

PHILLIP ISLAND VIBE

Free

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MAY 2025

Phillip Island Nature Parks has called on the community to act as citizen conservationists to help protect the thousands of short-tailed shearwater chicks embarking on their annual 15,000km migration north by asking locals residents and businesses in the birds' flight path to turn off their outdoor lights at night, up to May 10th. This will give the chicks the best chance of reaching their destination in the seas around Alaska.



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For further information visit: newhavencol.vic.edu.au/enrolments/scholarships

Applications close Monday 26 May



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Phillip Island Camera Club - A Memorable Travel Shot

Travel and photography go hand in hand; we like to record our travel memories with captivating images. Phillip Island Camera Club organise regular trips with this in mind. One of our members, Kim Poole, joined a recent trip and took some great shots, including this month's featured image. His story will resonate with you...

'The latest Camera Club Trip was to the Otway Ranges, where we stayed for several nights using Apollo Bay as our base.

This was particularly of interest to me because I was well aware of the number of creeks and waterfalls in the area. So, with caravan in tow off we went to join the other members.

I am drawn to running water, including waterfalls. I find them challenging to photograph in that the changing lighting conditions have a dramatic effect on how you might photograph them. Remembering that a clear, well light-balanced photograph is very rewarding.

When photographing waterfalls most times during the day you have to deal with the challenging light conditions ranging from deep shadowing through to direct sunlight in your future image.

Searching for a position that provides the best view of the falls as well as minimising the contrast of shadows and direct sun can often be difficult. However, in my search for this place I am often reminded by my "better half" that I am probably not supposed to be venturing off the provided pathways or away from the viewing area provided but our desire to get a better photograph drives us to always be looking for a better location to take our photos. But if you are like me and do this, please remember to be careful, as you are around water and steep gullies, the rocks are slippery and often difficult to climb over, especially with heavy and expensive camera gear over your shoulder.

This is an image of Stevensons Falls in the Otway Ranges, and it was taken late in the morning under full cloud, so no need to deal with the combination of harsh shadows and direct sun. The most common photograph of waterfalls, as seen holiday brochures, is for the whole image to be in focus from front to back and the flowing water is captured perfectly still. This requires a high F Stop in excess of 11 and a fast shutter speed in excess of 1/200th of a second. These settings will return an image that is fully in focus, the water is captured perfectly still and because of the higher shutter speed there is no need to use a tripod. So next time you see a waterfall, try these settings and see how you go.

For this image I wanted front to back in focus, and the moving water blurred. To achieve this the camera settings were a shutter speed of 4/10th of a second (to blur the water movement), an F Stop of 22 (to give front to back focus), an ISO of 100 (to minimise the grain of the photograph), a focal length of 24mm (to give me the image size that I wanted), and the camera was tripod mounted to prevent movement due to the slow shutter speed being used. By using a slower shutter speed the flowing water is moving while the shutter is open, giving the blurred effect that the water is milky in colour and silky to view. A Polarising filter was used to minimise the glare off the wet rocks and the water. I think I achieved the

desired shot – what do you think ?'

Although the Golden Hour, with its soft flattering light, is regarded as the optimal time to take landscape photographs, when travelling we can't always shoot in the Golden Hour. Kim worked with time and conditions available to create an exemplary image. Keep Kim's advice in mind when travelling. Look for opportunities and create your own inspirational image.

All images are copyright of the photographers.

For more information about the Phillip Island Camera Club email Graeme phillipislandcameraclub@gmail.com or phone 0407 092 352. <http://www.phillipislandcameraclub.com.au/>



Kim Poole worked with the light and conditions to take a beautiful Waterfall image. Canon 5D Mark IV, f/22, exposure 1/2sec, ISO 100, 24mm focal length Copyright Kim Poole.



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

May traditionally brings the end of the summer tourist fishing season and now it's time to head out for some of the best table fish available through the year. Yes its colder, yes it can be wet but there is nothing better than heading to the ramp, launching without the pressure 20 boats waiting for you to move and finding a carpark within 2km of the ramp. Then there is your favourite fishing spot that you head to and probably the only one there is your neighbour and not a dozen other boats that followed you from the ramp because you look local and know what you are doing. You can have a private conversation while fishing without the 5 boats fishing over your anchor rope answering you. No one sitting there watching to see if you pull a fish over the gunnel so they can come and fish beside you, very few jet skis, no boats towing skiers or biscuits. Then when you get back to the ramp you can casually retrieve your boat and the cutting table is all yours. The weather while colder, that's why they make coats and beanies, is generally more settled and if it's blowing 5 knots when you launch, it will be blowing 5 knots when you retrieve without the unexpected changes spring and autumn brings. All the things above are the complaints we hear all summer so if you are somebody that can relate to the above why would you bother with lay up insurance, another comment we get often, "I put my boat into lay up insurance and look at the weather, should be out fishing".

Spend the money, buy yourself a quality jacket and head out in your boat or on one of the many beaches and jetties around the area for a fish, you might just be surprised what you come home with. It also beats sitting on the couch all winter putting on the odd kg or so, than spending all summer trying to get rid of them. Winter is not a time of the year you are going to spend hours and hours out fishing. It's not a time of the year you are going to

come home with bags of fish. Winter is a time where the quality of the keeper species you catch is second to none and there is a noticeable difference to the taste of them as well. Those who actually take care of their catch through the summer, catch, kill, clean ice, will argue the taste isn't any different, but you are in the minority as you would have seen at the cleaning table when someone turns up with a gummy in the fish bin that was caught 6 hours earlier and you catch a whiff of that unmistakable odour as the lid is opened. Fish deteriorate and spoil very quickly, especially in the heat and its often fish that haven't been looked after that turns people off from eating them. Looking after your catch is a topic for next time but give us a call anytime and we can help you keep your catch in the best possible condition.

We are just in that crossover season where the rubbish cold water species are just coming in and making a nuisance of themselves but still some good bags of keepers available. Easter was our 9th running of our Good Friday fishing comp and while the flathead and whiting sizes were a little smaller than expected, still plenty of healthy 40cm ones, it was the gummies, snapper and calamari that were well above expectations. We weighed some of the biggest calamari we have seen, especially with the numbers of them with around 40, 1.9kg to 2.5kg coming back to the weigh station. Gummies were just as good for quality with a dozen between 8kg and 15kg and even a handful of 3kg to 4kg snapper. We raised just under \$3,700 to donate to the good Friday appeal and we were very grateful for all the support this comp receives from sponsors and competitors.

