

PHILLIP ISLAND VIBE

Free

phillipislandvibe@outlook.com

P: 0407 266 271

www.phillipislandvibe.com.au




ISSUE 117 OCTOBER 2019



Sure is a pot of gold at the end of this rainbow with the beautiful township of Cowes offering a great range of retail shops, restaurants, bars and professional services at your fingertips.

Photograph supplied by Renee de Bondt Photography



ISLAND PRIMARY PRODUCE
BUTCHERS & WHOLESALEERS

DRY AGED BEEF

No boxed produce
All fresh and locally sourced
Free range - Order to you liking
Open Mon-Frid 7am-5.30pm
Sat 7am-3pm
511 Ventnor Rd, Ventnor Ph 59568107

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 435207

R.E.C 20993

MOBILE HAIRDRESSER

- Haircuts • Colours • Perms
- Blowwaves • Sets
- Upper lip and chin waxing
- Eyebrow and eyelash tinting
- Special Occasion

Claire Sunderland
0408 566620



WAGYU \$40kg

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

OPEN MONDAY TO FRIDAY 9AM TILL 5.30PM
SATURDAY 9AM TILL 4PM

35 Coghlan Road, Cowes 0409 817209

SPRING SPECIAL
Get in before Summer
Supply & Installation of a
1 x 7Kw Panasonic Reverse Cycle Inverter Split
System Fully Installed only \$ 2,200* plus gst
*Conditions apply

ALWAYS COOL

AIR CONDITIONING

Call Us On
1800 931 631

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

Taking on the World



Newhaven College guides each individual student along a path of discovery to open their minds to a world of opportunities.



In Quietness Trust Confidence Shall Be Your Strength

Students' eyes are first opened to the notion of a global community during Year 9.

Whilst maintaining core academic studies, the Year 9 program takes students outside the classroom to connect with the world around them, providing relevance and value to their learning to enhance their academic development and personal growth in preparation for Year 10-12 studies.

Highlights of Year 9 include; a two-week Melbourne based 'CityCITE' program where students research and experience social and community issues; thought provoking subjects such as 'Community Projects' and 'IDEAS'; and the famous week at Wollangarra Outdoor Education Centre.

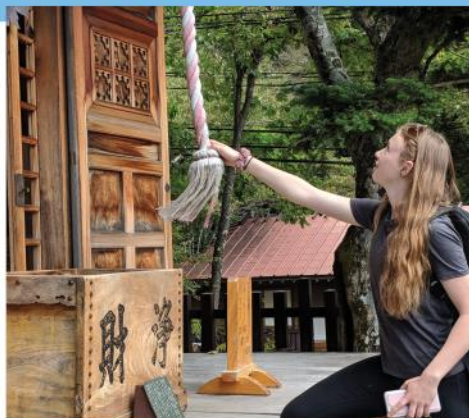
International Tours are offered in Years 10-12 to provide cultural immersion opportunities.

Each September we visit our sister school in Japan. Students stay with a Japanese family and attend Ibaraki Christian Junior High School for one week before embarking on a tour that visits Tokyo, Tokyo Disney and significant temples and cultural sites.

World Challenge is a student led experience that builds the life skills of young people through programs that take place in some of the most culturally diverse countries in the world. The month long adventure includes a challenging trek and a fulfilling community project where students live and work in a developing community.

A limited number of places are available in Years 10-12 in 2020.

Contact Belinda Manning - 5956 7505 or belinda.manning@newhavencol.vic.edu.au



Party at the Parade!

It's a penguin party and everyone is invited. On Sunday 13 October, Phillip Island's Little penguins will welcome everyone to their new home base at the Penguin Parade.

The 'housewarming' party is a celebration of the spectacular new Penguin Parade visitor centre and features music, fun, food, activities, tours, roving performers and much more.

This free event is a backstage pass to the exciting new building at the centre of the Phillip Island penguin colony. Amidst a party atmosphere, partygoers can tour the new facility and go behind the scenes to learn the inside story of the special features and how we worked closely with visitors and penguins alike to ensure they were not disturbed during construction.

Rangers will be on hand with fun activities for kids and adults including art, games and a special demonstration by the Nature Parks' fox detection dog team.

The day will begin with a yoga session on the boardwalk in the penguin colony with the waves providing a beautiful background soundscape.

World-renowned singing duo Vika and Linda Bull will take to the stage to delight audiences and get the party firing, with local musicians including Bern Carroll and Nic Huigs and band keeping the good times going.

There will be movies in the new 100-seat theatre along with talks and presentations by the Nature Parks community, staff, volunteers.

Misty the giant penguin has already RSVP'd and has her dancing shoes on, and roving performer Sustainability Snail has started inching his way to Phillip Island. Helly Hoops and Mat-E-Tricks will also delight partygoers along with local artists Camille Monet and Patrice Mahoney providing fun for kids and adults.



Bern Carroll will be one of the performers at the opening party



The Nature Parks' commitment to reconciliation and sustainability will also be on show with a Welcome To Country Ceremony with a Bunurong Elder and a single-use plastic free policy in action in our food and beverage offerings.

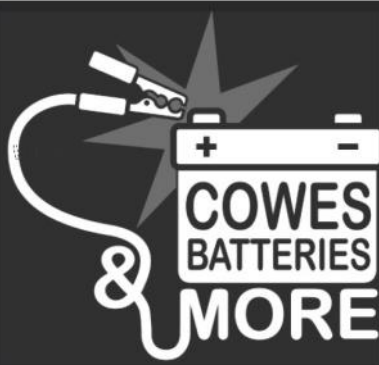
The Penguin Foundation is busy brushing off their party penguin jumpers and setting up their stall. There will be great Nature Parks offers and discounts and a fun party atmosphere to celebrate the penguins' new home base. Party goers will enjoy 25% off Penguin Parade tickets on the day - the penguins will be wearing their tuxedos just for the occasion... See you there!

**OPEN EVERY DAY
DURING THE
GRAND PRIX**
Providing motorcycle tyres
and batteries for all
motorcycle enthusiasts

We will continue to offer honest and reliable vehicle servicing including log book servicing as well as specialising in vehicle tyres and batteries

**Phillip Island
Automotive**
2/160 Thompson Av
Cowes
Ph 5952 3660





Shop 2,
154-156 Thompson
Avenue, Cowes
5952 1044

ALL YOUR BATTERY
NEEDS AT A GREAT
PRICE

BOAT BATTERIES

Come in store and see our
extensive range of boat batteries
at great prices or get your old
one tested for FREE



Now selling Boating
Safety Flares

Wills and Powers of Attorney

Legal Documents of Keysborough
provide customised lawyer drawn
documents at a flat cost of
\$300 and **\$125** respectively
which includes a free Will consultation
if requested and free support.

Contact Leon at 0402 264744 or
email herbertatlaw@gmail.com

View us at

www.onlinewillsaustralia.com



What's Cooking?

Simple, delicious recipes.
No experience necessary.

Paul's Cooking Tips from
Hill Top Farm Meats
The Perfect Steak

1 X 250g Grass Fed

Porterhouse

1 tsp Olive Oil

2 Garlic Cloves Crushed

1/2 tsp Chopped Parsley

100g Butter and salt and pepper

Garlic Butter

Mix butter, garlic, parsley, salt and pepper in a small
bowl and set aside.

Perfect Steak

Pat the steak dry with paper towel and bring steak to
room temperature. Rub steak with olive oil and place
on hot BBQ or fry pan. Cook for 3 minutes then turn
and cook for a further 3 minutes - this will give you a
medium rare steak. Remove from heat and sprinkle with
salt and pepper. Cover with foil and rest for 3 minutes.
Serve with a knob garlic butter.



