

# PHILLIP ISLAND VIBE

Free

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JUNE 2022



Welcome to winter and the wonderful whale season. The Island Whale Festival will be held from July 1st to 3rd. Keep an eye out for all the great activities. If you're in the market for home heating of any sort, check out our annual home heating feature on pages 13 to 17 for some great information and ideas. Happy reading.

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## Healthy and Healing with Pip

### Saying Yes and then saying NO!

Did you know that you are allowed to change your mind?

Yes. It's true. We have been told "You make your bed, you've gotta lie in it!" and "You get what you get, and you don't complain!"

Well it turns out ... that's a whole lotta B.S!!

Yep! I have been struggling with a decision that mentally seemed like the right way to go. I thought I wanted to scale up one of my services. But the whole time I was doing the course and creating my new scaled-up service I was feeling ... not quite right. Do you know that feeling? That ... "I'm not sure I can put my finger on it but something is not right, (Madeline)"

\*If you've read the Madeline books you will understand that. Grin. Anyway, the point is, I was "pushing through" and "trying to stay positive" and making excuses for the things that weren't resonating with me. There were some red flags that I didn't fully address.

The filming module was very messy, and I had 3 or 4 issues that came up.

I pushed through. The content from the mentor was very comprehensive ... months of work to do. But it was supposed to be an 8-week course and then I could launch my new service ... right? I pushed through. The delivery of the course was delayed ... ah well life happens.

I pushed through. But still, always in the back of my mind, in the pit of my stomach, in my heart, I didn't feel like it was working. And then I had a conversation with a trusted friend and coach. And she said "I can see you're pissed off and getting anxious. Maybe it's time to stop this course and do something else. It's taking up so much of your energy. You haven't had time to write blogs, do marketing, or put yourself out on social media properly for a few months."

And she was right. I knew all this. I teach people to be aware of these signs. I was ignoring my intuition. I was overriding my feelings because I thought I "should" finish the course. But it was not what I actually wanted to do. So, I withdrew from the course and stopped. And at the time I felt lighter and calmer. However, then next day I was feeling guilt and disappointment which is perfectly understandable. And so, I took my own medicine. I used my own coaching tools to work on being kind to myself, writing about it, doing tapping, affirmations, and meditation. It's safe for me to say yes and then say no. It's safe for me to change my mind. It's safe for me to speak my truth. It's safe for me to say what I want. It was an important action to take to honour my true feelings. I am not responsible for anyone else's reactions.

The truth is that I was excited to start the course in November 2021. It seemed like the answer to my concerns at the time. And now things have changed.

So, I encourage you to think about where you are not changing your mind, because you think you can't. Where are you "pushing through"?

Where are you struggling to finish and knowing that it's time to stop?

It's important for me to be transparent with you because that's how we trust each other. I can't be a good coach if I'm not willing to share the challenges too.

Please feel free to share your thoughts with me ... I'd love to hear what's coming up for you.

Blessings, Pip

And if you'd like to book a chat go to my calendar and book here:  
<https://pipcoleman.simplybook.me#book/service/1>

Pip Coleman

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

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## PHILLIP ISLAND AND DISTRICT HISTORICAL SOCIETY

Kitty Miller Bay is a hidden gem on the south coast of Phillip Island, probably most well known for being the location of the 1906 shipwreck of the magnificent 3,000-ton sailing ship the Speke – one of the largest three masted full-rigged vessels afloat.

Offering beautiful views of the breathtaking coastline, it is a well-known haunt for local surfers of varying abilities.



But who was Kitty Miller? Kitty Miller was the name of Scottish born Catherine (Kitty) Miller, born in 1853, eldest daughter of Robert Commodore Miller and Flora McInnes.

The family arrived in Melbourne in July 1860 on a 140-day voyage on the ship, 'Merlin' when Kitty was only seven years old. They lived in Melbourne where Robert practiced his profession of a coachbuilder.

After 8 years in Melbourne, Robert entered his name in the ballot for land selection on Phillip Island on 2 November 1868. Robert's was the 22nd name to be drawn out of the ballot and he selected Lot 21 comprising 124 acres (50 ha) on the south side of the Island. A short time later his daughter, Kitty, at the age of 18, selected 43 acres (17 ha), of coastal land on the western side of a nearly circular bay, not far from her fathers' land. The bay became known as Kitty Miller Bay and the road leading to it from the north, is called Kitty Millers Bay Road.

Kitty is recognised as one of the pioneering women of Phillip Island,

despite not living permanently on the Island for more than a few years. But Kitty was a rarity – in the early 1870s at a time when women were seen and not heard, Kitty purchased the land in her own right and in her own name. She lived on Phillip Island from teenage years and according to family information worked as a schoolteacher as she grew older.



*Kitty Miller with her husband James Walker and children.*

In December 1871 Kitty married James Walker, a butcher, after which she left the Island and lived in Melbourne.

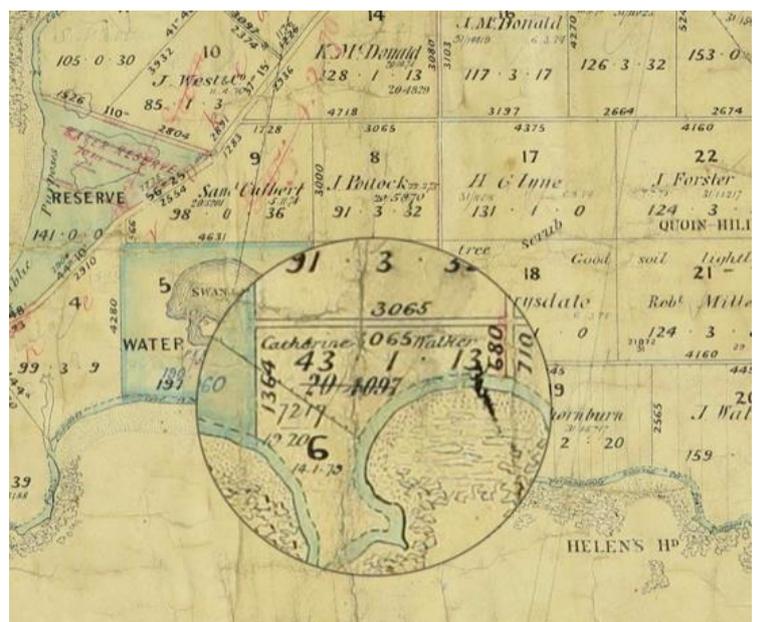
After her marriage, she visited the Island often and brought her young family to holiday with her sisters Isabella and Daisy, and their families.

Like many of the early settlers who came first to Phillip Island, the Miller family found conditions very hard on the Island, which was hit by caterpillar plagues and years of drought, making even sustenance farming difficult. Kitty's father, Robert consequently left the Island by about 1875 but returned in his later years.

In 1885 Kitty's husband died suddenly from pneumonia at the age of only 35, and she was left with five young children, the youngest only 6 months old. At that time, she worked as the Assistant Registrar of Births, Deaths & Marriages in West Melbourne. She was the informant who reported her husband James' death and also signed his death certificate as the Assistant Registrar completing all the necessary documentation, which must have taken great strength in a time of stress.

In 1912 her father, Robert, died from senile decay at the age of 90 at his daughter Isabella's residence, which was located in the grounds of Glen Isle House in Cowes.

Kitty died in Footscray in 1917 and is buried in the Melbourne General Cemetery with her husband James and other family members.



Phillip Island and District



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Winter in Phillip Island is synonymous with whale-watching and pumping surf. But with months of colder weather and shorter days, for some it can be a bit of a challenge. In last month's edition of Phillip Island Vibe we at La Onda Phillip Island shared the first of our series of tips on how to not just survive, but thrive through the winter months. This included functional breathing, meditation and cold-water immersion. This month we're back with a couple more reminders for how to get the most out of the upcoming winter months.

