari and Snapper.

you are doing, concentrate on the important things - bait presentation, knots etc and go again.

It has been a very odd season this year with the weather through winter some of the worse we have seen for many years then September/October has been some of the best for many years. It has been reflected in the fishing reports and I would have to say a very good season so far with some quality fish last month. You would have to say the numbers are down per angler but, like last year's reports, more people are catching fish.

Snapper have been good with the average size around the high 4kg and three 10kg ones we know of already. We have seen a lot of pinkies also which is a little early but those who managed a fish offshore over winter were finding plenty, so they probably didn't go far at the end of last season. The pattern for the next month or so will be the bigger fish in the morning/daytime. They will be spread out all over the bay. Pick your area and sound them up. Days when we get midday low tides and the suns out, head for the mud in the evening and for no sun try the shallower areas of the corals.

Calamari reports have been constant from most areas except Ventnor where they just haven't turned up yet. The jetty at San Remo has been good when the water is clear and producing good numbers and several that needed to be walked to the beach being too big to lift up. Unfortunately, we have seen the ugly side again with a few people that fish regularly on the jetty that have the idea they own all the calamari in the water, refusing to move or help out when someone hooks a bigger one which is then generally lost. Boats/kayaks in Cleeland Bight are landing plenty and those smart enough to put a jig down in the rest of the bay are finding the odd one also.

Whiting are better than last season, but not the numbers we have had over the last few years and they are still a bit of a battle. From reports and not counting the 100's of very small ones in Dickies Bay, if you find one you will normally get 6 with a couple at least around 40cm. The best spot has been in Cleeland Bight in the evening.

Science on the Move to Phillip Island

Engage both your body and your mind on Phillip Island this summer as Questacon's Science on the Move exhibition challenges visitors to discover principles of light; music and sound; human biology; ecology and the environment; and so much more.

The aptly named Lab in the Antarctic Journey at the Nobbies will play host to an intriguing collection of 35 hands-on experiences across 23 separate exhibits that will engage the mind and body in all things science.

Opening on Thursday 1 November, and running right up until Monday 28 January, visitors to the Antarctic Journey will have an even more enjoyable and engaging experience exploring the Science on the Move travelling exhibition, created by Questacon – The National Science and Technology Centre in Canberra.

Science on the Move explores key themes such as physics and biology, allowing visitors to determine the balance point of different shaped rods and everyday items like a broom, or lift blocks to gauge how heavy the blocks would feel on other planets in the Solar System.

Experiment with sound by hitting pipes of varying lengths with a rubber thong to play a tune, or make music using a row of bottles filled with different volumes of water and air, to produce different pitched sounds. Crank up a tornado in a bottle,

escape from handcuffs, predict the outcome of chaos, build a food chain, measure your fitness and much, much more.

With a range of different puzzles, visitors can also showcase their problem solving skills as they try to balance six loose sticks in mid-air on top of an upright stick, and work with space to manoeuvre four identical spaces into three.

Suitable for ages eight and up, but with topics of varying complexity, Science on the Move will engage all ages about the wonders of science, and make an already incredible visit to the Antarctic Journey even more rewarding.

Location: Antarctic Journey at the Nobbies

Dates: Thu 1 November to Monday 28 January

Times: Daily from 10am
Cost: FREE with a 4 Parks Pass or Antarctic Journey entry ticket

*** 4 Parks Pass includes entry to the Penguin Parade, Antarctic Journey at the Nobbies, Churchill Island Heritage Farm, and Koala Conservation Centre.**



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Authorised by Clare Le Serve 54 Smythe St Corinella, Victoria

Phillip Island Winery – A Stomping Great Revival

The Phillip Island Winery has undergone a revival under the highly experienced and capable hands of six locals: three couples. These three couples have come together to drive everything guests experience at Phillip Island Winery: one couple are childhood sweethearts from right here on the island, one couple got engaged under the Eiffel Tower, and one couple honeymooned for three months from the back of a ute in the outback.