Extra Tip

This recipe can be
used with your
favourite cut of
steak.

Eat Well!



Qualified plumber
offering complete
home maintenance
service including:

- Hot water services • Emergency plumbing
- Maintenance plumbing • Roofing
- Full range of property maintenance services

CHRIS FOSTER PLUMBING

0416 061682

LIC NO 28328





Demystifying Naturopathy

The road to Naturopathy

When someone asks me what my occupation is and I reply, "I'm a Naturopath", I'm often met with a quizzical look and a follow up question of "What is that?" So, what is a naturopath, what do they do and why and how did I become one?

As with many people who work in complementary therapies, my story started with my own health issues. Recurrent tonsillitis throughout my 20's and, as an avid traveller to underdeveloped countries, gut symptoms that continued to affect my day to day life long after the tropical holiday ended. I began to develop an irritating, itchy rash on my torso and started to feel there might be a link with all these recurring symptoms. Rather than being offered insight into the cause, I was repeatedly prescribed antibiotics that only provided short-term, if any, relief so I began to explore other options.

A nutritionist put me on an extremely restrictive diet, which offered relief and opened my mind to the concept that food can either heal or harm our body. I didn't find it sustainable though and wasn't quite getting where I wanted to be, so I started working with a naturopath who had the added bonus of potent herbal medicine. Through flower essences, I began to understand the emotional connection between health and illness and things began to really shift.

I loved this holistic approach that considered my whole person (body, mind and spirit). The foundations of naturopathy include looking beyond the symptoms to try to identify and treat the underlying cause of illness, educating the person to look after their own health, with a strong focus on disease prevention. I had to do the work though, the naturopath was there to guide and support me, but ultimately it was up to me.

At 36, I felt the calling to enrol in my first university degree, a Bachelor of Health Science in Naturopathy. Over the next 4 years I studied subjects like biology, biochemistry, pathology, counselling, botany, herbal medicine and nutrition whilst treating clients in the student clinic. I loved the emerging scientific evidence, coupled with the traditional knowledge and the overarching naturopathic philosophy that supports the body's innate capacity to heal. I didn't love the fulltime student life of countless assignments, exams and living on a shoestring budget! But, by studying the degree instead of shorter, less comprehensive courses, I am now recognised and registered with a professional association that has strict standards of practice, insurance requirements, compulsory continuing education and a code of ethics I am bound to.

What does a consultation and treatment involve?

Consultations involve taking a detailed health history including discussions around your various body systems, family background, lifestyle, diet, stress and environmental impacts. Taking your blood pressure and vital signs, examining your iris, nails, and tongue and performing functional testing may offer additional clues as to your body's current state. As a complementary therapy, naturopathy respects and can be used alongside other medical and therapeutic treatments you may already be receiving.

A treatment plan, specifically tailored to your needs and budget is prepared and may include therapies such as herbal formulations, nutritional supplementation of the highest quality, dietary advice to ensure a balanced intake of important nutrients and lifestyle recommendations including stress management techniques. Your naturopath can assist you to navigate through the overwhelming and often misguided information online and help you prioritise, implement and combine various healthy living techniques to enhance your wellbeing.

Why would I see a Naturopath?

You can see a naturopath for many different health issues including digestive complaints, male and female reproductive health, increasing energy, improving sleep, stress reduction, boosting immune function, skin concerns, food intolerances, children's health and healthy ageing.

Health is more than the presence or absence of disease, it incorporates physical, mental and social wellbeing. Good health and how we live is important. It influences not just how we feel but how we go about our everyday lives. As everything is connected - our lifestyle, our food, our environment and our beliefs - the way we live today influences the health of our future.

****For more information on how Naturopathy or Yoga may support your health and wellbeing, contact Sharon Pittorino on 0417010266, info@thewellnessthread.com or visit my website www.thewellnessthread.com**



LANGMAID BUILDERS

0409 039 877




• Renovations • Additions • Decks
• Pergolas • Maintenance



Composition - Using diagonals and triangles Submitted by the Phillip Camera Club

It is said that adding diagonals and triangles add “Dynamic Tension” to an image.

What is “Dynamic Tension”? Dynamic Tension is hard to explain. Horizontal and vertical lines suggest stability. A person standing on a horizontal line will appear stable. Put this man on a sloping surface and he’ll seem less stable. This creates a certain level of tension visually.

We aren’t used to diagonals in every-day life. They subconsciously suggest instability. Incorporating triangles and diagonals into our photos is an effective way to create this sense of “Dynamic Tension”. Triangles can be actual triangle-shaped objects or implied triangles. The Samuel Beckett Bridge in Dublin incorporates plenty of triangles and diagonals into the scene.



The bridge itself is an actual triangle. (It is supposed to represent a Celtic Harp on its side). There are also several “implied triangles” in the scene. Notice how the leading lines on the right of the frame are all diagonal and form triangles that all meet at the same point. These are “implied triangles”. Having diagonals going off in different directions adds a lot of “dynamic tension” to the scene. Two techniques have been combined to compose the image: leading lines and diagonals.

In this image of the Hotel de Ville, Paris, the implied triangles and diagonals create a sense of dynamic tension. In everyday life we are not used to seeing buildings leaning at such angles. It is slightly jarring to our sense of balance. This is what creates the visual tension.

So now when out photographing look for diagonals and triangles to incorporate into your images to add “Dynamic Tension”.

Ref: 20 Composition Techniques That Will Improve Your Photos By BARRY O CARROLL

THE AUSTRALIAN WELSH MALE CHOIR IN CONCERT AT COWES, PHILLIP ISLAND

The Phillip Island World Vision Club is presenting the Australian Welsh Male Choir in concert at the Cowes Cultural Centre on Saturday 12th October at 2pm.

This is one of the Australian premier choirs which has travelled extensively, performing in Britain, Taiwan, and also on the Great Wall of China.

The choir has approximately 60 members who sing in the spirit of the great male choirs of Wales. They sing in 4 part harmony in the traditional format and recently celebrated their 45th anniversary.

They will present an outstanding programme of beautiful music during the afternoon. Tickets are great value at just \$30 and include a delicious afternoon tea.

Profits from the event will go towards the many projects that World Vision support both in Australia and in overseas countries such as Laos, Bangladesh, Cambodia, Rwanda etc, working to alleviate poverty in villages and supporting education particularly for girls. To book tickets head to: www.trybooking.com/BBYYY or www.trybooking.com/491424 or phone Nancy on 0407 855 887 or Edith on 0408 012 525.



Eastern Barred Bandicoots – Four years on



Phillip Island Nature Parks' researchers marked the four year anniversary of the release of Eastern barred bandicoots (EBBs) onto Churchill Island during one of their regular visits to monitor the population of this endangered marsupial.

"The population continues to do well, with all adult females breeding, most with two or three large pouch young," said Dr Duncan Sutherland, Deputy Research Director with Phillip Island Nature Parks.

"Over the three nights we spent on Churchill Island, we captured 71 unique individuals, which was slightly more than in March this year and similar to the numbers this time last year. 18 of the individuals captured were seen for the first time."

During this visit, traps were also set in the adjacent area at Fishers Wetland on Phillip Island, to see what was happening with the bandicoots that have made their own way from Churchill Island. 25 unique individuals were captured in this location, all of which were captured for the first time.

"They showed a similar pattern of breeding to those on Churchill Island, which is an encouraging sign. This population is persisting and breeding, and distributing out from the initial release site as expected, despite being in the presence of feral cats."

"We would expect the bandicoots to continue to slowly distribute across Phillip Island, so residents and visitors may well start seeing them at night when they are active, including near our roadways."

