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FEBRUARY 2023



Mother Nature has done some great work here. Looks just like a planned garden. Many thanks to Tracey Smythe from Phillip Island - Millowl Walking who took this great pic at Surf Beach. You can follow Tracey's Facebook page for more great shots and ideas for wonderful walks in our local area.



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Funding to help improve breeding success of endangered Fairy Tern seabirds

Phillip Island Nature Parks will embark on a \$200,000 conservation project to support the recovery of the Critically Endangered Fairy Tern seabird population around Phillip Island.

Nature Parks staff and volunteers will partner with the Bunurong Land Council Aboriginal Corporation to improve and expand suitable breeding habitats for Fairy Terns, and install a series of cameras to monitor the species and to better respond to feral cats and other threats such as storm surges.

The project has received funding from the Department of Environment, Land, Water and Planning Nature Fund, which will complement co-investment from Phillip Island Nature Parks, the Penguin Foundation and Melbourne Water.

Nature Parks Environment Ranger Brandan Zerafa said the work would centre around the Fairy Tern's last known successful breeding site in Western Port and Port Phillip and will aim to secure a safe breeding site at Observation Point.

"The movement and breeding site selection of the Fairy Tern population is highly variable, and most breeding attempts fail," Mr Zerafa said.



"Since 2016, the only successful breeding in the Western Port and Port Phillip was at our Observation Point on Phillip Island in 2019/20 when 31 Fairy Tern pairs fledged 49 chicks. Since then, there has been no successful breeding of Fairy Terns due to a number of factors including pest animals, weed infestation and human disturbance.

"It is our hope that this project will ensure the long-term breeding success of this critically endangered species."

The Bunurong Land Council Aboriginal Corporation will work with Nature Parks and BirdLife Australia to undertake weed removal,

revegetation and participate in Fairy Tern monitoring on Country.

"The Fairy Tern is critically endangered in Victoria and its population has



drastically declined in recent decades. The Bunurong Land Council Environment Team is looking forward to partnering on this important project to help secure Observation Point as a safe haven for the Fairy Terns," said Bunurong Land Council Aboriginal Corporation Land and Environment Manager, Shani Blyth.

The Fairy Tern project is one of 16 projects across the state to improve outcomes for the state's most threatened species.

Other projects supported by the latest Nature Fund announcement include habitat improvements for critically endangered Major Mitchell's cockatoos in Wyperfeld National Park and restoring habitat for the endangered Central Victorian ant-blue butterfly.

For more information go to www.environment.vic.gov.au/nature-fund.



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Why learning to surf can be great for your mental health, according to a psychologist

(based on Published articles of Lisa Olive from *Deakin University*)

Nothing clears the mind like going for a surf. With the escapism and simplicity of riding waves, it's no secret that surfing feels good. Now our preliminary study in children and adolescents adds to growing evidence that surfing really is good for your mental health.

But you don't have to have a mental illness to get the benefits. Here's how you can use what we're learning from our research to boost your own mental health.

How surfing is good for you

Evidence showing the mental health benefits of surfing ranges from improving self esteem and reducing social anxiety to treating depression and other mental health disorders.

These combine supportive surfing instructions with one-to-one or group activities that promote psychosocial wellbeing.

At their core, most of these programs provide participants with the challenge of learning to surf in an emotionally safe environment. Any benefits to mental health are thought to arise through an increased sense of social connection a sense of accomplishment that people can transfer to other activities, respite from the day-to-day stressors due to the all-encompassing focus required when surfing, the physiological response when surfing, including the reduction of stress hormones and the release of mood-elevating neurotransmitters and exercising in a natural environment, in particular "blue spaces" (on or near water).

Exercising in a natural environment, near water, is part of the appeal. Ferne Millen/Ocean Mind, Author provided.

What we did

Our pilot study aimed to see whether the ocean mind surf therapy program improved child and adolescent mental health. We also wanted to see whether participants accepted surfing as a way to address their mental health concerns. The study involved 36 young people, 8–18 years old, who were seeking help for a mental health concern, such as anxiety, or a neurodevelopmental disorder (attention deficit hyperactivity disorder or autism spectrum disorder). They were referred by their mental health provider, GP or school counsellor. Participants were allocated at random to the Ocean Mind surf therapy program or were placed on a waitlist for it. Those allocated to surf therapy continued with their usual care, which included case management from a mental health provider. Those on the waitlist (the control group) also continued with their usual care.

The surf therapy program ran for two hours every weekend for six weeks. Young people were partnered one-to-one with a community mentor who received training in mental health literacy and surf instruction.

Each session included supportive surf instruction and group mental health support, all conducted at the beach. Sessions were run by the program coordinator who was also trained in mental health and surf instruction. Young people in the program were partnered with a mentor.

Ferne Millen/Ocean Mind, Author provided.

What we found

By the end of the six-week program, those receiving surf therapy

had reductions in depression, anxiety, hyperactivity and inattention symptoms, as well as fewer emotional and peer problems. This was compared with those in the control group, who had increases in these symptoms. However, any improvements were not sustained six weeks after the program finished.

Those receiving surf therapy also saw it as a suitable, youth-friendly way to manage symptoms of mental ill-health. This was further supported by the high completion rates (87%), particularly when compared with other methods of mental health treatment. For instance, psychotherapy (talk therapy) has been reported to have a 28 - 75 % drop-out rate for children.



