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RachelMusgrove@Phillipislandimages

February is the time of year when we get into our groove for the year ahead. The major holiday season is over and we're firmly back into work, school and life routines. So it's the perfect time to take stock and think about our next step.

In this issue, *The Vibe* catches up with **Robert van den Brink** who has just opened a great new restaurant called **Cheeky Goose** at the old *Vicar* site. Head on down for some delicious dishes.

Meanwhile, **Widget** shares their views about social media while **John McFarland** gives some sound advice to get your business moving post summer.

Back to domestics - **The Time Poor Gardener** gets green with lettuces and **What's Cooking** gets excited about pomegranates. And last but not least, **Leon** delivers a fascinating story about spies and the atomic bomb.

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What's New to the Island...

In this issue, *The Vibe* visits **Cheeky Goose**, a fantastic new restaurant & venue centre in Chapel St Cowes.

**CHEEKY
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LICENSED FAMILY CAFE



In a small community a tiny bit of new information can travel very fast; proving its validity can be a whole other puzzle. This is especially true when there are rumblings of a new business opening up on the Island. But until the signs go up and the doors open, it's really just a case of 'wait and see'.

The former *Pickled Vicar* site in Chapel Street, Cowes has been dormant for many long months hoping for someone to walk in and breathe new life into its old bones.

New owners Rob and Bec Van den Brink fell in love with the old *Vicar* the moment they walked in and felt it was the perfect venue for their new licenced family café, *Cheeky Goose*.

Cheeky Goose opened its doors just before Christmas, bravely tackling the huge crowds which flocked to the Island this summer; a hefty feat for a brand new business. Mind you, Rob is no stranger to high pressure restaurant kitchens having worked as the Executive Chef at the *Portsea Hotel* for the past three years where on a busy day they could be pumping out over 4000 meals!

Rob is passionate about serving the local community great food made from the freshest and best quality ingredients available. Years of experience in Melbourne restaurants, especially in bayside Italian cafes, shines through in his vibrant menu selections. Rob lets the food speak for itself, preparing impressive meals without clutter



Bruschetta

and nonsense capturing the essential flavours of high quality ingredients.

While the breakfast menu features traditional favourites such as "eggs how you like 'em", smashed avocado,

mushrooms and pancakes, Rob adorns his dishes with subtle flavours such as pistachio crumble, dukkha and smoky tomato salsas, giving everything he serves an additional edge. Likewise for dinner you can expect tempting delights such as *Soft Shell Crab Sliders*, *Harissa Rubbed Tasmanian Salmon* or a *Trio of Mushroom Risotto with Goats Cheese and Truffle Oil*.

Rob understands the importance of supporting local business. While he currently stocks Purple Hen wines Rob plans to source a range of quality produce from local suppliers.

Rob's expertise, energy and commitment to creating something really special at *Cheeky Goose*

suggest exciting plans for the future. A more than generous floor

space naturally lends itself to being an ideal venue for weddings, functions and events nights. Rob and Bec have also been running their own catering business for the past eight years so creating a special event is right up their alley.

Taking full advantage of the versatile floor plan, Rob is also keen to utilise zoned areas for dining and entertainment, catering for a diverse range of tastes.

Rob and Bec also want to ensure a warm environment where families can bring the kids for a really great meal, but at the same time the full bar and outdoor 'beer gardens' provide a place for a quiet drink after work. Live music is also on the agenda which will only add to the great atmosphere.

And what's with the name? Having holidayed on the Island with their kids, Rob and Bec fell in love with the beautiful Cape Baron Geese. The old-time, affectionate saying of calling someone a 'cheeky goose' seemed to capture the quirky, Tudor style surrounds of the old *Vicar*; a style which Rob has rejuvenated with a real 'old meets new' feel.

While Rob and Bec have only just had time to catch their breath after the hectic summer season, I don't sense much slowing down from this energised couple. Rob is delighted with the regular and growing clientele *Cheeky Goose* has attracted in such a short space of time which suggests that this up and coming restaurant may fast become the latest local hotspot on the Island.