"We share this island with a range of wonderful wildlife which now includes Eastern barred bandicoots, so as always it's important that drivers observe speed limits, and drive to the conditions, especially at night when wildlife is most active."

The releases of Eastern barred bandicoots onto Churchill Island in 2015 and the Summerland Peninsula in 2017 were part of a wider program aimed at saving them from extinction, and have been conducted in partnership with the EBB Recovery Team.

The EBB Recovery Team includes representatives from (in alphabetical order): Conservation Volunteers Australia, Department of Environment, Land, Water and Planning (DELWP), Mt Rothwell Biodiversity Interpretation Centre, National Trust of Australia, Parks Victoria, Phillip Island Nature Parks, the University of Melbourne, Tiverton Property Partnering and Zoos Victoria.



Copyright © 2019 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 ABN: 609444475



Annual Quilt Display

including embroidery, bags, table runners and wall hangings

November Sat 2nd - Tues 5th - Cup Weekend

23 Cleeland St, Newhaven Hall, Newhaven, Phillip Island, 10am - 4pm each day

Entry Adults \$5, Children free

Devonshire tea \$5 and Quilt raffle

And Wonthaggi Woodcrafters

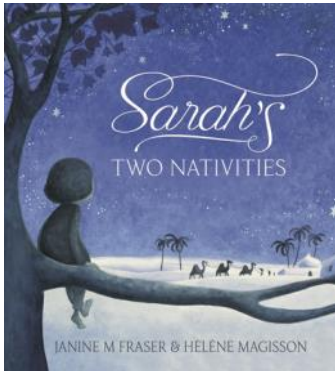
All proceeds are donated to emergency services on the island. Our Club has been operating for over 30 years.

Anyone interested in joining or for further information please contact the President Lyn Duguid on 0427 593936 or lduguid6@bigpond.com



Book Reviews

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



**Sarah's Two Nativities
by Janine Fraser
RRP \$26.99**

A heartwarming celebration of Christmas, family and faith by two of Australia's finest picture book creators.

Sarah loves her two grandmas – Grandmother Azar and Grandmother Maria. Grandmother Azar tells Sarah stories from the Holy Koran, while Grandmother Maria tells her stories from the Bible. At Christmas time, Sarah snuggles in each of her grandmothers' laps and listens to two nativities stories about the birth of baby Jesus. They are the same in some ways, and different in others ... but both can be Sarah's favourite.

This book shows us how we can accept and appreciate our differences and live in peace. This book will be sold at the rrp of \$26.99 and \$5 from each sale will be donated to Change for Sam.



**The Wife and the Widow
by Christian White
RRP \$32.99
Our price
\$29.99**

Set against the backdrop of an eerie island town in the dead of winter, *THE WIFE AND THE WIDOW* is a mystery/thriller told from two perspectives: Kate, a widow whose grief is compounded by what she learns about her dead husband's secret life; and Abby, an island local whose world is turned upside down when she's forced to confront the evidence that her husband is a murderer.

But nothing on this island is quite as it seems, and only when these women come together can they discover the whole story about the men in their lives. Brilliant and beguiling, *The Wife and the Widow* takes you to a cliff edge and asks the question: how well do we really know the people we love?

The *Nowhere Child* was Christian's debut novel and it became a best seller, but his second novel is *EVEN BETTER* and it will keep you guessing right until the end!

PHILLIP ISLAND SENIOR CITIZENS CLUB

present the

MAD HATTERS TEA PARTY

as part of the



VICTORIAN SENIORS FESTIVAL



Wednesday October 9th at 2.30pm
Phillip Island Senior Citizens Club,
6 Lions Court, Cowes \$10 per person

with live music and CWA
scones with jam and cream

**Bookings essential. Call Liza on 5952 2973
or 0431 867058 or email
piscc123@gmail.com**

This event is part of the Victorian Seniors Festival,
a state-wide Victorian Government initiative

Oh for Pets Sake Dog Grooming



Colleen
0415 558727

Jacinta
0400 034976

peterroach2000@gmail.com



Phillip Island Club Happenings

It was a fabulous day on Friday 6th September at the Phillip Island Senior Citizens Club celebrating our 48th birthday. Thanks to all our VIPs as well as our members in making the day a roaring success. We had our usual raffles as well as a special birthday raffle, very kindly donated to us from the Lions Club Phillip Island. Members and guests were treated by the Cormac McCarthy Irish Pipe Band in between courses.

Don't forget we have some great events coming up. On Wednesday 9th October we will be holding a Mad Hatter's Afternoon Tea Party. At only \$10 per person you will be fed CWA made scones with jam and cream and your choice of tea and/or coffee. There will also be live music for your entertainment. It starts at 2:30pm and we are happy to take bookings on 59522973 - leave a message and we will call you back confirming your booking, or call Liza (club secretary) on 0431 867058. This event is open to everyone over the age of 55yrs, not just our members!

School holiday fun with the grandkids. Why not check out the model train club at the back of our club rooms. Entry from the carpark at the end of Watchorn Rd, Cowes. They are open every Sunday from 2:30pm - 4pm. Very friendly bunch who are happy to show you how everything works. And the best part... it's free!

Here at the club we are still happy to receive new members. If you're new to the island and over 55yrs, why not check us out. Come to lunch. Only \$15 for a 3 course roast lunch every Friday. Bookings essential so we can set a place for you. Leave us a message on 5952 2973 or call Liza on 0431 867058 before any Thursday. Tell us your name, phone number and how many friends you're bringing. Look forward to meeting you soon.



Club elder statesman, Mario Bonis (left) cuts the birthday cake.

PRESENTS...

ROCK AWAY IN Spring

Sat 5th Oct 2019

ROCKHOUSE
BACK BY POPULAR DEMAND! GOOD OLD 50'S & 60'S ROCK'N'ROLL

1:00PM TO 5:00PM

ROCK & ROLL DANCE DISPLAY BY LOCAL DANCE GROUPS

A ROCKING GOOD TIME FOR ALL AGES!

Bring your dancing shoes!

BEER, WINE AND SOFT DRINK AVAILABLE AT BAR PRICES

NUI DAT CAFE OPEN FOR SNACKS

NO BOOKINGS REQUIRED

COST: \$15 per adult - \$12 concession - \$10 for children (5yrs to 15yrs) - \$40 for a family

WHERE: National Vietnam Veterans Museum
25 Veterans Drive, Newhaven
Phillip Island (behind the helipad)

Call: 03 5956 6400 for more information or:
www.vietnamvetmuseum.org
National Vietnam Vets Museum

Need some help with your mower?

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



ISLAND EQUIPMENT HIRE

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

Coastal life, your way.

Beautiful designs, customised by you.



With well over 100 beautiful homes, many of them multi-award winners, and a huge variety of floorplans, use our design as your starting off point, then customise to create a home that is perfectly and uniquely yours. We live in one of the most beautiful places in Victoria. Why not make the most of it?

metricon.com.au | 1300 786 773

Love where you live

m
metricon

Image depicts items not supplied by Metricon such as fencing, landscaping, and planter box. See your Metricon New Home Consultant for details.
VIC Builder's Licence CDB-U 52967.

Surf News by Ed Amorim (prosurfcoaching)

SURF FOR EVERYONE

The @prosurfcoaching_ created a different surf program to celebrate school holidays with everyone. The program started on September 23 and runs until October 30 so you, your friends and family can still join us now for a group session.

Check the options:

#Monday Family Surf Session -

Special session for parents to enjoy the line up together as a family. We developed techniques to help parents to improve surf abilities and to help their kids to get to the next surf level too.