Move your body - it's not going to surprise anyone to read that exercising and moving your body is good for you. Not only is it good for your physical health, improving your fitness, reducing the risk of various diseases, it can also benefit your mental health. Consider this a gentle reminder to keep moving your body through these upcoming winter months. Movement can take many forms, and there's all kinds of advice about what exactly you should be doing, but whatever movement you enjoy doing is arguably what's best for you. Ideally you should be doing something every day, and each week you should aim to achieve a total of 150+ minutes of moderate intensity physical activity (equivalent to a brisk walk) or 75-150 minutes of vigorous intensity physical activity (running or competitive team sports). A walk around the Cape to spot some whales can put a big dent in that weekly total.

1. It is advised to include strength building activities, like lifting weights or bodyweight exercises, a couple of times a week. Struggling for motivation in the colder weather? Why not join a group class activity such as Boxing or Yoga.
2. Recharge your batteries - Probably the most important element of thriving is about working out how to effectively recharge your batteries. Sleep is the body's main answer to repairing and regenerating the body and mind from the tolls of daily life. For some, however, sleep can be elusive. Whether it be a racing mind, parenting, sleep apnoea, too much on the agenda, or too many coffees throughout the day, a range of factors can affect how much, and how effectively we sleep.

Feel like you're not getting enough sleep? Why not try some deep relaxation. Non sleep deep rest (NSDR) is a concept coined by neuroscientist Dr Andrew Huberman, where the mind is calmed using techniques like guided Yoga nidra or self-hypnosis. The benefits of this kind of deep relaxation include improved learning, reduced day to day stress and it can even improve sleep. Dr Huberman points out that thinking can't be controlled by more thinking, but the way to control the mind is through the body. There are a range of apps, resources and podcasts available online to guide you through a deep relaxation experience, however we also believe there's nothing like an in-person guided experience with a professional. Not sure where to start? Why not try a Yin yoga class or a Deep Relaxation workshop.

Note: Sleep apnoea is a condition where a person has issues

breathing through their sleep. It can present as snoring, stopping breathing in your sleep and finding that despite sleeping a normal amount you are exceptionally tired upon waking and throughout the day. Sleep apnoea left untreated is a serious medical condition that can increase your risk of multiple morbidities and shorten your lifespan. If you are concerned, talk to your doctor.

3. Bolster your immune system - Moving your body and recharging your batteries can go a long way to bolstering your immune system. There are also many supplements and herbs touted as 'immune boosters'. The science is mixed on a lot of them, however there is reasonable evidence supporting zinc and vitamins C & D in their ability to support staying off and shortening the duration of seasonal illnesses like the common cold. It is possible to supplement with these, but they are also abundant in a range of food. Vitamin C is abundant in a range of fruit and vegetables, especially citrus fruits (oranges), capsicums and cruciferous vegetables such as broccoli. Seeds and nuts are a great source of zinc too. The benefit of getting these through wholefoods is that you get all the added benefits of fibre and other nutrients. Most commonly associated with helping to keep our bones healthy, Vitamin D actually has a range of important roles in our body including supporting healthy immune function. It can also affect our mental health, with deficiency identified as a factor in seasonal mood disorders. There are some dietary sources of vitamin D, such as mushrooms and fortified foods, however most of our stores come from our skin being exposed to the sun. Given that this is limited in the winter months, it can be advisable to supplement through the colder months. Check with a healthcare professional what product will best suit your needs.
- About the Authors: Liam Murphy works as a Pharmacist in San Remo and is also a qualified Lifestyle Medicine Practitioner, Breathwork Instructor and High School Teacher. Abbie Sherwood has over 10 years experience working as a Yoga Teacher, including several years teaching on Phillip Island. With a history of working in Dance, Pilates and Personal Training and studies in Buddhism and Meditation, her offerings are able to fuse elements of all these practices. Together they started La Onda Phillip Island as a platform to work with local teachers, connect the community and get creative to share their skill sets.*



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## THE CASE OF THE WHISTLING KETTLE

***'Eat every meal as if it's your last; When the last one comes, you probably won't be very hungry'* Nora Ephron**

Inspector Flint of the Cowes Constabulary hated stakeouts. Here he was, stuck alone in a first-floor apartment, photographing the comings and goings at the home of a suspected hit man across the street. And it was a beautiful day outside, which just made things worse. Worse, he had promised his son to go surfing that afternoon at Woolamai and the conditions were perfect. Alas, passion for justice was written on his job resume.

Flint heard the door to his own apartment building close and glanced outside to see Dr. Weber's regular Tuesday patient leaving. 11:58, he noted on his watch. Time for the elderly psychiatrist to watch his half-hour game show 'Million Dollar Minute', and then make himself lunch. When he concentrated, Flint could hear the TV upstairs in the doctor's living room.

At 12:35, the whistle of a teakettle announced the doctor's lunch preparations. Three minutes later, the kettle was still whistling furiously. Flint abandoned his stakeout and hurried one flight up to see if anything was wrong.

When his knocking produced no response, Flint walked into the unlocked apartment. The doctor lay on the kitchen floor. A fruit knife lay in his right hand. A bloody steak knife lay imbedded in his back.

Flint did his own whistling. "Wow."

"Wow is correct, dear fellow."

The Inspector turned to find Leroy Cunningsworth, the famous part time amateur sleuth and resident of Phillip Island, standing behind him in the doorway. "This murder just happened," Flint gasped. "How do you do it? You're like a vulture, unless you came to invite me for dinner." Flint managed a wry but affectionate smile for his brilliant mate.

"Thanks awfully, another time perhaps," Leroy said and quickly checked out the crime scene. The noisy teakettle sat on a low flame. On a cutting board were an open can of tuna and a sliced apple, its flesh already turned brown. The TV was on in the background. "Someone interrupted his lunch." "That much seems clear," Flint said. "There are two other tenants in this building who stay home during the day. Let's talk to them."

Sammy Cole, on the third floor, answered the door in his underwear. "I work nights," he said with a yawn. "I got home around 11 a.m., had a little breakfast, and went to bed." Leroy looked through to Cole's kitchen and saw a half-filled carafe sitting in the automatic coffee maker. "The floors are thick," Sammy added. "I didn't hear a thing."

Glenda Gould lived across the hall from Sammy and seemed unnerved by Dr. Weber's death. "He was my psychiatrist. I told him to get better security. With all the nut cases he treats, this sort of attack was inevitable." She twisted the ring on her finger, revealing a raw patch of skin underneath. "I'll need to find another doctor."

Flint walked back down to the crime-scene apartment with Holmes. "Naturally I know who did it," Leroy said in his unique, infuriating way. "I just need to check one thing."

**Well, readers, who is Leroy's suspect?** Think hard. Some logical deduction is called for. It's a little tricky. Maybe hark back to your school days when science was one of your subjects, careful analysis a skill, and you had a keen eye for detail and the contents of the fridge. Not too much to ask for!!

**What was the vital clue?** Maybe there was more than one. Turn to page 26 for Leroy's solution and see if it matches your forensic abilities and culinary knowledge.

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## DOLLARS AND SENSE BY DAVID WELLS

### Ages and Stages of Investing – The Fifties

I have previously addressed the different phases of investing depending on our age. This time I am concentrating our investment needs and approach as we move through our fifth decade. The fifties is that stage of life where we realise just how far we're going in our career and realise that things are really finite. The decisions we've made in our earlier years have created our life position and there's not that much time left to change things before we contemplate retirement. In a 45 year working life, at age 50 we're two thirds the way through.

Fortunately the mortgage is probably gone or under control, although these days many 50 year olds have mortgages on a bigger and more valuable home. We are generally more accepting of debt at this stage of our lives than in the past. The children hopefully have left home or are at uni, so the matter of looking after them financially is past or has become optional.