Cheeky Goose, 72 Chapel St, Cowes.

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Prawn Pasta



What's Cooking?

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Pomegranate & Quinoa Salad

The pomegranate is a divine thing. I suspect it championed for *2015 Super Food of the Year* alongside heavy weight contenders such as kale and quinoa. And if it didn't win, that's only because it already won *Supermodel Fruit of the Year*; is there really any other fruit out there as drop dead gorgeous as the pomegranate? Believe it or not, I was sorely tempted to damn the expense and print *The Vibe* in full colour just so, dear readers, you could share the beautiful and sensuous colours of the sexiest of fruits.

Personally, based on my entirely unqualified opinion, I doubt that any superfood alone will actually make a bunch of difference to your overall longevity. The best thing about superfoods is that if you use and prepare them properly they are pretty delicious. What a bonus that they are good for you as well!

So here's a fresh and vibrant salad featuring two superfoods: quinoa and the all explosive pomegranate. Sorry kale, better luck next time.



What you need:

- 1 cup of quinoa (white or mixed)
- Handful of fresh chopped continental parsley and mint
- 1 pomegranate
- 1/3 cup crumbled fetta
- 1/4 red onion, finely diced
- Splash of balsamic vinegar & olive oil
- Squeeze of lime

What you do:

Bring the quinoa to boil in 2 cups of water then simmer for about 15 minutes until quinoa is tender and has absorbed all the water. Rinse and drain in cold water

then set aside.

This is the best part... over a bowl break the pomegranate open with your bare hands. Take all the seeds out and remove any white pith that gets in the way.

In a large bowl, throw everything in together and mix through carefully yet thoroughly. Season to taste with freshly ground salt and pepper.

Delicious served with grilled or barbecued meats. Likewise it's substantial and gorgeous enough to serve as a meal in its own right. After all, it is a superfood.



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Summer's Over – What Now?

Congratulations - you are through another seasonal peak! Well nearly, as we all hope Easter will again bring the visitors. As you catch your breath I am here to suggest that whilst you may be a small operation it is still important to undertake a review of performance (post implementation review - PIR) and consider any action plan, with scheduled activities, which could add value to the next 'event'.

I realise you are probably tired but possibly excited by what must have been a strong trading time. I have to say that from my observation the number of visitors to the Island over the past two months will have set some records or at the very least been exceptional.

The crowds have subsided for now so stand back and have a good look at what transpired over December and January. It is termed 'the helicopter trait'. What went well and what can be improved?

As a starting point I suggest the following areas for review:

- Inventory (stock anomalies/missed sales/remaining stock on hand/opportunities)
- Employee performance (customer service/feedback/attendance)
- Identified recruitment and training issues (casual/temporary staffing)
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- Competitor activity (new/existing)
- Marketing (if applicable)
- Technology performance and support
- Environment (cooling/cleaning)

In fact by completing the above activity you will establish by and large a competitive analysis which involves a 'business health check' around finance, product, market and people.

That done, then proceed to the process of action planning. It is quite important to get your findings and subsequent remedial and or improvement plans down on paper. If you are a very small operation of course you may not wish to compile an extensive plan but try to get down the critical few.

So to the Action Plans! Make them specific, measurable, achievable, realistic and timely – S.M.A.R.T.

Something else to consider - you do not have to be on your own! Look around and seek input from those whom you consider could add value to the review and planning process. Like minded business colleagues who you feel comfortable with, valued employees and any professional organisation which could cost effectively assist.

All businesses and organisations must seek continuous improvement and the very best way to achieve that improvement is to review, plan and act.

In summary take time to evaluate and to understand the most efficient and cost effective ways to improve.

Cheers.