Teaching the parents how to coach the kids. Fun activities, tag team comps parent & kids. (4 pm at Smiths Beach)

#Tuesday Surf Training -

The competition is on. This class offers the opportunity to intermediate surfers to discover how the surf competition scene works,. It offers good surfers a good chance to develop comp skills with simulations of heats, rules book discussion, judgement criteria, video analysis, and physical and mental training... (4 pm at Smiths Beach)

#Wednesday Surf for Mums -

A program to make sure the mums can have their own time to practice surfing, with a coaching session, exercises, developing safety in the surf knowledge, personal evaluation and surf consultations to improve your performance.

We will provide a baby sitter on the beach to entertain your kids while you busy enjoying your surf session. All the family are welcome. f(9 am at Smiths Beach)

#Thursday After Work Session -

We welcome all the workers and Business people that don't always have much time to improve their surf and fitness. We can help boost fitness and skills in a short time with our surf sessions, using our knowledge and techniques to improve your surfing and give you more confidence in the way you approach the surf. (4 pm at Smiths Beach)

#Friday Free surf -


A program for those with special needs (physical or mental) that want to enjoy the beach atmosphere, with supervision of a surf coach. We will be talking about all the beach aspects, surf history, wave conceptions, manoeuvres and in the end give you a chance to go surfing in accordance to your condition. It's can be fun ti have a new goal in life.



prosurfcoaching_

PRO SURF Coaching - by Amorim Brothers






Coves Indian Restaurant
 3/134-138 Thompson Ave, Cowes
 Ph: (03) 5952 3896
 www.covesindian.com.au
 info@covesindian.com.au

ANIMAL TALES
 PET SUPPLIES
NEWHAVEN STORE - BULK FRESH DOG MEAT
 Chicken mince 5kg - \$16, 15kg - \$35
 Kangaroo diced 5kg - \$35 Beef diced 5kg - \$32
MEAT ALSO AVAILABLE IN 25 KG


144 Thompson Ave, Cowes Ph 5952 5516
 Forrest Av, Newhaven Ph 911 23033



Front cover image
 by local Photographer ~Renee de Bondt
 All images available as prints



Facebook ~ Renee de Bondt Photography
 Instagram ~ @reeneдебondt



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



ISLAND PRIMARY PRODUCE
 BUTCHERS & WHOLESALE

Paddock to Plate

OPENING HOURS:
 Monday to Friday
 8am -6pm,
 Saturday 8am -3pm
 Closed Sundays

LOYALTY CARDS NOW AVAILABLE

**PHONE ORDERS TAKEN
 EFTPOS AVAILABLE**

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

Building a community THAT HELPS PREVENT SUICIDE

FRIDAY 11TH OCTOBER
 6:00PM – 9:00PM
 THE ANZAC ROOM - PHILLIP ISLAND RSL
 225-243 THOMPSON AVE, COWES
 LIGHT SUPPER WILL BE PROVIDED

A COMMUNITY FORUM FOR BASS COAST
 Proudly sponsored by Gippsland PHN as part of the Bass Coast Suicide Prevention project

BOOK NOW Contact Phillip Island RSL on 5952 1004 **BOOKINGS ESSENTIAL**
 LIMITED PLACES before Monday 7th October 5pm

BE INSPIRED BY PERSONAL STORIES



WAYNE SCHWASS: One of Australia's leading mental health advocates, former AFL legend and founder of PukaUp. "I absolutely believe in the value and benefits of creating authentic and genuine conversations about mental health, emotional wellbeing and suicide prevention and making them available to every person living in Australia."



BEAU VERNON: Motivational speaker, Pride of Australia Medal holder, successful senior head coach for Phillip Island Football Club, surfer and advocate for people living with spinal cord injury. "Everyone has ups and downs. I want to help people wire or rewire their brains so that they can prosper and live the best life they can, no matter the situation."

BE PART OF THE CONVERSATION
 By identifying our strengths, having caring conversations and working together we can build a community safety net that helps prevent suicide and suicide attempts.

IMPORTANT: The community forum will be conducted in a safe and inclusive manner with professional support available at the event. If, in the last 12 months, you have been bereaved by suicide or experienced a suicide attempt we strongly recommend you seek advice from your health professional (GP, counsellor, psychologist) about attending this event as some information may be triggering.

THE FORUM WILL FOCUS ON COMMUNITY CAPACITY BUILDING RATHER THAN TREATMENT AND SERVICE PROVISION.
 Visit: www.beyondblue.org.au/the-facts/suicide-prevention

Proudly sponsored by Gippsland PHN as part of the Bass Coast Suicide Prevention project funded by the Department of Health & Human Services





Healthy and Healing with Pip

Four ways that working on cruise ships is similar to menopause!

I know ... this might seem very random, right?

Well, not really ... you see I'm about to launch my book *Finding my Soul at Sea* (yay!) - it's all about my spiritual journey to discover my authentic self and life's purpose, while working on a floating city in the middle of the ocean.

And on the 12th of October, I'm teaching a workshop with yoga teacher, Wendy Anastasi, about giving yourself permission to shine (and be your authentic self) while navigating the natural transformations that happen during menopause.

They are similar in these FOUR key ways:

1 - the feeling of being adrift or 'lost at sea' is commonly how my clients - both male and female (aged 50-60) - describe their emotions.

2 - the feeling of being surrounded by people with whom you don't really have anything in common and/or who irritate you.

3 - the feeling of being out of control - like your life has someone else at the helm.

4 - the feeling of hot flashes / night sweats - on a ship it's because of the tropical location or the vacation "activities" you indulge in ... *wink*

There is an exciting opportunity in both circumstances to embrace your power and discover the answer to the 'why am here?' question.

Dr. Christiane Northrop says:

"The more women who ignore ageist stereotypes, the better the chances are that all of us will stay healthy. That's because we are all connected energetically. And when a woman breaks out of the box of limitation, she makes it easier for the rest of us to do the same. Our task at midlife is to realise that our most joyful and pleasurable years can be ahead of us, no other stage of a woman's life has as much potential for allowing a woman to understand and tap into her power as this one - if, that is, she is able to negotiate her way through the general cultural negativity that has surrounded menopause for centuries."

Working on cruise ships was an important transformational phase for me. I was working on board from 27-33 (another pivotal energetic time - during my Saturn return) ... and I learned how to be totally authentically me. That environment allowed me to try on different personas. And, most significantly, it gave me valuable tools to step into my life's purpose.

Most people - male and female - go through a transition during mid-life and I want you all to know that it doesn't have to be full of drama, frustration and pain.

It can be a joyful, revealing, inspiring, meditative and loving time. Yes ... please believe me ... I've seen people do it.

It can give you strength, happiness, wisdom, peace and purpose.

Indigenous cultures take time to celebrate all the significant transitions in their lives. They are sacred events. Western cultures seem to deny that these transitions are even happening, and so I feel it's time to reclaim the celebration of these events.

So, Wendy and I would like to invite you to join us for a celebration of life, and specifically this transformational menopause stage of life. You will experience a Strengthening & Energising Yoga class, a "Happy Big M" Meditation, an "Emotional Clutter-Clearing" & "I Luurve My Body" Tapping, lots of fun & laughter, a safe and supportive space and ... a FREE goodie bag

Give yourself permission to shine workshops are on Saturday 12th October:

Morning session 9am-12pm - Afternoon session 1.30-4.30pm

For more details and to book tickets online - Go to: <http://www.pipcoleman.com/store/>

Or contact me to discuss other payment options.

My book *Finding my Soul at Sea* - will be available for pre-order very soon! Go to my website for more details. Stay tuned.