Going forward for the next couple of months, start concentrating on fishing the tides, fish less hours and do a bit more exploring while traveling. Look for those perfect winter days to stick your nose offshore and grab a feed of flathead or travel a little further for a gummy or two. Do some bait collecting for the spring, don't forget to vac seal it and it will be as fresh as the day you put it in the freezer. Be satisfied with a feed of fish, not necessarily a bag of fish and except that you will catch plenty of unwanted species. Maybe do some of the things you don't want to waste the time on during the season, soft plastics, micro jigging, try all those weird and wonderful rigs you have see on YouTube and those spots you have always wanted to go to. Maybe its time to brush off the rods hanging in the shed and head to the surf. Yes I hear "there's nothing but salmon" but go back to the correct preparation of fish. They may not be as good as your favourite table fish but prep them correctly when you catch them, cook them correctly and they not too bad at all and with the cost of living at the moment, being able to substitute a few meals goes a long way to helping that weekly budget, they are also a very versatile bait when the season comes around.

Use it as a time to get off the couch for a few hours and try new things, you never know it might just work.

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

THE MURDER OF SIMON LAW

This story is from my series about true unsolved celebrity murders. This time the story revolves around the disappearance and murder of a wealthy well known British accountant Simon Law and an even more wealthy South African wine estate owner David Jenkins, as well as two hitmen from South Africa, who allegedly put an end to Simon Law "balancing the books." The wine estate is close to where I lived in Cape Town and so has a special significance just as the wine estates did when I lived in "another world" on Phillip Island and assisted to solve murders on the island for the Vibe Magazine as a private detective! But on with the story...

Earlier this year it was reported that a squad of bounty hunters was thought to be searching for a pre-World War 1 Cartier fob watch and chain after a R300 000 (\$30 000) reward for its recovery was advertised on the front page of the Cape Times. The man advertising the generous reward was David Jenkins, aged multi-millionaire owner of the Franschhoek wine estate "La Roche". (He had been robbed at knifepoint of the Cartier fob watch and other items of value by a four-man balaclava gang who broke into his homestead on a night in June, 2016.

Jenkins's grandfather bought the piece of jewellery in 1912, but it was stolen by the "highly educated and organised" gang, known for traversing the mountain range above the beautiful Franschhoek Valley, according to the local police spokesman. He said the robbers gave Jenkins and his guests extra blankets for the cold, and fetched the oxygen tank that Jenkins needed to help him breathe.

The newspaper report reminded readers that Jenkins and his company, Multistar, had first made news decades ago, when embroiled in a murder and foreign currency investigation. Jenkins and his company has long been famous for offering wealthy South Africans the chance to invest in shipping containers as a means of moving money offshore. It was the subject of an investigation by inspectors of the SA Reserve bank and the British police in the early 1990's.

The news report then abruptly ends with a bizarre statement: "Jenkins was not linked to the murder."

Jenkins's British accountant and frontman for various of his alleged illegal offshore enterprises, Simon Law, was abducted from his home in the English countryside and murdered by two hit men who had been hired and flown in from South Africa for the purpose. Several witnesses testified to the fact that, at the time, Jenkins and Law had been involved in an extremely heated dispute, with Jenkins accusing Law of having secretly handed incriminating information about his offshore activities to the South African authorities.

Law's body was never found, but a British Court declared him "presumed dead" and Interpol warrants were issued for the two hit men (who had been quickly identified) on charges arising from his abduction and murder. But then Glen Chait, the elder of the two hit men, a South African ex-policeman, committed suicide - or

more likely was himself murdered - in a Johannesburg police cell where he was being held pending his extradition to England to face trial for the abduction and murder of Simon Law.

The senior hitman's much younger partner in crime and in life, Neville Van Der Merwe, a body builder, was tracked down years later in the US, where he was working as a gigolo and stuntman in Hollywood using a false identity. He was then extradited to England and put on trial there, successfully claiming he had merely gone along for the ride, as the true hitman's companion, and that his lover kindly made sure he was not present when the murder was committed, telling him: "You don't want to be there". Bizarre, yes, but sometimes even the famed English criminal justice system remains locked in the closet!

The bodybuilder claimed he also did not know who had financed their murder mission. The real murderer (by his account) was dead but then of course was no longer around to contradict this version. The jury, at a retrial (the first trial having ended with a "hung" jury) found the surviving member of the "hit" team not guilty.

One respected local investigative magazine, "Noseweek", commented that perhaps the most intriguing element of the story was the lengths to which the South African Reserve Bank and police and prosecuting authorities were prepared to go in sabotaging the British murder investigation and cover for Jenkins and his senior political collaborators in the Afrikaner nationalist government of the time. Also the lengths to which they went to punish the whistleblowers in their ranks.

In summary, an expensive Cartier watch, the theft by Balaclava clad thugs described as kindly and educated, a reward from the oxygen assisted millionaire owner, wine varietals from award winning La Roche wine estate and last but not least two gay hitmen bent on the abduction and murder of wealthy accountant and front man for forex manoeuvres, whose body is never found, plus, as dessert, the SA government obstructionist behaviour to frustrate justice, all make up a smorgasbord of items for a classic officially unsolved murder story. But I guess we all know who did the deed.

So far the Cartier watch has not been recovered and no one has come forward to claim the reward.

The culprits are possibly making better returns from robbing owners of wine estates than collecting rewards from them for recovery of valuable stolen items, maybe it's much more fruitful and has less baggage!



