

# PHILLIP ISLAND VIBE

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

### Suicide Or Murder?

Inspector Jack Flint of the Cowes Constabulary sighed and looked across to his son. "You like impossible crimes. Why don't you take a look at this?"

Archie and his dad were sitting across from each other at the kitchen table, both of them working on their homework for the evening. In Flint's case, the homework was a homicide investigation.

"Sure." Archie liked any kind of crime, especially if it meant putting aside an English class assignment. "What kind of impossible crime?"

Flint had to admit his son had amazing inbred detective skills or maybe was just a good listener and quick learner in crime detection puzzles. Archie got up and walked around to look at the police reports spread out on the table. He hoped one day to be a homicide detective or, better still, a super sleuth like his dad's mate Leroy Cunningworth who helped his dad solve all of the Island's homicides, except he would charge big time for his services, unlike Leroy, who did it for fun and as a service to the community.

"A murder made to look like suicide." And Flint began to outline the case.

Simon Wentworth had been found on the street in front of the building where he lived in Werribee's prestigious and only high rise apartment block. It seemed that the young man used a screwdriver to remove the child safety bars from a window in his high-rise apartment. Then he jumped to his death.

Among the photos was a picture of another window with the safety bars still attached to the outside of the building. "Looks like the bars would be tricky to remove," Archie observed.

"They're supposed to be hard to remove," said Flint. "Anyway, his prints were on the screwdriver and a suicide note was found in his room. No one else had been at home, according to the doorman.

And his friends testified that he'd been moody and distracted lately. It's got all the markings of a suicide. Except..." He sighed.

"We interviewed one his neighbours," Flint continued. "Simon

shouted, 'No, no, no,' before he jumped—and he screamed all the way down."

"That doesn't sound like suicide," Archie agreed.

The police inspector nodded. "It turns out Simon lived in the apartment with his older brother Teddy. We found a partial print of Teddy's on the same screwdriver. So we had Simon's suicide note analysed by an expert and found a lot of similarities with Teddy's handwriting. To cap it off, it seems the brothers had just taken out million-dollar insurance policies on each other's life."

Archie, wondering to himself how Leroy would, picked up a photocopy of the suicide note. It was short and sweet: "I can't go on with the pain anymore. Forgive me, little brother. You'll be better off without me." He examined the penmanship and saw that it did look a little unnatural, with several fits and starts.

"What did Teddy say about his brother's death?" Archie asked.

"A cool customer," said his dad, shaking his head. "He pretended to be distraught. He was the first to suggest that Simon's death might be murder."

"Let me guess," Archie said. "Teddy Wentworth has an alibi."

"A great alibi. At the time Simon fell, Teddy was at his office, on the phone to a client in Sydney."

"Maybe he was using a cell phone," Archie suggested.

"No," said Flint, holding up a sheet of phone records. "He was on his land line at the office. And don't forget the apartment doorman. He says Teddy didn't come in or out of the building at all during that time."

"Good puzzle," said Archie. He stood over the table full of papers and scanned them one by one.

"It's not a puzzle," Flint chided. "It's serious. If we don't figure this out, a killer is going to go free."

"Well, I think I know what happened," Archie said slowly. "But you're not going to like it." Flint secretly promised to himself to buy Archie a new bike if his genius son came up with a logical solution.

**Well Vibe readers, do children make better detectives than their copper parents. Can you offer the right solution? Check if you agree with Archie's solution on page 18.**

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# CRYPTO ISLAND



## WHY HAS THE WORLD OF CRYPTO COLLAPSED IN 2022?

The 2022 calendar year has seen a dramatic turnaround in the value of almost every type of cryptocurrency. The hype and urban legends have been shattered. Bitcoin has a huge number of fans, and to them Bitcoin was seen as; a way to end government control over corruption, a rescue package to save the unbanked, and a monetary system to save the world. None of these ideals have proved to be realistic, and the value of Bitcoin has fallen. We need to go back to basics.

The value of all investments is determined by what economists refer to as 'Supply & Demand'. Put simply, if more people want to buy an investment compared to the number of people who want to sell, the price will go up. Conversely, if more people want to sell than buy, the price will go down. What is difficult to comprehend is what makes people like or dislike a particular investment.

The question that has puzzled investors for years is, does economics drive the value of crypto, or is there something unique about the technology underlying crypto that over-rides the economics? Recent history suggests that the nature of the technology has nothing to do with the price fluctuations.

Some of the factors that have driven the price of crypto lower this year, include large scale misinformation, excessive risk taking, price manipulation and the impact of very large investors. Perversely, these factors, can become evident in all investment markets in different ways at different times.

The fact is that it is not just in the crypto world that things are looking negative. We are facing rising interest rates, higher inflation, falling property prices and rising living costs. All investment markets are under pressure. You can add to these factors, the war in Ukraine, the lack of wage rises, the performance of Central Banks and pending government regulations that will have some impact on crypto investments.

Looking at crypto investments as a separate type of investment we need to consider the main types of crypto and ask whether there are specific reasons why a particular type of crypto behaves in a different way.

Crypto is a term that covers all forms of cryptocurrencies. The term is misleading because not all crypto is a type of currency. Bitcoin, the most commonly known crypto, was always designed to look and perform like a type of money. Ethereum, the second best known crypto was never designed to be a form of currency.

Ethereum was always designed to become the operating platform that allows a host of software developers to create digital applications that are referred to as 'Dapps'. In simple terms **Bitcoin is a currency, while Ethereum is a form of technology.**

Ethereum is a technology that enables Enterprise Digitisation to accelerate. Many of the users of Ethereum are embarking on bold transformation programs that mesh technology with artificial intelligence and big data projects. This enables businesses to deliver new services and products to their markets in ways that we have never seen before. The current economic slowdown is having little impact on these developments.

The reasons why the price of Bitcoin and Ethereum vary dramatically can in part be explained by the factors that impact currencies, and the factors that impact on the development of new technologies.

People who have been investing in crypto, for a number of years, used to believe that crypto would behave differently when economic factors such as rising interest rates and inflation became significant. Recent experience shows that crypto as an asset class behaves the same way as all other forms of investment. When share markets fall, crypto investments also fall.