Blessings Pip x

(NOTE - these workshops are for women - but if you are a man struggling with mid-life issues and you'd like us to do something similar for men, please send us a message and we will consider this for the future.)**

Phone: 0437 670 820 / Email: pipcolman@yahoo.com.au / <http://www.pipcoleman.com>



dancing free

Movement for
health and well-being

Looking for somewhere to move
to music with guidance but no steps
to learn?

Here it is... great range of music,
experienced leader.

Grounding...centring...freeing...fun - ages 18-80
Classes at Health on Course, Cowes. \$20/15
Call Tony 0418 134709 or
visit [Facebook](https://www.facebook.com/SoulDance) Soul Dance - Tony Norquay



**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**



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

The first month of spring, September has lived up to its reputation of being one of the most unsettled months of the year. While we have wetter, colder months, generally they are reasonably settled, and you have a reasonable idea of what you are going to get. The problem with September is the wind strength and direction can change 5 times in the time it takes you to launch boat and it's not often the forecast is right. Add the weather to the still closed Corinella boat ramp and it hasn't led to as many reports through September as we would have expected. While there hasn't been as many, there has still been several reports of some quality fish. The limited opportunities in the boats has seen a few more than normal fishing from the land, chasing an early red and topping up the freezer with calamari ready for when the weather settles. We had a few reports from Newhaven jetty of snapper and typically for early season fish, they have been on the big side, 5kg and better.

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

If you are going to head down to the jetty for an early season fish, you need to put in the hard yards because the reports we get are generally from the middle of the night and on the nights of the worst weather for the week. It's a pattern that a couple of customers have followed over the last few years and it has produced several quality snapper. You also need patience because generally the night will only produce one snapper but plenty of draughtboard sharks and stingrays. There has been a few calamari caught off Newhaven jetty as well and it's becoming almost as popular as San Remo jetty,

We are starting to get constant reports of calamari from everywhere you would expect to catch them, but a bit like last year the numbers aren't necessarily there. It's probably been a couple of years of inconsistent numbers from individual spots with the calamari but it's also been the last couple of years that we have been getting reports from far more places. It's now a fishery that, no matter where you go to fish in the bay drop a jig over the side and you might just go home with a bonus calamari. The regular spots are producing and still where the majority of the reports come from but also where the majority are caught which makes sense. The early part of spring has been tough because of the ordinary weather creating difficult conditions to but as the bay cleans up the reports are becoming more regular.

Whiting reports were very slow during the late winter, again more to do with the weather but now it's cleaning up and more are heading out fishing more reports are coming in. The numbers have been good so far and we have had plenty of reports in double figures. The size however has been nothing special. We have already seen our first whiting over 50cm but that's been it. One decent size whiting and the rest have all averaged 32cm to 36cm and a mixture of fat and skinny fish. The best spots with consistency are below the bridge in Cleeland Bight in the am and Dickies Bay in the pm.

While the ramp at Corinella is still closed, plenty of patience will be needed at the island and there has already been a couple of weekdays that the carpark at Newhaven has been full at 6.30am, I can see this being even busier on the weekends once the finer weather shows up.

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 I Learned From My Divorce



Like so many people not only in Phillip Island but around the world I guess, my marriage started to disintegrate to the point where divorce was inevitable.

I consulted with some of my friends as well as some reasonably close acquaintances I had made through my children's school, so I suppose they could be included as friends. They all said overwhelmingly that the most important thing I had to do first was get a GOOD lawyer.

It was amazing, it's as if they were all reading from the same hymn book, I suppose in a way they were as they were all divorced or separated. I thought it wasn't much point getting advice from someone who was happily married. How could they relate to my situation. But it was one thing that was constant, and that was get a good lawyer.

On more than one occasion, the name James McConvill & Associates came up. I did some research and I suppose it was because they were local to the Phillip Island/Bass Coast area and most likely understood the local market here, especially when it came to family law.

Anyway I was really happy with the support and service they provided. Here are some of the things I learned through my experience and dealing with James McConvill & Associates.

If your situation is becoming unbearable and you need to leave, make sure to plan ahead on where are you going to stay, and make arrangements ahead of your announcement to leave.

If there is property involved, you really need to start preparing for the division of that property, do not leave it to the last minute, make it a priority in the whole separation process.

Along with the property you are currently living in, any investments including shares, and investment property that may or may not be held in joint names also needs to be catalogued as to the acquisition contribution made to acquire those properties. If you have children, and you have spent

most of your time as unpaid work caring for those children, then you could be entitled to a greater proportion of the split of those assets. And also, if that were the case, then you may well be entitled to a portion of your ex-partners superannuation.

Though because this becomes a deciding factor depending on your individual case, you would need to consult your lawyer with regards to this.

Where children are involved, you need to start making plans for what kind of parenting arrangements you desire with your ex-partner in relation to the children. Make a list of all the activities you currently do with your child along with times and duration of the activity. Try and create a pre scheduled itinerary of these activities ahead of time, and highlight any special rituals only you and your children do.

Make a list of your personal support groups you have access to in the event of an emergency. And above all, if the mood of the separation is becoming hostile in relation to caring for the children, then highlight a list of reasons why you are in a better position than your ex-partner to care for your child on a regular basis.

Ideally it is best to try and negotiate all this with your ex-partner directly, when it comes to parenting rights, though sometimes this is not usually the case if the relationship rapidly sours during the separation. In which case, if you are unable to come to an agreement on parenting rights, and it needs to go to a mediator and/or court, then having all this prepared ahead of time will put you in a stronger position of negotiation.

At the end of the day, with the right support and advice you can come through a divorce and separation a new person with a new lease on your life. Society has changed dramatically, and there is no longer the negative stigma there once was on divorce.

We have come a long way with changes to the Family Law act and the number of support networks available. It is not the end, but a new beginning. If you need to call a lawyer you can contact James McConvill & Associates on: 1800 754 401

**For Fast, Cost Effective
Legal Advice in Phillip Island**

Call: 1800 754 401



**JAMES McCONVILL & ASSOCIATES
LAWYERS**

A BETTER WAY

James McConvill & Associates 145 Smythe Street, Corinella, Victoria. 3984



Meet a local community volunteer



Thelma Brown will this year celebrate her 20th year as a volunteer and club secretary with Phillip Island World Vision Club and is pictured at right with fellow volunteer Edith Fletcher.

Welcome to the Vibe Thelma.

Tell us, what do you like to do when you're not volunteering?

I'm a bit of a homemaker (or domestic engineer as I like to call it). Believe it or not I love weeding and I enjoying spending time with family and undertaking leadlight projects.

What is the best part about your job?

Meeting all the lovely people who are involved at the Phillip Island World Vision Club.

What did you do in your working life before becoming a volunteer?

I was the coordinator of a community education centre and once made a successful grant application for a community garden for people with a disability which went on to win a state award.

Can you tell us one thing about yourself that your colleagues might not know?

I have played tennis on centre court at Kooyong and I've driven a tram in Melbourne.

Is there anything you would like to tell the Vibe readers?

Our club really focuses on the positive outcomes that World Vision create. Whole villages and communities benefit from establishing water wells and similar projects. World Vision also work with the United Nations to achieve positive global outcomes. It's good to know that all the money we raise doesn't go overseas and some goes towards supporting aboriginal communities in the Gibb River region.

If you're interested in volunteering with the Phillip Island World Vision Club, contact them by phoning 5678 5549.

PHILLIP ISLAND WORLD VISION CLUB

World Vision

The Phillip Island World Vision Club will celebrate its 34th birthday in November. The first meeting of the Club was held in Cowes on November 14th, 1984.