They are all different, all with different stories and skills and they do things a little differently at Phillip Island Winery. By cutting through the pomp & ceremony, they dodge the clichés. The philosophy is simple – make sure people have an unforgettable experience, keep things simple. Because, to quote Nick Say, Proprietor, “Simple done well is unbeatable.”

The newly renovated Phillip Island Winery is a 14-acre property with 3 acres of vines with plans to expand. All set on the picturesque south coast of Phillip Island. The grounds are stunning yet simple, offering expansive inviting lawns, a boutique cellar door, rolling rural views and glimpses of the glittering turquoise water of the Westernport Bay.

A range of spaces are available for functions and events and the cellar door is open 6 days a week, excluding Wednesdays. The head chef has designed a delectable range of grazing boards and share plates featuring quality local produce, plus native meats and authentic Australian Bush Tucker, all to go with an exceptional range of Phillip Island Winery and Southern Gippsland Wines.

The range of self-designed wine labels reflect the relaxed and quirky island ways that spreads to guests as they drive past the olive grove to the cellar door: it’s time to relax, enjoy and spin a yarn.

Their shiraz label (Six Foot & Offshore) says it all:

“...roaring fires and fiery roasts. Think up-close conversations with the closest of friends.

Think big nights that turn into mornings watching big waves breaking out at sea. This is the wine for those times.”

And this is the venue for those special and memorable moments. The venue where bands play from the tray of the beloved Bedford lovingly named “Barb”. A venue close to the famous Little Penguin Parade, the MotoGP Circuit, Seal Rocks cruises and some of the best beaches in the southern hemisphere. The Phillip Island Winery is a must visit venue on your bucket list.

You must try a Bucket List apple or pear cider while you are there. Read the label and see if you can add something special to the bucket list: chop a tree down with an axe, make a fire with no matches, still be out when the sun rises or, a big favourite: answer your boss’s email with just ‘K’.

The property will be host to weddings and group events, a range of fun and interesting workshops as well as a sizeable music event schedule featuring regular live entertainment plus seasonal boutique music festivals. The property also boasts its own on-site floral stylists, Bec Newman plus quality giftware including Robert Gordon ceramics and workshop space at “The Yards”.

A large barn-style additional venue space will be built to host larger events and the expanse of lawns lend themselves to endless chill summer fun.



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Bin Calendar - Zone 1



- Landfill and Organics
- Landfill, Recycling and Organics
- Recycling and Organics
- Free Green Waste disposal (1 Nov - 16 Dec)
- No collection
- Alternative Christmas Day collection (Landfill and Organics)

September 2018

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January 2019

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February 2019

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March 2019

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April 2019

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May 2019

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July 2019

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August 2019

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

For all enquiries about kerbside bins please contact Wonthaggi Recyclers on (03) 5672 1933
For more information on waste services visit www.basscoast.vic.gov.au/waste

ZONE 2

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

Bin Calendar - Zone 2



- Landfill and Organics
- Recycling and Organics
- No collection
- Landfill, Recycling and Organics
- Free Green Waste disposal (1 Nov - 16 Dec)
- Alternative Christmas Day collection (Recycling and Organics)

September 2018

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November 2018

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December 2018

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April 2019

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May 2019

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June 2019

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July 2019

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August 2019

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

For all enquiries about kerbside bins please contact Wonthaggi Recyclers on (03) 5672 1933
For more information on waste services visit www.basscoast.vic.gov.au/waste