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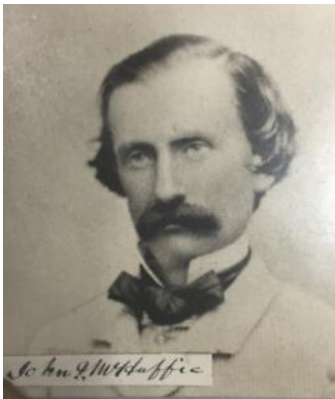
PHILLIP ISLAND AND DISTRICT HISTORICAL SOCIETY

Island Empire - The McHaffies of Phillip Island - By Pamela Rothfield

Long before sheep grazed its windswept plains, Phillip Island was a place of seasonal abundance for the Bunurong people, who came to fish its waters and gather shellfish along its rocky shores. Then came the sealers, the squatters - a Scottish family determined to make the island their own.

It was in 1842, Scottish émigrés John and William McHaffie staked a bold claim on the entire island, securing an annual lease and transforming it into their personal pastoral domain. For decades, they held fast to the land—first with sheep and cattle, later with political favours and scientific justifications—as pressure mounted for its release to the public.

This is a glimpse of how the McHaffies built an island empire, and how they fought to keep it. Theirs is a tale that weaves together colonial ambition, natural science, political theatre, and quiet defiance—from Melbourne's Eastern Market soapbox speeches, political posturing to botanical paintings as romance blossoms. Alongside John McHaffie stood Georgianna, a former governess with strong political connections, who adapted with grace and resolve to the rigours of island life and played her own part in this remarkable chapter of Phillip Island's past.



The astute McHaffie brothers saw potential in Phillip Island as a grazing property despite the island's remoteness, its unpredictable water supply and the land being of questionable quality, they were young and ready for the challenge. By early 1843, they had secured an annual Crown lease for the entire 9841 ha (24,000 acres) island, which was described as wastelands of the Crown, for just £1 an acre, establishing themselves among the powerful early pastoralists of colonial Victoria.

At the time, the Island's only European residents were a handful of sealers—the seal population already decimated. The McHaffies, who had previously held another pastoral leasehold at Moonee Ponds, were permitted to graze animals but not cultivate the land, aside from their household needs. In the 1850s, William returned to Scotland, leaving John to manage the island and their affairs.

In 1861, John married Georgianna Henderson, the daughter of a Royal Navy captain. Prior to her marriage, Georgianna had worked as a governess for the prominent Snodgrass family—Peter Snodgrass being a vocal Member of Parliament and staunch supporter of the Acclimatisation Society. Georgianna's intelligence and resilience were evident early on, as she navigated life in the household of a political family. Her connection with the Snodgrasses would later provide a valuable link to support her husband's interests during turbulent political times.



Georgianna adapted remarkably well to her new life on Phillip Island, managing domestic life under challenging and primitive conditions. Her sister, Euphemia Henderson—a gifted botanical artist—often visited and painted the island's unique plant life. One of her works, *The Pinnacle Rock, Western Port* (depicting what is now known as Pyramid Rock), was exhibited at Melbourne's Intercolonial Exhibition in 1866. Euphemia met Ferdinand von Mueller, director of the Melbourne Botanic Gardens, and their romance blossomed on Phillip Island, resulting in their engagement, although the two never married.

As Victoria's gold rush drove a population boom and land hunger intensified, the McHaffies' hold over Phillip Island came under pressure. Reformers and politicians called for Crown lands to be released to smaller farmers, known as 'selectors'. John McHaffie fought to retain control, supported by influential friends including the Acclimatisation Society of Victoria—a powerful group of scientists and gentlemen who sought to "improve" Australia's flora and fauna by introducing European species.

Edward Wilson, a newspaper editor and founder of the Society, was a friend of John's and had hunted wild boar with him on the Island as early as 1850. John McHaffie was a founding member of the Society, and 'his' Island was seen as an ideal site for acclimatisation experiments—far from predators and conveniently isolated - which was a useful argument against the call for subdivision.

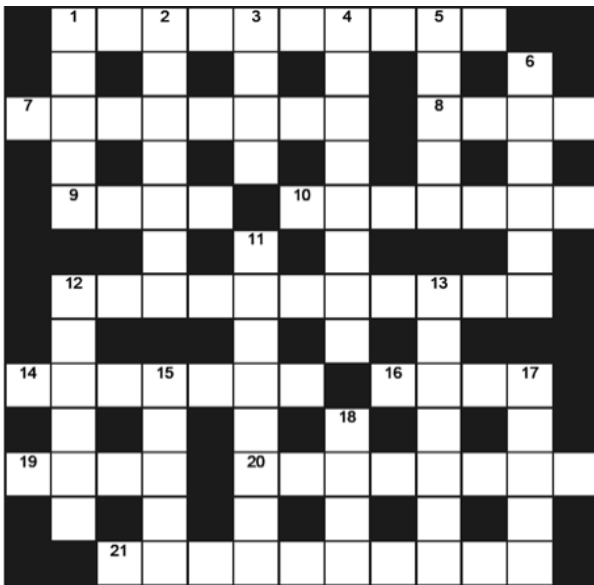
Meanwhile, critics such as flamboyant parliamentarian Dr Louis Lawrence Smith campaigned relentlessly to unlock Phillip Island for public settlement. His populist speeches—sometimes delivered from the back of a wagon at the Eastern Market in Melbourne with a sack of island soil at his feet—painted the McHaffies as out-of-touch squatters standing in the way of progress.

Behind the scenes, Assistant-Commissioner of Lands and Survey, Clement Hodgkinson, quietly did the work that ultimately brought the McHaffies' exclusive lease to an end. In 1868, after extensive

Continued page 13

Brain Food

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



Vibe Quick Crossword

Across		Down	
1	Gave up (10)	1	Found on the beach
7	Machine components (5)	(8)	2 Cautious (7)
8	Young female (4)	3	Hotels (4)
9	Existence (4)	4	Fragile (8)
10	Consents to receive (7)	5	Bird of prey (5)
12	Supports (11)	6	Savages (6)
14	Leave (7)	11	Accompanied (8)
16	Pre-loved (4)	12	Monkey (6)
19	Nourishment (4)	13	Upset (7)
20	Statements of honour (8)	15	Lowest point (5)
(8)		17	Actions (5)
21	Wipes out (10)	18	Metal (4)



TRIVIA

1. What is the name of the little mermaid in the Disney movie? 2. What do you call a group of fish? 3. In what season do leaves fall off the trees? 4. How many colors are there in a rainbow? 5. What animal is known for its ability to change color to match its surroundings? 6. In what fairy tale does a pumpkin turn into a carriage? 7. What is the name of Mickey Mouse's dog? 8. Which planet is known as the "Red Planet"? 9. What is the main color of the Smurfs? 10. In the nursery rhyme, who had a farm with a dog named BINGO? 11. Which bird can repeat words and phrases that it hears, often kept as a pet? 12. Which popular TV show featured house Targaryen and Stark?

