

# PHILLIP ISLAND VIBE

Free

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ISSUE 137 JUNE 2021



Welcome to winter and the wonderful whale season. Fingers crossed that I might manage to spot one this season. You can download the Whale Discovery Trail Map using the QR code on the advertisement on page 31 which will help you find the best spots for whale watching. If you're in the market for home heating of any sort check out our heating feature on pages 12 to 19 for some great information.

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## DOLLARS AND SENSE BY DAVID WELLS

### Property Vs Shares – The Debate Continues

All investments are based on either property or business. Nothing else. Before you say anything, Bitcoin or any one of the thousands of other crypto currencies are not and never have been investments – they are pure gambling. In Australia we have property aficionados and we have died in the wool equity investors. For as long as there's been either, there's been a debate about which is best.

The research house, Morningstar has released recent research tracking the returns of property and shares over both the last two decades and in the long term. It makes for interesting reading. Model number one calculates the return on the deposit or an equity portfolio excluding further contributions and additional costs.

In Sydney in 2002 the median house price was \$365,000 and the standard deposit was \$73,000. By 2021 the median price is just over \$1 million (across all of Sydney – water views cost extra) and the deposit has risen to \$200,000. In Melbourne the median price was \$241,000 and the deposit just over \$48,000. Now the house in Melbourne would be \$824,185 and the deposit \$164,837. That sounds great, but is it the best available?

There is an index weighted Exchange Traded Fund (SPDR S&P/ASX 200 Fund – code STW) which as close as possible represents an investment identical to the make up of Australia's premier index, the ASX 200. What would that have been worth after investing \$48,200 in 2002?

So, the house deposit – without extra contributions would have grown to \$164,837 – a really good gain of 242%. Unfortunately that would be far short of the 307% returned by equities over the same period. The ETF includes all of the constituents of the ASX200, so what would have happened if you'd invested in just two companies – our biggest bank and the world's largest mining company? The result would have been even better, much, much

better. Putting the deposit into BHP or CBA would have returned 662% and 602% respectively.

These aren't just numbers plucked from the air by an overzealous sharebroker, but real numbers in real time.

Like everything there are qualifications. Further

contributions (reducing the mortgage) are ignored but no further contributions are counted in the equities, either. Interest charges are also excluded, so we are comparing the value of deposit for a house invested in average property, with the same value invested in the average of the top 200 companies' shares. Nothing else is involved so in a real sense we can say that equities have outperformed property and that is a valid calculation across Australia. Just as BHP and CBA did better so I am sure did some individual properties.

From the Federal Reserve Bank of San Francisco (they duplicate governments in America too) in their "Rate of Return on Everything, 1870 -2015" compares returns on Housing and Equities also. Their Australian numbers for the full range is Equities 7.81%; Housing 6.37% and since 1980 Equity 8.78% and Housing 7.16%. To those of us who advise in this area this is no surprise, but to give you some real numbers again, the value of \$1,000 invested in shares in 1980 would now be \$31,514 while the same invested in property would be just \$17,034.

When people talk about gains they make in property, and even shares, they usually don't analyse the numbers correctly and talk about simply the buy price and the sell price. This doesn't give the real truth, which is why the example quoted only looks at the initial investment and what that would have achieved. That does give a meaningful comparison that if we're talking about investment (and not home ownership) then equities wins just about all the time. It's easier, more liquid and gives a better outcome in the long term when compared with property but property has other values. We have an exchange value (what it can be sold for) and we have a utility value (the value of using it) so direct comparisons are difficult and different for different people.

A point that I would make is that while home deposits are getting higher and higher, and the Bank of Mum and Dad may not be able to lend, the alternative of renting and investing in equities is not such a bad alternative. Given time it will make a housing deposit more likely affordable. By that time the investor may not want a house after all. Next month I will take the story further and explain some of the differences in property investing and share investing.

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### Let's get cooking

Simple and delicious recipes from Paul at Hill Top Farm Butchers

### BBQ Ribeye with Black Garlic Roasted Marrow Bone



#### WHAT YOU NEED:

- 2 X 300g Aged Ribeye
- 6-8 Garlic cloves crushed
- 1 X bunch Rosemary
- 1/2 cup good Olive Oil
- Pink Salt & Pepper to taste
- 1 Marrow Bone centre cut
- 2 cloves Black Garlic
- Tablespoon chopped Parsley

#### WHAT TO DO:

Place Ribeye, Rosemary, Olive Oil, Salt & Pepper in a zip lock bag. Seal and leave to marinade in fridge for 24 hours.

Fill a large bowl halfway with ice water and add 1 teaspoon of salt per 1 cup water. Add the marrow bones and refrigerate for 12 to 24 hours, changing the water every 4 hours and replacing the salt each time.

Remove the Ribeye from the fridge and leave until it reaches room temperature.

Crush black garlic with parsley and top marrow bone with the mixture and place in oven 180 for 15 to 25 minutes.

Sprinkle with Salt, Pepper & chopped Parsley.

Remove Ribeye from bag and place on hot grill and cook one side for 4 minutes turn over and cook for 3 minutes then remove and leave to rest for 4 minutes.

Serve with the roasted marrow bone.



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## Healthy and Healing with Pip

### Are you asking good questions?

One of my first mentors used to say: 'when you ask better questions, you get better answers.'

It made a lot of sense to me that if I am asking questions like: 'Why me?' or 'What's wrong with my life?' or 'When did things get so messed up?', the general vibe of my life is not going to be great.

So, I would like to share with you some of my favourite 'Seeker' questions that I ask my coaching clients, as we begin our journey, to understand where you are now and where you want to be in your life.

1. What have been my successes, so far?
2. How would I like to leave this world a better place?
3. How would I like to serve?
4. What would I like the legacy of my life to be?
5. How am I expressing my creativity?
6. What would I like to world to know?
7. What do I believe in? What is my spiritual connection?
8. When do I feel like I am following my joy?
9. When do I feel most alive?
10. How would you like to express love in the world?

I encourage you to choose at least one or two questions that resonate (or you could answer all of them if you feel inspired to take the enquiry deeper).

Sit down in a quiet space with a notebook or journal, to write your answers.

Or you could speak the answers into the voice memos on your phone.

The MOST important thing with this process is to be authentic and honest.

And it's okay if you feel emotional as you do this, that is your Soul / Inner Self confirming your truth.

Then I'd love to hear about your 'aha' moments.

Please send me an email at [pipcoleman@yahoo.com.au](mailto:pipcoleman@yahoo.com.au) or you could send me a message on my Facebook page:

@pipcolemanauthorcoach

Pip Coleman is the creator of the Divine Alignment Coaching Program for Earth Angels who feel exhausted, lost, stuck or disconnected from their true self. Are you ready to re-align and re-set?

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Pip Coleman

Author, Reiki Master Coach, Speaker, Intuitive Interviews, Bowen Therapist (ISBT), Advanced Angel Intuitive, Meditation & Psychic Development Teacher.

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## Surf News by Ed Amorin(@prosurfcoaching)

**LOCKDOWN** Crazy lock down times are back again in Victoria! Whaaat noooo. YES, we all need to be ready to stay home. Time to follow all the authorities restrictions. If everyone is doing the right thing we will soon be back to our good lifestyle. We need to be thankful to be surfers and our wonderful lifestyle and be able to enjoy nature like we do. Keep well and healthy . Hopefully restrictions will be over by the time you're reading this.