Opening Saturday 1 December at 2pm

Photographs and interviews by Susan Gordon-Brown

BEHIND the WIRE

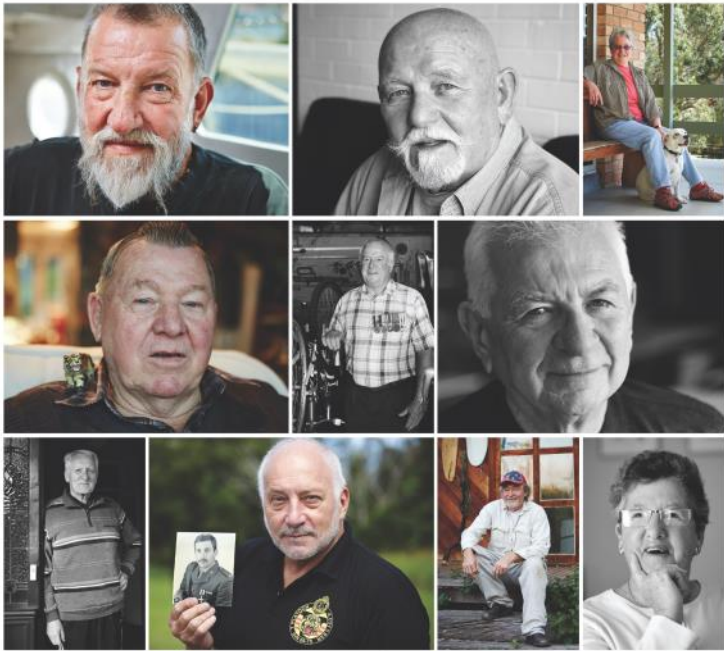
Images and Stories of Vietnam Veterans



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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.



www.behindthewire.com.au www.susangordonbrown.com.au

<p>National Vietnam Veterans Museum 25 Veterans Drive, Newhaven Phillip Island (behind the helipad)</p> <p>CALL 03 5956 6400 for more information Open seven days: 10am – 5pm Normal entry fees apply</p>	<p>Visit Nui Dat Café Relax, chat and reflect while enjoying amazing food & coffee.</p> <p>vietnamvetmuseum.org NationalVietnamVetsMuseum @nvmuseum</p>
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phillipislandvibe@outlook.com. ABN: 6094444475

Behind the Wire

BEHIND the WIRE is a highly acclaimed photographic exhibition about Vietnam veterans; their stories, their jobs and their experience, in their words. Captured is the essence of the veterans' very personal memories and reaches our hearts with the blending of their take-home life lessons. The exhibition features soldiers of all ranks and variety of jobs – cooks, dental assistants, forward scouts, training team members, nurses and more.

Susan Gordon-Brown is a highly respected and sought after Australian photographer. She has a particular interest in portrait and documentary photography. Her photographic expertise is regularly called upon by many of Australia's top companies, government departments and not for profit organisations.

Much has been written about the politics and military battles and strategy but I was interested in finding out about day-to-day life, how our guys coped with the situations they were put in and how they settled into life on their return to Australia. Susan Gordon-Brown referring to the Vietnam War.

This fascinating exhibition will be displayed at the National Vietnam Veterans Museum from Saturday 1 December at 2pm until the end of May 2019. Please see our website for further details:
www.vietnamvetmuseum.org or contact us on 03 5956 6400

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WHAT'S ON

TUNES ON THE Terrace

GROOVE TO THE TUNES OF LOCAL MUSICIANS

EACH SUNDAY AFTERNOON
IN NOVEMBER
FROM 1:30 PM TO 4:30 PM

Nov 4 - Bern Carroll
Nov 11 - S'wonderful Judy & Mike Doyle
Nov 18 - Andrew Williams
Nov 25 - Dan Lunn





What's Cooking?

Simple, delicious recipes.
No experience necessary.

Organic Rye Loaf Recipe by Honest to Goodness

WHAT YOU NEED:

- 38g instant dried yeast
- 700ml warm water
- 1tsp salt
- 1 tsp organic ground cumin or Caraway seeds
- 1 tsp white vinegar
- 4 cups organic rye flour
- 3 1/2 cups organic plain flour

WHAT TO DO:

Mix the yeast with half a cup of the warm water, then cover and let stand for 5-10 minutes, until the yeast is frothy.

Mix-in the rest of the water (making sure it is still the right temperature) and add the salt, cumin or Caraway seeds, vinegar and organic rye flour. When the dough is thoroughly mixed, cover it and set it aside in a warm place for 15-30 minutes, until it has risen to almost double its original size. Then turn the dough out onto a bench and kneed in as much organic plain flour as you need until the dough is a nice smooth consistency. Cut the dough into 2 pieces, shape into loaves, and place in loaf tins or on a baking tray.