Major upheavals in investment markets tend to be cyclical, but in the world of crypto, major upheavals seem to be regular occurrences. Compared to traditional markets, crypto markets are significantly more volatile. Market volatility refers to the size and frequency of price movements, either up or down. Increased volatility brings more unpredictability and risk, but it can also mean greater opportunities for investors.

Crypto markets are uniquely impacted by a range of factors that include the following:

Social media sentiment

Mainstream media hype

Changes in perceived utility

The lack of government regulation

The behaviour of large investors

To put the issue of volatility into perspective, a recent study revealed that Bitcoin is six times more volatile than Gold.

Crypto is a frontier technology and an entirely new form of investment that it is not well understood compared to shares and commodities. Remember, it is investors' sentiments, attitudes, and expectations that ultimately affect the price of all investments.

At the time of writing, signs are emerging that the negative sentiment around crypto is turning around. There is some cause for optimism.

*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.*

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## DOLLARS AND SENSE BY DAVID WELLS

**The Ages and Stages of Investing – The Seventies and Beyond** and the rest of the income is the investors own funds being returned. It's a case of outlive your life expectancy and you win – die earlier and the annuity provider wins.

This month I address the final stage of investing – the time when we have retired and what we have is what we have, at least for most of us. As I mentioned in my last article 66% of Australians rely on the age pension to at least supplement their income and while most of us plan to retire in our mid-sixties the average retirement age is 55. That means by the time we reach 70 and beyond we are bound by and to what we have managed to scrape together while we were working. We are now self-employed people of leisure, so to speak.

The Australian Superannuation Funds Association has estimated that for a comfortable life style in retirement a couple will need a lump sum of \$640,000 for an annual income of nearly \$65,000 while a single retiree will need a lump sum of \$545,000 for an income of \$46,000. For a much, much more modest lifestyle reduce the numbers to a \$70,000 lump sum as the age pension will pick up most of the income needs. This however is based on there being no debt and a fully owned home. It also implies that a substantial part of the lump sum will be consumed by living expenses over the rest of the retirees' lifetimes.

There are two main risks we face at this stage. The risk that we will outlive our resources and the risk that our resources will diminish in value through market movements as we age.

Longevity is a real risk as life expectancies are increasing nearly all the time and the average is now 83.6 years. For men it's slightly lower and for women slightly higher. Late in the 20th century it was common to plan for living expenses only to age 80 and then rely on the pension. That obviously doesn't apply to retirees of today. More and more people are not only living into their nineties but they are being more active as they do so. Market risk is also a genuine risk, especially if negative return years happen early in retirement and so the value of investments takes a double whammy – market downturn

and pension draw-down increasing. This makes any recovery much harder. One protection is of course fixed interest investments but these will only return a modest income and at present the returns may as well be less than inflation – net result negative.

There are two other factors for which some retirees prepare and others don't. Many (about 40%) think that they have an obligation to leave

an inheritance for their children and therefore try their hardest not to touch their capital and many, but not enough, realise that they may need to pay for residential aged care at some point in the future. In the case of couples that may mean two lots and that starts at \$500,000 if you want full choice.

This makes investing at this age a difficult conundrum – to enjoy retirement needs money. Earning money takes risk and without an adequate ongoing income, risk may be intolerable. There is no "one size fits all" solution to this. To invest in a guaranteed income investment (annuity) takes some capital but at present returns are calculated at about 2% per annum and the rest of the income is the investors own funds being returned. It's a case of outlive your life expectancy and you win – die earlier and the annuity provider wins. There's nothing left for the next generation.

The federal government has been recommending that retirees invest in annuities which will pay a fixed income for the life of the beneficiary in order to provide certainty. I don't know how many MPs would need one.

The other solution is to invest your superannuation and other funds if you have them (maybe downsizing) in a growth fund that can pay a regular payment so that there is a regular cashflow. This cash flow may sometimes include capital but at times may also leave some income in the investment which would compound any further gains. The average return of the sharemarket over time is nearly 9%, ahead of property by about 1% and about one year in five is negative.

Separately Managed Accounts do this very well.

If a retiree can get by starting on using 5% of their capital to supplement their pension (if they qualify) then it follows that the investment will grow over time. However, volatility can be hard to live with and while property is volatile, the better liquidity of the share market can make this volatility seem worse than it really is.

There is no requirement to leave your children any inheritance (a story for another article) and using capital is also not a crime – our superannuation laws are based on that scenario. As to aged care the government will fund aged care for everyone – it just may not be where you'd like or of the standard you want. If you have superannuation funds or any other investment funds and haven't taken any professional advice on your best solutions, please do so. At over 70 years of age you'll need all the help you can get to stay ahead.

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# Book Reviews

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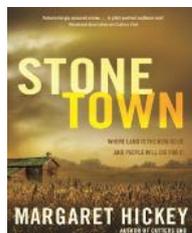
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## Stone Town

By Margaret Hickey

Price: RRP \$32.99

(10% discount to registered customers)

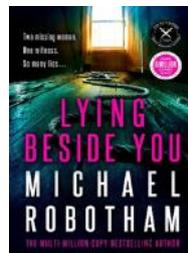
Stone Town is a captivating new rural crime drama from the author of the bestselling *Cutters End*.

With its gold-rush history long in the past, Stone Town has seen better days. And it's now in the headlines for all the wrong reasons. When three teenagers stumble upon a body in dense bushland one rainy Friday night, Senior Sergeant Mark Ariti's hopes for a quiet posting in his old hometown are shattered. The victim is Aidan Sleeth, a property developer, whose controversial plan to buy up local land means few are surprised he ended up dead. However, his gruesome murder is overshadowed by a mystery consuming the entire nation - the disappearance of Detective Sergeant Natalie Whitsed. Natalie had been investigating the celebrity wife of crime boss Tony 'The Hook' Scopelliti when she vanished. What did she uncover? Has it cost her her life? And why are the two Homicide detectives, sent from the city to run the Sleeth case, so obsessed with Natalie's fate? Following a late-night call from his former boss, Mark is sure of one thing - he's now in the middle of a deadly game.