**RED MOON** Recently we had the amazing Blood Moon. It was a very special astronomical event and made everyone was blessed with a very clear sky to enable us enjoy it.

**GOLD GENERATION** Has been an amazing journey for our very new generation of little surf stars. Starting as early as 6 years old and up to 15 years old, they are training hard with eyes on the future. No wind, rain or extreme cold weather can stop our champions. I'm a very proud couch here. Every Wednesday at 4 pm we're at Smiths Beach and all kids are welcome regardless of surf skills levels. Thank you to Mums and Dads for their support and Ripcurl, Phillip Island Smoothstar for sponsoring our project.

**UNDERSTAND THE ELEMENTS** Part of our lesson today was about forecasting interpretation. Understanding a bit about swell direction, intensity, wind variants and angles, periods between waves, shapes and lots more. It was great fun and we never know enough.

**ARTIFICIAL SURF** We now offer complete guidance for your next adventure at @urbnsurf in Melbourne. Everyone thinks it's easy to surf in the artificial waves pool. For lots of people it's turning in a nightmare as they just don't know how. @prosurfcoaching\_ Surf Pool Program can help you to make it happen easily and safely so you can enjoy these awesome waves in the way you deserve. Please contact us for more information.

**WE CALL IT PROGRESS!!** This month our surf students Tomi and Rose made us even more proud of them. They now testing their new surfboards and they love it. It's great to see your fast progress moving from normal 9' @gboards\_ aus foam board to the high performance fibreglass boards today. A new challenge and a new achievement. Let's make it happen again.

**WATER CRAFT ARIST** Luke is another of our surf students that continue to surprise us arriving the other day with his new toy. An awesome surfboard that he made from scratch and brought it along to try at our last session. It was amazing to see the results with a couple of nice waves using the board he crafted and designed for himself. What a great achievement mate.

**MAKE SURFERS BETTER SURFERS** We can help your surfing progress. If you're looking for a surf lesson we can help you out. We have the right tools, technology and knowledge to put together an individualised program to progress your surf skills and put you on a fast track to strong, basic fundamentals, training using the right techniques and correction of bad habits. You will be surprised what we can achieve together.



**TRY SOMETHING DIFFERENT** My son Reef and I travelled all the way to Cairns last month to try a new surfing spot, the Cairns Flow Ride Wave Pool. It's so difficult and different to surf. It's more like snowboarding and skateboarding rather than surfing but we loved the challenge and make some great progress.

**ANOTHER SURF CAMP** It's on the way boys. Fingers crossed this lockdown will pass quick so we can make it happen again at the beginning of June at our Pro Surf Coaching Smiths Beach House. We are looking forward to lots of surf, skating, yoga, music, art and good food just for starters.

**SURF AND STAY WITH US** Everyone is welcome to Pro Surf Coaching Beach House all year long for full accommodation combined with one of our surf Programs. Awesome surf camp right on the beach at the world famous Phillip Island. Book it now and we'll see you soon.

**SAFETY FIRST** All done again. It was time to refresh our team with the annual courses of First Aid and CPR. Thank you to @skillsforlifetraining . Hope we never need to use it but very good to have all the knowledge and feeling prepared for any situation. We also fully encourage anyone to have it yourselves. You can definitely save lives if you know what you doing

**LADIES FIRST** Just like to remind you about our Ladies Club Surf Program every Wednesday, Friday and Saturday morning at 10 am at Smiths Beach. We surf different waves depending on conditions. The group is sensational at supporting each other in the best way and we would love to see you here with us for this special session just for female surfers. The sessions go for 2 hrs using surf, skate, yoga and surf gym to boost your surfing progress using different equipment (included). For all ages and levels.

Keep well and safe we here for you

## Elevate and Flow with Abigail from Island Barre



We are living in a time where we are being 'influenced' by more than just our peers, family, teachers and friends.

Now, if we allow it, every time we look down at our phones, listen to a podcast or watch tv we are inundated with images of supposed everyday people that look / convey a message of body image perfection. Unfortunately, in order to appeal to the masses, such images are often doctored to look "better" than what they ordinarily would.

This isn't new information; however, the point remains that influencers are doing exactly that – influencing our thoughts and feelings in ways that are detrimental to our mental and physical wellbeing. The solution probably isn't as simple as 'switching off' given peoples reliance on technology which doubly does have positive outcomes such as learning about current affairs or simply a source of humour for instance. The problem is that what normally eventuates is cursory scrolling and landing on detrimental images. Given what we do know, we need to change how we perceive body image and make positive changes to our lifestyle to ensure that our mental and physical wellbeing are kept in good working order. For myself I have always experienced great joy from varied movement.



Now don't get me wrong, I love running but simply hitting the pavement and knocking out a few kms doesn't activate all your muscle groups – not to mention most people find it difficult to maintain enthusiasm from doing the same thing every week. Really what we are looking for is a solution to spark that dopamine hit that physical activity provides, work muscles that are invariably dormant which is important from a long-term perspective with respect to such things as reducing back pain through strengthening the core for instance as well as exercising self-love and appreciation. And that is what I am doing over at Island Barre – combining movement with guided meditation sessions of self-love. Movement that is specially designed to strengthen the core, thighs, glutes and arms as well as align the pelvis and spine and develop a positive body mindset. I am working hard at bringing people together in a safe, inviting, non-threatening environment where they can truly experience the joy of movement and meditation with the goal to offset the issues pertaining to negative image.

*By Abigail Browne, Island Barre*



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## PHILLIP ISLAND SENIOR CITIZENS CLUB

### Exciting news!

The Phillip Island Seniors Club is reopening!

DATE: Friday June 11, 2021

WHERE: 6 Lions Court, Cowes

TIME: 12pm start, so arrive beforehand

COST: \$15 per person

Come and enjoy a succulent roast dinner with a yummy dessert. Plus, you can win fabulous prizes by participating in our raffles. Only \$1 for 2 tickets.

It's been a tough year and a half and we miss you all greatly. If you're new to the island, come and meet some new friends and have a few laughs. A courtesy bus is available for those who live around Cowes and can be booked at the same time you book for lunch.

**OUR NEW PHONE NUMBER IS PHONE 5900 2921  
OR CALL OUR SECRETARY LIZA ON 0431 867058**

After our first lunch on June 11, we will hold monthly lunches on the first Friday of every month until the end of the year. Again, you need to book on the last week of the month on the above phone number.

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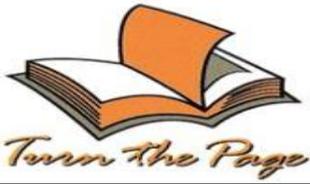
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**The Dumnonian Compass**

**By S. B. Postlewhite**

**RRP \$22.99**

We are so fortunate to have so many local authors and this book by Sharon will be in store soon and we have a book launch at Turn the Page on Saturday 12 June at 5.30 pm. Everyone welcome!

Darcy Bennett just wants to be normal. Normal clothes, normal friends, a normal life. On a family holiday to Cornwall, Darcy discovers there is a task before her and it is hers alone; one that challenges her ideas about the world and more so, about herself.



**The Kindness Revolution**

**By Hugh Mackay**

**RRP \$32.99**

Revolutions never start at the top. If we dare to dream of a more loving country - kinder, more compassionate, more cooperative, more respectful, more inclusive, more egalitarian, more harmonious, less cynical - there's only one way to start turning that dream into a reality: each of us must live as if this is already that country. Following the ravages of 2020's bushfires and pandemic on our mental and emotional health and on the economy, Hugh Mackay reflects on the challenges we faced during that year of upheaval and the questions many of us have asked. What really matters to me? Am I living the kind of life I want? What sort of society do I want us to become?