Cover and rise in a warm place for about 30 minutes. Bake in the oven at 175 degrees Celsius for approximately 50 minutes. Carefully brush the loaves with water a few times during baking.

Freedom Organics at San Remo have a fantastic range of certified organic and biodynamic flours available in any quantity you require.



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Community Markets

Churchill Island Farmers' Market

4th Sat of month, 8am-1.30pm. Churchill Island Nature Park

Cowes Island Craft Market

2nd Sat of month with Make, Bake and Grow theme, Phillips Parish Hall grounds, Thompson Ave, Cowes.

Foreshore Market

Erehwon Point to Jetty Triangle. 1st Sat every month from Jan 5 2019 plus extra markets Dec 29th, 2018 and Jan 27th, 2019.

Market on Chapel

4th Sat of month. Variety Market with 50+ stalls. Next held on November 24. Uniting Church, Cnr Chapel St & Warley Ave, Cowes. 8am-2pm in Summer, Autumn and Spring and 9am-2pm in Winter.

Market on Main

December 31st. Variety Market, Town Square & Anglican Church, Cowes. 3pm-9pm.

Market on Church

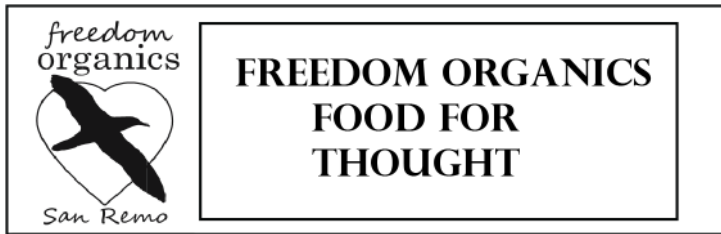
Saturday November 3rd, 8am-4pm. Special market in celebration of Phillip Island's 150th Anniversary. 50+ stalls.

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.



A GUIDE TO FLOUR TYPES AND USES

Australian consumers are becoming more health conscious and diets such as vegan, paleo, low FODMAP, ketogenic are widely followed. As a result, consumers are seeking out gluten free, dairy free, high protein and additive free baking ingredients.

Choosing the right flour is essential to the success of your baking as the type of flour used affects the flavour, texture, appearance and nutritional content of what you are making. Our guide to the different types of flours below can help you select the right one.

Freedom Organics have a fantastic range of certified organic and biodynamic flours available in any quantity you require. We also have bulk buy sizes of 5kg and 12.5kg bags. Most of our flours are 100% stoneground and from a few different suppliers; Demeter Farm in Gunnedah, NSW, Four Leaf Mill, SA, Eden Valley, SA and Bob's Red Mill from the USA.

Types of Flours

Unbleached Premium White Bakers Flour

Produced by milling the whole-wheat grain and sieving off the bran. This is unrefined flour; no bleaching or additives are used. It has a creamy colour, is more flavoursome and has a stronger texture than other white flours. It has a high protein content over 13%. This all-purpose flour is suitable for most everyday cooking needs such as baking and bread making. This can be made into a self-raising flour by adding 1 ½ teaspoons baking powder to 1 cup of flour.

Wholegrain Bakers Flour

Contains the bran, germ and endosperm so is a highly nutritious flour retaining the vitamins and minerals. Medium-brown in colour, it gives a nutty flavour and robust texture to baked goods. An all purpose flour, which is suitable for most everyday cooking needs.

Unbleached White Cake Flour

A low protein wheat flour which comes from a soft wheat variety. Produces fine, light flour with the bran sifted out. Suitable for cakes, biscuits, pastries, muffins and pancakes.

Unbleached White Self Raising Flour

A fine, light flour with the bran sifted out and approved raising agent added. This is great for cakes, biscuits, pastries, muffins and pancakes.

Wholegrain Self Raising Flour

A soft, low protein wholegrain flour with approved raising agent added. This flour is 100% stoneground, retaining all of the fibre and goodness of the whole grain. Use for cakes, biscuits, pastries, muffins and pancakes, which require a full wheat flavour.