We're at that stage of looking back at the financial travails of our earlier years and saying "whoopie – it's me (or us) time" and then turning round and realising that the light we're seeing at the end of the tunnel may just be the retirement train heading straight toward us. It's a fact that more than 70% of Australians of age 50 will not have enough funds in retirement to provide a comfortable lifestyle.

Just at the time we're wanting to spend on ourselves for a change, and just when we should be looking at conserving what we have built up, we need to be more aggressive in trying to grow our retirement capital. Unlike our parents we at least have our Superannuation Guarantee contributions since 1994 but these have now also been shown to be insufficient.

So we need to employ some strategies to get us further toward our goals. Bear in mind that the longer we live the longer our life expectancy. Even in the last decade, the life expectancy of people aged 65 increased to 83.7 for men and 85.8 years for women. When I started planning I was told that we only had to fund retirement to age 81!

It's harder to change habits the older we get, but unless we have a very good superannuation scheme, or have been successful business people, sold the farm or have wealthy parents and no siblings we need to increase our funding.

The first part of call is superannuation. As mentioned in the previous articles, this avenue is not as much benefit as it was, but it's still the best way. At present, we can contribute \$25,000 each year of pre-tax money to this. With no mortgage and children out of the way it should be possible to do some or all of this. If we have other assets, we're allowed to contribute another \$110,000 each year in after tax value – cash or appropriate investments. We can't access this money until we're aged 55 so if it's contributed, it's gone.

At age 55 we can start a Transition to retirement pension and there are strategies regarding this involving re-contributions. These are still positive but less so than previously as this income stream is now taxed at marginal rates.

Outside these we have to look after ourselves. We need to invest for growth, not income, and in our mid-fifties we can expect only one more investment cycle before retirement, so we can't afford to be too conservative. Whether we invest in property or shares, we need to concentrate on quality and to manage it well and consistently.

We need to generate better than average returns and to do it consistently. Over time shares have been shown to be slightly better than property but it's a case of do what we understand.

If we are not confident then we need to find a competent investment adviser who will work for us and in whom we must also have complete confidence that they are on our side, are listening and heeding our considerations. If we're not set up properly by age 60 then we'll have difficulty achieving our retirement goals.

There are many things that I could tell people to do, but there are two things that are great investments and worth far more than their cost if done correctly. The first is to get a proper and well developed and thought out strategic plan that encompasses your requirements, and then use that to invest sensibly in good quality investments that with the help of a professional, you can control yourself.

In your Fifties, you're running out of time to make mistakes and recover from them.

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# CRYPTO ISLAND



## THE FUTURE OF DIGITAL TRUST

Business, Education, Media, and Government organisations around the world are forging ahead with digital strategies, but have they established digital trust?

We are increasingly confronted with the need to trust machines, software, artificial intelligence, and a wide range of applications that now power our digital world. Your bank, your local council, your insurance company, and your government service providers all require you to trust that their systems are operational, reliable, and fit for purpose. Above all else, they should be secure.

The question we need to explore is how does 'digital trust', become established and how can it be destroyed? We all know that it takes a long time to build trust, and it can all be destroyed in a split second.

### How Is Digital Trust Established?

The world runs on trust, and we are witnessing a shift in global trust. Our views on the implications of recent events such as the war in Ukraine, are changing across a variety of dimensions: Politically, geo-politically, economically, socially and financially. There is a growing sense of uncertainty and this is leading to a shift in global trust.

To understand how things have changed, we need to go back to 1971 when US president, Richard Nixon abandoned the gold standard so that the US could finance the Vietnam war. This was a milestone in the history of money and credit. The gold standard was a positive and clearly understood way of valuing a country's currency. Ever since 1971 money has been tied to the value of debt instruments. Such instruments, otherwise known as credit, are built on trust. We trust the banks and central banks that provide us with credit. These organisations have developed reputations and we trust them. Just like trusting people, we trust some more than others because of how they have acted in the past.

The development of cryptocurrency has focused the attention of governments and regulators on the subject of digital trust. The growth in crypto assets and the associated technology is relatively limited in Australia at present, but overseas, there has been rapid growth.

The Australian Prudential Regulator (APRA) in April released a lengthy policy roadmap that outlines the regulators' expectations about risk management in the world of crypto-assets. The document seeks to set out how digital trust can be established by the regulation of banks, insurance companies and superannuation funds in Australia.

We as individuals can learn from the approach taken by APRA. Investing in cryptocurrency brings new risks, and these risks can be difficult to identify, assess and manage. We all need to adopt a

prudent approach, and part of that involves conducting a comprehensive risk assessment before making an investment.

### APRA's Expectations Regarding Risk Management

The following comments reflect the fact that APRA has set out a roadmap for the institutions that it regulates namely the banks, large superannuation funds and insurance companies.

#### Investing in crypto assets:

If an institution is considering crypto investments they must ensure that the investments are consistent with their duty to act in the best interests of their beneficiaries. They should also distinguish between the different types of crypto (such as tokenised traditional assets, stable-coins and other unbacked crypto-assets). There may be a range of operational risks to consider including fraud, financial crime and technology risks.

#### Lending activities linked to crypto assets

There would be potential challenges in credit risk management associated with the use of crypto-assets due to potential price volatility and illiquidity. There should be a focus on the accuracy and reliability of valuations. There may be risks associated with third parties such as custodians, crypto infrastructure providers, exchanges and wallet providers.

#### Crypto assets issuance

There are likely to be operational risks associated with the mining, issuance and burning of any coins. New product design and alternative distribution methods will also need close attention. The reliance on third parties will also need to be clearly understood.

#### Services on crypto assets for customers

Specific consideration should be given to the potential for the loss or theft of private keys and wallets. The potential use of authentication devices will need strong controls to be in place and monitored.

#### Partnering with technology and other companies

Equity investments in entities or subsidiaries dealing directly or indirectly with crypto assets should be treated in line with existing prudential requirements.

#### Conclusions

Readers need to do their own research before making crypto investments. It is wise to look back at the performance of the various alternatives available. A growing number of people who have been looking at this type of investment have decided to wait until the crypto markets settle down and act more like traditional investment markets. Recent volatility in crypto prices has shown that crypto investments are not immune to rising interest rates and the fear of inflation.

#### Disclaimer

*Cryptocurrency is Global, Volatile, Poorly Regulated, and Invisible.*  
Owen Weeks, director & registered tax agent, Lifestyle Matters Pty Ltd, FIPA, Hon FASFA, and author of 'Invisible Investing - Taking the mystery out of cryptocurrency investing.' which is available on Amazon eBooks.

## PHILLIP ISLAND SENIOR CITIZENS MONTHLY UPDATE

Well first of all, sorry for the confusion of last month's lunch. We had to reschedule as our cook was crook. Unfortunately in the meantime the May version of the Vibe came out saying we had a lovely lunch. My apologies. Sometimes I write stuff knowing we will have a great time but with all publications there are deadlines we have to meet. So with that said, we are looking forward to our June lunch on Friday 3rd. We are starting to have guest speakers and entertainment at our monthly lunches now, so even more reason to come along and make new friends or come with your current friends for a lovely 3 course roast lunch for only \$20. We have a BYO licence so you are welcome to bring your own alcohol as long as you bring your own glass too. I'd like to also apologise for leaving out the ballroom dancers from last month's article. The dancers got me in a circle and spun me round till I was in the closed position. Then they Cha Cha Cha'd me till I agreed to write about them in this month's edition. They are great people and meet every Monday night at 6 Lions Court, Cowes. They are very friendly and I'm in awe of their dance abilities. You don't have to be good to join in, just go and have a great time with beautiful people. For more info, please don't hesitate to contact me on 0431 867 058 and I will be very happy to help. Bingo is back from this month on the 2nd Thursday which is the 9th of June at 1pm. Books of 10 games are \$5. Plus a small entry fee to cover afternoon tea and coffee. We are happy for you to bring your own nibbles and alcohol if you want. But don't forget to bring your own glass.