It's early days

These early findings are promising. But given this was a pilot study, more research is needed with larger numbers of participants to confirm these outcomes and see if they generalise to broader populations.

We'd like to identify the best dose of surf therapy in terms of session frequency, duration, and program length.

We also need to understand the factors that maintain these initial positive changes in mental health, so any benefits can be sustained after the program finishes.

The recognition of surfing as a potentially effective and acceptable mental health treatment among young people is also promising.

But this finding does not preclude the more conventional clinical treatments, such as talk therapy and medication, which may work better for certain people.

Rather, surf therapy may be seen as an additional form of support alongside these approaches or an alternative for those who do not benefit from more traditional methods.

Surfers learn on land before heading into the ocean. *Ferne Millen/Ocean Mind, Author provided.*

Tempted to try surfing?

If you think surfing might be for you, remember:

- surfing requires complete focus due to the ever-changing conditions of the ocean, making it a great way to step away from day-to-day life and wipe out the effects of stress
- for some people, surfing may reduce barriers to seeking mental health care.
- surfing may not be for everyone, nor can it guarantee to reduce your symptoms. Even the best surfers can suffer from depression and may require external support.

Don't worry if you cannot access the ocean or a surfboard. Other natural based activities such as hiking and gardening, can also benefit your mental health.



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

That's another Christmas holiday period done and dusted and you would have to say while it wasn't beach weather every day, there weren't too many days you couldn't get out for a fish.

The fishing was typical for the busy period. We saw plenty of quality fish caught in the bay but you had to get out of bed early or head out late. During the day with all the traffic there wasn't a lot caught in the bay, fish to take home that was, and most caught were small or undersized. There was no shortage of these smaller fish, mostly gummies and pinkies, with those chasing whiting finding it very quiet in the popular spots and was only those thinking outside the box landed some better ones during the day. If you were to get out of bed early or stay until dark you found the fishing very different with plenty of quality.

Whiting were the best and still holding their quality with lots of 40cm plus reported despite there being smaller ones around now. The snapper have all but gone in any sort of numbers, only the very odd bigger one being reported with pinkies around 40cm at best. The gummies certainly aren't as good as they were before Christmas in the bay and we haven't seen any school shark since before Christmas. Calamari have been hit and miss for the whole season which could have something to do with the number of fish in the bay that enjoy a feed of squid, especially on the western side.

Fishing in the western channel area over January has been like fishing offshore and you had to be ready and expect anything. There was some very big schools of salmon early in the month that seemed to attract everything by the end of the month.

Apart from the usual calamari, snapper, whiting and gummies in the areas off the side of the channel, which were good for most of the month, we saw kingfish and tuna wandering up the channel as well. The kingfish showed up between 12 and 13 as they have been for a few years now with those trawling getting a bit of a surprise when bluefin tuna starting jumping on the lures.

By the end of the month we were getting reports as far up as Joes island and all the way to the entrance. The unfortunate thing about these fish turning up in these types of areas is that it seems to do something to many anglers. It removes their brains one customer told us. I

t would appear that this is a fishery that might go on for a few years yet so the sooner people understand and learn how to work with each other instead of running over each others lures or spooking schools of fish we will probably see more people successful.

This applies offshore and we have never had so many complaints about, and I quote customers "idiots" running over others lures or boats just running straight through a school of fish that boats are working. I understand that it is a new fishery to many so if you aren't sure what the etiquette is, ask someone. This will not only help everyone else but will ultimately help you catch more fish. I could fill several pages with reports from offshore of tuna, kingfish, mako sharks, gummies, school shark, flathead, snapper and even more and while all of the above have been frustrating for some many more have found plenty. Apart from tuna and kingfish, the rest can be found in the usual spots with a bit of looking. The tuna and kingfish reports change almost hourly it seems so the best answer we can give when asked is the most current information we have but that doesn't mean by the time you get there it is still the same. The reports we are getting are coming from Wilsons prom to the western entrance, 12m to 70m of water. If we could give another piece of advice it would be, don't run over the fish on your way to a destination. As many fish that have been reported from 15km from the entrance have been reported 1km from the entrance, check everywhere, expect everything.



Townsville visitor Keegan Borresen was lucky enough to land this 40kg gummy shark just off Rhyll near the corals during his first ever fish in Port Phillip Bay.

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

WATCH OUT FOR THE KILLER

Despite all the pleasures of crime solving and despite all the hours he spent with the Cowes Police and in particular his mate, Inspector Jack Flint, the famed amateur sleuth Leroy Cunningsworth was never comfortable in police stations. So late one evening, when Inspector Flint suggested they meet at the Cowes police station, Leroy found himself pacing nervously in the station's vestibule, just outside the lobby, waiting for his friend to arrive.

"Mr. Cunningsworth, hello! You waiting for the Inspector?" It was Officer Maloney, a beefy giant with a broad grin. "There are chairs inside, you know." "That's hardly necessary. Flint said he'd be here by 10:30." "And what time is it now?"

How can people not wear watches? Leroy wondered, as he unpocketed his silver pocket watch. "10:26. Just a few more minutes."