Low Gluten Options

Whole Rye Flour

Rye flour can be useful for people with wheat sensitivities, as it contains less gluten than wheat. Rye flour makes denser, textured bread than wheat flour and it is often mixed with wheat flour for breads. Use for all breads, especially sourdough.

Khorasan/Kamut Flour

A highly nutritious, ancient cereal wheat grain, which is rich in vitamins, minerals, amino acids, lipids and fatty acids. Khorasan or Kamut flour has a subtle sweet flavour. It is easier to digest, so may be tolerable to those with wheat sensitivities (does still contain gluten). Use for pasta, high-energy breakfast cereal, bread, cookies, snacks, soups and noodles.

Unbleached White Spelt Flour

A fine light flour, sifted to remove the bran. This white spelt flour has a nuttier and slightly sweeter flavour than the whole-wheat flour. Spelt contains more protein than wheat and is easier to digest. Great for pasta, breads, cakes and cookies. Spelt flour can be substituted into a recipe that calls for wheat flour in a 1:1 ratio in most cases. The gluten in spelt flour is a little unusual. Unlike wheat flour, which is quite resilient and often needs a long kneading time (with breads) to strengthen its gluten and give the bread structure, the gluten in spelt flour breaks down easier.

Wholemeal Spelt Flour

This 100% whole spelt flour retains all of the fibre and goodness of the whole grain. Suitable for breads, cakes, cookies and fruit loaves.

Gluten Free Options

Almond Flour

Almond flour or almond meal as it is also known, is a gluten free flour and is simply made from ground almonds. There are two types of almond meal available, natural and blanched. Natural almond meal is ground with the husk, resulting in a darker colour and retaining more nutrients. Blanched almond meal has had the husk removed before grinding.

Our almond meal is natural and ground freshly in store from our insecticide free almonds. Almond flour or meal is great for baking moist and dense gluten free cakes and biscuits or add to your smoothies for extra protein.



Arrowroot

Arrowroot is ideal for use as a wheat flour and cornflour replacement in baking. Arrowroot and Tapioca Flour are often interchangeable as they are very similar in source, manufacture and characteristics. As a general rule of thumb, interchange half the amount of plain flour with arrowroot flour (although every recipe is different and may require additional amendments). Arrowroot can be used to thicken sweet and savoury sauces and pie fillings without causing cloudiness or affecting taste and colour.

Banana Flour

Banana flour is made from green bananas. It is common in Jamaica, the Caribbean and Africa where it is more economical to use it. It can be combined with regular flour or other gluten free flours when a starchy product is desired.

Besan/Chick Pea/Gram Flour

Produced by removing the husk and milling brown chickpeas. Besan flour has a strong nutty flavour. It is commonly used as a binding or thickening agent in many recipes. Used widely in Indian and Middle Eastern cooking for pancakes, dumplings and sweetmeat.

Millet Flour

Millet flour is great for making flat bread, tortillas and corn chips. It has a subtle sweetness and commonly used in combination with other flours in baked goods. This flour adds a delightful creamy colour to your baking, along with some extra vitamins and minerals.

Teff flour

Teff grain is traditionally ground into flour and fermented to make spongy sourdough bread called injera. Teff is great to make waffles, cookies, bread, crackers and other baked goods.

Continued on page 17

Continued from page 16

Buckwheat Flour

Typically more coarse and more highly coloured than wheat flour. Buckwheat flour is gluten free and reported to improve cardiovascular health. Best for pancake mixes, cakes, biscuits, breakfast cereals and noodles (not suitable for bread making unless mixed with other flours).

Coconut Flour

Made from fresh coconut meat. The meat is dried and defatted and then finely ground into a powder. This is a low carbohydrate, high-fibre and gluten-free alternative to wheat flour and very popular in paleo and grain-free diets. In baking, you cannot substitute coconut flour for wheat or other grain-based flours at a 1:1 ratio. Substitute 1/3 - 1/4 cup coconut flour for 1 cup grain based flour (about 15-25%). Coconut flour is very absorbent so you will need additional liquid or eggs and generally very little coconut flour is needed for recipes.