Urging us not to let those questions go, and pointing to our inspiring displays of kindness and consideration, our personal sacrifices for the common good and our heightened appreciation of the value of local neighbourhoods and communities, he asks in turn: 'Could we become renowned as a loving country, rather than simply a "lucky" one?'



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# Blue Gum Garden Supplies

Over the last three years, Blue Gum Garden Centre has experienced considerable growth in its nursery and landscaping sections, in particular focusing on its Newhaven branch stocking a large variety of plants including natives, exotics, trees, citrus, vegies, seedlings, succulents and a dedicated indoor plant section. There are pots of all sizes, shapes and colour, as well as so many landscaping items including pavers, gambions, small to large rocks, pebbles, Formboss garden edging, vegie boxes, biofilta gardens, trellis, stakes, fertilisers, bird baths, steel garden art and so much more. There are clever landscaping examples on display created by local landscapers to help give you an idea on what you can achieve in your own garden.

Blue Gum Garden Centre's Cowes branch is the place to visit this time of year if you are looking to buy wood heaters. Working models from Jetmaster are on display and the team at Cowes are only too happy to assist you with your heating requirements. Jetmaster wood heaters are of solid steel construction, fuel efficient and can heat up to 37 sq m.

Firewood, both redgum and hardwood, can be purchased in bulk and delivered to your home, or you can buy by the trailer load or bag loads.

Barbecue smokers have become increasingly popular and at Cowes there are a great range of smoker accessories including flavoured wood chips- Tennessee whiskey, cherry and hickory.

Cowes is also the centre for stock feed – everything you need to keep your egg layers happy. There are all types of bird seed, rabbit feed, Black Hawk dog food and selected horse feed.

Blue Gum Garden Centre invites you to join their Garden Club where members enjoy seasonal offers, discounts, a chance to win prizes and a member page of handy garden and heating hints available at [www.bggc.com.au](http://www.bggc.com.au).

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*The team at both the Cowes and Newhaven Garden Centres look forward to meeting you soon.*

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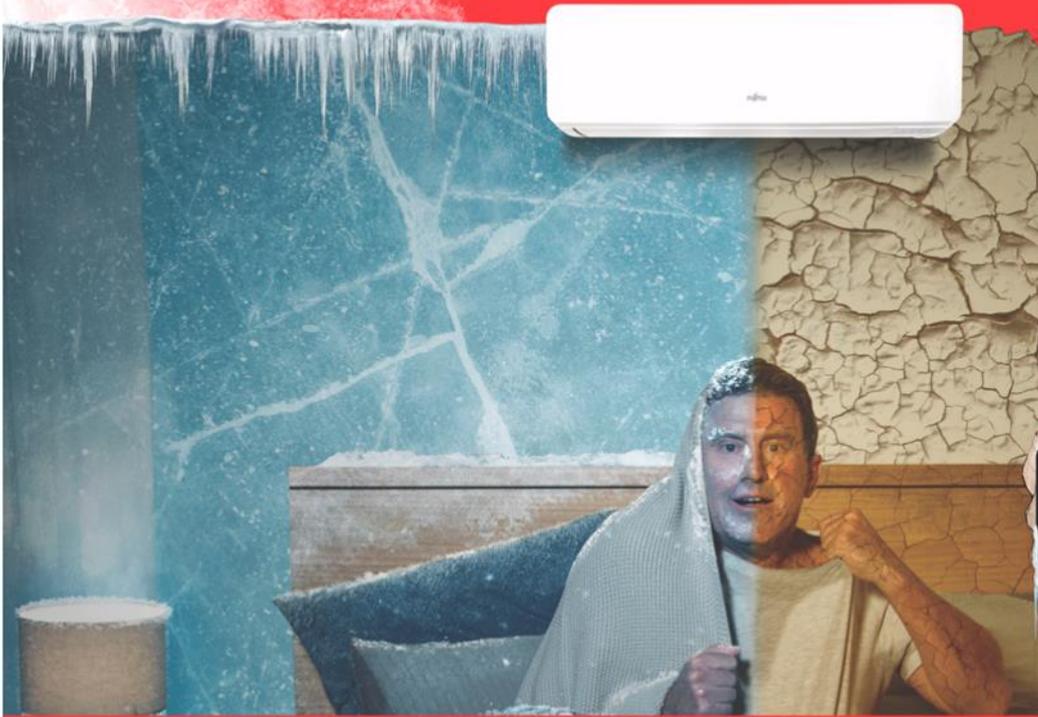
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LVI Thermostats is synonymous with comfort and the heaters emit a soft, radiant heat and are quiet to run, have low energy consumption and embrace low allergy technology with no dust emissions and no dust burned. They are completed by an electronic thermostat for simple temperature control. The low temperature surface makes them ideal for homes with children. The ease of installation is an added bonus and a win for the hip pocket.

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# Home Heating Feature

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# Home Heating Feature

## Before buying a heater

Make your home as thermally efficient as you can, to keep the heat inside during winter. Eliminate draughts. Make sure windows and doors are well sealed. Use draught excluders and door snakes if needed and close off any rooms you don't need to heat. But remember that if you're using a portable gas heater, you need some ventilation. Insulate the ceiling. Ideally, walls and floors should also be insulated. Rugs can provide some useful insulation on a hard floor. Curtains and blinds will help keep the warmth from escaping through glass windows and doors.

## Plan ahead

Before the winter chill hits, think about what sort of heating you're going to need. If you know you're going to need a new electric or gas heater, try to beat the rush and buy one ahead of winter. Clean your reverse-cycle air conditioner's filters to keep it running effectively, and consider whether it needs a service. If you're looking at having a new air conditioner or flued gas heater installed, get this done well ahead of the peak cold season; as installers will get busy.

## The right sized heater

Ensure you get the right size of heater for the space you're looking to heat. Room heating calculators can be found online; try searching for room heater size. There are several factors to consider when choosing your heater's capacity: the climate you live in, the floor area and ceiling height of the room, how much natural sunlight it receives, whether the room is carpeted, whether adjacent rooms or floors above and below are heated, and of course the amount of other insulation. As a general guide: a well-insulated room of 20 square metres will probably need a 2000W electric heater or a gas heater with 6-8MJ input.

## How to keep it cheap

Only use the heater when you really need to. That sounds obvious, but it's easy to get into the habit of routinely switching the heater on, when maybe just putting on a jumper is a better option. Don't heat rooms to tropical temperatures; for example, try 20 degrees instead of 23 degrees. Each degree less will save about 10% on your energy use.

## Only heat the rooms you're actually using

Hot air rises to the ceiling, so if you have a ceiling fan with a reverse-direction option, consider using it at a low speed to help circulate the hot air more evenly through the room without creating a downward breeze.

## Wood-burning stoves and fireplaces

Wood fires can give a cosy look and feel to a room on a cold night. Modern slow-combustion wood-burning stoves can be quite efficient too.

Firewood should be well seasoned (left to dry for at least two summers) so you don't waste energy evaporating water by burning green wood. Hardwood contains more energy than softwood, and burns longer and more steadily. But it's also harder to light.

## Ducted reverse-cycle air conditioning

Ducted air conditioners consist of a compressor (which can be installed outside or in the ceiling space, for example) and ducted outlets in the rooms you want to heat or cool. A good system can be very efficient. Consider it if you're building or renovating a house.