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

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

from page 12...

correspondence and lobbying, the government announced that Phillip Island would be surveyed and sold. The Acclimatisation Society protested, but the decision stood.

In November 1868, the first Crown land ballots were held. Excitement was high as hopeful settlers gathered at Schnapper Point (now Mornington) for their chance to purchase lots ranging from 10 to 160 acres. Township allotments at Rhyll and Cowes followed in the months ahead.

Though John McHaffie was entitled to retain 640 acres under squatter's pre-emptive rights, it was no longer viable to run cattle on such a reduced holding. In 1869, he acquired land at Yanakie, near Wilsons Promontory, and in 1880s sold his remaining Phillip Island interests.

Despite losing the battle with the Government, John McHaffie did not hesitate to offer any assistance to the new settlers as the knowledge he had gained over a quarter of a century of working this land was significant. Georgianna also adjusted to the new life and became very involved in the community and worked tirelessly for the establishment of the St. Philips Church in the new township. The McHaffies' legacy lived on through their descendants, several of whom remained on the Island and are buried in the Phillip Island Cemetery. As for Georgianna, she left an enduring impression as one of the early women of Phillip Island—capable, courageous, and deeply woven into the political and social fabric of her time.

It is with a tinge of melancholy that I now hathe ng up my own writing implements for my monthly contribution to Vibe. It has been a joy to share stories from our island's rich and layered past over the past four and half years. I hope that another keen member of our Historical Society will step forward to continue the tradition—unearthing and sharing the fascinating snippets of Phillip Island history that deserve to be remembered. Thank you for reading.

'Sharing a home and a whole lot of love': Become a specialist disability carer in Gippsland

Kelly Van Den Meiracker's family has expanded over her 17 years as an Anglicare Victoria carer, with her biological children and care placements "sharing a home and a whole lot of love". Now, she is calling on other Gippsland residents to consider opening their homes to a child with a disability – and consider just how much it will enrich their lives.

Disability Specialist Foster Carers look after children and young people who are eligible for the National Disability Insurance Scheme (NDIS), due to physical, developmental, cognitive, and sensory disabilities. "They give me more than they could ever get. Don't hesitate if you hear that a child has different abilities or complex needs," she said. "They're just kids who need a stable family and love. They're lacking nothing, and their differences are last on the list of who they are, they're playful, they're happy, they're resilient." Kelly wants people to know they don't need specific training or qualifications and will be supported every step of the way.

"Anglicare Victoria has 24-hour support for all carers. And we get extra help with any equipment and all their therapies they may need," Kelly explained. "We do have a lot of professionals involved. We have workers come in and out and take the kids on activities, and we have respite carers in our network to give me a break when needed."

Anglicare's Specialist Disability Foster Care program, based in Gippsland, provides extensive training, therapeutic support for carers and children, a dedicated case manager and 24/7 on call workers, and critical support to access NDIS services and assessments.

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To learn more about becoming a foster carer with Anglicare Victoria email Gippsland.Carers@anglicarevic.org.au or call 03 5135 9555.



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Let's get cooking

Simple and delicious recipes from
Paul at Hill Top Butchers



Mediterranean lamb bake



WHAT YOU NEED:

500g diced Lamb Leg	1 Onion, cubed
2 tbs Tasmania Pepper Berry BBQ Rub	1 Red Pepper, cubed
1 Eggplant, cubed	1 Zucchini, cubed
	Oil

WHAT TO DO:

Add lamb, BBQ Rub and 1/2 the oil to a zip lock bag and marinate. In a round baking dish place lamb in centre then add each vegetable in piles round the lamb. Brush the vegetables with oil. Cover with foil and place into preheated oven at 160 degrees and bake for 60 minutes.

Remove foil and spoon oil from centre of Lamb over the vegetables. Place back in oven until vegetables and lamb get a little charred.



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Phillip Island Senior Citizens Monthly report

Have you thought of coming to Lions Court, Cowes to enjoy a 3-course home cooked meal for \$20? If not, you are very welcome on the first Friday of the month. Yes, every month of the year. As well as the above you will be well entertained.

April was a busy month for us. It was Easter, so all raffle prizes consisted of Bunnies and Easter eggs.

Gill Tucker came and gave us a wonderful talk about his acting career. For those that can't put a face to the name, Gill was the constable in Cop Shop. He also co-starred in House Rules, Neighbours and Mad Max. After acting he went into business selling herbs and fruit supply to restaurants. Mr Tucker now lives in Rhyll with his partner. It was so much fun as Gill made himself very accessible to all - thank you Gill for your time. Gill also won a prize in our Easter raffle draw.

Easter Saturday, we were very busy with our 'Garage Sale.' 13 trestle tables were set up and a variety of goods were up for sale. With sausages cooking the smell enticed everyone to have one while walking into the hall and then get another on the way out.

A cup of tea or coffee went down a treat. Thank you to all the people who attended. Of course, all this doesn't just happen on its own, so a very big thank you to all that donated their time.

If you would like to attend our lunches, have a load of fun, as you can see please contact us, Pauline Porter on 0419 777 807 or Teena Burns on 0424 063 477.



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Book Reviews

**By Turn The Page Bookstore,
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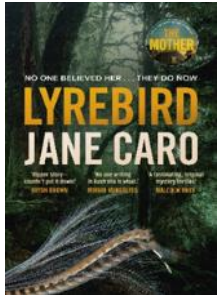
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Lyrebird
By Jane Caro
RRP \$34.99
**(10% discount to
registered customers)**

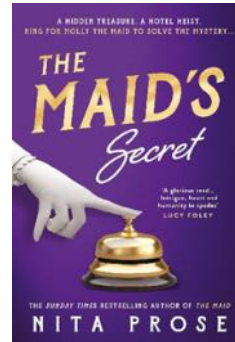
Lyrebirds are brilliant mimics, so if they mimic a woman screaming in terror and begging for her life, they have witnessed a crime. But how does a young, hung over PHD student and a wet behind the ears new detective, convince anyone that a native bird can be a reliable witness to a murder, especially when there is no body and no missing person? And what happens when they turn out to be right?