"Is that an antique?" A second officer had just entered the station and immediately noticed Leroy's elaborate timepiece. "Oh, hello, Officer Valdez." He held out the watch for inspection. "As a matter of fact, yes. It belonged to my great-great grandfather.

Valdez was a dark, weathered, rather serious-looking man who'd worked with Leroy on several cases. "Was that passed down in the family," he quipped, "or did you buy it in a pawn shop?" Before Leroy could reply, a third policeman joined them. It was near the

beginning of their shift. Pretty soon a dozen more officers would make their way into the vestibule, unlocking the door of the locker room and going inside.

"Officer Longo," said Leroy with a wave. He prided himself on knowing most of the boys in blue by name. "Hey, Royco," said the tall, friendly patrolman as he fiddled with his key chain. "You guys gonna stand here all night or are you coming to work?" And with that, he unlocked the door and sauntered in. Maloney and Valdez accompanied him into the warren of cubicles where they would change into their uniforms.

The amateur detective was once again left by himself, but only for a minute. The locked door opened and officers Valdez and Longo both poked out their heads. "Royco?" asked Longo sheepishly. "Can you come in here?" Leroy followed them into the locker room. There, lying by an open locker, was the body of Lieutenant Wheeler, a bloody nightstick lying inches from his fractured skull. Officer Maloney stood guard over the body, looking as stricken as the other two.

"We found him as soon as we walked in," Longo said with a shake of the head. "Body's still warm." "I know we have to follow procedure," said Valdez. "But to have a cop murdered in the precinct house, and by another cop..." "By another cop?" Leroy asked, stunned by the thought. "Only cops have keys to the locker room," said Maloney. He pointed to a door marked exit. "There's an emergency exit but it only pushes out."

And the only entrance is the one in the vestibule? "Right," said Longo. "So, unless you can work your magic and tell us how an outsider could have gotten in here..."

Leroy had always dreamed of this moment, to be surrounded by police officers all pleading for his help. He visually examined the half-dressed man. "Was he leaving work or arriving?" "Leaving, I guess," said Longo. "The Lieutenant worked Internal Affairs, on the trail of dirty cops."

"Could he have been meeting an officer here?" "It's possible," said Valdez. "Near the end of one shift, near the beginning of another." "Did any of you speak with him recently?" Leroy asked. "What was he working on?" "Maloney shrugged. "This is my first shift since my vacation. I haven't seen Wheeler in weeks."

"I saw him yesterday," said Valdez. "He didn't say much, but I got the feeling he was close to breaking something big." "He questioned me about a week ago," said Longo. The young man seemed uncomfortable. "He was looking into accusations of a cop taking payoffs from a gambling club." "A cop on the night shift?" asked Leroy. "Maybe that's who he was meeting," Valdez said, lowering his voice. "A dirty cop on the night shift who thought Wheeler was getting too close to the truth." The locker room fell into a long silence. "Ah-hem," Maloney finally said, checking his watch. "The rest of the guys are gonna be coming in any second. What do you think we should do? Mr. Cunningsworth?" Leroy had a good idea, and the idea centred on one of the three officers in front of him.

Well Vibe readers, which cop does Leroy suspect?

What made him suspicious? Now that the Australian Tennis Open is history your minds should be almost as sharp as Leroy's! Readers should turn to page 22 for Leroy's Solution.

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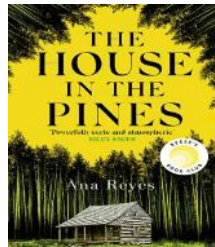
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THE HOUSE IN THE PINES

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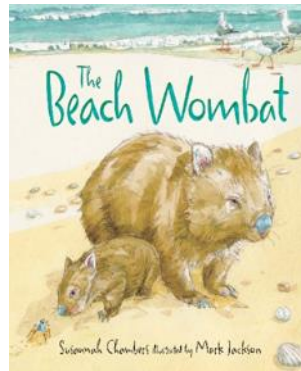
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'AN ABSOLUTE, CAN'T-PUT-IT-DOWN THRILLER!' Reese Witherspoon (Reese's Book Club Jan '23 Pick).

This is the story of a house. The cabin lies deep in the woods, where the trees are so dense it's easy to miss. On the outside it might look like it's crumbling, crawling with weeds, but on the inside it's warm and cosy. A fire crackles in the fireplace. Dinner simmers on the stove. Maya once saw this cabin as an idyllic place, like a cottage from a fairy tale, but now she knows the danger that lurks beneath. The summer she visited the cabin was the summer her best friend Aubrey died. Now, another woman from Maya's hometown has died in the same strange, unexplained way, and Maya believes only she can save the next innocent girl. Guided by her fractured memory and a mysterious, unfinished book by her late father, Maya returns home to face the house in the pines and the man who waits there - the man she's tried so hard to forget .

Powerfully eerie and atmospheric, The House in the Pines is a compelling mix of psychological thriller and dark fairy tale. By focusing not on whodunnit but how and why, Ana Reyes' stellar debut explores the many ways our memories can fail us - and how they can set us free. Reyes' debut is a gripping, intelligent thriller that chilled me to the bone. With its intricate plotting, gorgeous prose and complex, richly drawn characters, The House in the Pines is that rare book that you live inside from the first page to the last. I didn't want it to end - and I can't wait for readers to discover my new favourite author The House in the Pines unfolds like a magic show.