Something exciting coming to our club in August is Drag n Sip - Day Edition. The event is being put together by draggedto.com.au and promises to be a fabulous afternoon with the beautiful and wonderfully talented girls. Tickets can be bought on draggedto.com.au and are sure to sell fast. It will be held at The Phillip Island Club at 6 Lions Court, Cowes from 1:30pm - 4:30pm with plenty of parking at the back off Watchorn Road, Cowes. And last but no means least, we are having our AGM on Friday 1st July 2022 at 1:45pm and everyone is welcome to come along to 6 Lions Court, Cowes.



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The boutique business is run by sisters Tammy and Jade, who alongside their experienced team are proud to offer an experienced, full-management service.

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Consider the potential of turning your furnished Island property into a booming holiday rental. It can become a reality for you with the assistance of Ready Set Stay. The best bit is that it costs nothing to come on board. Ready Set Stay is your hassle-free passive income partner.

Don't postpone that getaway this winter, a peninsula change is exactly what the doctor ordered to diminish the winter blues.



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## Community Support Program 2022-23

Our Community Support Program is now open for applications. The program aims to strengthen communities by providing \$35,000 worth of funding support in 2022-23.

We invite applications from local community groups, sports clubs, schools and not-for profit organisations seeking sponsorship for events and projects taking place in 2022-23.

Learn about past projects and events we've supported, and find the T&C's on our website.

**Apply Now! Applications close - 15 July 2022**



For further details and how to apply:  
[westernportwater.com.au](http://westernportwater.com.au)



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## Osso Bucco Ragu



### WHAT YOU NEED:

- |                                      |                      |
|--------------------------------------|----------------------|
| 800g Beef Osso Buco                  | Salt to season       |
| 1 tbsp flour                         | 1 Onion, diced       |
| 2+1 tbsp Olive Oil                   | 1 Carrot, diced      |
| Half head of Fennel, chopped         | Hill Top Herb Mix    |
| 1 head of Garlic, peeled and crushed | ½ cup dry White Wine |
| Handful of Parsley stems, chopped    | 2-3 Bay Leaves       |
| 1 tsp black Peppercorns              |                      |
| 2 tbsp Tomato Paste                  |                      |
| 500ml Beef Stock                     |                      |

### WHAT TO DO:

Dip the beef in flour and fry in hot oil until golden brown then set a side. Add all cut vegetables in pan and sauté until soft and place in slow cooker. Top with meat and place rest of ingredients in pan to deglaze then pour over meat and slow cook for 4 to 6 hours until meat is tender.



Serve with your favourite pasta!

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- To be passionate about the benefits of exercise & teaching young children
- Coaching, childcare & first aid qualifications desirable

APPLY NOW TO: Name Emma Dowling  
Phone 0419618008

Email [emmad@readysteadyokids.com.au](mailto:emmad@readysteadyokids.com.au)

[www.readysteadyokids.com.au](http://www.readysteadyokids.com.au)

## Phillip Island Camera Club “Making Photography Fun - Making the most of reflections”



For those of us living on Phillip Island and the surrounding areas, there are many opportunities to capture reflections. Reflections can be found in oceans, lakes, rivers and dams, puddles and even raindrops. Reflection photography is also known as mirror photography. Capturing reflections adds interest, depth and even abstraction to our photos. Some other surfaces are also highly shiny and reflective, such as polished metal, shiny plastics, shop windows, tiles and mirrors. It's suggested that you take time to look for reflective surfaces.

Reflection photography relies on light reflecting off objects, so you will need to consider the best time of day when reflections are optimum if you are shooting outside. If your reflections are in the water, a still day will be important; if water is rippling, then the reflections will be blurry. Early morning with an overcast sky is an ideal time for water reflections. Find the best angle to position yourself when taking your reflective images. The point of reflection photography is to create an 'echo' effect, so it's important to keep the horizon level.

Although you can use any lens, a wide-angle lens will allow you to capture more of your image if that's the effect you aim for.

When using water reflections, try to have the whole landscape in focus. Use aperture priority on your camera with a small aperture of f/14 or smaller. Use the lowest ISO setting that will allow for a shutter speed of 1/50 or faster and fine tune your adjustments until you achieve the desired results. Reflections are a great way to add a dash of mystery and extra style to your photos. So be on the lookout for reflective surfaces and think about creative ways to incorporate reflections in your photography.



*Sunset Riverdance by PICC member, Ken Anderson taken at the Ovens River at Bundalong, Victoria. Thin clouds cast an amazing colour over the vista at sunset. The still river beautifully reflects the trees and clouds. This image was taken with a Canon 5Dsr with Tamron 24-70 G2 lens and 6 stop ND/CPL filter combined to produce a 30 second exposure at f/6.3.*



Photographer Susan McLauchlan positioned herself in front of these two old boats that point directly to the shore beyond at Lakes Entrance. Taken early on a very still and calm morning the lighting provided the perfect conditions to catch the reflections in the mirror-like water. Susan used a tripod and Nikon camera, with settings F6.3, 1/25s, 51mm, ISO250. Images are copyright of the photographers and may not be copied or used without permission.

If you found this article of interest and would like to find out more go to <http://www.phillipislandcameraclub.com.au/>

For more information about the Phillip Island Camera Club phone Jenny on 0408 355130.

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LK6015



## Home Heating Feature

### Tips for warming your home this winter

Track down any draughts in your home, particularly around doors and windows, and seal them up.

Most of the products you'll need to do this can be picked up at a hardware store but do your homework before you start shopping or get some advice.

Products that can make a difference include:

Door snakes, weather seal tape, silicon sealant or caulk, roller door seals, PVC door strips, storm proof seals, brush door seals and auto lift door seals.

If you're renting or you're not confident in your DIY abilities, weather seal tape or draught strips are a good place to start.

They look a bit like sticky tape, but are made from foam or rubber with an adhesive backing.

To install, just remove the backing and stick the adhesive side inside the doorjamb or window frame.

It's a good idea to measure up before you hit the shops – each door will need around 5m of tape to seat.

Be aware of how the hot air moves around your house. It's tempting to move the couch as close as possible to the heater, or to put your wet laundry in front of it during a rainy week, but this will restrict the flow of hot air around your house.

To ensure you get the most out of your heat source, make sure nothing is blocking the flow.

To make your heating more efficient, close doors to rooms you're not using.

Only heating the rooms you're actually in will reduce your heating bill - there's no point heating the spare room if no-one's in there.

When you change your clocks at the end of daylight saving, turn your ceiling fans on reverse (most models have a reverse switch.)

This makes the blades turn anti-clockwise and, since warm air rises, it'll push the warm air from your heating system back down towards the floor.

Curtains will help you keep warm in winter but cool in summer.

Up to 40% of heating energy can be lost through windows, so pull the drapes closed to keep the warmth in.

For maximum insulation, adding a pelmet will stop the warm air escaping through the top of the windows.

If you have hard floors, rug up – literally. Any distance that you can put between the cold floor and your tootsies will make a difference. So, consider covering hard floors with rugs.