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## SHOOTING BETTER LANDSCAPES/SEASCAPES Phillip Island Camera Club "Making Photography Fun"

**Landscape/Seascape Composition Tips** - The arrangement of elements in your scene is critical to shooting a successful image. Following are some of the key aesthetic elements to consider when composing your image.

### Foreground Interest

A point of interest in the foreground gives the shot a sense of scale. You can use branches of a tree to frame your shot or other features.

### The Background

In a Landscape/Seascape the background is most important. Think about what you want to include and exclude.

A boat on the ocean – consider the horizon and the placement of the boat in the scene. Move up, down, left and right to see how it effects the composition.

### Rule of Thirds

Gets thrown around all the time – probably because it works most of the time. By dividing the image with two vertical and two horizontal lines equally spaced, place the key element/s on an intersecting point. Most DSLR cameras can display the grid on the screen. Placing the horizon on either horizontal line will help keep the horizon straight.

### Leading Linespoint

You need some dynamic flow through the image and a clear

vanishing point is a great help to the eye moving through or around the image, such as a road, jetty, creek or ridge.

### Find Symmetry

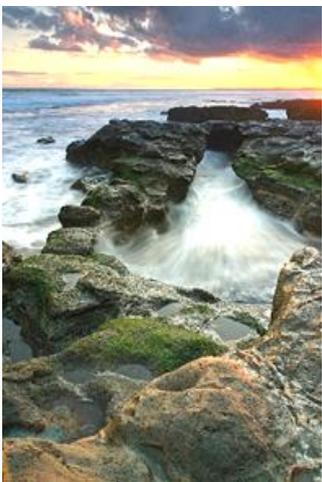
Symmetrical elements within a composition can really fascinate a viewer. This usually means other compositional rules are abandoned, like "Rule of Thirds", but it lends itself to abstract shapes. It is usually seen in images with strong reflections in water.

### Vertical, Horizontal or Square?

Facebook and Instagram use mainly square format but it's hard to do a good one. Most things we view are widescreen. If you are just starting out a 16:9 widescreen format will be easier as it is similar to what we take in with our eyes.

### Go Vertical

Vertical Landscapes/Seascapes are unusual but if you have a strong foreground point of interest, they can work well. Try turning the camera 90 degrees! It is more important to have a foreground point of interest in a vertical image than a horizontal one.



*Left: Incoming by Sue MacLauchlin using Vertical Format with foreground point of interest.  
Above: Deep in Denali by Joanne Linton using leading lines.*



*Above: Evening Perfection by Rhonda Buitenhuis using the Golden Hour, "Rule of Thirds", Reflections and foreground point of interest.*

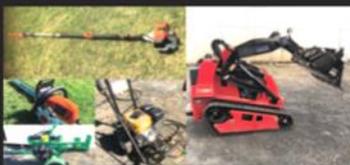
If you found this article of interest and would like to find out more go to [www.phillipislandcameraclub.com.au/contact/](http://www.phillipislandcameraclub.com.au/contact/)

Or for more information on Phillip Island Camera Club phone Jenny on 0408355130

*Ref: How to Shoot Great Landscapes by Andrew Fildes.*

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

### PART OF LEON'S SERIES ON UNSOLVED CELEBRITY MURDERS THE LORD LUCAN MURDER CASE

*"The only thing a gambler needs is a suitcase and a trunk....."*

*House of the Risin' Sun*

George Bingham, the sixth Earl of Lucan, dropped dead quite unexpectedly one day in January 1964. He had been a good and kindly man and he was mourned. But the sad event was a stroke of luck for at least one other man, who worshipped luck as some men worship gods. His father's death did two things for Richard John Bingham. It made him the seventh Earl of Lucan, a peer of the realm. And it gave him the money to realise his destiny, to live out his days as a high-rolling gambler.

On the face of it, no man could seem better suited for this fate. Fortune had smiled lovingly on the new Lord Lucan, known to his closest pals as Lucky. For anyone who chose to romanticise the British aristocracy, there could be no figure more ideal than Lucky Lucan. He was dashing handsome, four inches more than six feet tall, a dedicated sportsman with a fastidious sense of proper manners- of Doing the Right Thing. In short, the seventh Earl of Lucan was a superb example of what used to be called good breeding. He was in fact a beautiful example of a lot of things that used to be; a man from yesterday, a genuine endangered species.

As things would turn out, he was more endangered than anyone could have known. Because one day Fortune would end her loving gaze on Lucky and look another way, and on that day he would disappear into thin air never to be seen, or in any event recognisable as Lord Lucan.

At 9.45pm on the night of 7th November 1974, a distressed and bloodstained woman burst into the bar of The Plumber's Arms, Lower Belgrave Street, crying out "Help me, help me. I've just escaped from being murdered. He's in the house. He's murdered the Nanny!" She was the Countess of Lucan, who had fled from her home, leaving behind her three children. She was obviously the victim of a serious assault, and the police and an ambulance were called to the scene.

The police officers who arrived to investigate found a substantial house with a ground floor, a basement and four upper floors. Forcing open the front door, they searched the premises, and found the children in their bedrooms, unharmed. The door to the basement was open. There was no light in the hall, so they fetched a flashlight. They descended the stairs to the breakfast room and found the walls splashed with blood, a pool of blood on the floor, with some male footprints in it, and, near the door connecting the breakfast room to the kitchen, a bloodstained sack. The top of the sack was folded over but not fastened. Inside was the corpse of Sandra Rivett, the children's nanny. She had been battered to death with a blunt instrument. In the hallway was a length of lead piping, covered in surgical tape, very bent, out of shape and heavily bloodstained. The back door was unlocked.

When Lady Lucan was able to make a statement to the police she named her husband as her attacker and the murderer of Sandra Rivett.

Of Lord Lucan, there was no sign.

Lucan's upbringing had been typical of an Englishman whose flawless pedigree reached back into Anglo- Saxon times. He had

attended Eton and served in the Coldstream Guards. He had raced speedboats and ridden on the Army's bobsled team in international competitions. Upon his father's death, he took his place in the House of Lords. His political views were just to the right of Genghis Khan's. He had worked, but with not too much diligence, as a merchant banker until he came into his inheritance. But he was much better at gaming than at working, and as soon as he could afford it he devoted himself to gaming full time.

On November 28, 1963, Lucky took a wife. The former Veronica Duncan was elevated through the marriage from a solidly middle class life. Her father had been an Army Major, and her step-father a hotel manager. Veronica and Lucky had met at a golf tournament and married after an engagement of only one month. Veronica had a pretty face, a keen intelligence, a sharp wit, and – according to Lucan's friends- an equally sharp tongue. She stood a full head and shoulders beneath her husband and weighed less than a hundred pounds. She looked sensitive and frail. She reportedly had suffered from mental disorders as early as age eight.

Things seemed fine between the spouses in the beginning and they produced three children, two girls and a boy. But as time wore on it became painfully clear that little besides the children was holding the marriage together. Veronica had dreamed of the grand life of an aristocrat, with dazzling dinner parties and weekends in great country houses. Instead she found herself increasingly isolated, with a husband who spent his days and nights in gambling clubs. She was not a popular figure with Lucan's thoroughly patrician friends.