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Susannah Chambers is a publisher of children's books at Allen & Unwin. She lives in Melbourne, but regularly dreams of the beach. Mark Jackson is an illustrator based in Melbourne. He has co-illustrated several books with his wife, Heather Potter, and their work has been featured in several exhibitions. His books, including The Snow Wombat (written by Susannah Chambers), Waves (written by Donna Rawlins and co-illustrated by Heather Potter), Platypus (written by Sue Whiting), Bilby Secrets (written by Edel Wignell) and Stuck! (written by Charlotte Calder) have been shortlisted for multiple awards, including the Speech Pathology Australia Book of the Year Awards and the Children's Book Council of Australia Awards.



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Healthy and Healing with Pip

Are you over giving and not receiving?

This month I'd like to talk about the ways that Contemporary Goddesses over-give and the consequences of not receiving on your health, well-being, spiritual connection and peace of mind. Contemporary Goddesses are women who are A-type personalities who are high achievers in their lives. You might be working in a corporate job, or running your own business, or committed to a demanding sport. No matter what you DO with your time ... there is a constant focus on success and achievement. This constant focus on achievement can lead you to spend more time giving than receiving.

Giving time. Giving energy. Giving money. Giving without thought. Giving at the expense of your own needs and desires.

That's the key, by the way, the "at the expense" part.

Giving in a healthy way has an equal exchange of energy, where BOTH people have their needs met and it feels great!

Over-giving doesn't serve anyone in a healthy or balanced way.

Sure, it serves the other person ... they get their needs met ... but what about you?

That's a question that a lot of women begin to ask ... 'what about me?'

There is a quick buzz of satisfaction when you help someone, but it's quickly overshadowed by a sneaky feeling of anger and a thought of 'why do I always give so much, and no-one does that for me?'

I've found that this over-giving usually has origins in an old belief that was drilled into you from childhood that 'good girls always take care of other people.' Or 'good girls aren't selfish.'

Do either of those resonate with you?

I know they do with me ...

So, of course, the first step to change is to RECOGNISE that you are over-giving and that you have been unconsciously programmed all your life. This is not a conscious choice that you're making. It's time to take the power back and be mindful, so that you can feel more peaceful.

The second step is to GIVE YOURSELF SPACE before you reply to a request.

If you are asked to do something and you have a knee jerk reaction to say 'yes' ... take a beat.

Don't answer right away. Reply to the person that you need to check your diary, ask your partner, or confirm with your boss ... anything that feels authentic to you.

The third step is to CHECK IN WITH YOUR HEART to work out if you want to do it. When you are ready put your hand on your heart.

Take a breath (or 3 breaths) to settle yourself. Then ask "Do I really want to do this?" ... "Is this something that will raise my vibration or lower it?" ... Trust the quiet feelings. You will know if it's a HECK YES or a NO THANKS. Don't logically override. Your ego will be loud.

And the fourth step is to MAKE A NEW CHOICE. If you decide to still go ahead and say 'yes' even though you don't want to, at least you are consciously choosing. There is power in that. If you decide to say 'no' then be as loving as possible and say/text/email "I can't help you with that request this time, I hope you're able to sort it out, and I'll speak to you soon." Or "I'm not available on Sunday, hopefully you can find someone to help you out." Or "I am fully booked that day. I'm sorry you're going through a tough time right now, I'll send you loving thoughts."

Obviously, this is going to take practice and you might need some support, so please reach out to me if you'd like some help with a particular person or situation.

So, in the same way that you can be unconsciously over-giving... you may also be unconsciously not receiving. Double-whammy!

If you are unconsciously not receiving it looks like ... not being able to accept a compliment, not allowing others to help you, not reaching out for help, feeling guilty if someone gives you assistance, and actively pushing people away from you.

There is a deep feeling of loneliness that creeps in.

And you probably explain it away as being independent .. right?

Well newsflash! This is classic Contemporary Goddess sabotage.

It comes from the same belief about 'good girls taking care of others'. But it has morphed into 'So, I have to take care of myself, and not let anyone help me.'

What complicated beings we are - huh?

You can use the process for over-giving here –

1. RECOGNISE what you're doing.
2. GIVE YOURSELF SPACE to consider the help being offered.
3. CHECK IN WITH YOUR HEART to see what you need.
4. MAKE A NEW CHOICE to accept or not.

And you can also practice what my Dad taught me – "Just say - Thank you. You know how good YOU feel when you help or compliment someone? Give THEM the gift of receiving by accepting."

And the BONUS is ... when you practice receiving ... you energetically and physically attract more love, happiness, health, abundance and good stuff! YAY! That's how the universe works ... what you put out, flows back to you 10-fold.

If you want love, be more loving.

If you want joy, be more joyful.

If you want peace, be more peaceful.

I'd love to hear your thoughts about this topic, so please feel free to email me or send me a DM on social media.

You can listen to this episode on my Align with the Divine podcast - here's the link: <https://anchor.fm/pip-coleman> (also available on Spotify and other podcast apps).

You can book in for a complimentary Divine Discovery phone call on my website or in my calendar link below: <https://pipcoleman.simplybook.me/v2/>

Have a great month.

Blessings Pip

CRYPTO ISLAND



IS THIS THE FUTURE OF FINANCE IN AUSTRALIA?