Get Growing

Ideas & tips from a
time poor gardener

Lettuce eat Lettuce

While food hygiene standards remain very high within Australia, it's always a bit of a sigh when contamination affects produce in Australian supermarkets whether it's origin is from overseas or domestic. While some brands of frozen berries got a little too friendly with international poo a few months back, the latest bout of salmonella that is ripping through some pre-packaged salad leaves is leaving supermarket shelves with slim offerings. Terrible for



the growers and suppliers and also for us, the consumers. At this time of year, salads are generally our good friends at the dinner table, offering fresh,

light accompaniment to pretty much any meal we serve up. Maybe a little unimpressive with dessert.

Mini disasters like the current salad leaf fiasco always gives me an instant jolt of excitement to think that I might be able to solve the problem, at least for myself. And there's no reason you can't as well.

Salad and green leaves are a fairly easy thing to grow. They need some sun, morning is better as they burn in hot direct sun, lots of water and some yummy friable soil. And if you don't have a garden, you should get a successful harvest growing them in pots.

You can grow salad greens from seeds and in my experience I've found some to be more successful than others. Rocket tends to be my MVP every season. Sprinkle a pack of rocket seeds in the general direction of your veggie patch and you should be overrun with peppery rocket within a few weeks.



Generally, for spinach and other lettuces, whether they are cos, mignonette, butter or iceberg, I tend to go for seedlings.

There are so many varieties of greens, there's bound to be a few favourites that you can sow or plant at any time of the year. Best idea is to experiment with a few different sorts both for flavour and success rate.

The other considerate thing about salad greens is that you don't need to pick an entire lettuce head. Just harvest the leaves as you go and you'll have fresh, delicious salad for many weeks. This is a much better option than buying entire lettuces from the grocery store which have the sad and often too inevitable destiny of becoming a bag of slime in the crisper.



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Social Media - Friend or Foe??

The emergence of Social Media in our society has been staggering and whether we love it or hate it, it's most definitely here to stay.

In the early 2000's, we worked in London in a Cable TV company where we fantasised about smart ways to extract customer's data. Privacy laws in most civilised countries ensure your personal information is your own and in typical 'corporate' fashion, we craved and needed more.

So, along came Facebook and as most technology 'start ups' it was built by ground-breaking free-thinking people with no intention of selling people's personal data. But the truth of the matter is; that really is their core business – to sell your information.

We are constantly astounded about the amount of personal information people place on Social Media. Political and personal views, what people had for breakfast - it's all out there. It's great for people to have a voice but when is that voice just a drop of water in a very large ocean?

And where do children fit into this new Social Media world? Not wanting to rant, but there is no solid argument to say that children are socially or emotionally ready for Social Media. Much research states that they are not yet emotionally equipped to deal with the social

Great Ideas Made Real
Ruby Turner & Campbell Vance from e-commerce company **Widget** share practical solutions to tech troubles to help you get your business firing.

repercussions that Social Media delivers for young people. The pressure for parents to allow children to use Social Media is incredible. Our advice on this subject is to be extremely cautious and wait as long as possible. We have personally experienced the difference it can make to a teenager with Social Media access and without Social Media access and it's amazing how much more conversation is had "with-out" not to mention the improvement of their general wellbeing.

You might find that opinion strange from a company that works in the Digital space and has built businesses utilising Social Media, but we feel that the moral compass of the digital companies supplying Social Media to our children is often well and truly off course.

When it comes to the use of Social Media, make sure you check those personal settings and ensure your content is only being shared with your friends or network. Be careful what you subscribe to and don't offer up information that could be used in malicious ways against you. As an uncle once told me make it like Pavlova, 'light and fluffy'. Remember that your digital footprint online is for life – there is no going back.

There is no denying that Social Media for business is an incredibly powerful tool. Targeted campaigns and real interactions with your customers will help you increase and grow your business.

For positive results in utilising social media for your business don't hesitate to give us a call or come in for a chat at **Widget Interactive**. We are based here on the Island and are a local Digital Agency based in Cowes.