Founders were Jean and Ken Cook. They had been involved in World Vision Clubs in NSW and when they moved to Phillip Island they decided to commence a club here.

Fistula Hospital was chosen as the sponsored project and fundraising commenced to support this hospital in Ethiopia. A commitment that lasted over 25 years.

The Club has flourished over the years and currently there are around 30 active members. We have also been pleased to welcome male members to our club.

Each member donates \$5 a month to support four sponsored children. Makara in Cambodia, Esperance in Rwanda, Juliano in Indonesia and Nusrat in Bangladesh. Our donation to these children guarantees an education and also supports their village. It makes a difference to their wellbeing and helps to alleviate world poverty.

Fundraising is also undertaken during the year. Events have included a jewellery valuation day, flower show and photographic exhibition, an upcoming visit by the Australian Welsh Male Choir, street stalls and luncheons. Funds raised support various categories of need - health, education, water, child protection, emergencies, livelihood and the Australian project at the Gibb River region in Western Australian.

Initially the Club sold fair trade craft items from a shared shop in Cowes. These items were sourced from 3rd World countries. In 1996 World Vision advised they would no longer be importing these craft items. The shop closed and today the Club is once again selling these items at their fundraising events under the banner of "Horizons of Hope."

The Club owes its success to the dedication and of its members and the fundraising would not be successful without the generous support of the local community.

They are an active Club and work throughout the year to make a difference to world poverty. They welcome new members and the club meets on the second Wednesday of each month at 1pm at St Philip's Church Hall, Cowes. Call 5678 5549 for more information.



World Vision volunteers man the "mystery bottle" stall and have lots of fun at the same time.



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

POINTS TO A KILLER

When the private detective business was slow, the great Sherlock Holmes spent long, empty hours playing the violin. Leroy turned to his stamp collection and played mind games travelling to the countries displayed by his beautiful stamps. It was soothing but nothing like a good crime scene or mystery. "Maybe I should take golf lessons instead and get physical instead of mental exercise," he thought as he sawed back and forth across the jungles of Vietnam. When things got really slow, Leroy also switched on one of his police radio bands.

The weather was turning and after months of sunshine Phillip Island was starting to shiver. After boring days of drizzle and inactivity, the sleuth intercepted a call reporting a murder victim found in a car. Leroy happened to be driving his classic Rolls at the time and made a quick turn up leafy Ventnor Close. The weather had become unimportant. There was the smell of a forensic battle and he was excited.

He arrived to find Inspector Flint of the Cowes constabulary standing between his patrol car and a white sedan parked beside a panoramic view. The Inspector actually looked glad to see him. "I'm a little out of my depth on this one," he said. "It's a celebrity, Butch Bumkas. Shot at close range. I'm waiting for forensics and a tow truck. On top of being murdered, his car battery's dead."

The whole Island knew Butch Bumkas, a newspaper columnist who specialised in scandalous exposes. Leroy walked around to the driver's side. An arm extended out the partially open window, propped up on the glass edge. The hand was made into a fist, except for the index finger, which was straight and firm with rigor mortis.

"He appears to be pointing," Leroy deduced and looked quizzically at the inspector. "How long has the fellow been dead?"

"What do I look like, a clock? The forensics boys will narrow it down. I saw the car and stopped to see if he needed help, which he doesn't. I recognised him, even with the blood."

Leroy looked in to see the columnist's familiar face contorted and frozen in agony. "I presume the man survived for a minute after the attack. What do you think he was pointing at. Something that could identify his killer?" Leroy lined up his eyes along the extended arm. "What story was he working on?"

Flint pulled a newspaper from his back pocket. "Here. In today's column, he says he's going to expose some embezzlement from the local Charity Board."

"There are only three people on the Charity Board," Leroy said, checking the column for their names. "Marilyn Lake, Peter Pringle and Tony Pine." Then he examined the view noticeable

for three things: a glistening lake, a neon sign for "Pringle Beds" and a majestic grove of evergreens.

"If Butch was trying to point out his killer, he did a lousy job," the Inspector said laconically.

"Not necessarily." Leroy was thinking. "I think he did just fine."

Well readers of the Vibe, can you see the clue?

Who killed Butch Bumkas?

HOW DID LEROY KNOW?



FREAKY FACT

The placement of a donkey's eyes in its' head enables it to see all four feet at all times!



Resicert

SIMON MANNION

Building, Pool and Pest Inspector

Why you should give us a go:

- Over 40,000 inspections completed across Australia
- Easy to read reports as we use simple English and no building codes
- Fast service - Reports are available within 48 hours
- Reports are backed with Professional Indemnity Insurance
- Resicert is accredited to ISO 9001
- Fully insured - Multi-million in coverage

**SAVE
\$50**

ON YOUR BUILDING AND PEST INSPECTION!

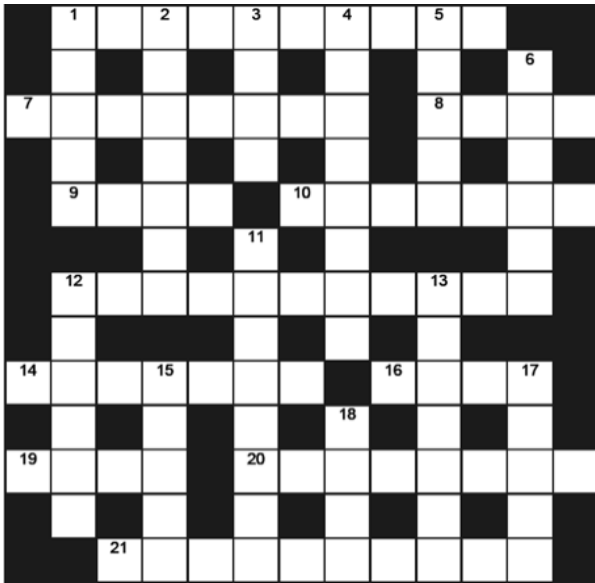
We offer a range of property inspection services including building inspections, timber pest inspections and pool safety inspections all in accordance with relevant Australian Standards.

We are so confident that we offer brilliant inspections and the best reports, that we offer a 100% Money Back Guarantee

smannion.resicert.com.au • 0422291414 • smannion@resicert.com

Brain Food

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



Vibe Quick Crossword 117

Across

- 1 Gave up (10)
- 7 Machine components (8)
- 8 Young female (4)
- 9 Existence (4)
- 10 Consents to receive (7)
- 12 Supports (11)
- 14 Leave (7)
- 16 Pre-loved (4)
- 19 Nourishment (4)
- 20 Statements of honour (8)
- 21 Wipes out (10)

Down

- 1 Found on the beach (5)
- 2 Cautious (7)
- 3 Hotels (4)
- 4 Fragile (8)
- 5 Bird of prey (5)
- 6 Savages (6)
- 11 Accompanied (8)
- 12 Monkey (6)
- 13 Upset (7)
- 15 Lowest point (5)
- 17 Actions (5)
- 18 Metal (4)

QUIRKY TRIVIA



- 1. What is a group of unicorns known as? 2. Do goldfish really have a memory of three seconds? 3. What is one thing that is so special about a violin?
- 4. What is a group of crows called? 5. What is the fear of being buried alive known as? 6. What is the tiny plastic covering of the tip of a shoelace called? 7. Which animal swallows large stones and uses them as ballast? 8. If cats are feline and dogs are canine, then what are bears? 9. What is the cross between a donkey and a zebra known as? 10. What is the dot over the i and j called?

					3
		4	5		
		2			1
1					5
		6		1	
	4				

Vibe Sudoku 117 Each row, column and sub-box must have the numbers 1-9 occurring just once.