The comments made in this column are based on a White Paper prepared by the Digital Finance Cooperative Research Centre (DFCRC) and the Reserve Bank of Australia (RBA).

The White Paper describes a joint research project to explore the cases for a central bank digital currency (CBDC). The project is overseen by a steering committee consisting of senior representatives of the RBA, DFCRC and the Australian Treasury.

The Role Of The Reserve Bank Of Australia

The RBA duties include:

- Contributing to the stability of the currency
- Working towards full employment
- Helping the prosperity and welfare of the Australian people
- Meeting an agreed inflation target
- Regulating the financial system, and
- Acting as banker to the Australian government

For several years now, the RBA has been looking at whether there is a role for a central bank digital currency.

The Role Of The Digital Finance Cooperative Research Centre

The DFCRC is a \$180 million research program funded by the Australian government along with industry partners and universities. The aim is to develop a system that enables financial markets to digitise financial assets that can be traded and exchanged directly in real time on digital platforms. A key consideration will be the potential economic benefits of an Australian digital currency. There are two possible outcomes.

Firstly, we could develop a 'retail' digital currency, or secondly we could develop a 'wholesale' digital currency.

Research Questions

According to the White Paper the initial research questions that will be addressed are:

1. What, if any, are the emerging business models and use cases, that a digital currency would support?
2. What could be the potential economic benefits?
3. What operational, technology and regulatory issues will need to be addressed?

A substantial amount of work has already gone into the project and the pilot platform has been established. The new currency will be called eAUD. The White Paper makes the following observations about the eAUD:

- The eAUD will be a liability of the RBA and denominated in Australian dollars. The smallest denomination will be one cent.
- The RBA will be capped at an amount to be determined by the RBA.
- No interest will be paid by the RBA on any holdings of eAUD.
- Only Australian registered entities and Australian resident individuals may hold eAUD.
- All (end user) holders of eAUD will need to be invited to participate in the project.
- All holders of eAUD will need to be 'identity validated'.
- eAUD will be able to be held in a 'custodial' wallet, or a 'non-custodial' wallet directly by the end user.

Ethereum has been chosen for the pilot program because it is widely used and well understood. The White Paper points out that the choice of Ethereum does not reflect any view that the final design of the eAUD project will necessarily be Ethereum based.

The participants in the pilot program will need to test and integrate their use case platforms into the eAUD platform. Pilot participants will bear their own costs for the conception, design, development and implementation of their particular pilot cases.

Some Observations About How The USA, UK And China Are Approaching These Issues:

Background

Millions of people globally have invested in digital assets, including 16% of adult Americans. There has been a noticeable difference in the approach taken by democratic countries and communist run countries. China appears to have made the most progress but it is difficult to get reliable data.

Here is a summary of how the leading countries are approaching the subject of a digital currency:

The United States of America

Nine reports have been submitted to President Biden to date. On the 16th of September 2022 the White House released the first ever document titled the 'Comprehensive Framework for the Responsible Development of Digital Assets' paper. Among the recommendations are the suggestions that the USA must help cutting edge US firms find footholds in global markets while mitigating downside risks.

The United Kingdom

The Bank of England is looking at whether they should create a Central Bank Digital Currency. The Bank argues that it could improve innovation and competition.

However, the Bank acknowledges that there are potential risks that need to be fully understood. Arguably then, the UK is behind the USA in the steps that each have made to consider a central bank digital currency.

China

The authorities in China have for many years been concerned that their currency (the Yuan) is rarely used outside of the Chinese domestic market. The Chinese government have made it clear that they intend to limit the power and market share of both commercial banks and digital payment organisations that currently operate independently. Some observers point out that a centralised digital currency would allow Beijing to closely watch both individual transactions and the powerful Chinese private financial technology sector.

On the 22nd of September 2022 China launched the e-CHY (known as the digital Yuan) in 23 cities across China. Clearly this places China in the lead in terms of the development of a digital currency. Time will tell whether other countries will recognise the e-CHY.

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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Phillip Island Camera Club— "Bird Photography"

Let's face it. Birds are not the easiest photographic subject to capture well. If they see us coming, they usually fly away. Capturing birds on the move requires practise and use of the right camera settings.

Gary Parnell, an active and valued member of the Phillip Island Camera Club for several years, and a commercial photographer, enjoys producing images using a range of subjects, and particularly enjoys landscape, animal, wildlife and portrait photography, but has been focussing just recently on bird photography on and beyond Phillip Island. Gary has produced photos for the Phillip Island Nature Parks and local surf club. He sees similarities in taking photos of moving surfers with bird photography.

Gary describes himself as an opportunistic bird photographer. He usually has a location and subject in mind and sets up his camera gear prior to leaving home. Gary uses a Canon R5, Canon 100 – 500 telephoto zoom lens, and a 24 – 70 mm zoom lens, but he believes if you are patient and have good light, you can capture good images with camera gear from any price range.

There is truth in 'the early bird catches the worm'. Gary gets up early to drive short distances around Bass Coast to find birds in the early morning light when they are active. Some of his other hints for bird photography include watch and get tips from YouTube, quietly stalk bigger birds to get as close as you can without spooking them, try to get the bird as big as you can in the frame, so you have less to crop in your final image. With small birds, such as the superb fairywren, you need to react quickly to match their fast movement, as they will often land in a tree or on the ground so be ready and prepared. Try to capture the bird when it's doing something – such as ruffling its feathers, flying or eating to add interest to your images. Leave space in front of the bird in your frame to provide an area for the bird to move into, especially if it's flying.