The screenshot shows the Facebook Help Center interface. At the top, there is a navigation bar with the Facebook logo, 'Help Center', and a 'Log In' button. Below the navigation bar is a search bar with the text 'How can we help?' and a magnifying glass icon. The main content area is titled 'Basic Privacy Settings & Tools' and includes a breadcrumb trail: 'Desktop Help > Privacy > Basics'. The page is in 'English (US)'. The main heading is 'Basic Privacy Settings & Tools' followed by the sub-heading 'Selecting an Audience for Stuff You Share'. Below this, there is a list of five links: 'When I post something, how do I choose who can see it?', 'How can I use lists to share to a specific group of people?', 'How do I change the audience of a post I've shared on my Timeline?', 'How do I control who can see what's on my profile and Timeline?', and 'How do I choose who can see previous posts on my Timeline?'. At the bottom, there is a link for 'Manage Settings for How You Connect'.

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SHOWER THOUGHT When people try to give you advice they are basically telling you to be a bit more like themselves.

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Tales from the Old Bailey

I SPY WITH MY LITTLE EYE

By Leon Herbert

The man in the dock was silent for what cannot have been more than a second, even though it seemed an eternity. Then, in the precise grammatical language of a person who has reached fluency in an adopted tongue after years of training and study, he quietly made his statement.



'My Lord,' he said gently, 'I have committed crimes for which I am charged and I expect sentence. I have also committed other crimes which are not crimes in the eyes of the law - crimes against my friends. When I asked my counsel to put certain facts before you, I did not do it because I wanted to lighten my sentence. I did it in order to atone for those other crimes. I also want to thank the Governor and the staff of the prison for the considerate treatment they have given me.'

Those were the last words spoken in public by Emil

Klaus Fuchs, without doubt the greatest political criminal in history, for he altered the international scene, founded a new situation in the eternal war for power, and caused consternation in the chancelleries of a score of capitals. He had created a world crisis with a dozen words spoken to a British security agent one afternoon in January 1950.

'I have told the Russians the method of making the atomic bomb,' he confessed.

Never before have the world's eyes been focused on an Old Bailey Court with such intensity as on March 1, 1950. They were watching the ancient precepts of British justice grapple with this new evil of twentieth century disquiet.

The Lord Chief Justice, Lord Goddard, heard the case. His scarlet and ermine garb, virtually identical with that of his predecessors in centuries past, the medieval pageantry of mace and sword-bearers, the quaint yet momentous legal phraseology which opened the proceedings contrasting strangely with the bizarre world and modern science and the terrifying forces of ideology which had brought Klaus Emil Fuchs to Court.

Leroy's young grandchildren, who loved spy stories, particularly in movies featuring Matt Damon or Daniel Craig, would not have been excited or even interested to listen to the retired barrister's account of the trial of a famous spy in the "old days", but his more mature audience of close friends enjoying a light lunch in a cafe on idyllic Phillip Island sat enthralled as their memories cast back to those, when, as the author John Le Carre might have put it, "men were men but spies were special", and not least the significance of the atomic bomb and the horrific consequences of its deployment.

The trial lasted a mere ninety minutes. Legally it was a simple case. There was only one witness. Neither prosecution nor defence felt the need for histrionics. The Judge's summing up was masterly, but the very fact that Fuchs had pleaded guilty stripped much of the need for dramatic displays of oratory by counsel. Yet, Leroy stressed, the case would remain in the pages of history long after the murderers, gangsters and the ordinary run of professional crooks had been forgotten.



Fuchs had the appearance of a man whose soul was already dead within him. Such utter mental desolation was seldom seen as in the remote, faraway light of his eyes. His face was pale, but not unnaturally so. His mouth, immobile and rigid, was that of a kindly and sensitive man. No one could avoid being impressed by his splendid forehead - the sort of skull that would have delighted a Rodin. Some journalists referred to him as a second Einstein and opined that the misguided scientist was one of humanity's greatest brains and his current appearance the result of a belated conscience.