# FIREWOOD

## Redgum or

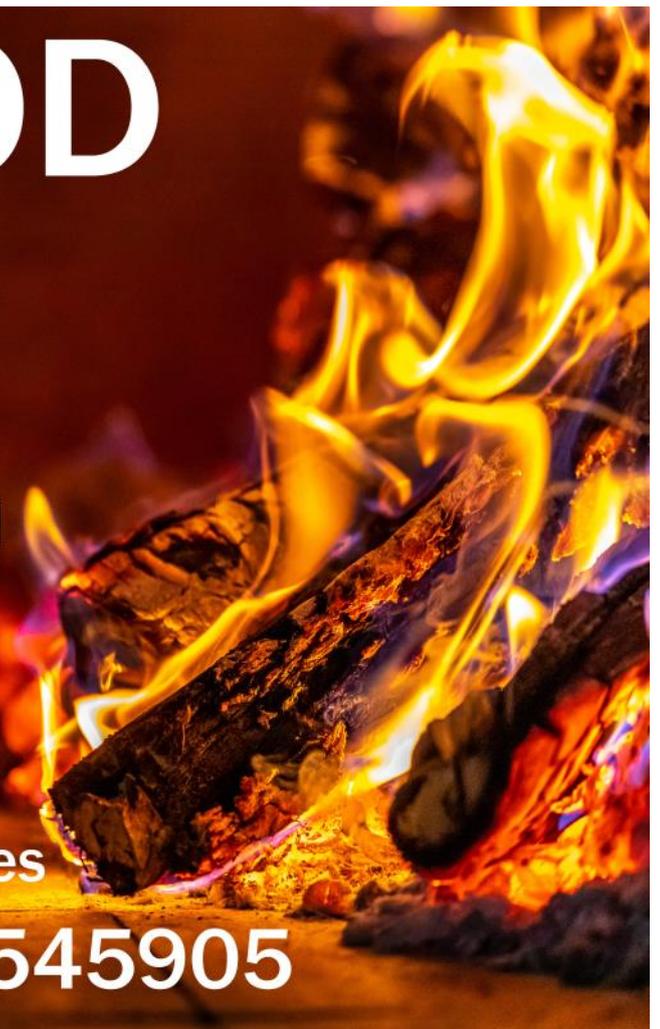
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# Blue Gum Garden Supplies

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 give you an inspiration 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 metres.

Redgum firewood 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.

Visionline pellet fire pizza ovens are also available from Cowes - authentic woodfired pizza flavour in a compact and ultra portable bench top oven - ideal for home or camping.

Cowes is also the centre for stock feed - everything you need to keep your egg layers happy.

There are all types of bird seed and rabbit feed.



Staff member Charlotte with a Murraya Curry tree.

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**Surf news by Ed Amorim**  
**@prosurfcoaching\_**



**Kilcunda getting a new skate park**

Well done Kicunda and get ready for the new half million dollar new SKATE PARK announced recently. Showing other Bass Coast communities how to work “together” to get the job done. Well done MP Jordan Crugnale and the awesome local Kilcunda community. A fantastic achievement for present and future generations.

**Ladies Surf Camp in Mornington**

This is a fun filled day for women incorporating surf skating and surfing. In this workshop you will prepare your mind and body with surf skills - on land first with the Smoothstar Skateboard and then you will combine all these skills out in the surf on your surfboard.

Whether you are a complete beginner or an advanced surfer this workshop will get you up surfing immediately and/or improve on existing skills, such as popping up, stance, technique, speed and turning.

This program will use the expertise of Ed Amorim and his qualified surf/skate coaches at Pro Surf Coaching based on Phillip Island.

<http://prosurfcoaching.com.au/>

Don't miss this awesome opportunity to really learn or improve on your surfing skills!!!

WHATS INCLUDED: 2 hour Smoothstar Skate lesson, 2 hour surf lesson, lunch and BBQ dinner, equipment (unless have own). Cost is \$210.

WHAT TO BRING: Own surfboard, own skateboard, wetsuit, towel, water bottle, sunscreen and a smile.

\* Location TBA (depending on weather and tides).

Please contact Kelly on 0432 530443 to make a booking.

**Skate Surf clinics**

Our “Skate for a Surfers” session powered by @smoothstar is now every Sunday 4 pm at Newhaven Skate Park with 1 hr of pure technique, base balance, muscle memory and fitness. We will have all the equipment needed. Book your spot now. Small groups only.

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**Indo dreams are back** - We now have a house in Indonesia to better support our students and friends. The house with 3 bedrooms, big open kitchen, lounge, swimming pool and storage room for boards is the way now for the end of June.

We have also reopened our Kandui Resort Surf Camp again. Book now for this adventure on November 22 with just three spots left. Get in contact for bookings 0490 406005.

### Pro Surf Coaching Gromets Program

**OUR MISSION** - To connect youth to the transformative power of the Surf.. **OUR VISION** - Youth everywhere will be inspired by the outdoors to play, learn, serve, and share.

**OUR CORE VALUES - POSITIVITY** - We believe in building on the inherent strengths that youth already possess.

**CHOICE** - We ensure that participation in our programs is always by choice and presented in a fun, safe and non-confrontational environment. **AUTHENTICITY** - We believe in caring for youth without agenda.

**RESPECT** - We believe in always showing respect for ourselves, for other people and for the environment in our words and our actions.

**POSSIBILITY** - We believe in the powerful and positive effect that being in a new, outdoor environment can have on an individual.

**PASSION** - We believe in sharing what we are passionate about, encouraging positive attitudes and having fun!

**EXCELLENCE** - We set the highest standards for quality and safety in everything we do.

### PRO SURF COACHING:

We are a Surf Academy that operates in all of Australia, based at the famous National Surf Reserve of Phillip Island, Victoria. We have over 35 years of surf experience and developed surf lessons and programs for all levels and ages of surfers: beginners and intermediates to expert competitors. We will deliver all you need to improve your skills, all the information, training, equipment and technology necessary to support our clients to achieve the best surf performance possible. We also offer a additional Surf Camps to or students ensuring they progress on a sequence of lessons and extra activities combined with top accommodation, gourmet meals in a super fun environment just a few steps from the beach.



Julyane Tenorio at ladies surf club. Pic: #stapophoto

FSA/DIETS932

3-YEAR-OLD KINDER

**Best Start**

**Best Life**

## Three-Year-Old Kinder: the best start for Victorian kids.

To dream big, our kids need the best start in life.  
 Enrolments are opening now for Three-Year-Old Kinder in 2023.  
 Children are eligible for between 5 and 15 hours per week of funded Three-Year-Old Kinder, no matter where they live.  
 Find your local kinder program at [vic.gov.au/kinder](https://vic.gov.au/kinder)

## Nature Parks honoured for 20 years eco-certified

Phillip Island Nature Parks has been honoured with entry into the Ecotourism Australia Hall of Fame for being continuously eco-certified for 20 years.

In 1997, there were only 18 eco-certified operators in Australia and as the nation's first ecotourism innovators, Nature Parks has helped pave the way for responsible and sustainable tourism that millions of visitors enjoy. Today, there are over 500 eco-certified operators participating in the National Ecotourism Accreditation Program. Nature Parks is one of only 41 Australian organisations that has achieved this hallmark of 20 years certification.

"Nature Parks is proud to be eco-certified, as it's one way we can demonstrate our commitment to conservation and nature-based tourism to our visitors," said Kate Adams, Visitor Experience Manager of Phillip Island Nature Parks. The achievement comes as Nature Parks welcomes international visitors back to Phillip Island. To accommodate an increasing number of visitors, from 1 June 2022, Nature Parks will extend its eco-accredited offers to include the popular Guided Ranger Tour and Ultimate Adventure Tour on a nightly basis, where guests will experience a guided eco-adventure amongst the little penguin colony with eco-accredited Rangers.

Now is the time to come and explore all there is to do in your own backyard and help support the recovery of the nation's tourism industry.



*Eco-accredited rangers with the award. Pictured from left: Rachel Ong, Stephen Pendlebury & Meagan Tucker*

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## Volunteers recognised for vital contribution to Nature Parks

The dedication of hundreds of Nature Parks' volunteers was celebrated recently with a barbecue held in their honour to mark National Volunteers Week.

More than 200 people volunteer every day at Nature Parks, making an invaluable contribution matched with hard work, commitment and a passion for conservation.