'Astonishingly assured crime debut. A pitch perfect outback noir, set against a vivid and atmospheric desert landscape, the book's explosive finale with linger with you for days.'

*Weekend Australian on Cutters End.*

'Past and the present collide to create a gripping tale of murder and intrigue. *Chris Hammer author of Scrublands on Cutters End.* 'This smart, affecting tale owes more to Scandi noir fiction with its sinister twists and aching characters, a tour de force.' *Australian Women's Weekly on Cutters End.*



## Lying Beside You

By Michael Robotham

Price: RRP \$32.99

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'The guy can't write a bad book. This is one of his best, suspenseful and hard to put down'. STEPHEN KING.

Two missing women. One witness. So many lies. The brand-new thriller by the number-one bestselling and award-winning master of crime.

Twenty years ago, Cyrus Haven's family was murdered. Only he and his brother survived. Cyrus because he hid. Elias because he was the killer. Now Elias is being released from a secure psychiatric hospital and Cyrus, a forensic psychologist, must decide if he can forgive the man who destroyed his childhood. As he prepares for the homecoming, Cyrus is called to a crime scene in Nottingham. A man is dead and his daughter, Maya, is missing. Then a second woman is abducted. The only witness is Evie Cormac, a troubled teenager with an incredible gift: she can tell when you are lying. Both missing women have dark secrets that Cyrus must unravel to find them - and he and Evie know better than anybody how the past can come back to haunt you. This breathtaking new thriller from the #1 bestselling author will keep you guessing until the very end.

### Praise for *Lying Beside You*:

'It's hard to top Michael Robotham for his sheer criminal consistency. Want a great thriller that will keep you fixated to the page until the last. He's your man' *The Age*.

'A dark, compelling thriller' *Canberra Times* 'Another terrific thriller. This is a well-crafted and clever mystery that quickly draws the reader in and keeps them enthralled all the way to the startling conclusion. Recommended' *Canberra Weekly*.

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## Healthy and Healing with Pip

### It was a no-brainer

Guess what?! The owners of my space in Cape Woolamai have taken the house off the market and have offered for me to stay for another 12 months.

So even though I had packed up, done a garage sale, sold some of my stuff, and planned to move to Queensland ... it was a no-brainer to accept. I love my community on the island and it was breaking my heart to leave at this point.

The interesting thing was the range of emotions I went through this month.

Sadness about leaving my home.

Happy about new adventures.

Anger about not having enough time.

Humble when I heard nice feedback about my impact on people's lives.

Uncertainty about where to go next.

Resistant about selling my stuff.

Blessed by the support of my tribe.

Confusion when the house didn't sell.

Hope when offered the chance to stay.

Excitement about new plans to go overseas in 2023.

Embarrassment about changing plans.

Gratitude when my clients were so happy that I'm staying.

The reality is I was making the best of a situation that was out of my control.

As far as I knew, the house was being sold. I had to leave this space.

And I had decided to start by wandering up to Queensland because I know some awesome, creative people there. Let's face it, the weather looks SO great from down here in winter. (\*Flooding rains aside).

But the universe (and my oracle cards) showed me some signs that indicated my plans would change.

a) I pulled some cards in April to see when the house would sell and the card that jumped out was "a year from now". I thought the cards were wrong ... even though they never are ... because houses had been selling like hotcakes.

b) In the past when I've been planning to travel or move, I've been excited and packed with happy energy. This time I was resisting and procrastinating and plain stubborn (my sisters can attest).

c) While I was searching for houses in Brisbane, I kept getting distracted by houses in London, Toronto, and everywhere else.

These signs gave me "pause" to wonder about diving timing.

And to wonder about things left undone.

And to wonder about the possibilities still unexplored.

And to wonder about whether I really wanted to travel to Queensland.

Or was I truly wanting to travel to the UK to see the standing stones, walk the path of the Druids, connect with ancient Scottish grandparent energy ... and go to the Eurovision concert.

Yep! That was A LOT more compelling than Brisbane.

And what can I say?! I am a lover of all things spiritual and fun and wonderfully weird! So, this is your reminder to keep checking in with your gut. Stay aware. Trust your intuition. Keep asking yourself if you're on the path that makes you feel the best.

Sometimes it might seem like things are moving in a particular direction and you think you can't change your path. But you can!

You can ALWAYS pivot and reset.

If you'd like to learn how to trust your intuition, feel more confident and improve your psychic abilities, so that you can be more adaptable in your business, relationships and life .... I'll be doing some Winter Woo Woo workshops (online and in-person) in August, including:

- How to connect with your departed loved ones (mediumship)
- Exploring past lives to heal and transform now
- Crystal healing for modern witches
- Make your own Oracle Card deck
- Draw your Destiny – life purpose automatic drawing
- How to work with Animal Spirit Guides & Angels

You can contact me to express your interest at 0437 670 820 or go to the website [www.pipcoleman.com](http://www.pipcoleman.com) and book in a 'what's it all about?' complimentary phone call.

Blessings Pip

*Pip Coleman provides intuitive coaching and programs for professional women who are seeking answers and want to know the next step on your spiritual awakening. She has 25 years experience, and is Australia's leading Divine-ologist. "I show you how to align your understanding of spirituality and divinity, while applying it to your everyday life to give you certainty, clarity, peace and joy."*



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## NEW RESEARCH INTO TREATING MANGE IN KOALA



*Daniel Kallstrom, Senior Environment Ranger, and Lachlan Siphthorp, Environment Ranger, at the Koala Conservation Reserve counting koala scat; a method used to monitor koala health during the trial.*

A team of scientists is undertaking a study to treat mange infections in koala populations, testing whether a simple, single dose of a drug used to successfully treat the skin disease in wombats could also be administered to koalas.

Rates of mange infection have risen in certain parts of Victoria and South Australia. It is hoped this research will support further medical conservation efforts around the country.

This new research will draw on the expertise of leading koala scientists to determine whether Bravecto™ (Fluralaner) can be administered to suffering koalas.