If you want to become better at bird photography, according to Gary, you must practise, practise, practise. Make an effort to use and get to know your equipment; play with and change the settings. Join a photography group, go out with other photographers and ask their advice. There will be failures, but other shots will put a smile on your face.



Gary beautifully captured this great egret in flight. The light is perfect and the focus is clearly on the bird with the background slightly out of focus.

If you wish to see more of Gary's work go to his Facebook page or Instagram - <https://www.instagram.com/garyparnellphotography/> or Flickr - <https://www.flickr.com/photos/192748933@N02/> Images are copyright of Gary Parnell 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.



Quick action was needed to capture this superb fairywren in sharp focus.



Capturing birds doing something such as eating or flying add interest to your photographs. This rainbow bee-eater is holding a dragon fly in its beak and may be thinking about the tasty meal to come.

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WHAT YOU NEED:

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|-------------------|------------------------|
| 1 Can Pinto Beans | 200g diced bacon |
| 1 onion, diced | HTF Tomato Sauce |
| 1 pepper, diced | 1 tsp oil |
| 200g diced steak | 2 cloves garlic, diced |

WHAT TO DO:

In your fry pan add oil, bacon and steak and fry for five minutes. Add onions, peppers and garlic and stir fry until onions brown. Add the rest of the ingredients and simmer until sauce thickens.

Serve with crusty bread from the oven.



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Russell Broadbent MP
Federal Member for Monash



Authorised by Russell Broadbent MP, Liberal Party of Australia, 46C Albert Street, Warragul, VIC, 3820

New SBR event coming to Bass Coast in March

Bass Coast, including Cowes will be home to a new and exciting triathlon series on March 18-19.

The event, called SBR Weekend, will feature swim, bike and run sections.

Each leg will offer a choice of distances to allow all athletes and family members to participate. The swim leg can be a choice of 500m, 1km, 2km or 4km and will take place on the Cowes Foreshore.

The bike course will be at the Woolamai Race Track with distances ranging from 30km to 106km and the run leg will be at Inverloch with distances from 2km to 42km.

You can participate in a single leg or all three sections making it a full triathlon.

The swim and race legs also have prize money up for grabs.

It is anticipated that 1500 competitors will flood the island for the inaugural event. Locals can also get involved with the event requiring 120 volunteers to staff re hydration stations and opportunities exist for fundraising groups.

Check out the website at <https://srbasscoast.com.au> to enter one or all events and for further information, inclusions and entry fees.

Enter discount code VIBE20 at checkout to receive 20% off entry fees.



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FRIDAY 24TH Mike Elrington	SATURDAY 25TH Travis Thompson	SUNDAY 26TH Done N Dusted

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PHILLIP ISLAND AND DISTRICT HISTORICAL SOCIETY

When History is Lost - The Arno Flood of 1966 By Pamela Rothfield

Phillip Island & District Historical Society

The devastation reaped by the recent floods in Australia prompted us to reflect on a major flood disaster which had untold effect on historical artefacts.

It was Friday November 4, 1966 – Armed Forces Day - a holiday in Italy where residents celebrate their country's World War I victory over Austria. In commemoration of this day businesses were closed allowing residents to sleep in.

The rain was heavy – in fact the autumn had been an endlessly wet one – for two months it had hardly stopped raining. But this deluge was extraordinary, starting the day before and continuing into Friday with 190mm (7.5") falling in 24 hours.

For two days residents had been nervously watching as the Arno River, which normally meanders through the beautiful city of Florence, continued to swell to a torrent. This would not be the first time the Arno had flooded – it had breached its banks some 56 times since 1177 but only three dates are regarded as catastrophic, the years 1333, 1557 and 1844. Those who knew their history would recall the first lethal flooding event in 1333 killed 3,000 people and the last in 1844 – both occurred on 4 November.

But as they slept, residents of Florence were blissfully unaware that at 1am the river had breached in the suburb of Rovezzano some 5 kms from the city centre claiming its first victim - a worker at the water treatment plant – nor were they aware of the events about to unfold 45kms upstream.

At 4am on that Friday morning engineers at the state electricity company at Valdarno became nervous that the two dams would burst and decided to release more than 10 million tons of excess water.

This wall of water raced downstream at an estimated 65kms per hour, hitting Florence with her narrow streets which served to funnel the water through the city increasing the height and velocity of the floodwaters to unprecedented levels. At 5am the banks of the Arno collapsed.

By 7.30am on that Friday morning, the authorities had turned off the gas, electricity and water to affected areas in the city. The army barracks were flooded, emergency generators in the hospitals failed, prisoners from Le Murate Prison were



The Arno racing through Florence

released to find refuge with the locals, landslides cut off the city and mud, rotting food, raw sewage, carcasses, cars and oil as it ruptured central heating oil tanks (remember those!) spread throughout the city causing a cocktail of destruction.

Some 5,000 families were left homeless by this calamitous flood, and it is estimated 6,000 retail stores were destroyed. The destruction of the city's artworks was untold. Approximately 600,000 tons of mud, rubble and sewage severely damaged or destroyed between 3 and 4 million books, precious manuscripts as well as 14,000 movable works of art and antiques.