A sound froze her blood. A woman. A woman screaming in pure terror. Screaming and sobbing-begging-out here, in this desolate place. Twenty years ago, ornithology student Jessica Weston panicked when she heard a woman screaming for her life in the remote Barrington Tops. Her relief, when she discovers that it is a lyrebird making the sounds, is profound. She is thrilled to have caught his display on video. Then she remembers-lyrebirds are mimics. Whatever the wild creature has heard must have really happened, and happened nearby.

Jessica takes her video to the police. Despite support from newly minted detective, Megan Blaxland, with no missing person reported and no body, her evidence is ridiculed and dismissed.

Twenty years later, a body is unearthed, just where Jessica said it would be.

Horrified they let the case go cold, Jessica, now an associate professor, and Megan, recently retired but brought back to head up the investigation, reunite and join forces. They are determined to find the killer, whatever it takes. What they don't realise is that they are not just putting their lives in danger, but also the lives of those close to them.



The Maid's Secret
By Nita Prose
RRP \$34.99
**(10% discount to
registered customers)**

Molly the maid is no stranger to secrets...

She sees everything behind closed doors at the Regency Grand hotel: wiping away the dust and grime of guests passing through. But one secret lies much closer to home.

An old trinket – a faux Fabergé egg – is revealed to be a precious antique during an appraisal at the hotel, making Molly a rags-to-riches sensation. But no sooner has the egg shown its value than it's stolen: vanishing without a trace.

Determined to crack the case of the missing Fabergé, Molly begins dusting for clues – uncovering a mystery that stretches deep into the past.

For in the pages of a long-forgotten diary, written by her late gran, lie the secrets that could unlock all others – and only Molly holds the key...

Join the millions of readers who have been swept away by Molly the Maid:

'Full of such charm!'

'Brilliant, captivating and engaging'

'5 out of 5 stars for its charming blend of mystery and warmth'

'Great cosy crime with twists and turns that I did not expect'

'Can't recommend this enough'

'A heartwarming yet brainteasing whodunit' 🌟🌟🌟🌟

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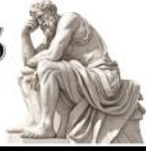
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PHILOSOPHICAL MUSINGS

BY JOHN BUTTROSE



Respect

“Due regard for the feelings, wishes, or rights of others.”

Aretha Franklin knew what she wanted. “All I’m asking is for a little respect when you come home.” She summed it up powerfully, with a broom, if you remember. We all would enjoy regard, respect, for our own “feelings, wishes or rights.” It is by showing respect that we manage to live together, relatively harmoniously, in such great numbers. When we see increasing incidences of disrespect all around us, as seemingly the rules of civilised behaviour are eroded, as we hear and read of examples of insults and selfishness from so many quarters, we feel that our safe and stable lives are beginning to unravel.

We can also respect things. We can respect the environment by taking our rubbish home, not tearing up the countryside with a monstrous four wheel drive or putting our rubbish in the right bin. We respect the law, in part because we realise that most laws are there to keep us safe, and partly because we may fear any consequences of breaking or disrespecting, the law. However, many often do make finely judged decisions when it comes to speed limits, or calculating tax returns. In general, however, respect is due to people.

Respect can be a cultural norm, or requirement. Confucius taught that one should respect and honour parents and ancestors. This respect was extended to leaders and rulers, and became a feature of Chinese society. “Without feelings of respect, what is there to distinguish men from beasts?” He was arguing that respect and proper behaviour were the keys to stability and peace. This was a particular concern for Confucius during what was a very troubled time. Respect is demanded in hierarchical organisations, often demonstrated by physical actions; such as saluting a superior rank, bowing to the King, or referring to the headmaster as “sir”. In the contemporary world this form of respect can feel a little uncomfortable.

We often feel respect should be earned, not automatically given in accordance with the demands of tradition and protocol. We like to believe that we should be able to decide who deserves respect. What if a parent, an officer, a headmaster or teacher, a member of the aristocracy or a world leader is seen as undeserving of respect (we know who I am thinking about here!) Individuals should earn respect due to their achievements or character, hopefully both.

While Aristotle also emphasised respect for the law and authority he did have some interesting advice in his books about ethics. He argued that an individual’s worth was

determined by their character formed by living according to the four ancient virtues; prudence (wisdom), justice (fairness), courage (fortitude, resilience) and temperance (restraint). Individuals living according to these virtues are worthy of respect, and clearly it is in their character to show respect to others. Immanuel Kant went further. “Every man is to be respected as an absolute end in himself; and it is a crime against the dignity that belongs to him as a human being, to use him as a mere means for some external purpose.”

John Stuart Mill, the libertarian philosopher, wrote of respect in his many works, both respect for oneself and respect for others. Self respect, he said rests on one’s individuality and self development, and should not be determined by social mores or any other rigid expectations. One’s identity should be protected and respected, even nurtured; vital aspects of one’s self which could include race, gender, sexuality, religion and class.

The liberal thought of Mill is the foundation for many of the social changes attempted, and some which have actually been put in place, we have seen in recent years. The VOICE referendum was an attempt to respect Aboriginal people for who they are, an attempt to restore the right Aboriginal people have to their identity and dignity as our first peoples. The failure of the “yes” vote was a sad demonstration of disrespect. Much has been made of the need to respect the individuality and dignity of the LGBTQ+ community. The marriage equality plebiscite successfully allowed same sex couples to marry and enjoy the same rights as heterosexual couples. The trans community, however, is the subject of increasing vilification and disrespect.

It seems we still have a long way to go, despite schools displaying colourful posters advocating respect for all. Despite the advertisements pleading for a greater respect for women, we read of horrendous acts of domestic violence against women and children all too often. Progress is slow ... respect is not a universally valued character trait. Perhaps we need to bring those at the top, those who should be expected to be showing us the way, to account, and keep a careful eye on the language, policies and promises made by the politicians during the election.