POINTS TO A KILLER SOLUTION

The inspector scratched his head. "There's no way you can know what he was pointing at."

"Oh, yes, there is," Leroy said with an annoyingly devilish grin. "His battery's dead."

"So what?"

"So, a dead battery probably means his lights were on." Leroy checked the dashboard and saw that he was right. "Let's say Butch had a rendezvous here last night with someone from the Charity Board, perhaps to get information for his story. That person realised Butch was getting too close to the truth and killed him. But before dying, Butch saw something...look again at the view."

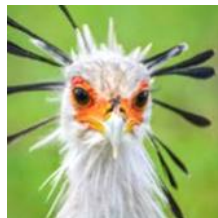
"Yeah, yeah," Flint growled. "And he pointed to it. But which of the three things in the view was he pointing at?"

"It was night, remember? The lake and trees would have been invisible in the dark, especially with all the cloud cover we've had lately. The one visible thing would have been that glowing neon sign. That's what Butch meant. The killer was Peter Pringle and I think he can look forward to a bed with a very hard mattress."

The inspector groaned. Leroy smiled.

FREAKY FACT

Cockroaches can live for several weeks with their heads cut off, because their brains are located inside their body. They would eventually die from being unable to eat.



Among its many other esoteric distinctions, the Secretary Bird is a favourite of postal authorities around the world and has been featured on more stamps than most other birds. It has pride of place in the coat of arms of South Africa. The bird reportedly got

its strange name because the black feathers sticking out of the back of his head reminded Victorian observers of office clerks, who would eventually put quill pens behind their ears when turning the pages of their ponderous ledgers. Another and more plausible theory suggests that the name actually derives from the Arabic word meaning Hunter Bird.

The birds are endemic to Africa, living on open grasslands from the fringes of the Sahara desert to the Cape of Good Hope. Observing Victorian values, males and females often keep a respectable distance from each other while they are out walking in the veld; by contrast, in mating, they throw decorum to the wind and are exceptionally flamboyant-and resemble skydivers as they swoop on each other.

The birds are committed to a terrestrial lifestyle, covering several kilometres a day at a steady pace. They pause every now and then to stamp the ground, wings outstretched, to cause a local commotion and flush out the edible inhabitants of the long grass. They can fly very well, running at first with partially outstretched wings before taking to the air. They resemble storks, rather than eagles in flight and have been observed riding thermals to heights of 3,000 meters or more. The birds normally pair for life and build a nest together near the top of a tree, preferring the flat top of an Acacia. They are very faithful to their nests, returning to roost at night even when no chicks are present. The flat bundle of sticks being their nest can eventually expand to a diameter of nearly three meters- more commodious than the average office cubicle.



A1 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

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

Community Markets

Churchill Island Farmers' Market

Recommended for Spring/Summer. Check the Facebook page for dates. 8am-1pm. Churchill Island Nature Park

Island Foreshore Market

Cowes Jetty, December 14 and 28. 3pm till late.

Market on Church

Saturday November 2nd, 12noon-8pm Variety Market with 50+ stalls. Opposite Coles

Island Makers Market

Sunday November 3rd. 9am-2pm. Cowes YMCA Leisure Centre

Phillip Island Food and Wine Festival

Saturday November 23rd. Jetty area

Grantville Market

4th Sunday of the month. 8am-2pm. Grantville Recreation Reserve, weather permitting



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: lionsclubphillipisland@gmail.com

Phillip Island Bicycle User Group Every Wed 10am starting at Amaze'n Things car park. Very social, speed is the slowest rider. Contact 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 0400 815353.

Phillip Island Girl Guides Multi age groups from 5 years, Tuesdays 5-6.30/7pm. More info contact Lisa Toro lisa_olivia_nathan@hotmail.com

Phillip Island Club (Senior Citizens) Carpet bowls, cards, ballroom dancing, craft. Membership \$15 per year. Fridays 12noon, 3 course lunch \$15. Island Celebration Centre Hall for hire. 59522973 for more information.

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

The Probus Club of San Remo 2nd Mon of each month 10am at the Newhaven Hall, 23 Cleeland Street, Newhaven. New members most welcome. For more info: Bob Andrews 0437 526757 or probussanremo@gmail.com

Rotary Club of Phillip Island & San Remo "Fundraising for our community". New members welcome. Phone Keith Gregory 0439 020996.

Phillip Island Scout Group – Cubs: Wed 6.30pm-8pm, **Scouts:** Thur 7pm-9pm, **Venturers:** Mon 7pm-9pm. Located at Bluegum Reserve, Dunmore Road Cowes. New members welcome. Email: gl.phillipisland@scoutsvictoria.com.au

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

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 0438 808428 or 59526955.

Phillip Island TOWN Club Weight Loss Group Thurs 9-11.00am, Ryhill Hall. Joining fee \$48, weekly fee \$6. Nutritional eating, weigh in and group therapy. New members welcome. Contact Vincent Vale on 0414 709066

Phillip Island Croquet Club new members welcome. Contact Ken 59568803 or David 0412485913, Blue Gum Reserve Dunsmore Rd, Cowes.

The National Vietnam Veterans Museum needs volunteers to assist with cataloguing and conserving the collection, maintenance and building projects and office work. Contact Liz Fincher 5956 6400

Phillip Island RSL Day Club every Monday, ANZAC Room, RSL, 10am-2pm. Games, craft, exercises, guest speakers and outings. Transport can be arranged if necessary. Ph: Carmen Bush 59569456.

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 on 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 and looking to extend skills with qualified coaches. Swimclub@waterfront.net.au

Phillip Island & District Genealogical Society discover your ancestry. 56 Chapel St Cowes. Tues 10-1pm, Thurs 10-4pm, Frid 1-4pm, Sat 10-1pm. Contact 0418 178343 or piadgs@gmail.com

Phillip Island Adult Riding Club Social & HRCav horse riding club for beginners to advanced. Rallies held every 3rd Sat of month. New members welcome. Contact Rachel 0435 552518 or email enquiries.piarc@gmail.com.

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

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 0400 900612. Check out our History on pidhs.org.au.

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

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

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

San Remo Bowls Club Winter roll up in Mufti every Tuesday at 12.30pm, weather permitting. New bowlers and visitors most welcome. 1a Wynne Road, San Remo, next to Recreation Centre. Phone 56785558.

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. Age group 60-90 years. Call Dagmar 59566965.

“Bee Crafty” Community Craft Group is meeting fortnightly on Wednesdays at St Phillips Church Hall, Thompson Avenue, Cowes (opposite Coles). All are welcome. For further details Desma Maxworth 0409 136 620

Phillip Island University of the Third Age (U3A) provides learning and social activities such as choir, creative writing, stage-craft, 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

Boomerang Bags Phillip Island and San Remo Volunteers sew re-usable bags to supply local shops and reduce plastic. Sewing bee every Wednesday 10am-4pm Garden Room 2, PICAL 56-58 Church St Cowes. Everyone welcome (no sewing experience necessary). email Kylie@boomerangbagspisr.org

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

The Phillip Island Miniature Light Railway Inc. Secretary, Bev Munro, 0417 578 435 or Facebook.