The information will be used to recommend to veterinarians and wildlife carers the most effective dosage rate for Bravecto™, with the hope that koalas will only have to be treated once to minimise stress.

Prof. David Phalen from the University of Sydney School of Veterinary Science said mange is a terrible disease creating significant animal welfare concerns.

“The purpose of this joint investigation is to develop an effective and minimally stressful treatment for mange in koalas that can be used by veterinarians and wildlife carers,” Prof. David Phalen said. Jessica McKelson, Conservation Manager at Phillip Island Nature Parks, said this project will provide a better understanding of required health and medical care to support rehabilitation of rescued koalas and koalas in the wild.

“At the Koala Conservation Reserve, we see our role as protecting, growing and supporting wild koalas and that’s why we are excited to be a part of this project to help ensure their long-term survival,” she said.

The research is being led by the University of Sydney in partnership with Phillip Island Nature Parks, Zoos Victoria, and the University of Tasmania, thanks to a \$750,000 grant for a range of koala health research projects from the Australian Government.



*Jessica McKelson, Conservation Manager, Phillip Island Nature Parks.*



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

If you are talking about fishing reports for July there are three things to mention, tuna, tuna and tuna. Global warming, weather patterns, currents, more people looking, who would know but one thing is for certain, the numbers of barrel tuna we have seen over the last couple of months is out of the ordinary. Like the school fish in the summertime, the numbers of the bigger fish has been building over the last few years. This year is the best we have had for both the bigger fish and the school fish not only in numbers of fish but in the quality of soundings with very big schools in the summer and several big fish on several bait balls over the winter-time. The reports have come from all over the place over the last month, from the western entrance to Inverloch with the majority around the 50m line. The method of catching the bigger tuna has also been all over the place with some on lures, some on live bait, some on dead baits and even a couple on strip baits. Best advice I can give is if you are heading out to chase them, find the bait with the fish and try everything.

We have already seen a couple of snapper from Newhaven jetty and some pinkies from Cowes jetty which is a little early but with the crazy patterns of the last few years it’s no real surprise.

Calamari reports have been patchy but I think that might have more to do with the weather than there being none around. If it’s not windy it’s freezing cold and with evening being the best time to chase them from the land-based areas, not many have ventured out. We have seen better results from the boats, especially with the number of boats heading offshore and stopping for a quick squid fish in Cleeland Bight on the way out or back.

The whiting reports are also patchy and more to do with conditions not being favourable rather than there being a lack of fish. The reports we are getting though are respectable and as one customer said to us, if you get ½ a dozen winter whiting that’s a good couple of feeds. Nothing unusual in where the whiting have been caught and it just depends on which way the wind is blowing to get the most protection as to the best spots.

This time of the year all our new stock comes in and by the end of September we will be fully stocked again. Although we will have many new products in this season now that we have more room, most of the companies aren’t releasing a lot of new product and consolidating what are their standard lines. Stocks are the best they have been for a couple of years with most suppliers and we don’t expect too many shortages early. We are however being told that shortages again will come around or just after Christmas. Time will tell, I guess.

## WATERLINE SEES A RETURN TO THE 1960'S

Well, as far as service is concerned that is. Ask your parents about the 1960's and they will tell you they remember getting their bread delivered, and their milk, even their fresh fruit and veg, delivered with a smile by a local. And you know what? It was all delivered right to your door free of charge.

TGG is bringing back that 1960's level of service with their free home delivery service of not only alcohol and groceries but get this, fully prepared restaurant quality gourmet meals. They certainly didn't have that in the 1960's.

TGG have made it even easier now with their EXPRESS ORDER facility on their website. No need to navigate clunky and complicated online shopping carts and checkouts, you simply go to [www.tggdelivers.com.au](http://www.tggdelivers.com.au), decide on what you would like and then click the EXPRESS ORDER button.

This will bring up a pop up window where you enter your phone number and what you would like to order, or you can just simply ask for someone to call you back.

Then a friendly member of TGG will call you back to see what you would like to order or simply to confirm what you have ordered, and then get it on its way to you. Even if there is something you don't see on the website but would like to order, you can even make an enquiry there on the EXPRESS ORDER form and they will do everything they can to source the product for you.

"We were well aware that Grantville needed a supermarket, but we wanted to go above and beyond with service. Our goal is to create a unique grocery shopping experience" says Mr McConvill, owner of The Grantville Grocer.

They have certainly achieved that, because all through Winter and into Spring they are having what they call their "Winter Meal Deals". You know those incredibly priced meal deals you see at fast food restaurants? Well TGG have taken the concept and added a touch of gourmet restaurant quality to it. They have 12 restaurant quality prepared meals with your choice of beer, cider, or wine, either red or white all starting from an incredibly low price of just \$16.99. And winter is the perfect time for something like this. If you get home and you don't feel like cooking, you don't even have to go out into the cold because you can get the Meal Deal of your choosing delivered free, straight to your door, with the choice of beer, cider, or wine to go with that. Head over to [www.tggdelivers.com.au](http://www.tggdelivers.com.au) and order yours today.



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## Phillip Island Camera Club “Making Photography Fun - Tree Photography”

As you travel around Phillip Island or elsewhere, you cannot fail to miss trees in the natural environment. You may wish to capture individual trees or multiple trees to show their beauty. Trees make amazing subjects, plus they are almost everywhere! If you are taking photos of a single tree, here are a few tips.

You may wish to capture the silhouette of a tree. This works if the tree has beautifully shaped and interlocking branches. If you head out around sunset, you can frame the tree against the bright sky and expose for the brightest part of the scene.

Another idea is to focus on the details. You could focus on the leaves, bark, trunk or branches. For example, if focusing on the bark, you may wish to focus on the bark's texture or colour making best use of the available light.

Most photographs are taken from the most obvious angle – standing and looking straight ahead. Try taking your images from different vantage points. Getting down low and shooting upwards along the trunk or into the canopy could emphasise the height of the trees.