Individually we can’t do too much to change society as a whole, but I would like to think I can but try to live my life according to these ideas of Aristotle, Kant and Mill, and many others. Or perhaps the Stoic emperor Marcus Aurelius, who said, “Think nothing profitable to you which compels you to break a promise, to lose your self respect, to hate any person, to curse, to act the hypocrite.” Christian philosophy, which makes use of many aspects of Stoicism, also emphasises respect in the very well known saying, “Do unto others as you would have them do unto you”

We all have the right to be shown “a little respect” ... and in a civilised society, we share a corresponding responsibility to show respect for the people we live amongst.



Aggression and violence against workers causes harm.
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\$\$ DOLLARS AND SENSE \$\$

By Ben Morrissey

Senior Private Wealth Adviser at Shaw and Partners

Imagine if...

Imagine if every spare moment of news wasn't negative, designed to create panic and demand your attention. Imagine if it wasn't filled with noise about the billions of dollars wiped from markets, the dramatic impacts of the trade war, vitriol being sprayed about mercilessly.

Imagine that you ignored the week of 24/7 inflammatory diatribe spewing from your tv, social media and radio and you just happily went about your business.

Take for example the first week of April when the markets went on that extraordinarily wild ride. By Friday morning you would have woken up, looked at what the market had done for the week, and observed a rise of about 40 points. Ignore the pointless noise.

The market gyrations through that week were as wide as I've ever seen in this industry, obviously following on from the nasty sell off in the US on Friday night, leaving fresh meat for the media to pick away at all weekend and terrify already concerned investors.

I've been doing this a long time now, and I've seen plenty of panic, excuses for panic, inflamed panic, artificial panic, manufactured panic. It doesn't really matter what causes it, if panic has set in, step out of the way.

One of my all-time favourite books on investing was written by Scottish journalist Charles Mackay many moons ago, "Extraordinary popular delusions and the madness of crowds".

Written in 1841, he wrote about the impact of mass psychology manifesting in the bubbles like the South Sea Company and Mississippi Company bubbles in the 1700's and of course the great Dutch tulip bubble in the 1600's. But ultimately it is a look at how people behave when common sense is abandoned, and mass panic erupts.

And nothing has changed.

This current scenario is a global panic about international trade, and the ramifications of a wholesale restructure of the status quo. Sure, it is significant, but I truly believe these market shakeouts would be vastly less dramatic without the media constantly fanning the flames. In fact these days, they buy the kerosene and matches, cut down the trees and kickstart the whole combustion of overzealous panic, then they fan the flames.

Whether manufactured or otherwise, the markets are in a panicked state right now, and it is not over yet.

There is a well know measure of investor risk appetite known as the Fear Index or Volatility Index (VIX); the calculation is based on put and call options over a 23–37-day time frame, but how it is calculated is irrelevant for this discussion.

When the VIX is elevated investors are nervous, and unsurprisingly the VIX was extremely elevated during the first week of April where it reached into the 50's.

there have been no negative 12-month periods on record after the VIX hit 50. It doesn't mean the market won't be volatile mind you, and it doesn't mean it can't fall further, but it does tell you something about how investors overreact and move the wrong way at precisely the wrong time.

Pick away at opportunities as they present, avoid making dumb decisions like joining the panic and selling out, and like all these other crashes, collapses, corrections, call them what you will, this too will pass.

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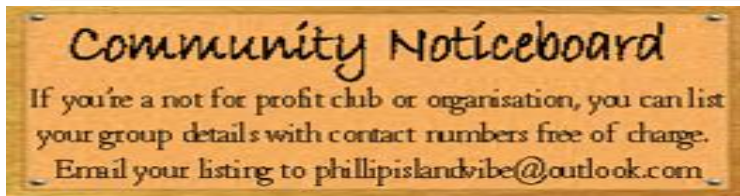
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Phillip Island Lions Club Trash and Treasure market. Sat & Sun 9.30-12.30. Dunsmore Rd, Cowes (next to transfer/recycling depot). Volunteers welcome. Text only 0433 191 654 f/b Phillip Island Lions.

Phillip Island Bicycle User Group Every Wed 10am starting at Amaze'n Things car park. Very social, speed is the slowest rider. Contact Trevor Hayes 0408 574360.

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 Girls and volunteers both welcome. Girls aged 7-14 on Thursday night from 5pm to 6.30pm at Scout Hall, Dunsmore Road, Cowes. Contact Chris Oliver 0428 644397 or email: chris.oliver@guidesvic.org.au

Phillip Island Club (Senior Citizens) Carpet bowls, cards, ballroom dancing, craft. Membership \$15 per year. Fridays 12noon, 3 course lunch \$20. Hall available for hire. Ph Pauline Porter for more on 0419 777807.

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 16 Warley Avenue, 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 information contact Anja 0408 035 163 or email probussanremo@gmail.com

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 World Vision Club meets on the second Monday of each month at 1:30pm in the conference room at the National Vietnam Veterans Museum, 25 Veterans Drive, Newhaven. We support children and communities here and overseas, as well as working to alleviate crises such as world hunger. We welcome new members. Please contact our Secretary: piworldvision@gmail.com

Phillip Island Masonic Lodge - meets every 2nd Wednesday of the month at 7.30pm (opp Coles) New members and visiting brethren welcome. Hall for hire - contact Ian Samuel 0413157284.