The Phillip Island Nature Parks volunteer team was formalised five years ago, but volunteering efforts date back decades, with volunteers assisting with the Island's first Penguin Study Group and at Churchill Island.

Nature Parks CEO Catherine Basterfield said volunteers played a vital role in conservation, visitor experience and research.:

"From threatened species monitoring and re-vegetation, to creating a memorable experience for our visitors, we are so grateful for the vital contribution the volunteer team makes," Ms Basterfield said.

"This collective effort helps us to achieve our purpose - to protect nature for wildlife and inspire others to act".

Volunteers play an essential role in programs such as the protection and care of threatened species like the Bush Stone-Curlew, rescuing migratory Shearwater birds, cleaning beaches for Turn the Tide, native plant propagation at the Barb Martin Bushbank Nursery, and counting koalas.

Earlier this year the Nature Parks' volunteer team was nominated for a 'COVID resilience' award at the 2021 Volunteering Awards.

Karen Duffy, a Bush Stone-Curlew and Koala volunteer and Stephen Martin, a Bushbank and Water Watch volunteer were at Government House to accept the nomination.

The last two years have been a very trying and interesting time for us all. During the lockdowns last year, the support from the Nature Parks was nothing short of wonderful," said Ms Duffy.

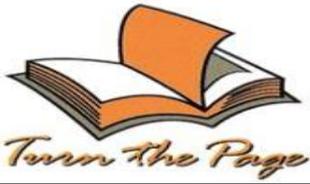
"We had support and information at every stage, even when we were unable to visit the sites where we volunteer. This year, we are so happy to be back on site, doing what we love."

As part of the National Volunteer Week celebrations at Churchill Island, awards were presented to volunteers who went above and beyond in their role and to those who have reached service milestones of up to 25 years.

"We really could not do it without them."



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# Book Reviews

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

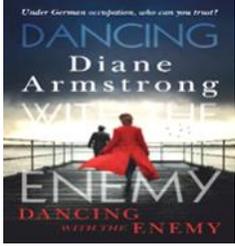
**Thank-you to our customers for their support. Brendan and Kylie.**

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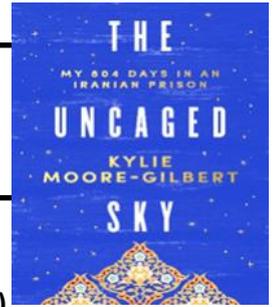
**Dancing With The Enemy by Diane Armstrong RRP: \$32.99 (10% discount to registered customers)**

From the bestselling author of The Collaborator comes a compelling story of betrayal, collusion, revenge, and redemption

set in German-occupied Jersey during World War II. June 1940. 'It was a perfect June evening that began with hope and ended in despair.' So begins the journal of Hugh Jackson, a Jersey doctor, whose idyllic world is shattered when Britain abandons the Channel Islands which are invaded by the Germans. Forced to choose between conflicting loyalties, he sends his pregnant wife to England, believing their separation will be brief. It's a fateful decision that will affect every aspect of his life.

May 1942. Young Tom Gaskell fumes whenever he sees the hated swastika flying from Fort Regent. Humiliated by Jersey's surrender and ashamed of his mother's fraternisation with the occupiers, Tom forms an audacious plan, not suspecting that it will result in guilt and tragedy.

April 2019. Sydney doctor Xanthe Maxwell, traumatised by the suicide of her colleague and burnt out by the relentless pressure of her hospital work, travels to St Helier so she can figure out what to do with her life. But when she finds Hugh Jackson's World War II journal, she is plunged into a violent world of oppression and collusion, but also of passion and resistance. As she reads, she is mystified by her growing sense of connection to the past. Her deepening relationship with academic Daniel Miller helps her understand Jersey's wartime past and determine her own future. By the time this novel reaches its moving climax, the connection between Tom, Xanthe and Hugh Jackson has been revealed in a way none of them could possibly have imagined.



**The Uncaged Sky By Kylie Moore-Gilbert RRP: \$34.99 (10% discount to registered customers)**  
*'The sky above our heads was uncaged and unlike us, free.'*

**The extraordinary true story of Kylie Moore-Gilbert's fight to survive 804 days imprisoned in Iran.**

On September 12, 2018 British-Australian academic Kylie Moore-Gilbert was arrested at Tehran Airport by Iran's feared Islamic Revolutionary Guards. Convicted of espionage in a shadowy trial presided over by Iran's most notorious judge, Dr Moore-Gilbert was sentenced to 10 years in prison.

Incarcerated in Tehran's Evin and Qarchak prisons for 804 days, this is the full and gripping account of her harrowing ordeal. Held in a filthy solitary confinement cell for months, and subjected to relentless interrogation, Kylie was pushed to the limits of her endurance by extreme physical and psychological deprivation. Kylie's only lifeline was the covert friendships she made with other prisoners inside the Revolutionary Guards' maximum-security compound where she had 'disappeared', communicating in great danger through the air vents between cells, and by hiding secret letters in hava khori, the narrow outdoor balcony where she was led, blindfolded, for a solitary hour each day.

Cut off from the outside world, Kylie realised she alone had the power to change the dynamics of her incarceration. To survive, she began to fight back, adopting a strategy of resistance with her captors. Multiple hunger strikes, letters smuggled to the media, co-ordinated protests with other prisoners and a daring escape attempt led to her transfer to the isolated desert prison, Qarchak, to live among convicted criminals.

On November 25, 2020, after more than two years of struggle, Kylie was finally released in a high stakes three-nation prisoner swap deal orchestrated by the Australian government, laying bare the complex game of global politics in which she had become a valuable pawn.



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## ISLAND ELECTRICAL MAINTENANCE

Lights gone out? No power?

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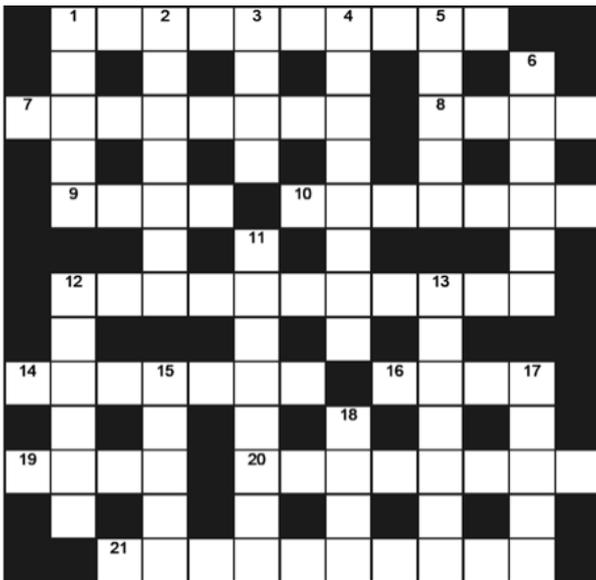
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# Brain Food

Find all the answers & solutions to Puzzles & Quiz on page 26 (No peeking!)