Cornmeal and Corn Flour/Corn Starch

Cornmeal is a coarse flour made from dried corn. Finely ground corn meal is known as corn flour or corn starch. Polenta is made from boiled cornmeal. Corn flour/starch blends well with other food ingredients and can be blended with wheat flour to reduce gluten for cakes, cookies, pastries and crackers. Corn flour/starch is primarily used as a thickening agent.

Mesquite flour/powder

Native mesquite pod flour is delicious in a wide array of cooking and baking. As a legume, it is rich in soluble fibre. It is a valuable ingredient in any grain-free or diabetic diet. An excellent source of calcium and magnesium, mesquite flour is also higher in protein than most conventional grain flours. It has a sweet, earthy taste with notes of cinnamon, molasses and caramel. Its aroma is vaguely reminiscent of warm gingerbread and is a delicious addition to baked goods and even coffee.

Potato Starch

Potato Starch is starch extracted from potatoes. The cells of the root tubers of the potato plant contain starch grains. To extract the starch, the potatoes are crushed; the starch grains are released from the destroyed cells. The starch is then washed out and dried into a gluten free powder, which is often used as a thickener for sauces, soups and stews.

Quinoa Flour

A high protein and gluten free flour, quinoa flour makes great pancakes and biscuits, however must be combined with gluten-rich flours when baking cakes and breads that rise. Smaller amounts are required due to its higher absorbency and you will require more moisture if you are converting a wheat flour recipe.

Rice Flour – Brown or White


Produced by milling the whole brown or white rice grain into a fine flour. It is great for making shortbread biscuits and some varieties of oriental noodles. It must be mixed with gluten-rich flour to make a yeast-raised bread, as it tends to produce crumbly baked goods when used alone.

Sorghum Flour

Sorghum flour has a smooth texture and a mildly sweet taste making it ideal for breads, muffins, pancakes, biscuits and cakes. It is milled from an ancient cereal grain that originated in parts of Australia and Africa.

Tapioca Flour

Tapioca is a type of starch extract that's derived from the starchy vegetable called cassava root (*Manihot esculenta*). Tapioca flour is suitable for those allergic to nuts, coconut or following a low FODMAP diet. When baking with tapioca flour it is best when mixed with other gluten free flours, otherwise it is fine used as a thickening or binding agent.



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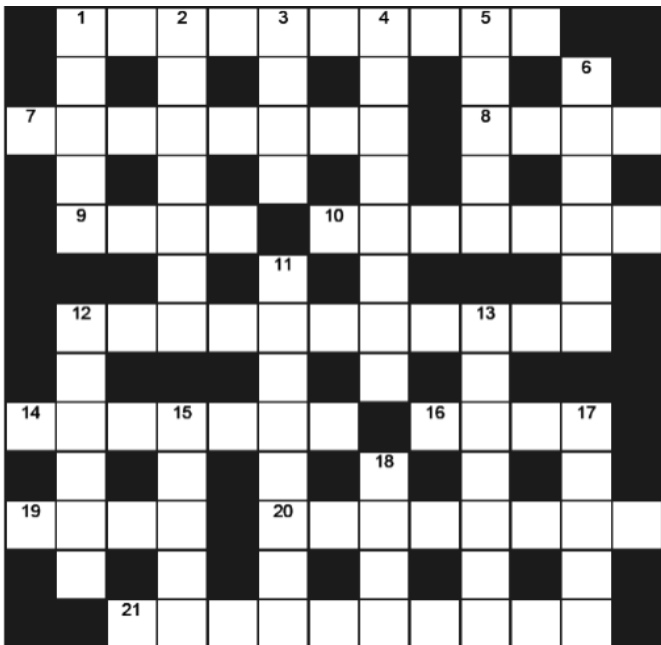
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Brain Food