Phillip Island & District Railway Modellers Inc is a model train club that meets every Sunday from 1pm to 4.30pm at the Senior Citizens Club in Cowes. Visitors are welcome, new members more welcome. More details Geoff 0419 357 097 or Martin 0416 186 589 or email martinmurden1@gmail.com

Home Library Service For information on applying for our home library service or volunteering, please speak to library staff on 5644 3320 or visit our website www.myli.org.au/about/volunteers

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

The Probus Club of Phillip Island Inc meet 4th Wed of month 10am, Phillip Island Golf Club, Settlement Rd, Cowes. New members welcome. Chris Cannin 0434 489011 or Frank Robinson 0414 224 246

Tough Guy Book Club Phillip Island chapter meets first Wednesday of the month at 7:00 p.m. New Venue, Ocean Reach Brewing 47 Thompson Ave, Cowes. For more information see www.toughguybookclub.com

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

PIRSL Community Men's Shed meets at the rear of the RSL every Tues, Wed & Thurs mornings 9am-noon. Anyone welcome. Contact Brian Walmsley at the Phillip Island RSL Community Mens Shed on email mensshed@pirsl.com.au Leave details and Brian will respond. **Phillip Island TOWN Club Weight Loss Group** Thurs 9-11.00am, Ryhill Hall. Joining fee \$60, 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 to come and try Thursday and Friday mornings 10am-12pm. Please phone before coming to the club. Secretary 0493 614265. Blue Gum Reserve, Dunsmore Rd, Cowes.

National Vietnam Veterans Museum needs volunteers for gardening and cleaning. Contact Julie on 5956 6400 or apply online via our website www.vietnamvetmuseum.org.

Phillip Island RSL Day Club: Monday's (other than public holidays), Anzac room, PIRSL, 10:30-12:30pm: Games, craft, exercises, guest speakers, outings & a \$10.00 Senior's meal. Transport can be arranged is necessary. Ph: PIRLS concierge: 5952 1004

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 Bob Hee 0418 173388.

Phillip Island Camera Club meets 1st Monday of the month (except November, when meeting will be held on 13th) at the Newhaven Yacht Squadron Clubrooms, 1:30 - 4pm. Contact Graeme on 0407 092 352 or email phillipislandcameraclub@gmail.com.

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 Adult Riding Club Social & HRCav horse riding club for beginners to advanced. Rallies held every 3rd Sat of month. New members welcome. Email: phillipislandadultridingclub.com.au

Phillip Island & District Genealogical Society - discover your ancestry Newhaven Community Hall, 23 Cleeland St, Newhaven Tues 10-1pm, Thurs 10-1pm, Frid 1-4pm Saturday 10-1pm. Contact 0418 178 343 or piadgs@outlook.com

Cape Woolamai Coast Action Volunteer group who meet on the second Sat monthly from February to November. We undertake maintenance and plantings along the Cleeland Bight foreshore. Meeting at Cottlesloe Ave 8.00am to 10.00am followed by morning tea. Ph: Marg 0419007758 Email: capewoolamaica@gmail.com

Cowes Branch Country Women's Association (CWA) 1st Thursday of the month February-November. Currently meeting at CWA Shop, 94 Thompson Ave. Cowes. 1pm Ph Penny 0437 042 084 Cowes CWA Tues-Sat 10-2 cwaofviccowes@gmail.com

Country Women's Association Victoria Inc. Phillip Island Twilight Branch Join us for "Sharing, Fun and Friendship". We are a group of women who are engaged in social issues, learning new skills and fundraising for women and children. We meet the 2nd Wednesday of the month at St John's Hall, Chapel Street, Cowes at 7 pm. Contact Sally Matthews 0409521825 and Rosie Brewin 0409792245

The Phillip Island & Districts Dart League P.I.D.D.L. is a community-based organisation that organises a competitive Darts comp for players of all skill levels. Weekly round-robin format. New players welcome. Contact Scott Lethbridge 0407543154; scott@glpc.com.au

IAA Island Astronomy Association Inc. Our Club meets on the first Wednesday of each month at 7.15 pm at the Croquet Club. New members are very welcome. To find out more details please contact Bob Wolstenholme at bobwolstenh@yahoo.com.au

Inner Wheel Club of Phillip Island is part of a worldwide women's organisation engendering friendship and service to the local community and beyond. Dinner meetings are held on the second Thursday of the month and newcomers are very welcome. For information call Christine Wickes on 0439 906 026

Phillip Island View Club builds friendships and connections for local women. Raises funds to support 8 children through the Smith Family. Meets on the 4th Monday of the month at RSL, Thompson Avenue, Cowes at 11am for 11.30am start. New members welcome! Call Selby (President) 0480 258 357

Phillip Island & District Historical Society 56 Chapel Street, Cowes. Contact: Pamela Rothfield 0418 368 607

Phillip Island Library, Myli Libraries is open at 91-97 Thompson Avenue, Cowes. Opening hours are Mon, Tues, Thurs and Frid 9.30am - 5pm, Wed 9.30am - 6.30pm and Sat 10am - 1.30pm

San Remo Library, Myli Library 92 Back Beach Road, San Remo. Hours Mon - 10am-5.30pm, Tues closed, Wed 10am - 1pm, Thurs closed, Frid 10am - 1pm and Sat 9.30—1pm. Phone 5644 3320

San Remo Bowls Club Social Bowls 12pm for a 12.30pm start. Stick draw. New bowlers and visitors most welcome. April to September - Tuesday's and alternate Saturday's. October to March - Wednesday's. 1a Wynne Road San Remo, next to the Primary School. Ring 0493237913 for details.

Phillip Island Patchworkers Inc. Bring your own craft to work on! Meetings - Monday Nights 7.30pm to 9.30pm and every first Saturday of the month at Newhaven Hall. From 10am Tuesdays - second (at Newhaven Yacht Club), third (at PI Golf Club) and fourth (at Vietnams Veterans Museum) from 10am. At Wonthaggi Cricket Club Rooms first and third Friday of the Month from 10am. Corinella Crafties every Wednesday at the Corinella Community Centre from 10 am. Please contact President Gayle Rowden 0400634282.

Newhaven Indoor Bowling Club meets every Tuesday at 1- 4 pm in a social atmosphere at the Newhaven Hall, Cleeland Ave, Newhaven. New members welcome. \$5 per week includes afternoon tea. For further information: Wayne 0408 708 728.

"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.

Boomerang Bags Phillip Island and San Remo Volunteers sew re-useable bags to supply PICAL pantry and local shops thereby eliminating single use plastic in the community. For more information contact Boomerang Bags Phillip Island facebook page or Vi Pittorino on violetepittorino@hotmail.com and we will get back to you.