Lucan's gambling luck ran out. By the early 1970's he had squandered most of his liquid assets and had been reduced to the role of a house player. His shaky marriage shook apart at the same time. He moved out of the marital home and claimed, perhaps with some justice, that his wife was batty and according to friends he was "obsessed" with the idea of getting the children away from his wife. Lucan tried several times to have his wife committed to psychiatric hospitals. He nearly succeeded. On one occasion she got as far as the hospital door before making a run for it.

A witness at the inquest, Susan Maxwell-Scott, testified about her visit from Lucan on 7th November. She stated that Lucan had told her he had interrupted a fight between his wife and a man in the basement, and slipped in some blood. Lady Lucan had been hysterical and had told him the nanny was dead, and accused Lucan of hiring someone to kill her.

The inquest jury was out for only 31 minutes and their verdict was "Murder by Lord Lucan". It was the last time that an inquest jury exercised its right to name a murderer. As a direct result of this case, the right was abolished by the Criminal Law Act of 1977.

The starting point in looking at any case where there are conflicting stories is to look at the hard evidence and see which of the stories it supports. So let us albeit very briefly compare the accounts of the physical attacks as told by Lord Lucan and his wife. Sadly there is not sufficient space for a fuller analyses in the Vibe- maybe another time. In short summary however Lucan stated that on the night of the murder he was passing the house of his wife and children and saw through the basement window his wife struggling with an assailant. He entered the house using his key and rushed down to the basement where he slipped in some blood on the floor. The unknown assailant ran off.

Lady Lucan's account is that after Sandra Rivett, the nanny, went downstairs to the basement kitchen to make tea she became concerned about the long absence and went to the head of the stairs

**Continued on page 25**

## NATURE PARKS HELPING TO SAVE ENDANGERED SPECIES

As the world recognised Endangered Species Day on Friday 21 May, Phillip Island Nature Parks were proud to play their role in assisting to bring species back from the brink of extinction.

Eastern barred bandicoots (EBBs) are one of Australia's most endangered mammals and in 2015, a small population of about 20 captive-bred EBBs was released onto fox-free and feral cat-free Churchill Island – just off the coast of Phillip Island.

In 2017, with the declaration that Phillip Island was also now fox-free, a second population of 67 individuals was released onto the Summerland Peninsula.

This endangered species continues to thrive and is effectively now living as a wild population after being declared extinct in the wild across the rest of the state.

Nature Parks researchers monitor the population with the help of volunteers who have now contributed more than 3,100 hours, assisting in over 3,000 'captures and releases' across both Churchill and Phillip Islands.

"We are seeing many signs of success from this Eastern barred bandicoot program, with the population thriving, and beginning to distribute more widely across the island," said Phillip Island Nature Parks' Threatened Species Officer, Thomas Nixon.

"We have received verified sightings of EBBs in Newhaven, Cape Woolamai, Surf Beach and even near Pyramid Rock, all outside their initial release zones of Churchill Island and Summerland Peninsula, so locals can expect to see bandicoots in their neighbourhoods and backyards in the near future, which is great news for our ecosystem."

A recent study of the digging behaviour of the Eastern barred bandicoots on Churchill Island demonstrated their importance in the environment by acting as ecosystem engineers, as they turn over soil in their tiny, conical shaped digs each night, searching for food like insects and worms.

"Phillip Island Nature Parks is committed to protecting the island as an ark for endangered plants and animals through its Threatened Species Plan, and we are especially grateful for the role the community plays in helping to protect endangered species."

A good example is the breeding success of the threatened shorebirds, Hooded plovers. The community has worked together to all play a part in their ongoing survival with simple acts like putting dogs on a leash, or keeping cats indoors, making a world of difference.

A total of 11 Hooded plover chicks fledged in the 2020-21 breeding season and many of these birds will go on to live on beaches across Victoria effectively making Phillip Island a source population for the state.

"The time to act for Endangered Species is now and I am super proud that the Nature Parks is playing a role in protecting species for future generations."

The top five ways to help Endangered Species:

1. Watch for wildlife when driving.
2. Be a responsible pet owner.
3. Recycle and buy sustainable products.
4. Plant native and make your garden and home wildlife friendly.
5. Never purchase products made from threatened or endangered species.

Phillip Island locals and visitors alike are being asked to report any bandicoot sightings (alive or dead) on the web portal at [www.penguins.org.au/bandicoots](http://www.penguins.org.au/bandicoots), helping researchers to monitor and care for this endangered species.



*Hooded Plover chick*



*Bandicoot with collar*

### Hear ye hear ye! Phillip Island Senior Citizens Club is reopening!

The Phillip Island Senior Citizens Club is reopening for monthly lunches with our first lunch being on Friday 11th June 2021 at 12pm. Bookings are a must and can be booked by either leaving a message with your name and phone number on our new phone number 59002921 or by calling our secretary Liza on 0431867058 who is very happy to take your call.

Our first roast back in a succulent lamb roast with roast veggies with accompanying mint sauce and gravy. Plus a highly appealing soup for entrepreneurs and a scrumptious dessert to end the meal. And all this for only \$15! Bargain. Not to mention our great raffle prizes. We've been working with local businesses and getting some great vouchers from fabulous eateries and others etc.

We are treading lightly for now until the end of the year by having a lunch only once a month only. Next year this might change.

We've also made a few changes to the foyer and inside the hall too. We are making our club distinctive to where we are, Phillip Island. Come along and check out what we've done. You won't be disappointed.

We've even got some special guests who are very excited for our big reopening.

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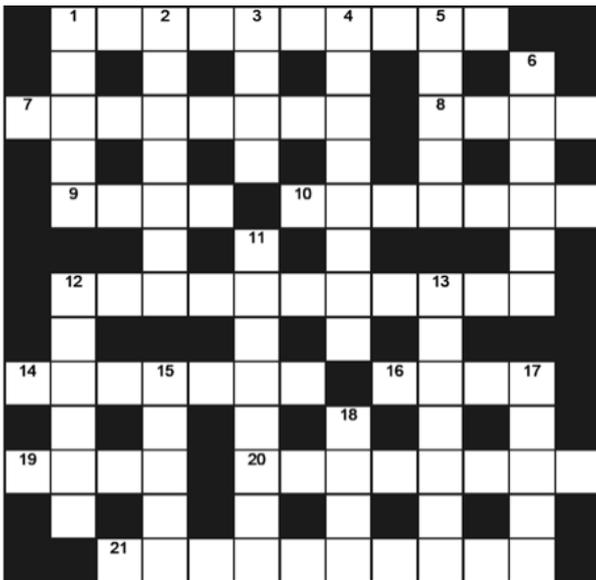




Education and Training

# Brain Food

Find all the answers & solutions to Puzzles  
& Quiz on page 30 (No peeking!)



## Vibe Quick Crossword

### Across

- 1 Technical diagrams (10)  
7 Continuously attacks (8)  
8 Onion like vegetable (4)  
9 Consumes (4)  
10 Waste reservoir (7)  
12 Vengeance (11)  
14 Pasta dish (7)  
16 National business register (4)  
19 Midday (4)  
20 Violently disfigure(8)  
21 Milky dessert (10)

### Down

- 1 Range (5)  
2 Living environment (7)  
3 Extra (4)  
4 Cultivated (8)  
5 Soothes (5)  
6 Benevolent (6)  
11 Spice (8)  
12 Logic (6)  
13 Pancreatic hormone (7)  
15 Declare invalid (5)  
17 Sweetie pie (5)  
18 Unit of matter (4)

## TRIVIA QUIZ



1. What poison often features in stories by Agatha Christie? 2. "Midnight, not a sound from the pavement..." begins a song from which musical? 3. The Sphinx has the body of a what? 4. What type of animal is the African puki? 5. Which soft, metallic element has the symbol TI? 6. Which band asked "Do You Really Want to Hurt Me?" in 1982? 7. What is the longest common word starting and ending with the letter w? 8. Arch, whorl and loops are all parts of what? 9. What is the only fruit to have seeds on the outside? 10. Which AFL club did Anthony Koutoufides play for? 11. Spinach is high in which mineral? 12. In the film Babe, what type of animal was Babe?