## Vibe Quick Crossword

### Across

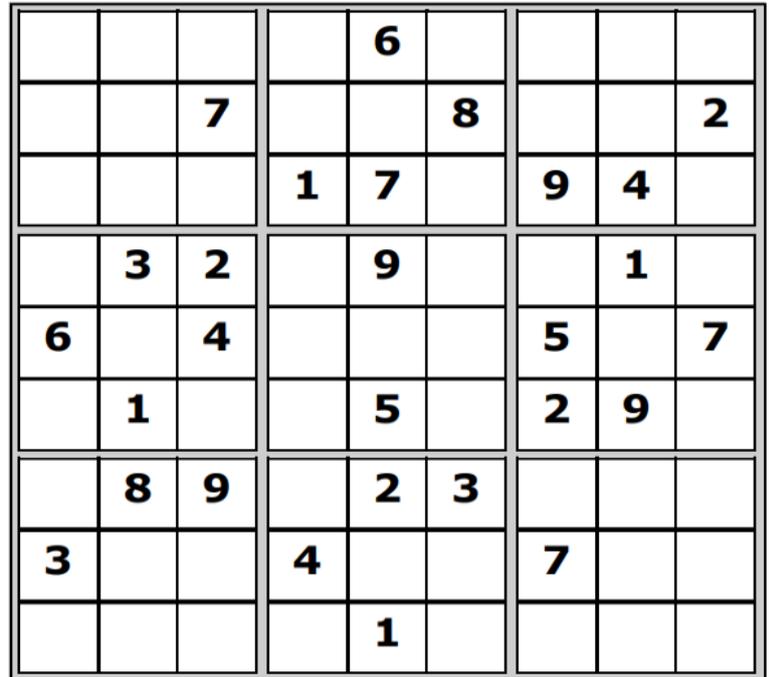
- 1 Gave up (10)  
 7 Machine components (8)  
 8 Young female (4)  
 9 Existence (4)  
 10 Consents to receive (7)  
 12 Supports (11)  
 14 Leave (7)  
 16 Pre-loved (4)  
 19 Nourishment (4)  
 20 Statements of honour (8)  
 21 Wipes out (10)

### Down

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

## TRIVIA QUIZ

- Q&A**
1. What was the name of Lordes's first hit song, which went to number one in 10 countries? 2. In which part of your body is your pituitary gland? 3. Which American author created the jungle hero Tarzan? 4. From 1971 to 1997, which African country was known as Zaire? 5. Which tennis star was stabbed by a spectator in Hamburg in 1993? 6. The Japanese military attacked Pearl Harbour in which year? 7. Which famous person did John Wilkes Booth shoot? 8. In the lotus position, on what do the feet rest? 9. What did the Euro replace in Portugal? 10. Olfactory refers to which sense? 11. What is the name of the Roman goddess of love? 12. How many sides do three triangles and three rectangles have in total?



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



PHILLIP ISLAND  
 WHALE FESTIVAL  
 JULY 1 - 3

Celebrate the annual arrival of some of the ocean's most majestic creatures as Phillip Island's coastal waters play host to Humpback and Southern Right whales and even the occasional Killer whales.

The Island Whale Festival is taking place on 1 – 3 July at various venues across Phillip Island. Local community and visitors alike have the opportunity to engage with a range of activities that will not only entertain but also allow you to appreciate the wildlife and natural habitats of Phillip Island and the Bass Coast region.

The festival weekend is set to feature various activities and events.

Stay up to date with the latest announcements, including the program at the website or follow the festival on social media. For inspiration on cosy winter stays, dining and things to do and see, go to the Visit Phillip Island website.





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

It might be winter but that doesn't mean there are no fish around, it just means they are a bit harder to find and there will be more of the rubbish fish around. Several draughtboard sharks have been reported recently but also several good size snapper and quality whiting. Calamari reports were a bit hot and cold this week and salmon fishing was difficult with the weather conditions. This time of the year it is all about being ready to go fishing when the weather window allows. You won't necessarily be able to get a whole day out fishing, especially in the boats and from the land you will need more layers but winter always produces some perfect half days, you just need to be ready and go.

Salmon still remain the main species alongside the whiting for catches of the month. The good number and the decent sizes continue to be caught daily from both land and in the boats. Those big 4-5kg Aussie Salmon have returned in more consistent numbers in the boat this week, off Newhaven Jetty and now moving down the coast to the Inlet at Inverloch. Currently, there is no favourable lure/rig, magic bait or size. The Salmon are hungry and they will just about take whatever you throw in front of them. Finally the last month has seen a vast improvement in the Flathead reports. There appears to be plenty offshore and those off Rhyll have seen a few decent sized ones. A lot of reports this month for the flathead off the land have come from those flicking soft plastics. Traditionally, plastics don't work as well because we simply cannot get jig heads with heavy enough weights with optimal hook size. The success on the plastics have really come off the back beach near the caravan park at San Remo. The weed beds there on a high tide make a perfect hunting ground. Also this spot is traditionally good for Calamari. Oh and just a reminder Flathead bite.

Calamari reports have been consistent and spasmodic at the same time which doesn't make sense but neither does trying to pick the right colour of artificial jig. I think this has been more to do with the weather than the calamari themselves. Baited jigs have been slightly better because of the weather stirring up the weed and mud.

Whiting reports are still coming in and the quality is excellent with ½ a dozen good enough for a couple of feeds for the family. They aren't jumping into the boat and don't expect to go out and fall on top of them but if you are prepared to work around an area for a while, chances are very good of finding a few. Try the usual shallow spots especially in the overcast conditions but if you don't have much luck there, after a while re-rig and head to the deeper water on the edge of the channels. The successful customers are telling me at the moment they are only spending about 30 to 45 minutes in each spot and if nothing they are moving 200m or so. Several customers have told me don't be scared to increase your hook and bait sizes this time of the year with many fishing deeper using ½ a pilchard fillet and up to a 2/0 hook.

This time of the year also brings out the land based gummy anglers heading to Temby and Stockyard points as well as the surf beaches at Woolamai and Kilcunda. So far, we have only been told of a few smaller gummies and the odd elephant fish but I am sure that will change over the next few months. From the boats a couple of bigger gummies around 1.2m during the week but 100's of undersize ones to keep you occupied. The smaller ones were mostly in the shallower areas on the corals and the channels for the bigger ones. Just a reminder to everyone, whale season has officially started now they are here, if driving around near the entrance or out the front in the boat, drop back a few knots and slow down. There is going to be a lot of people, and the Wildlife's boats on the water looking for them and they do have a habit of just popping up at random times, and that's not something you want to hit going fast.

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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. Ron Hateley 59522549 or Averil Roberts 59522602.

**Phillip Island Lions Club** - Steptoos 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 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 Emma Hadrian 0432 349335 or email: [emma.hadrian@guidesvic.org.au](mailto:emma.hadrian@guidesvic.org.au)

**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. Phone 5900 2921 or 0431 867058 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)

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

**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)

**PIRSL Community Men's Shed** meets at the rear of the RSL every Tues, Wed & Thurs mornings 9am-noon. Anyone most welcome to join us. Contact Tony Ashton 0499 996237.

**Phillip Island TOWN Club Weight Loss Group** Thurs 9-11.00am, Ryhll 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. Ken 59568803 or David 0412485913, Blue Gum Reserve Dunsmore Rd, Cowes.

**National Vietnam Veterans Museum** needs volunteers interested in gardening on our site and cleaners keen to keep our displays sparkling. Contact Julie on 5956 6400 or apply online via our website [www.vietnamvetmuseum.org](http://www.vietnamvetmuseum.org).

**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 Monday of the month, Newhaven Yacht Squadron Clubrooms, 1:30 - 4pm. Contact Jenny on 0408355130 or email [phillipislandcameraclub@gmail.com](mailto:phillipislandcameraclub@gmail.com). For more information go to [www.phillipislandcameraclub.com.au](http://www.phillipislandcameraclub.com.au)

**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 us via email: [phillipislandadultridingclub.com.au](mailto:phillipislandadultridingclub.com.au)

**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 Medical and Health Action Group PIMHAG**  
Meets the second last Thursday of the month 5pm-6.30pm PIRSL  
New members welcome Contact Sec Linda Marston 0428 344 726  
**Cowes Branch Country Women's Association (CWA)** 1st Thursday of the month February-November. currently meeting at Rotary Shed-Dunsmore Rd 1pm More info: Felicity 0414 507 420 Penny 0437 042 084 Cowes CWA Shop Thompson Ave Cowes Tues-Sat 10-2  
[cwaofviccowes@gmail.com](mailto:cwaofviccowes@gmail.com)

**Phillip Island Day View Club** proudly supporting The Smith Family. Feb-Dec - 4th Monday of the month at 11am, Rusty Waters Brewery, Cowes. Bookings essential. New members welcome. For information contact Ann Finger 0439 399829.