Fuchs was born in Germany. When Hitler came to power he fled to France. Tragedy beset his family, and his father was arrested by the Gestapo. In the autumn of 1933 he arrived penniless and in utter despair in England. He survived however to become a brilliant student and very personable and in 1941 was invited to help with intricate mathematical problems undertaken at Birmingham University - there he signed the Official Secrets Act and started on work connected to the atomic bomb which led to him travelling extensively.

He believed Russia to be a gallant ally of his adopted country and was committed to that country's ideology - he became determined to help her. It was not long before he was noticed and conscripted by the Russian Intelligence Agency who was not slow to appreciate his value and allegiance to the Soviet expansionary plans. And so Fuchs, acting out of New York, England and also Santé Fe, where tests were carried out, met covertly from time to time with Russian agents to hand over information and to deliver the formula for the world's deadliest bomb.

As Russia was Britain's fighting ally when Fuchs began his activities he could not be hanged; the maximum penalty was fourteen years, which was what he received. A brilliant mind and for a time a brilliant spy who just lost the plot!



SHOWER THOUGHT When your dog or cat sits on you, you're so enamoured by the love they are bestowing upon you as an unworthy human that you'll remain in whatever uncomfortable position you're in so as not to disturb them and to preserve the moment. There's a decent chance that your pet is having the same thought in reverse and is likewise too scared to move for fear of disturbing the special moment.



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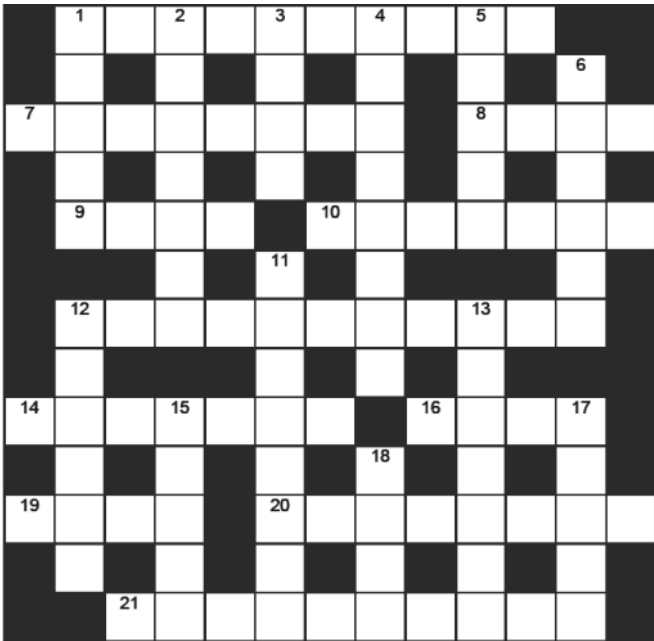
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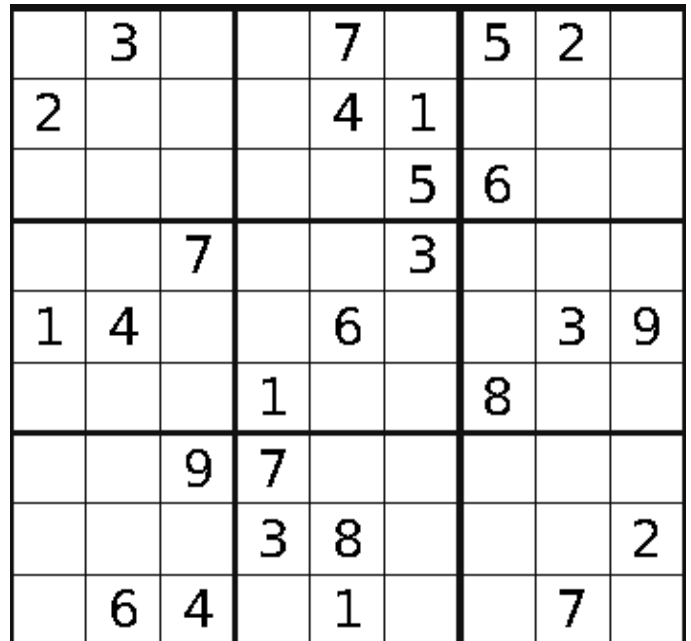
coastalrefrigandaircon@bigpond.com Shop 2, 65 A Back Beach Rd, San Remo, 3925

BRAIN FOOD

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



Vibe Quick Crossword 73



Vibe Sudoku 73 Each row, column and sub-box must have the numbers 1-9 occurring just once.