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



Vibe Quick Crossword 106

Across

- 1 Someone who doesn't get many dances (10)
- 7 Supplier (8)
- 8 Consumes (4)
- 9 Rave (4)
- 10 Plastic (7)
- 12 Administrative officer (11)
- 14 Behind (7)
- 16 Happy (4)
- 19 In the distance (4)
- 20 Strong (8)
- 21 A memory aid (10)

Down

- 1 Liquid (5)
- 2 Expressing much in few words (7)
- 3 Trick (4)
- 4 Eye specialist (8)
- 5 Each (5)
- 6 Severe (6)
- 11 Tremendous (8)
- 12 Trouble (6)
- 13 Sickness (7)
- 15 Soil (5)
- 17 Beats (5)
- 18 By mouth (4)



1. How many countries are larger than Australia? 2. In what state/territory was the highest recorded temperature, of 53oC, recorded? 3. Australia has the world's largest sand island. What is its name? 4. In what year was Advance Australia Fair proclaimed as the national anthem by the Governor-General? 5. Do all states/territories have the same blood alcohol limit for non-probationary drivers? 6. What animal is on the Western Australia flag? 7. In what city did the Commonwealth Parliament first sit? 8. What animal featured on the 2 cent coin? 9. Who is the only person to have been awarded both the Australian of the Year and Young Australian of the Year titles? 10. Who is on the front of the current issue \$100

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

Vibe Sudoku 106

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

WHO AM I?

I was born on the 2nd of March 1974 in Brisbane.
 I am now retired.
 I am 57
 I won a bronze medal at the age of 15.
 I have won gold medals in the Commonwealth Games.
 In the 1991 Championships in Perth, I won gold in 200m free-style
 For the rest of my career I focused on the 800m freestyle.
 I won silver medal in 1992 summer Olympics.
 I have competed in three Olympics.
 I am the Australian 5km and 10km open water champion.
 I married my childhood sweetheart in 1997.
 I planned to qualify for the 10km open water event at the Summer Olympics, but this event was removed from the competition.
 I started the first swimming centre based in a major shopping centre in Australia.
 I replaced Ajay Rochester in a T.V show.
 I am currently a host on the Biggest Loser Australia.
 I own a well known Brisbane gift and homeware store.
 My first business book is called Dream Believe Create.
 I have two sons Jacob and Kai.
 My middle name is Jane.
 My first name begins with H.
 My second name has 5 letters.
 My second name starts with L.

Who am I?

Probus Phillip Island

Probus Phillip Island are one of three Probus Clubs in this area , including San Remo.

We meet every fourth Wednesday morning at the Phillip Island RSL. 10am till 12pm.

Most of us then enjoy lunch in the Bistro which we call fellowship.

We enjoy a variety of activities during the month, including dining outs, a walking group, a music group, wine appreciation group, we have a happy hour and a half hour once a month where a members host other members in their home from 5-00 till 6-30. BYO everything and a plate to share which is a very successful even. We have a wanderers group they go away twice a year in caravans or hire cabins and we have an excellent tours and outings officer who organises day trips and holidays. We are off to Norfolk Island very soon. We have a great variety of speakers each month. All you need is a calendar - it gets quite hectic but you only do what you want. We are a very happy group and enjoy each other's company. We do not have a waiting list so if you are retired and would like to fill in some time, call our Membership Officer Chris Cannin on 0434 489011 and he will invite you to attend two meetings to see if it suits you.



Dennis Cordingley let Santo know all about his Christmas list at the Christmas in July function.



Probus members Rhonda Burston and Kaye Cannin selling Anzac Badges



Members enjoy Ten Pin Bowling every third Wednesday against Corinella Probus.



Members recently enjoyed a combined bus trip to Barham with the Islander Day Club.



COMMUNITY NOTICEBOARD

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

Red Cross, Phillip Island Branch meets every 2nd Thurs of month, 1.30pm, Uniting Church Hall, Chapel Street, Cowes. New Members welcome. 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 User Group Every Wed 10am starting at Amaze'n Things car park. Very social, speed is the slowest rider. Contact Ruth Scott 0409 946696.