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

### Vibe Sudoku

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

### Whodunnit ...Continued from page 22

down to the basement and called her name. She was attacked by someone wielding a blunt instrument, and grappled with her attacker. She screamed and her attacker told her to shut up. She recognised the voice as her husband's. He forced his gloved fingers down her throat and she fought back, squeezing his testicles. At this he drew back and the attack ended.

Now let us compare the two accounts. There are two very important differences. In Lucan's account, Lady Lucan was attacked in the basement, and in hers, she did not enter the basement at all, but was attacked at the head of the stairs. Secondly, although it is clear that both Lucan and his wife knew that the nanny had been killed, Lucan said that his wife told him and she said that he told her.

However the evidence against Lucan remains all but overwhelming and the version of the events he offered cannot be supported by the facts. The discrepancies in forensics and timing suggest he may have had an accomplice who killed Sandra Rivett. It is much easier to believe a hit man could have mistaken the nanny for Lady Lucan than that her husband could have done so. Following this line of thought, Lucan could have arrived at the house a few minutes after the killing and found his wife still alive and himself the victim of incredible bad luck. Some criminologists make strong cases for the more complicated scenario, that Lord Lucan hired a man to kill his wife, the hitman killed Sandra, then Lord Lucan, arriving to clear up and dispose of the body, discovered the mistake and attacked his wife. Whatever happened- it certainly appears that Lucky Lucan gambled all he had that fateful Thursday night in London, and he lost.

In 1999, the British High Court issues a certificate declaring Lord Lucan dead for purposes of probate. Speculation on his whereabouts if he remains alive continues. His children, educated on the proceeds of the family silver, seem remarkably well adjusted and successful given their experiences in early life.

*Well readers of the Vibe? Is Lucky out there wandering somewhere or everywhere to avoid detection or living the life, and is he at peace with himself, or is there another person who is the real culprit who remains free and left to get on with his own life?*

## PHILLIP ISLAND AND DISTRICT HISTORICAL SOCIETY

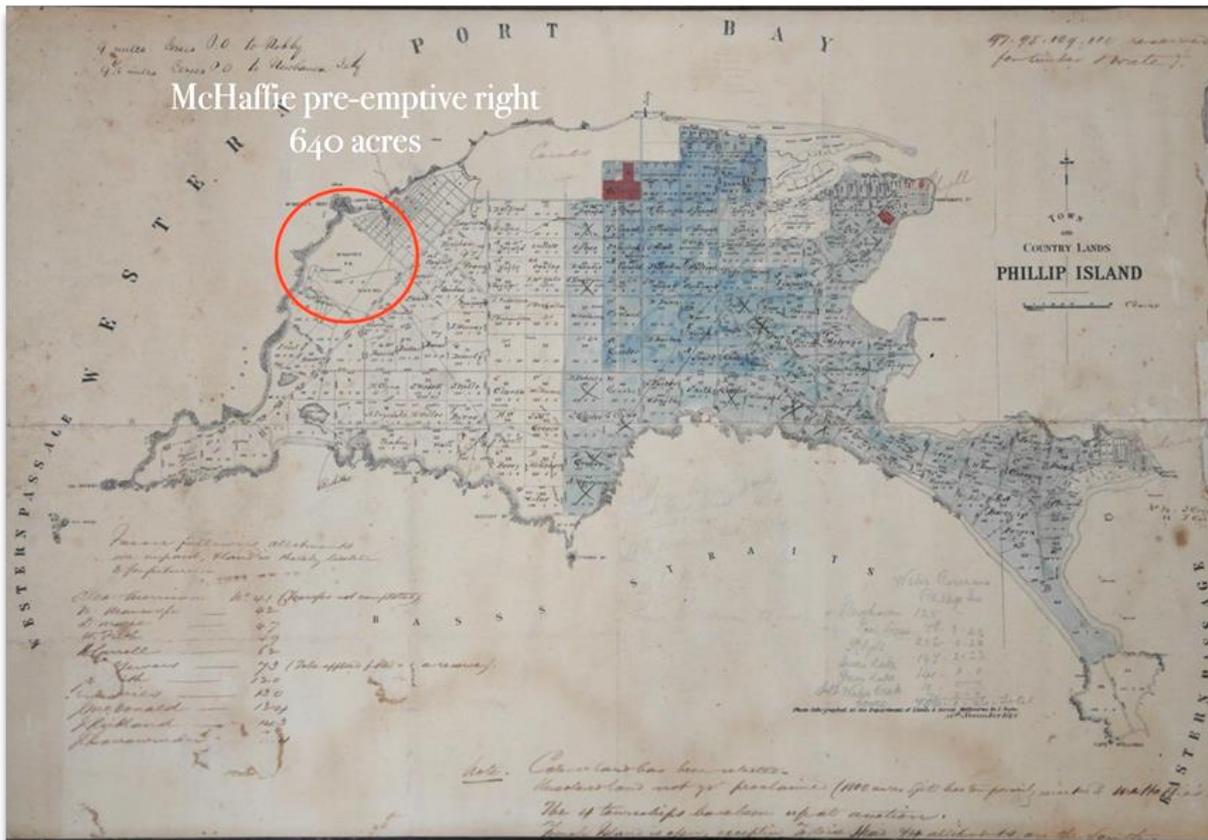
## THE HISTORICAL SOCIETY MOVES HOUSE BY PAMELA ROTHFIELD

The Phillip Island and District Historical Society and Museum is moving house. Whilst the prospect of a brand new home in the new Cowes Cultural Centre upon its completion at the end of 2022 is exciting, the here and now of sorting, packing, boxing up, letting go and discarding is something the Society's committee faces now.

Psychologists say that moving house has been ranked as one of the top five most stressful life events – and when one considers that the Society has been in its present location for almost forty years – it doesn't take much imagination to work out the extent of the work being undertaken.

Our collection, which has been accumulating since the Historical Society's founding in 1967, gave rise to the establishment of the Museum in December 1982. Apart from the closure caused by the COVID pandemic in 2020, the Museum has been open to the public on regular days and also by appointment, continuously since its opening almost forty years ago.

During the sorting process, which involves combing through thousands of items, a number of wonderful artifacts are being 're-discovered' in the museum's archives.