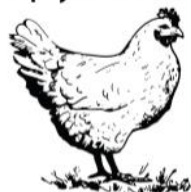

Across

- 1 Disclosure (10)
- 7 Follow closely (8)
- 8 Leave (4)
- 9 Twelve months (4)
- 10 Over weight condition (7)
- 12 Banker (11)
- 14 Craftsperson (7)
- 16 Distant (4)
- 19 Carnival (4)
- 20 Saltiness (8)
- 21 Diligently (10)

Down

- 1 Prepared (5)
- 2 Evil one (7)
- 3 Slim (4)
- 4 Quivered (8)
- 5 Kilns (5)
- 6 Sour (6)
- 11 Overlooked (8)
- 12 Advertise (6)
- 13 Supports (7)
- 15 Lifeless (5)
- 17 Rodent like (5)
- 18 And (4)

Is there an old moose head, chicken, drill...etc cluttering up your house?

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\$10 for a 20 word line ad
\$20 for a small box ad

Please send all enquiries to: phillipislandvibe@gmail.com

Q. A.

Vibe Quiz 73

- 1 Who is the Roman god of wine?
- 2 In what year was *Facebook* launched?
- 3 What does a polyglot have a lot of?
- 4 In what year was the video game *Space Invaders* released?
- 5 What is the capital of Belgium?
- 6 What is Quentin Tarantino's most recent film called?
- 7 What was the name of Lady Penelope's butler in *The Thunderbirds*?
- 8 What was the name of David Bowie's final album?
- 9 What does K on the Periodic Table stand for?
- 10 In *Seinfeld*, what dessert do Jerry and Elaine attempt to buy for a dinner party?

Community Clubs & Groups

If you're a not-for-profit club or organisation you can list your meeting times & contact details here. If you'd like to advertise a special event, or facilities & services for hire please email all enquiries to: phillipislandvibe@gmail.com.

SOS (survivors of suicide) meet 2nd Tues of month, Surf Room, Newhaven Secondary College Newhaven, 7pm. A safe, friendly, caring environment for anyone touched by suicide. Contact Lyndall 0408592778.

Red Cross, Phillip Island Branch meets every 2nd Thurs of month, 1.30pm, Uniting Church Hall, Chapel Street, Cowes. New Members welcome. Contact Rosie 59522752 or Sonya 59541437.

Friends of the Library book chat 1st Wed of every month at 2pm, commencing Feb 5 Phillip Island Library. Friends of Library meeting 10.30am 3rd Sat of every month. New members welcome. Call Celia 59521901.

Phillip Island Library free wifi & kids programs. Story Time every Tue 11-11.30, Baby Rhyme Time every Thu 10.30-11. www.wgrlc.vic.gov.au or call 59522842.

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

New Parents to Phillip Island Group New parents with children aged 0-5yrs, make friendships, gain support and advice. Email np2pi@live.com, www.facebook.com/NewParents2PhillipIsland or call 0459521490.

Newhaven Indoor Bowling Club meets every Tues at 12.30-3.45pm in air conditioned Newhaven Hall, Cleeland St Newhaven. Cost \$5.00 includes afternoon tea. New members welcome. Age group 60-90 yrs. Call Dagmar 5956 6965.

Newhaven Yacht Squadron invites you to go sailing FREE. We need males & females to crew our yachts. Very easy to learn. For more info call Craig on 0411187219.

Phillip Island Bicycle Users Group Every Wed 10am starting at Amaze'n Things car park. Very social, speed is the slowest rider. Contact Ron 59522549 or ron1@bigpond.com.