It was reported that during the disaster a handful of radio amateurs aided authorities by restoring communications with jury-rigging phone lines to help coordinate rescue efforts.

Whilst many lives were likely spared as a result of the holiday weekend, approximately 100 people lost their lives in the flood of 1966, and the locked buildings greatly inhibited the salvaging of the most prized artworks and books and historic materials from numerous institutions.

The National Central Library, an 18th-century public library, had over a million items of its collection (a third of what the library held) damaged or destroyed.



The famous 'Last Supper' painting by Giorgio Vasari in 1546, which was submerged for half a day. Restoration was completed in 2013 – nearly 50 years after the flood.

The aftermath of the flood saw residents and foreigners roll up their sleeves to take up the task of clearing the streets and restoring books



and artwork to their 'Mud Angels' at work saving treasures former glory. These volunteers became known as 'mud angels' and in most cases had no special training.

The Arno Flood of 1966 was a cultural tragedy, but it was also the catalyst for setting new standards of protection and establishing new conservation techniques for treasured artefacts. In the aftermath of the flood, international awareness of the need for preservation and conservation awakened and organisations across the world were set up to aid the protection of historical works, museums, and libraries from disasters.

Museums and libraries as custodians of public treasures must be ever vigilant in the protection of their priceless collections. As climate change progresses in all likelihood so will natural disasters. A sobering thought.

It was reported that almost all the prisoners who were released from Le Murate Prison in 1966, reported back to the prison when it was safe to do so.

Phillip Island Business Network

Business of the month



"We Are Phillip Island" is a Business and Community Directory. We all need to shop local to continually support our community. All businesses listed in this directory are located on Phillip Island which includes San Remo.

Now into our 3rd year, the website has reached over 10,000 views per month and is growing.

I am Judi Pay and since I made the move to live in this paradise, I originally found it difficult to find what clubs were available here and then when I was looking for a particular trade or retail, it was really a matter of asking around. This website makes it so easy to find information about the Island.

My work history includes being a business owner, working for Local Government and in the Not-for-Profit sector.

I have a small, dedicated team and love my work here and am always thrilled to meet business owners and to be able to give them more business coverage through social media and Google searches.

You can follow me on Facebook and Instagram – "wearephillipisland".

Judi Pay

0477 988510

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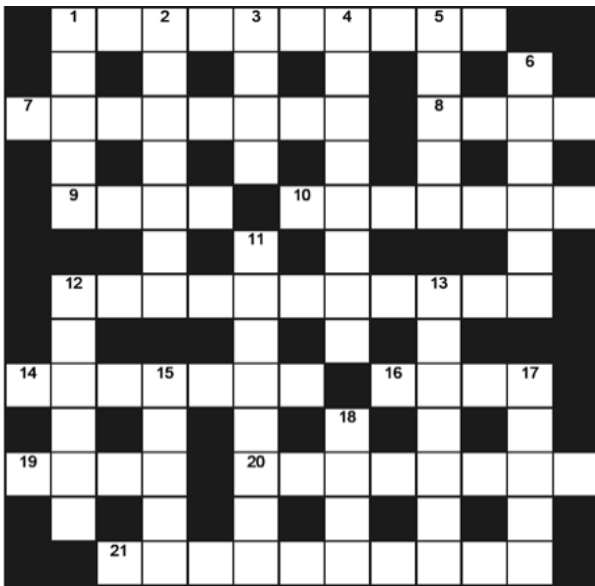


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Brain Food

Find all the answers & solutions to Puzzles
& Quiz on page 22 (No peeking!)



Vibe Quick Crossword

Across

- 1 A dance (10)
7 Bones (8)
8 Black (Fr.) (4)
9 Catches (4)
10 Forever (7)
12 Confidently (11)
14 Bragged (7)
16 Dry (4)
19 Latch (4)
20 Smallest (8)
21 Symbols representing a company (10)

Down

- 1 Used for exchange of goods (5)
2 Identifies with (7)
3 Short message (4)
4 Genius with crazy hair (8)
5 Recluse (5)
6 Theft (6)
11 Apprehended (8)
12 About (6)
13 Sooner (7)
15 Solemn (5)
17 Writing tables (5)
18 Ray (4)

TRIVIA QUIZ



1. Which river flows through Peru, Columbia and Brazil?
2. Coins and what else might interest a numismatist?
3. What is the highest rank a naval officer can reach?
4.

What small hammer is used by an auctioneer?
5. Which bone is the bodies longest?
6. Five spice powder typically contains cinnamon, cloves, star anise, peppercorns and what?
7. To the nearest kilometre, what distance is one lap at Bathurst?
8. What is Sean Connery's real first name?
9. What is the rubber disc used in a game of ice hockey called?
10. What is the name of the train that runs between Sydney and Perth?
11. What is Prince Harry's official first name?
12. What is an eight-sided shape called?

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

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

PHILLIP ISLAND SENIOR CITIZENS MONTHLY UPDATE

February already! Whoa. Well our first lunch back at the seniors was a hoot. So happy to be back and see everyone again after the Xmas/new year break. This editorial is one of thank yous again. As we have so very much to be thankful for.