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

Phillip Island Girl Guides Multi age group from 5 years, Thursdays 5-6.30pm. More info contact Sue Viney sviney@guidesvic.org.au

Phillip Island Senior Citizens Club Carpet bowls, cards, ballroom 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 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

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

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 0488 660658.

The Probus Club of Phillip Island Inc meet 4th Wed of each month, 10am, Anzac Room, Phillip Island RSL, New Members most welcome. For further info Chris Cannin 0434 489011 or Ash Rizvi 59521604.

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, 1:30-4 pm. Contact Susan Brereton of 0408 136 717 or phillipislandcameraclub@gmail.com

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

Phillip Island Swim Club must be competent in 3 out of 4 strokes looking to extend skills with qualified coaches Swimclub@waterfront.net.au

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

Phillip Island Adult Riding Club Social & HRCav horse riding club for beginners to advanced. Rallies held every 3rd Sat of month. New members welcome. Contact Rachel 0435552518 or email enquiries.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.

Phillip Island Library, free wifi and kids programs, Story time every Tues 11-11.30, Baby Rhyme time every Thursd 10.30-11am, Lego Club every Tues 4-5pm. www.wgrlc.vic.gov.au or call 59522842.

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

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

San Remo Bowls Club Summer 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 fortnightly on Wednesdays 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/)

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

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

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

ASPI Textile Artists Group A fantastic, friendly group of ladies that share their love of textiles in extended ways. Meeting fortnightly in The Heritage Centre rooms next to the library. Contact Shirley Collins 0410 58A4025.

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

First Friday Philosophy. Series of lunch time discussions of some big intellectual questions. First Friday of the month. Harry's Restaurant \$35 includes lunch. Book or enquire by emailing gurdies@australiaonline.net.au

The Phillip Island Miniature Light Railway Inc. is having a Members General Meeting. Anyone welcome. Meeting to be held at the RSL in their Boardroom Wednesday 22nd August @ 7.30 pm, Boardroom, R.S.L. 225 Thompson Avenue, Cowes. We would appreciate an RSVP to give us an idea of numbers. The Secretary, Bev Munro, 0417 578 435 or Facebook.

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

Paul's Table Community Café Now closed over winter/spring and re-opening in Summer.

The Phillip Island Medical and Health Action Group (PIMHAG) advocates for improved medical and health services for Phillip Island and San Remo. PIMHAG welcomes new members. Please contact Secretary linda@marston.com.au or 0428 344 726 for more information.

Woolshed Spinners meet each 2nd & 4th Thursday of the month at PICAL, Cowes, 10 am to 2 pm to spin wool and other yarn activities. Contact Deb McCann 0428 523 706

Phillip Island Health Hub Auxiliary meets 2nd Monday of every month at 10.00am at the PI Health Hub in Cowes. We fundraise to purchase much needed equipment for specialists and medical staff offering services at the Health Hub. New members very welcome. For more info – Maree 0408 362600.

PUZZLE SOLUTIONS

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

Vibe Sudoku Solution 106

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

Vibe Crossword Solution 106

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
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
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

Hope Church

At Newhaven Primary School, 12-22 School Avenue,
Newhaven. Worship time: 3.30pm Sunday
Website: 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

Quiz Solution 106

- Five (Australia is the sixth largest country: Russia, Canada, China, USA, Brazil)
- Queensland
- Fraser Island
- 1984
- Yes
- Black swan
- Melbourne
- Frilled neck lizard
- Cathy Freeman
- Dame Nellie Melba

Who am I?: Hayley Lewis

SOLUTION TO THE GOOD WIFE WHODUNNIT

The guard's wife caught the one discrepancy no one else did. The Mercedes woman had used a different-coloured car, not black this time, but dark blue. Could the woman be driving a different car on each trip across the border? It was worth checking out.

Late that same afternoon, when passport control stopped the woman from re-entering the U.S., they found her dressed much more casually. They also found her taking the bus. It was so simple that no one had seen it. The woman was smuggling cars—a whole fleet of stolen Mercedes.

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ll Lang Lang
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