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 Juniors 5-9yrs Mon 4-5.30pm, Seniors 9-14yrs Tues 5-6.30pm. More info call Belinda Egan 0408460888 or email began@guidesvic.org.au.

Phillip Island Senior Citizens Club snooker, carpet bowls, cards, ballroom dancing, craft. Membership \$15 per



Phillip Island

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year. Frid 12noon 3 course lunch \$14. 59522973 for more information.

Phillip Island World Vision 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: Neil Stewart 59566581 or nsstewart@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 Bass Coast Health 2nd Tues/month, 4th Tues/month San Remo Hotel, 6.30pm. Contact Lois Balka 0413243159, 59566209 or Michael Newton 59567950.

The Woolshed Spinners beginners and skilled spinners welcome. Small group. PICAL, 56-58 Church St Cowes, 2nd & 4th Thurs of each month, 10-2 pm. Cost \$4 per meeting \$1 kitty. Contact John Stott 59523477 or john.stott6@bigpond.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 \$47.50, weekly fee \$5.00. Nutritional eating, weigh in and group therapy. New members welcome. Contact Rhonda on 59521563.

Westernport Tennis Club (San Remo & Newhaven) Men's comp Thurs nights, Women's comp Wed nights, Juniors

Community Clubs & Groups (Continued from p13)

Sat. For more info call David Egan 0468635067.

Community Visitors Scheme - Friends for Older People organises friendly visitors for socially isolated or lonely residents in aged care homes. Volunteers welcome. For more info contact 0409287242, or cvsrecruitment@msaustralia.org.au.

Phillip Island Croquet Club new members welcome. Contact Ken 59568803 or David 59569047 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 Lyn Duguid or Cheree Dyson, 59566400.

Heart Support Australia 1st Fri of month 1.30pm, San Remo Community Health Centre, Back Beach Rd, San Remo. Membership open to anyone with a cardiac problem and their carers. Contact Gerald 59521913.

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: Margaret Harrison 56785131.

Phillip Island Day View Club proudly supporting The Smith Family Feb-Dec, 4th Monday of month, 11am, Ramada Resort Cowes. New members welcome. For information contact Di 0488654030 or Irene 59523447.

Barb Martin Bushbank Inc Volunteers needed to learn how to propagate local native plants. Every Wed 9.30am-12noon & Thurs 10am-12noon. 1810 Phillip Island Rd (@ Koala Conservation Centre). No exp necessary, must wear covered in shoes & sun smart clothing. For further info 0407348807.

Inner Wheel Club of Phillip Island meets 2nd Thurs of month 6pm, The Fat Seagull (upstairs). A friendly group of women raising funds for local, national and international projects. New members always welcome. Call Dianne Barlow 59521021.

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 David Harrison 56785131 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 Midge on 59525945.

Bass Coast Health Heart Foundation Walking Groups Meet weekly, including general, dog walking, pram walking and pole walking. Contact: Anita Leyden 56719200.

Bass Coast Ballet School Classes from 2yrs-adult. Ballet, contemporary, jazz, tap. Cowes & Wonthaggi. For more info 0408399853.

Community Garden & Kitchen PICAL is creating a welcoming, fun space for the community to grow and prepare local and organic produce. Email Communitykitchen@pical.org.au if you would like to volunteer or contribute.

Phillip Island Camera Club meets 1st Mon of month, Heritage Centre meeting room, 1.30-4pm. Contact Lyn Young 0408555711 or phillipislandcameraclub.com.au.

Walk the Labyrinth at San Remo, Back Beach Rd, 10.30am 1st Sat of month. More info: Lorraine Rodda, lgrodda@iprimus.com.au.

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.

Heart Foundation Walking Group San Remo Wed 9.30am slow/medium pace, social way to stay active. Info: Robyn or Anita 567192000.