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. 0417 317470

Artist Society of Phillip Island(ASPI) meet regularly for Visual Artists, Textile Art, Plein Air, Writers, Portraits & Appraisals & Workshops throughout the year. 2 Art Shows at Easter & Cup Weekend. Memberships Available Contact Lois Green 5956 9595

Bass Coast Strollers Inc. Walks every Monday morning; generally 8-10km and graded Easy or E-M, occasionally longer; bush tracks to coastal paths to town walks; an additional shorter 4km walk is also offered; \$40/year subs. Contact Chris 0400 346 078, www.basscoaststrollers.org

First Friday Philosophy Lunch. We meet once a month over lunch at Rusty Water to discuss some of the big questions about life, the universe and everything. Newcomers welcome. \$35 (includes 2-course lunch). Bookings or enquiries to Ian Robinson: gurdies@australiaonline.net.au

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

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

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

Phillip Island Health Hub Auxiliary meets 1st Wednesday of every month at 1.30pm at the PI Health Hub in Cowes. We fundraise to purchase much needed equipment for specialists and medical staff offering services at the Health Hub. New members very welcome. For more info – Maree 0408 362600.

PHILLIP ISLAND BOWLS CLUB 40 Dunsmore Rd, Cowes. New members welcome, open to all ages. Social bowls every Thursday at 12noon and barefoot bowls over Christmas holidays. Corporate bowls from January till March. Free coaching available. Come and give it a try - contact George Mol on 0407 851065.

Phillip Island Community Art & Craft Gallery Cowes Cultural Centre, contact Secretary Aleta Groves 0419 525 609 or email info@phillipislandgallery.com.au



Are we too quick to judge?

I was speaking to someone the other day and we were discussing about those in need and how others are so quick to judge.

If someone reaches out asking for help, whether it be for money or for food or clothing, there tends to be a pattern of the first judgement people make. I have heard "oh you don't know, it might be a scam, they just want your money, they are going to spend it on drugs or alcohol etc etc.." And it has got me thinking, what if every single one of us reacted like this... then no one would ever get any help. They would suffer and caused only by some ego judging.

Don't get me wrong, I know there are people out there too who do wrong, who do rot the system etc ,but I like to believe that they are the minority. And karma will come back and bite them in the bum anyway. But what if that minority

made us turn our heads on those who genuinely need our help then what are we doing? Seriously what have we become?

It takes a lot of courage to ask for help and I take my hat off to those who do. It's the same as walking past a homeless person, a first reaction could be "oh they look dirty, feral, look at them they are going to go and buy alcohol. I'm not giving them money to support their habit" etc etc.

Did you know that there are homeless people out there who used to be millionaires with everything in the world and for whatever reason their whole world came crumbling down and they ended up on the street. They may have never taken a drug or drank in their life.

I think it's time we got off our ego horse and just gave others the benefit of the doubt. It is our role, it is our reason for being human, it is our gift and we must help when and where we can. You know how you could never imagine yourself in that situation - well guess what - 5 years ago they couldn't imagine it either. You just never know, it very well could happen to you and then what if everyone judged you and did the same to you.

Everyone has a story and it's time to start opening our eyes and start helping when and where we can. It could simply be a hug and that very hug could change someone's day

PUZZLE SOLUTIONS

Quiz Solution 117

1. A blessing 2. No, in fact they can actually recall previously learned information for up to 5 months 3. It is made up of 70 separate pieces of wood 4. A murder 5. Taphophobia 6. An aglet 7. Crocodile 8. Ursine 9. A Zonkey, however the names zebonkey, zebrule, zebrass and zedonk are more commonly used. 10. A tittle.

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

Vibe Crossword Solution 117

6	2	5	1	4	3
3	1	4	5	6	2
4	5	2	6	3	1
1	6	3	4	2	5
5	3	6	2	1	4
2	4	1	3	5	6

Vibe Sudoku Solution 117

FROM THE MOUNTAINS TO THE SEA
CLASSIC GOOD SERVICE
Since 1886



Alex Scott and Staff have embraced our regional communities for more than 130 years and we've enjoyed seeing our region grow and prosper. We're part of supporting and enhancing individual, family and community success and a key component of that success revolves around seizing opportunities. Spring provides that extra spring in our collective steps. The optimism that Spring always seems to bring is no more apparent than in our property market, where so many new opportunities suddenly present themselves. Call our expert, friendly team and see why Spring is the perfect time to make your next lifestyle move. It's an uplifting time of the year, so why not seize your Spring moment.

Alex Scott and Staff - proudly building enduring relationships and contributing to the success of our region.

Melbourne (03) 8680 2545	Inverloch (03) 5674 1111	Lang Lang (03) 5997 5599	Phillip Island (03) 5952 2633	Warragul (03) 5623 4744
Berwick (03) 9707 2000	Koo Wee Rup (03) 5997 2133	Leongatha (03) 5662 0922	San Remo (03) 5678 5408	Wonthaggi (03) 5672 1911
Grantville (03) 5678 8433	Korumburra (03) 5655 1133	Pakenham (03) 5941 1111	Venus Bay (03) 5663 7111	

CLASSIC GOOD SERVICE
 SINCE
1886

**ALEX SCOTT
 AND STAFF**
Est. 1886

ALEXSCOTT.COM.AU

SHORELEC

Shop 10/95 Marine Parade,
San Remo
Phone 5678 5361



\$99



VALENCIA VC104
100 SERIES FULL SIZE
CLASSICAL GUITAR

ALSO AVAILABLE:
LEFT HAND NATURAL

3/4 SIZE **\$99**

1/2 SIZE **\$89**

1/4 SIZE **\$85**

COLOURS ALSO AVAILABLE:



\$579



CARLSBRO CSD130BK
5 PIECE ELECTRONIC
DRUM KIT

- 250 voices
- 20 preset kits
- 10 user defined drum kits

COLOUR ALSO AVAILABLE:
GREEN



\$49.95



MAHALO MK17BRK
KAHIKO SERIES SOPRANO
UKULELE PACK

With Essentials Accessory Pack
Transparent Brown,
Natural Semi Gloss

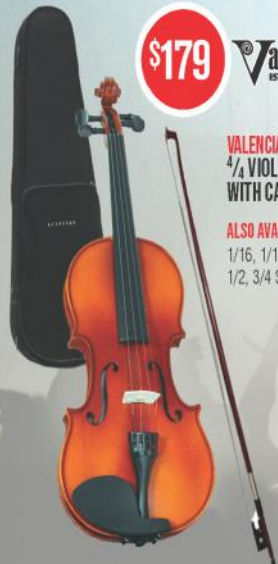


\$179



VALENCIA SV114
3/4 VIOLIN OUTFIT
WITH CASE

ALSO AVAILABLE:
1/16, 1/10, 1/8, 1/4,
1/2, 3/4 Size



\$149

REDDING

REDDING RED34
3/4 SIZE ACOUSTIC GUITAR

Spruce Top
ALSO AVAILABLE:
WITH PICKUP

\$199

LEFT HAND NATURAL

\$159

COLOURS ALSO AVAILABLE:



\$299



SX SE1SK
ELECTRIC GUITAR
AND AMP PACK

ALSO AVAILABLE:
LEFT HAND BLACK

\$319

COLOURS ALSO AVAILABLE:



INCLUDES:
AMP
GIG BAG
LEAD
STRAP
TUNER
PICKS



\$149



LANEY LX10
10W ELECTRIC
GUITAR AMPLIFIER
1 x 5" Speaker



\$59.95



REMO RH-5600-00
5" & 6" RHYTHM CLUB BONGOS



\$25.95



SNARK WSN5X
CHROMATIC CLIP ON TUNER
Various Models Available



\$209



JIM DUNLOP CBM95
CRYBABY MINI WAH PEDAL



\$299



CARLSBRO ED30
30W ELECTRONIC
DRUM AMPLIFIER
1 x 10" Speaker



AMPS

KEYBOARDS

DRUMS

GUITARS



**LOOK WHAT'S
INSIDE**