SES San Remo Unit trains every Thursday at 6:30 pm at 14 Davis Point Road, San Remo. Come and meet our friendly group, see what we do. We have a role for everyone. For information email sanremo@ses.vic.gov.au

Rotary Club of Phillip Island and San Remo Our enthusiastic members are all committed to having fun and building friendships whilst providing humanitarian community service to our local community, Australia wide and internationally. A cornerstone of our fund raising is our Cowes Op Shop. Enquiries, new members and volunteers always welcome. Call President Gea Lovell 0438 002 181, or Tim Mullen (Op Shop) 0412 399 140

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

The Probus Club of Cowes-3rd Monday of each month at 10:00 a.m. at The Phillip Island Senior Citizens Hall Cowes. For enquiries call Lyn 0427 593 936 or email probusclubcowes@gmail.com

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

Island Voice Meets last Wed of the month 5.30- 7pm PIRSL New members welcome Contact Sec. Linda Marston 0428 344 726.

Bass Coast Kinship Support Group We meet at the Ventnor Recreation Reserve on the Second Tuesday of each month from 10am to 12pm. All Kinship Carers are welcome! Contact Anita 0475 740 927

Phillip Island Community Art & Craft Gallery Inc 119 Settlement Rd, Cowes (Next to the SES) Open Thurs – Sun 11am-3pm. Secretary Aleta Groves 0466 361 086. Email: info@phillipislandgallery.com.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 & Warley Ave, Cowes. Facebook @cowescommunitymeal

The Arts Society Phillip Island Region, ASPIR, supports a wide range of Artistic expression from all fields of Visual Arts through to Writers and Poets. New members are welcome. To join go to our website www.aspir.org.au or email aspirarts@gmail.com. Creative Arts Station - CAS is our new art space, 119 Settlement Rd, Cowes.

Philosophy Lunch Every first Thursday, 12:00, Watermark Restaurant at the Silverwater Resort, San Remo. Contact John Buttrose jbuttrose54@gmail.com We discuss some of the big questions about life, the universe and everything. Newcomers are very welcome.

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.

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 Robyn Holman 0429 700 492.

Phillip Island Health Hub Auxiliary We meet the 2nd Wednesday of the month 1.30pm at the Rotary rooms, 101 Dunsmore Rd., Cowes; for more information Gill 0431672777 Deb 0400297452

We fundraise to purchase much needed equipment for specialists and medical staff offering services at the Health Hub, Urgent Care Centre & Community Hospital. New members very welcome. Email- healthhubaux3@gmail.com

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 the Club on 5952 2337.

Ibis Writers A group of local writers who meet once a month to support and encourage one another, share writing opportunities and offer feedback on work in progress. All writers, welcome - beginners or experienced, poetry, fiction or non-fiction. Contact Lorrie Read 0425 858 067 or Ian Robinson 0407 240 024 for more information, meeting dates, etc

Rotary Op Shop, Cowes Run and staffed by Volunteers from all walks of life, including Rotary Club members, our Op Shop is a wonderful, fun place to volunteer, help the community & meet new people! New volunteers always welcome, please call Rotary Op Shop Coordinator, Diane for more info: 0417 577 082

Cowes AA Big Book/Steps Meeting, 7pm Tues nights, St. Phillips Anglican Church. Corner Thompson Ave & Church St.(opp. Coles) Ph. 0417 317470

Ventnor Coast Care Association Inc is a volunteer group, working to conserve, enhance and maintain the Ventnor coastal foreshore between Anchorage Rd and Devon Ave. We meet monthly at 9.30am, for a 2 hour working bee, from February to November, followed by a cuppa. We welcome new members! Please contact Cathie or Trish at: ventnorcoastcare@gmail.com.'

The Newhaven Residents Group Association Inc. We are a not for profit organisation advocate for communication and residents concerns. Phone 0413 623 052.

Phillip Island Auto Racing Club want to get close to the motor racing action at the MotoGP circuit? Then join us a a volunteer marshal! All training provided; New members most welcome - please email: info@piarc.com.au

Bass Coast Toastmasters Meetings in San Remo. Contact Patricia Jamieson 0412339795 basscoasttoastmasters@gmail.com



Health and Healing with Pip

I wished for leadership opportunities

Dear readers, it has been a huge 6 weeks.
 Earlier this year I added a new affirmation to my daily routine and began embodying leadership.
 My current role is bridging the gap between our arts & culture front of house team and the office administration.
 I help to create and share the arts content for the Bass Coast Cultural Venues. And I love it!
 I love the live shows, the cinema, the organisation of special events and the excitement of meeting the celebrities!
 And because I'm always looking to expand and grow, I wanted an opportunity to step up.
 What I thought would happen was a leadership / mentoring program.
 What actually happened was my manager had to go on leave for 6 weeks at short notice, so ... I was offered the chance to do higher duties.
 Marketing is what I did as my post graduate degree, and I've been doing it in my business for 10 years.
 But I was mindful that doing this role in this space was a big deal. Not only that, I also had the role of supervising our new marketing trainee.
 And ... I had signed up to rehearse and perform in the 100 women, 100 stories weekend. (Note: I've not sung in a choir for 30 years.) Oh yeah I asked and so the universe gave me a BUTT load of leadership possibilities.
 What happened?
 Well, honestly, in the past I would have flipped out. Overthought it. Lost a lot of sleep worrying about how I was going and what people were thinking.
 But this time, I sank into it.
 I used all my knowledge.
 I kept up my self care routine.
 I asked for help.
 I shared my skills.
 I ate good food.
 I was creative.
 I delegated.
 I swam in the ocean every day.
 I allowed myself to have fun.
 I did it my way.
 I got great support from my team.
 I'm very grateful that my manager had to go on emergency leave. It gave me the space to shine my light for this arts world to see.
 If you are feeling the call to step up and shine your light ... go for it! You may not think you're ready, but I believe we are given what we can handle at exactly the right moment.
 I wonder what will come next?
 Blessings,
 Pip

PUZZLE SOLUTIONS



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

ANSWERS TO TRIVA QUESTIONS

1. Ariel
2. School
3. Autumn
4. Seven
5. Chameleon
6. Cinderella
7. Pluto
8. Mars
9. Blue
10. Old MacDonald
11. Parrot
12. Game of Thrones

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