Phillip Island Patchworkers Newhaven Hall: Mon, 7.30pm, Cowes Cultural Centre: 89 Thompson Ave last Tues of month, 10.30am, Cape Info Centre, Newhaven: 1st Tues of month 10.30am. Contact: Michelle 0418356478.

Cowes AA Big Book Meeting, 7pm Tues, St Phillips Church Cowes (opp Coles). Call 0428301871 or 0417317470.

Bass Coast Strollers weekly walks 8-12 km over varying terrain, within Bass Coast region. Monday 8.45am-lunchtime. Enjoy the outdoors and social functions as well. More info: Jan on 0419990313.

Phillip Island Community Art & Craft Gallery Open 7 days, 91-97 Thompson Ave (Cultural Centre), on display & for sale original art & craft works from locals. New Members welcome. Call Aleta 0419525609.

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.

Sing for Fun at Vocal Nosh 1st Sun of month, 5-7pm, break for simple meal (\$5), St John's Uniting Church Hall, Chapel St Cowes. All ages & ability welcome. More info: Fay Magee frmagee@waterfront.net.au.

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


South Coast Speakers Toastmasters meets every 2nd & 4th Wed of month, 7.30pm @ San Remo Hotel, San Remo. Develop oral communication & leadership skills. For more info: Brigitte Linder 0421812691.

Friends of Scenic Estate Reserve (FOSER) assists Council and the Nature Parks in managing the new Reserve. New volunteers most welcome. Contact John Eddy at cgrayden@waterfront.net.au or via PICS Facebook page.

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

Phillip Island & District Historical Society Thurs & Sat 10am -12 noon. More info: Christine Grayden 59568501 or 0400900612.

Island Primary Produce



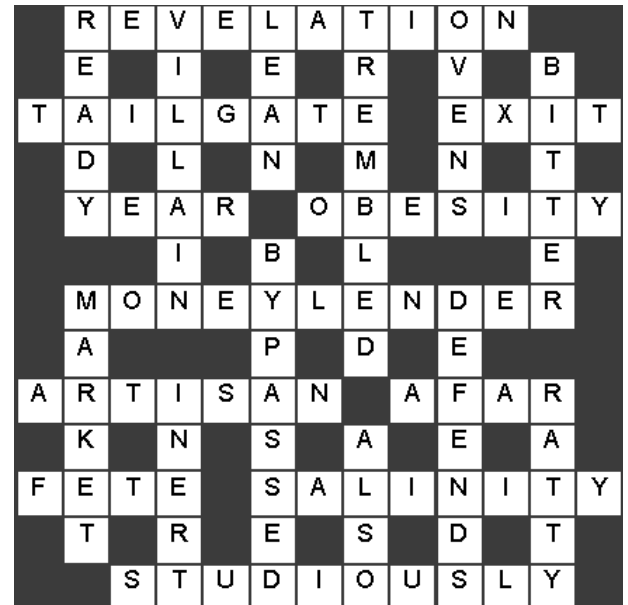
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Vibe Crossword Solution 73

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

Vibe Sudoku Solution 73

How Do I Get The Vibe??

Most places on the Island and San Remo now stock *Vibes* so you can take your very own copy home with you. Try some of these places: supermarkets, general stores, Cafés, petrol stations, takeaway food outlets, tourist info centres, bakeries, Caravan parks.

You can also read current and back issues at: www.phillipislandvibe.com.au and you can even like us on Facebook.

Quiz Solution 73

1 Bacchus 2 2004 3 Languages 4 1978 5 Brussels 6 *The Hateful Eight* 7 Parker 8 *Blackstar* 9 Potassium 10 Chocolate Babka

If you want to contact us about The Philip Island Vibe or Vibe Printing you can reach us here: phillipislandvibe@gmail.com, Tel 59522807 , PO Box 120, Cowes, 3922. ABN: 99675910122. The Vibe is also available online @ phillipislandvibe.com.au if you miss out on a hard copy. You can also catch up on old Vibes through our online archive. You can even like us on Facebook.

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baked potatoes, treats,
good coffee & drinks*

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