*The root system and spreading branches are features of this Morton Bay fig in Wimbledon Heights. Image by PICC member, Lorraine Tran.*



*The gnarled tree trunk and the rusty colours provide a feature in this Hamersley Gorge landscape. Image by PICC member, Jan Jones.*

Another tip is to include wildlife in your tree photos – birds, mammals or insects. In this case, the tree will provide the frame for the wildlife. On the other hand, you may wish to photograph a person with your tree to provide a sense of scale.

Remember that trees can change with the seasons. About now, we'll be seeing wattle trees bursting with gorgeous golden blooms. In autumn, we can capture the beauty of the leaves changing red, orange and yellow.

A tree can make a great subject when photographed through the fog. Also consider the reflections in water cast by a tree or the long shadows cast by the winter sun.

If the tree is symmetrical, you may want to place it in the middle of your frame, otherwise consider the rule of thirds, which encourages you to put the tree a third of the way into the frame. If you can get close, try using a wide-angle lens to show the entire tree in all its glory. You could

also zoom out to create an interesting minimalist image with the tree framed by its beautiful background.

Whether you shoot landscapes or intimate nature scenes, using the tips above should help you think about the way you photograph trees. Try them out to capture your own beautiful tree images.

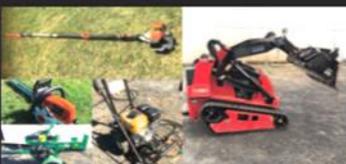
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If you found this article of interest and would like to find out more go to <http://www.phillipislandcameraclub.com.au/>

For more information on Phillip Island Camera Club. Phone Jenny on 0408 355130.

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## Let's get cooking

Simple and delicious recipes from Paul at Hill Top Farm Butchers

### Razor Clam Chowder

#### WHAT YOU NEED:

- 2 tins Razor Clams
- 2 medium Potatoes, diced
- 1 leek, diced
- 1 celery, diced
- 1/4 cup Pancetta, diced
- Thyme, chopped
- 2 Bay Leaves

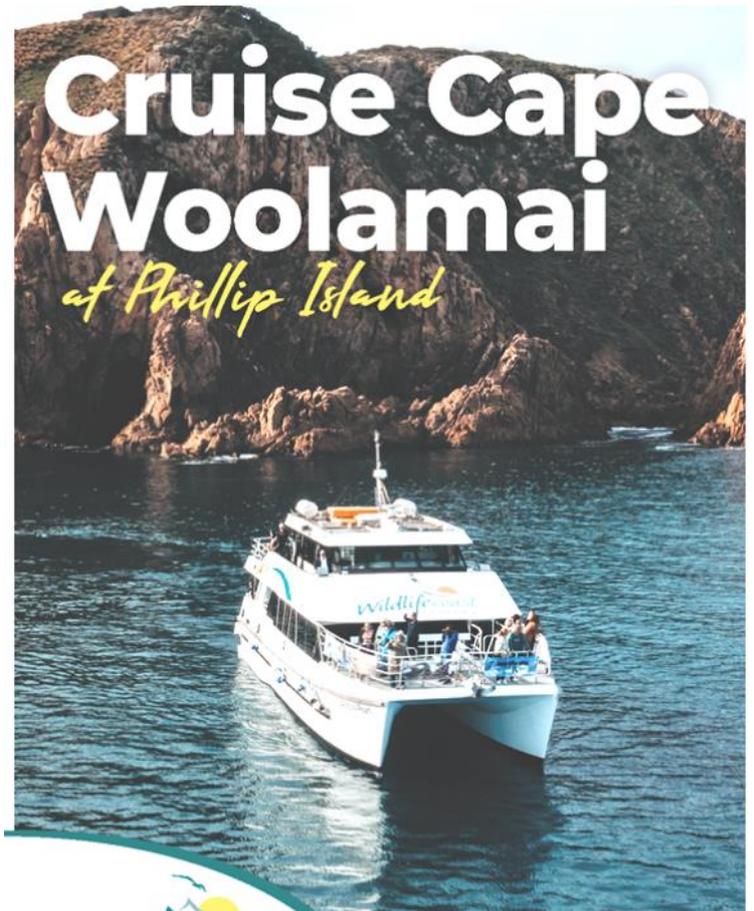
- 1 1/2 cups Cream
- Clam Juice
- 1 tbs Fish Sauce
- Parsley, chopped
- Ritz Crackers
- Shake of Tabasco
- Knob of butter



#### WHAT TO DO:

Fry the Pancetta in a hot pan then add butter. Add vegetables and herbs and fry until vegetables are nice and soft. Add Clams, cream, Tabasco and fish sauce and simmer for 10 minutes. Top with crushed Ritz crackers and parsley.

Razor Clams are available from Hill Top Farm Meats.



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August is here and we are on the tail end of winter, so we want to revisit the tips for thriving through winter. Implementing these activities and ideas into your lifestyle will not only help you get through the rest of winter, but also set you up for a fantastic summer. The full-length article, with a deeper dive on each topic, can be found on our website at [www.islandhealing.online/thrivewithlaonda](http://www.islandhealing.online/thrivewithlaonda)

**1. Breathe (properly):** There's a wide range of breathing exercises to try, but for everyday wellbeing the main focus should be on functional breathing: breathing slowly through the nose to take oxygen deep into the diaphragm. With each inhale you should feel your belly or lower ribs expand.

**2. Meditate daily:** Even if it is just 5 mins, a consistent daily meditation practice has a wonderful positive effect on your brain and body. Here's a simple way to get started: Bringing your full attention onto the breath, which is flowing gently and naturally through the nostrils. As soon as you notice a thought or sensation, simply realise that you are thinking, and then return the focus back to the breath.

**3. Coldwater immersion:** There is emerging evidence that cold water immersion can help to boost your immune system and help regulate your stress response. This means that regular dips in the cold can help keep seasonal colds and flus in check and bolster your mental health. Local cold water enthusiast Holly Shipton has started a group for Islanders who want to connect with others over a bit of cold immersion - She's on Instagram @submerge\_phillipisland.

**4. Move your body:** 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. Aim for something everyday, with a weekly target of 150+ minutes of moderate intensity activity or 75+ minutes of vigorous activity.