One such item is the map of Phillip Island which has the handwritten names of those who purchased parcels of land in the first land sales on the Island which took place on 2nd November 1868. A description of the day's event was detailed in *The Argus* on 3rd November 1868, the following day: "The whole of the proceedings passed off very quietly, and the manner in which the selections were conducted appeared to give great

Phillip Island and District



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Phillip Island & District Historical Society

satisfaction. Mr. Murray, of the firm of Greig and Murray, who at first was not allowed to select, in consequence of the large quantity of purchased land already held by him, was subsequently allowed to take up an allotment which was left after all the other applicants have been satisfied. Although it is to be regretted, for more reasons than one, that the island is not to be retained as national property, there is this much to be said, - nearly the whole of the land selected yesterday has undoubtedly fallen into the hands of persons who intend to settle upon and cultivate it. Nearly the whole of the applicants were farmers, farm labourers, and hard-working men, or persons desirous of obtaining perhaps one of the best sites in the whole colony for a seaside residence. In a short time, it is rumoured that the rest of the island, with the exception of some reserves, will

Continued on page 27

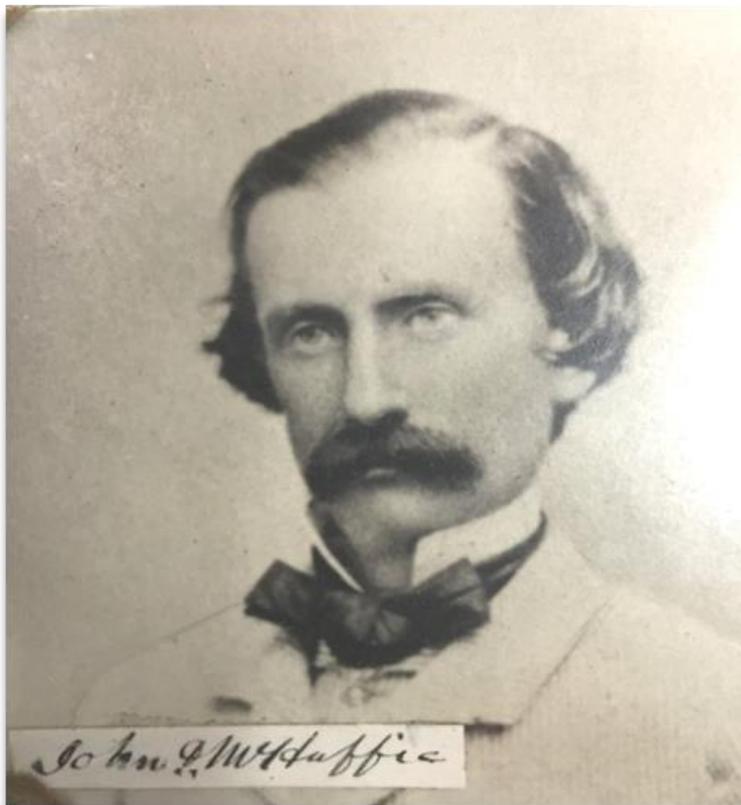
**Continued from page 26**

be sold by auction, and that the township allotments near the mussel rocks [later named Cowes] will also be disposed of in the same manner."

Up until the land sales on 2nd November 1868, the Island was held under leasehold by the McHaffie brothers, John and William. The brothers arrived in Australia in about 1840 and within two years took possession of Phillip Island as pastoral tenants of the Crown under an annual License. The McHaffie brothers' lease covered the whole of the Island, an area stated to be 26 square miles (some 16,640 acres), for which they paid £ 1 per square mile annually. William's name remained on the lease despite leaving the Island in the late 1850s and returning to Scotland. In 1861, when an astute person discovered that Phillip Island was actually 32 square miles in area (not 26 square miles as shown on the McHaffies' lease) he tried to secure the 'available' land of six square miles from the Government. John McHaffie hastily had the lease retroactively expanded to cover the total 32 square mile and repaid the back rent for the extra area.

John McHaffie, supported by powerful friends in Government, fought to retain the leasehold for many years, but by 1868, the die was cast.

John McHaffie and his wife Georgianna, faced the prospect of their leasehold of 20,000 acres (8,000ha) reduced to a mere 640 acres under squatter's pre-emptive rights. This reduced land proved insufficient for John McHaffie to run his cattle and the following year, 1869, he bought a run at Yanakie on the Wilson



*John David McHaffie- courtesy PIDHS*

Promontory isthmus. Despite divesting themselves of all their land interests on Phillip island by the 1880s, John and Georgianna McHaffie have an enduring connection to the Island and are remembered for their important contribution to its early development in the colonial period.

Returning back to 2021 and our packing up process, I find we are guilty of being continually side-tracked, delving into the irresistible stories of those gone before us and rekindling the lives and memories of our Island's past – including that of John and Georgianna McHaffie. I wonder and look forward to whatever will turn up tomorrow and where will it lead us.



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# COMMUNITY NOTICEBOARD

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

**Red Cross, Phillip Island Branch** meets every 2nd Thurs of month, 1.30pm, Uniting Church Hall, Chapel Street, Cowes. New Members welcome. Contact Ron Hateley 59522549 or Averil Roberts 59522602.

**Phillip Island Lions Club** - Steptoese Emporium - Outdoor Trash and Treasure market every Sat and Sun 9.30 - 12.30pm. Dunsmore Rd, Cowes. (Next to Transfer station.) Ph. 59002896 or email - [lionsclubphillipisland@gmail.com](mailto:lionsclubphillipisland@gmail.com)

**Phillip Island Bicycle User Group** Every Wed 10am starting at Amaze'n Things car park. Very social, speed is the slowest rider. Contact Ruth Scott 0409 946696.

**Phillip Island Bridge Club** duplicate games Mon & Wed 12.15pm for 12.30pm start. Located at back of Newhaven Hall. Visitors welcome. For partner or lesson info contact 0400 815353.

**Phillip Island Girl Guides** Multi age groups from 5 years, Tuesdays 5-6.30/7pm. More info contact Lisa Toro [lisa\\_olivia\\_nathan@hotmail.com](mailto:lisa_olivia_nathan@hotmail.com)

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

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

**The Probus Club of San Remo** 2nd Mon of each month 10am at the Newhaven Hall, 23 Cleeland Street, Newhaven. New members most welcome. For more info: Dianne Glanz 0417 610 611 or [probusanremo@gmail.com](mailto:probusanremo@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](mailto:gl.phillipisland@scoutsvictoria.com.au)

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

**IAA Island Astronomy Association Inc.** Our Club meets on the second Monday night of each month at 7.15 start. New members are very welcome. To find out more details please contact Eden White [edendwhite74@gmail.com](mailto:edendwhite74@gmail.com)

**Lions Club of San Remo & Newhaven** 2nd & 4th Tues of month St Augustine's Church, Phillip Island Rd, San Remo, 6.30pm. Contact Secretary Andrew Page 0410 785081, 56780162 or [sanremo.newhavenlions@gmail.com](mailto:sanremo.newhavenlions@gmail.com)

**Men's Shed** meets at the rear of the RSL every Tues & Thurs mornings 9.30am-noon. Anyone most welcome to join us. Contact Terry Heffernan 0438 808428 or 59526955.

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

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

**The National Vietnam Veterans Museum** needs volunteers to work in the front of house sales area, particularly on weekends. Contact Julie on 5956 6400 if you are interested in joining our fantastic team.