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

**Phillip Island Library** is closed for the redevelopment of the Cowes Cultural centre the new library facilities. Our Click&Collect and returns location is Phillip Island Community and Learning Centre 56/58 Church St., Cowes. Library items may be returned outside the office at PICAL 24hrs and pick-up of holds is available on the following days: Tues 1.00-4.30pm : Wed 9.30-2pm : Thursday 9.30-1pm.

**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 Inc.** We not only do Patchwork but all other varieties of Craft such as Embroidery, Beading and Knitting. We meet Monday Nights 7.30p.m. to 9.30p.m. The first, second and last Tuesday of the Month 10.30a.m. to 2.30p.m. At Wonthaggi first and third Friday of the Month 10.a.m. 2.30p.m. Corinella Crafties second and fourth Wednesday of the Month 10.30a.m. to 2.30p.m. For more information please contact President Gayle Rowden 0400634282 or Secretary Lyn Arnold 0429481875

**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.

**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).

**PARKRUN**- free 5km timed run/walk for all abilities. Saturdays 7:45 Churchill Island ([www.parkrun.com.au/phillipisland/](http://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](mailto:sanremo@ses.vic.gov.au)

**Rotary Club of Phillip Island and San Remo** Our friendly Club helps care for & brings our Community together through fund raising & community activities, including running our Cowes Op Shop. New members & volunteers are always warmly welcomed. Please call President, Judy Lawrence for more info: 0418 325 055.

**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](mailto: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 Sue on 0438 304 082 or email [probuscowes2@gmail.com](mailto:probuscowes2@gmail.com)

**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](https://www.facebook.com/cowescommunitymeal)

**The Artists' Society of Phillip Island, ASPI**, is for a wide range of artistic expression from the field of Visual arts through to writers and poets. There is a program of regular activities including Textile Arts, Portraits, Life Drawing, Appraise & Connect, Come & Create, and the Ibis Writers group. Workshops held throughout the year. New members are very welcome. For further information contact [aspicommittee@gmail.com](mailto:aspicommittee@gmail.com) or Miranda 0400 927 076 .

**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](mailto: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](http://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](mailto: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 Robyn Holman 0429 700 492.

**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](mailto: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

**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

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

**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](mailto:ventnorcoastcare@gmail.com).

## CASE OF THE WHISTLING KETTLE SOLUTION

Leroy went to the doctor's refrigerator and opened the freezer section. "No ice in the ice tray. Just as I suspected. That's how the doctor's last patient got the kettle not to whistle until 12:35. He filled it with ice cubes and put it on a low flame."

"You mean the killer was the patient I saw leaving?"

"Yes. This nut case, as Ms. Gould so aptly put it, was clever enough to make the crime appear to have happened later. He rigged the kettle, opened the tuna, and sliced the apple. He probably even moved the body into the kitchen."

"That's a cute theory," Flint said. "But..."

"Note the oxidized flesh of the apple." Leroy pointed to the browned fruit, then to the fruit knife in the victim's hand. "If the doctor had cut the apple himself, as we're meant to believe, it couldn't have turned so brown so soon. We discovered the body just minutes after he supposedly cut it." Flint was impressed and optimistic. It wouldn't take too long to make the arrest, get a confession and, better still, take his son surfing before dark.

## PUZZLE SOLUTIONS

**ANSWERS TO TRIVA QUESTIONS** 1. Royals 2. Base of the brain 3. Edgar Rice Burroughs 4. Congo 5. Monica Seles 6. 1941 7. Abraham Lincoln 8. Thighs 9. Escudo 10. Smell 11. Venus 12. 21



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

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JUNE 2022

<b>FRIDAY 3/6</b> MARK HOWARD	<b>SATURDAY 4/6</b> CHRIS HOFFMAN	<b>SUNDAY 5/6</b> SINCE WE KISSED	
<b>FRIDAY 10/6</b> ERIC COLLIER	<b>SATURDAY 11/6</b> ANDREW WISHART	<b>SUNDAY 12/6</b> MARK PHISHER	
<b>FRIDAY 17/6</b> CORIE BLACKLEY	<b>SATURDAY 19/6</b> THE TIMES	<b>SUNDAY 20/6</b> MARTY BOX	<b>FRIDAY 24/6</b> TBC
<b>SATURDAY 25/6</b> STEVE WADE	<b>SUNDAY 26/6</b> QUEEN BILLY PINE	<b>FRIDAY 1/7</b> REHASH COVER BAND	<b>SATURDAY 2/7</b> ANDREW WISHART

## Testimonial

Since opening my business in March, Vibe has sent over 50 clients my way from the monthly ad. I now have regular weekly laundry clients.

Jade



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# PHILLIP ISLAND & BASS COAST

# WHALE

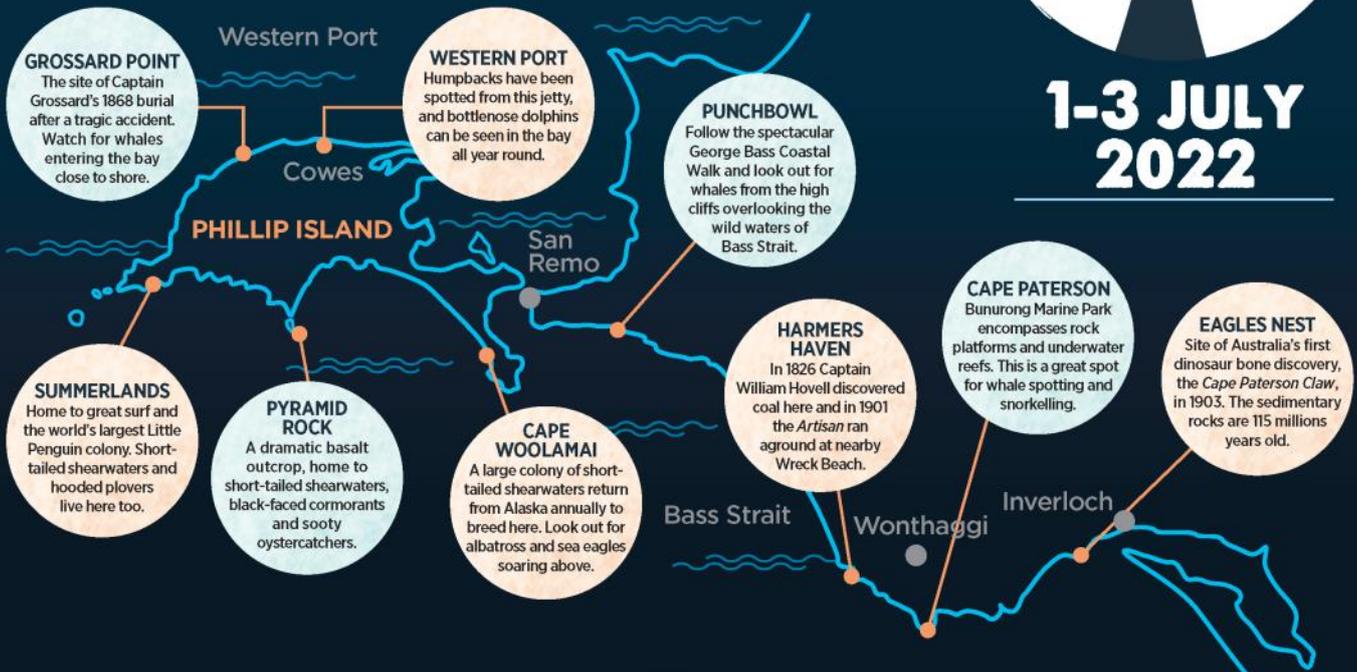
# DISCOVERY TRAIL

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