**5. Recharge your batteries:** Sleep is the body's main answer to repairing and regenerating the body and mind from the tolls of daily life. If sleep is elusive then the next best option is learning and following some deep relaxation techniques like guided Yoga Nidra.

**6. Bolster your immune system:** Engaging in many of these suggestions will help to strengthen your immune response. Zinc and Vitamins C and D can be beneficial in shortening our immune response. If you feel like your diet is lacking talk to a health professional about an appropriate supplement.

**7. Hydrate:** This one seems simple, but it's quite easy to let regular fluid intake slip in the colder months. If we end up dehydrated we are more likely to experience a range of negative effects like headaches, constipation and tiredness.

**8. Nature:** Sometimes the winter weather can be a little too challenging to spend much time outdoors, but we're sure if you make the effort, your body and mind will appreciate it. Go for a surf or a stroll at one of the many great beaches on the Island.

**9. Community;** When it comes to our health outcomes, our social connections can be as significant as our weight, whether we smoke and our blood pressure. New to Phillip Island or not sure where to start connecting with other like minded folk? Flick through to the Community Noticeboard pages in this month's edition for some inspiration.

*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. Keep an eye out for Yoga and Breathwork classes and workshops in the studio throughout the winter.*

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Authorised by Russell Broadbent MP, Liberal Party of Australia, 46C Albert Street, Warragul, VIC, 3920

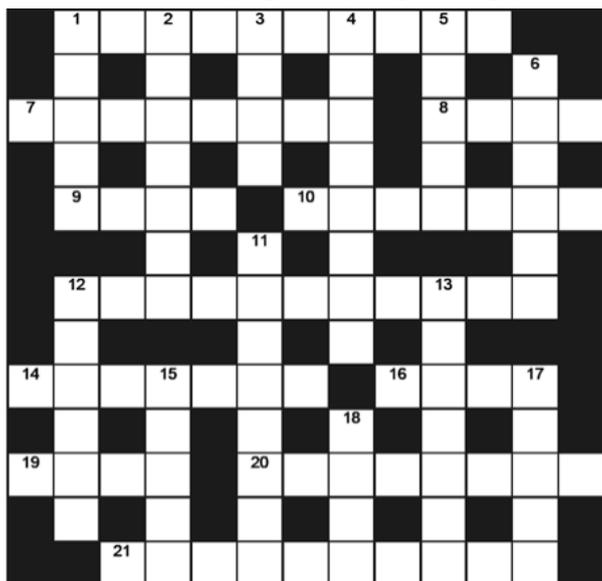
**AUGUST GIG GUIDE**

<b>FRIDAY 5TH</b> Dave Prideaux	<b>SATURDAY 6TH</b> Andrew Wishart	<b>SUNDAY 7TH</b> Richard Gillard
<b>FRIDAY 12TH</b> Eric Collier	<b>SATURDAY 13TH</b> The Infernos	<b>SUNDAY 14TH</b> Mark Phisha
<b>FRIDAY 19TH</b> Corie Blackley	<b>SATURDAY 20TH</b> Mao & Bec	<b>SUNDAY 21ST</b> Steve Durie
<b>FRIDAY 26TH</b> Wing-It Brothers	<b>SATURDAY 27TH</b> Steve Wade	<b>SUNDAY 28TH</b> Corie Blackley

**DIMPLES LOUNGE BAR**

# Brain Food

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



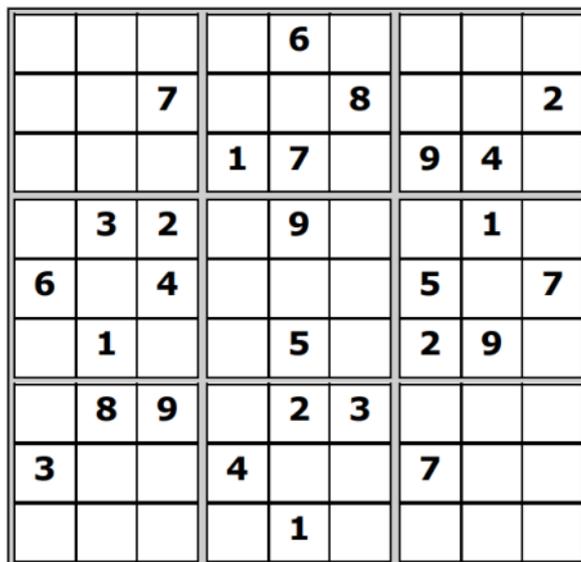
Vibe Quick Crossword

- | Across |                    | Down |                |
|--------|--------------------|------|----------------|
| 1      | Made up (10)       | 1    | Banners (5)    |
| 7      | Hanging (8)        | 2    | Luggage (7)    |
| 8      | Secret message (4) | 3    | Water bird (4) |
| 9      | Dried skin (4)     | 4    | Crossest (8)   |
| 10     | Lost (7)           | 5    | Outdo (5)      |
| 12     | Eternal (11)       | 6    | Compiling (6)  |
| 14     | The heart of (7)   | 11   | Darkest (8)    |
| 16     | Elegant (4)        | 12   | Simpler (6)    |
| 19     | Nothing (4)        | 13   | Barbaric (7)   |
| 20     | Huge (8)           | 15   | Draw out (5)   |
| 21     | Five sided         | 17   | Mean (5)       |
|        |                    | 18   | Melody (4)     |

## TRIVIA QUIZ



- Which canine character features in more than a dozen stories by New Zealand author Lynley Dodd?
- What number does the roman numeral D represent?
- What is the main ingredient of a margarita?
- What is the name of Prime Minister Anthony Albanese's partner?
- In what is speed measured at sea?
- Israel and which other country border Lebanon?
- What does a vexillologist study?
- What is the French form of the name Andrew?
- Name the song and the band: "Up ahead in the distance, I saw a shimmering light..."
- What girls name comes from the Italian for 'jewel'?
- What do Scots celebrate each year on November 30th?
- Who captained the Wallabies in the 1999 World Club?