**Phillip Island RSL Day Club** every Monday, ANZAC Room, RSL, 10am-2pm. Games, craft, exercises, guest speakers and outings. Transport can be arranged if necessary. Ph: PIRSL Reception on 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 Mon of month, Heritage Centre meeting room, 1:30-4 pm. Contact Susan Brereton on 0408 136 717 or [phillipislandcameraclub@gmail.com](mailto:phillipislandcameraclub@gmail.com)

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

**Phillip Island Swim Club** must be competent in 3 out of 4 strokes and looking to extend skills with qualified coaches. [Swimclub@waterfront.net.au](mailto:Swimclub@waterfront.net.au)

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

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

**Cape Woolamai Coast Action** is a volunteer group who meet on the second Saturday Monthly from February to November. We undertake general 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](mailto:capewoolamaica@gmail.com)

**Phillip Island-San Remo-Bass Coast Vegan Community** Sharing and promoting what's vegan & plant based. Everyone welcome. [phillipislandbasscoastvegans@gmail.com](mailto:phillipislandbasscoastvegans@gmail.com)

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

**Phillip Island Day View Club** proudly supporting The Smith Family. Feb-Dec - 4th Monday of the month at 11am, Phillip Island Golf Club, Cowes. Bookings essential. New members welcome. For information contact Irene 59523447.

**Phillip Island & District Historical Society.** Cowes Heritage Centre, contact Secretary Christine Grayden 0400 900612. Check out our History on pidhs.org.au.

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

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

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

**San Remo Bowls Club** Summer. Every Wednesday 12.30pm for 1pm start. Stick draw. New bowlers and visitors most welcome. 1a Wynne Road, San Remo, next to Recreation Centre. Ph 56785558.

**Phillip Island Patchworkers** Meet Newhaven Hall Monday 7.30pm; Info Centre Newhaven, 10.30am 1st Tues of month; Cowes Cultural Centre 10.30am last Tuesday of month; Wonthaggi Cricket Reserve 10.00am 1 & 3 Friday of month; Corinella Crafties 10.30am 2nd & 4th Wed of month. Contact Lyn Duguid 0427 593 936

**Newhaven Indoor Bowling Club** meets every Tues at 12.30-3.45pm in airconditioned Newhaven Hall, Cleeland Av, Newhaven. \$5 includes afternoon tea. New members welcome. Age group 60-90 years. Call Dagmar 59566965.

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

**Phillip Island University of the Third Age (U3A)** provides learning and social activities such as choir, creative writing, stagecraft, Spanish, canasta and many more. For retirees and semi-retirees. Most activities are ran at 56-58 Church Street, Cowes. For further info call 5952 1131 or 5952 6461.

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

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

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

**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 & San Remo** "Fundraising for our community". New members welcome. Phone Keith Gregory 0439 020996.

**MS Community Visitors Scheme** in San Remo requires volunteers to visit residents in aged care who are socially isolated. Visits are fortnightly and may include taking residents on outings. Phone 98452729 or email volunteer@ms.org.au

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

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

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

**First Friday Philosophy Lunch** We meet once a month over lunch at the Wild Food Farm, on the Rhyll Newhaven Road at Rhyll. We discuss some of the big questions about life, the universe and everything. Newcomers are very welcome. \$35 (including a two course lunch). Bookings or enquiries to John Buttrose: jbuttrose54@gmail.com

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

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

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

**Phillip Island Health Hub Auxiliary** meets 1st Wednesday of every month at 1.30pm at the PI Health Hub in Cowes. We fundraise to purchase much needed equipment for specialists and medical staff offering services at the Health Hub. New members very welcome. For more info – Wendy 0417 245 692.

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

**Phillip Island Community Art & Craft Gallery** Contact Secretary Aleta Groves 0419 525 609 or email-info@phillipislandgallery.com.au

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

## PICAL Using Anglican Church Kitchen

The Parish of Bass-Phillip Island Kitchen is used every Wednesday by Phillip Island Community and Learning Centre to prepare meals for the casserole bank. The volunteers make between 180-200 meals each week, which provide emergency food relief to the neediest of our community.

Coordinator of the PICAL Pantry, Steph Thorborrow, was busy with her team of cooks and bottle washers on Friday 26 March. They were baking cakes and making all manner of pickles and preserves for a special stall at the Market on Chapel. This impressive effort is to help raise funds to support the important work of PICAL.

For our part the Parish of Bass-Phillip Island support the work of PICAL through the provision of our excellent commercial kitchen facilities. This forms part of our mission to the local community as we do not ask for rental for the use of the kitchen.



## PUZZLE SOLUTIONS

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

## ANSWERS TO TRIVA QUESTIONS

1. Cyanide
2. Cats
3. Lion
4. Antelope
5. Thallium
6. Culture Club
7. Wheelbarrow
8. Fingerprints
9. Strawberries
10. Carlton
11. Iron
12. A pig

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

# PHILLIP ISLAND & BASS COAST WHALE DISCOVERY TRAIL



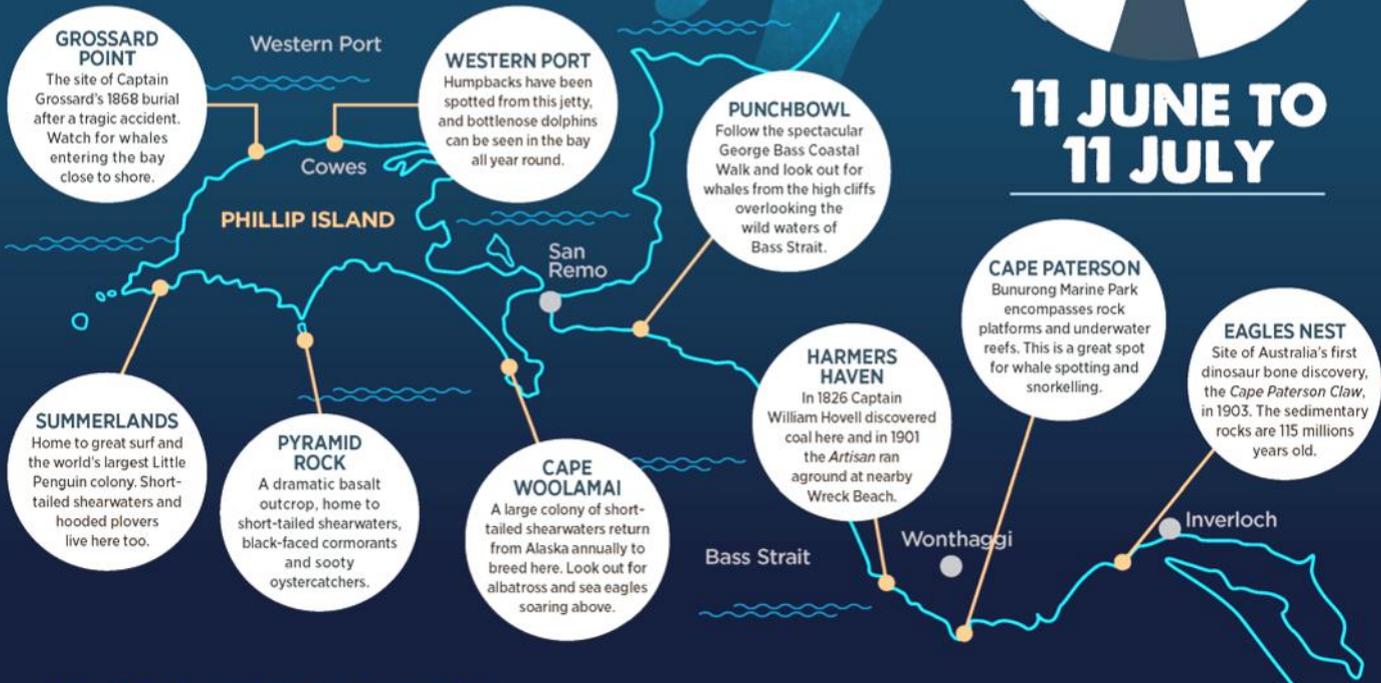
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