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

### PHILLIP ISLAND SENIOR CITIZENS MONTHLY UPDATE HAPPY BIRTHDAY PHILLIP ISLAND SENIOR CITIZENS CLUB

Our club has just turned 51 years old. Hip hip hooray! Hip hip hooray!

We will be celebrating in style with the Police Scottish Highland Band and a beautiful cake made especially for us by the Phillip Island Bakery. We are very excited and to commemorate the occasion and we are putting together a time capsule of items from our members. Being part of the seniors club, we are always saddened greatly when our members pass. It falls heavily on our committee members in particular as we feel like a member of our own close family has gone. That's how close we consider each of our members. Our members are not just part of a club, but part of our family. We lost a couple of family members in the last month and we were sad to lose them and we wish their personal families all the very best.

We wish to send our best and deepest wishes to anyone who is not well at this time too. We hope you fight the tough fight and make a long standing recovery. While this year has been better than the last two, it doesn't mean we are out of the woods just yet. Stay safe.

On a more uplifting note, we wish to thank the following for helping us with our breast cancer fund-raiser. Thank you for your support and donation to our breast cancer fund-raiser:

Nats Rustic Fish and Chips, Petstock, Phillip Island Bakery, Anerie French Bistro, Sue Jacobi for candle basket, The Lazy Wave, One Stop Discount Shop, Priceline, Gday Tiger, IGA, Baker's Delight, Bean'd and personal donations.

Also thanks to everyone to came to make our breast cancer fund-raiser a great success.

We still have lots coming up in the next few months so why not join us for lunch, held on the 1st Friday of each month. Call our secretary Liza on 0431 867 058 to book your place, or you can leave a message with your name and phone number on 5900 2921. We would love to see you.

## PHILLIP ISLAND AND DISTRICT HISTORICAL SOCIETY

Written by Pamela Rothfield  
Phillip Island & District Historical Society

### Street Names of Cowes—Rose Avenue

Despite the obvious assumption that Rose Avenue in Cowes is named after that beautiful fragrant flower, it is actually named after the Rose family – and I would like to think that, more specifically, after Lucy Rose, a very special member of that family.

Lucy lived on Phillip Island for some 20 years. She was the organist and a great benefactor for

St. Philips Anglican Church as well as being a devoted worker for the Church and the local community and is remembered as a kind and loving soul.

Her story begins with her father, Philip Davies Rose, who was a wealthy grazier in the Wimmera. He was the son of William Grant Rose who was the Committee Clerk in the House of Commons in London, which is the chief procedural and administrative adviser to the Speaker and the Members of the House of Commons.

Philip, born in 1818, had a privileged upbringing, growing up with his seven siblings in a beautiful home on the waterfront in Dover on the south east coast of England, waited on by four servants.

He arrived in Australia in about 1838 at the age of 20 and using his excellent family connections and references to his advantage, secured pastoral leases to Crown Land in the Wimmera, eventually running 70,000 sheep as well as cattle on some 85,000 acres (34,000 ha).

The Rose family were 'jetsetters' of their time, making a number of trips back and forth between London and Australia. Philip returned to England in 1850 when he married Laura Snoulton in Kent and they returned to his property in the Wimmera the following year, where his first two children, daughters, Frances and Laura, were born. The family again returned to England in 1854, where Laura remained with the young family which expanded to 11 children (9 daughters and 2 sons), including Lucy who was born in 1858. Phillip made trips back to his properties in Australia.

Lucy's mother, Laura died in 1871, when Lucy was only 12 years old. Both of Lucy's brothers, William Davies Rose and John Hugh Rose, also travelled to and from Australia and both took up grazing



Lucy Rose played the organ at the Cleeland wedding in 1911. She is at the far right of the picture.

properties in NSW in 1880.

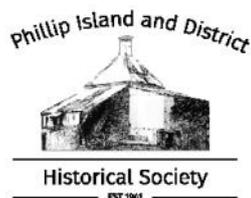
Lucy followed her brothers to Australia in about 1887, travelling in relative comfort, in what was called 'cabin class'. A number of her sisters also travelled to Australia around this time.

By the time Lucy took this voyage, travelling by sea had become much more comfortable and according to P&O's historical records, new steamers which left London for Australia fortnightly, were designed with a greater attention to space, speed and comfort. Philip Rose's final trip to Australia was in 1894 on board the P & O Royal Mail Ship The Rome (later changed to The Vectis), which left London on 13 April and arrived in Melbourne on 26 May – a startlingly speedy trip of six weeks. The ship was some 5,013-ton and offered the ultimate in luxury to its 35 passengers – served by 208 crew. The cost of a first-class fare to Australia ranged between £60 - £70 and second-class ranged between £35 - £40.

The introduction of on-board refrigeration was also a great advancement, with passengers no longer required to share the meagre deck space that existed, with a veritable farmyard of cows, sheep and poultry, as in the bygone days. The newer ships also featured a 'hurricane' or upper deck from which 'views' or photographs could be taken, and then processed in the photographic studio down below. 'Functioning' bathrooms appeared for the first time and bunk beds were replaced in cabin class with sturdy iron beds with sprung mattresses. Electric light lit up the saloon; folding washstands graced the cabins and the 'novelty' of a chest of drawers was a welcome addition. Scarborough Gazette, 9 February 1888 reported, '...the conditions of life upon a modern ocean-going steamer, such as we have in the Britannia, the latest addition to the P&O fleet, have become almost too luxurious.'

In 1900, Lucy's brother William Davies Rose, travelled from his property in Geurie NSW for a visit with the family in Cowes. Unfortunately, William had contracted typhoid fever and died in Cowes during this visit. He is buried in the Phillip Island Cemetery. Only one month earlier, Lucy's other brother, John Hugh Rose died at his property, at Walgett, NSW.

On 21 January 1905 whilst endeavouring to shoot a hawk, which was getting his chickens, Philip set down his rifle and was reaching into his pocket to give a young lad, 13-year-old Leslie Wright, a 2/- tip, when the boy picked up the gun and it fired accidentally, shooting Philip through the left calf. A visiting Collins Street doctor, Dr William Robert Fox, saw Philip in Cowes, and attended to the wound.



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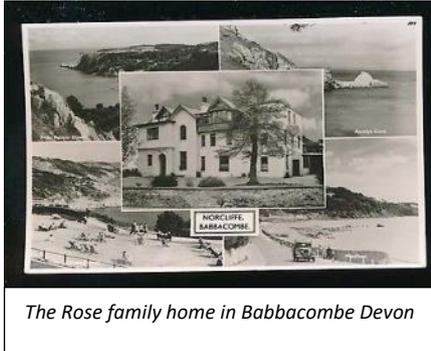
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Phillip Island & District Historical Society

Ten days later he was admitted to Mrs Arnold's Private Hospital in North Carlton. On 15 February, Philip received the news that his brother, William, had died, which, according to his doctor, drove him into a 'state of depression'. Philip developed inflammation of the lung at this time and 'he began to get feeble'. He died 9 days

later of inflammation of the lung and heart failure and his body was brought back to Cowes for burial with his son William. He was 87 years old. Philip left an estate worth £ 23,996, including a magnificent property Norcliffe in Babbacombe, Devon, which he bequeathed



The Rose family home in Babbacombe Devon

to his unmarried daughters, Lucy and Margaret. Lucy Rose continued to reside in her family home in Cowes and work for the local community through her church. Before she left Australia to return to her sisters in England, she donated a large stained-glass window to the St. Philip Parish Church in Cowes in memory of her father and two brothers, which was installed in 1912. This window exists today in the western wall of St. Philips Church.

Aside from the beautiful stained-glass window she donated, Lucy also donated her Rose family home on the foreshore in Cowes (now known as Stradbroke Avenue), to the Anglican Diocese of Melbourne, fully furnished. The home (pictured below) was situated on 15 acres and for many years was used by the clergy and their families as a place of rest. The property was re-named Clergy Rest. The first family to have the free use of the property was Rev. Alfred Caffin, who was the vicar at Ascot Vale.

Lucy Rose returned to England in 1912 and upon her return to London she worked with the sick and the poor. It is said that during this work, she came across James Duffus, a farmer from Phillip Island, whom she knew. James was ill with influenza and Lucy visited him every day until his death on 24 June 1912.

Lucy kept in contact with her Phillip Island community and was visited by local David Robb and his family on a trip to England in approximately 1933.



She continued her work with impoverished communities in England and records reveal she lived by 'independent means' in Whitney Oxfordshire, until her death in 1940.



Right: David Robb visiting Lucy Rose in England in c.1933



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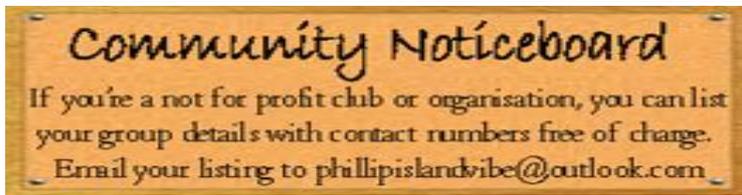


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**Red Cross, Phillip Island Branch** meets every 2nd Thurs of month, 1.30pm, Uniting Church Hall, Chapel Street, Cowes. New Members welcome. Ron Hateley 59522549 or Averil Roberts 59522602.

**Phillip Island Lions Club** - Steptoes 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

**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

**Phillip Island Club (Senior Citizens)** Carpet bowls, cards, ballroom dancing, craft. Membership \$15 per year. Fridays 12noon, 3 course lunch \$20. Island Celebration Centre Hall for hire. Ph 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 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 probussanremo@gmail.com

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

**Phillip Island World Vision Club** 2nd Wed of each month 1.30pm, St Phillip's Church Hall, Cowes. A friendly group 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

**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.

**Phillip Island and District Railway Modellers** is a model train club that meets every Sunday to run trains at the Cowes Senior Citizens Club (back door) from 1:00pm to 4:30pm. Visitors are welcome, new members more welcome. More details Geoff N on 0419 357 097 or Geoff B on 0429 419 011. Or email to piadrm@gmail.com

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

**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

**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.

**Phillip Island RSL Day Club** Mondays, 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. For more information go to 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

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

**Phillip Island Adult Riding Club Social & HRCav** horse riding club for beginners to advanced. Rallies held every 3rd Sat of month. New members welcome. Contact us via email: 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

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

**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

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

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

**Phillip Island Patchworkers Inc.** 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-San Remo-Bass Coast Vegan Community** Sharing and promoting what's vegan & plant based. Everyone welcome. [phillipislandbasscoastvegans@gmail.com](mailto:phillipislandbasscoastvegans@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 & Warley Ave, Cowes. Facebook @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 [aspicommitee@gmail.com](mailto:aspicommitee@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.

**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 0419525 609, 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).

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

**Solution To Suicide or Murder whodunit**

Archie picked up the suicide note and pointed out two words. "It says 'little brother' here. But it should say 'big brother.' Teddy was older than Simon. Right?"

"Yes." Flint studied the note again. "That's weird."

"Well, what if Teddy didn't kill Simon? What if it was just the opposite? What if Simon was planning to kill Teddy? He writes a suicide note, trying to mimic Teddy's handwriting. Then he leans out the window and unscrews the safety bars.

He's getting ready for when Teddy comes home from work. But Simon loses his balance and falls. An accident. Simon is not only the victim—he's also the killer."

"What about the evidence?" Flint protested to his son. "Teddy's prints on the screwdriver?"

"A household screwdriver. Both of them used it. They both had million-dollar insurance policies. And if you're planning to kill your brother, you'd probably be moody and distracted, too."

"It makes sense," Flint said reluctantly but still, with great admiration for Archie's immense logic, I guess we were looking at the wrong brother."

**PUZZLE SOLUTIONS**



- ANSWERS TO TRIVA QUESTIONS** 1. Hairy McLairy 2. 500  
 3. Tequila 4. Jodie Haydon 5. Knots 6. Syria 7. Flags  
 8. Andre 9. Hotel California - The Eagles 10. Gemma 11. St. Andrews Day 12. John Eales

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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