Firstly, we would like to thank the following businesses and people for their donations and help for our Xmas day community lunch, which was a roaring success: Woolworths Cowes, Coles Cowes, Bass Strait Direct at Newhaven, San Remo Co-op, San Remo Butchers and Island Primary Produce for all the delicious food. And an equally big thank you to our beautiful volunteers who worked tirelessly on the day to make the day a fun and fabulous day for everyone.

These include Diane, Leanne, Bradley, Samuel, Rainer, Lisa, Giovanni and Dorothy.

If you haven't heard, the fabulously Morning Melodies are back. They are on every 2nd Friday of each month. Here are the acts for the next couple of months.

Friday 10th February – LEG ENDS & LOVE SONGS with Gavin Chatelier

Friday 10th March – ABBA with Sister Diva
Showtime: 10:30am - 11:30am. Admission \$15 including tea, coffee and biscuits at 223 Settlement Road, Cowes.

We are busy working behind the scenes organising a fun filled year for all our members so why not come along for lunch and check us out. No time like the present to make new friends. Our lunches are on the 1st Friday of every month. Only \$20 for a three course roast meal and many great raffle prizes to win on the day. Bookings are essential so we know how many to cater for. Call our secretary Liza on 0431 867 058 to book or for more info. And don't forget we have carpet bowls, and ballroom dancing as well as the train club.

Look forward to seeing you again soon.



DOLLARS AND SENSE BY DAVID WELLS

Fire Plan, Financial Plan – Saving Your Future

Bushfire season is now with us and the heightened risk that we will face wherever we live is, or should be, foremost in our minds. Do you have a fire plan?

The CFA have been pushing this barrow for so many years now that none of us should be ignorant of the necessity to have a viable plan to implement in the case of fire emergency. Is the house defensible? In other words are the trees and bushes too close, can the spouting be filled with water, do you have an alternative power supply (not a petrol generator) and do you have an alternative water supply other than mains? In any fire one of the first problems is loss of electricity and with this comes all the other problems – no water, no communications and no light, among others. So, bearing all this in mind would you plan to stay and fight the fire or would you head to safety while there's still time. There comes a time, which is much, much earlier than people seem to think, where it becomes impossible to flee. Smoke inhibits travel, fires move too fast (during Ash Wednesday at some stages the fire spread at more than 80 mph – how fast can you drive in the dark on some your local roads?)

From a financial perspective part of your fire plan should be ensuring your insurances are current and relevant to your present situation, insurances that were set up ten years ago may not be relevant to your property anymore in terms of possessions and valuation of your home. Put all your vital documents together in one place so that you can grab them and run, documents such as insurance policies, mortgage documents, birth and marriage certificates, licences, passports etc, these are the things that take time and money to replace if lost in a fire.

The purpose of a fire plan is to prepare for the future, in a best and worst case scenario.

A financial plan has the same purpose. It lays out your financial pathways to the future and your long term financial needs.

Planning for the future is the best way to be prepared for whatever life throws at us.

We don't know how intense a fire will be and nor do we know what lies in store for us tomorrow. But fire plans, financial plans and insurances and the like will help us prepare for and survive whatever happens.

Plans don't need to be complex. Keep it simple and appropriate to your stage in life. What do you want to achieve? Safety? Financial security? A succession plan? An education for your children? Something else? It all takes planning and preparation. Nothing happens without cause. Even small changes in approach may lead to substantial tax savings, making you better off.

Insurances are also topical at the moment, not just for property but also for your greatest asset – you and your ability to earn. What would have happened if you had been or become a victim of fires? At 30 years age you'll want something different than a 65 year old. What is certain is that both will do much better with a plan.

A good financial plan is a great investment, not a cost. It can help you achieve most of the things you want in life, or for those who are retired or about to retire it can help you realise what is possible and what is just dreaming. A financial plan takes into account your current financial situation, helps you identify where you want to be financially in ten years time, twenty years time up to and including your retirement. It helps you to mitigate any risks, it identifies your financial requirements for the varying phases of your life and helps you build your wealth, relevant to your financial capacity. A financial plan helps you to budget, assists you with managing taxes and prepares you for any of life's expensive moments such as a wedding, children's education, assisting a child into their first home, unexpected long term illness or injury or inflation and high interest rates.

Take the time to develop a fire plan if you have not done so already. Then take the time to develop a lifetime plan for your finances. You will never regret it!

If you wish to discuss your financial situation, give me a call on 0414 234 770.

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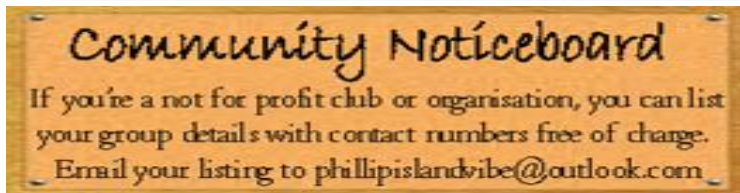
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Phillip Island Lions Club - Trash and treasure market. Sat and Sun. 9.30 -12.30. Dunsmore rd. Cowes (next to transfer / recycling station). Volunteers welcome. Ph.59002896 f/b page: Phillip island lions

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

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

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

Phillip Island Club (Senior Citizens) Carpet bowls, cards, ballroom dancing, craft. Membership \$15 per year. Fridays 12noon, 3 course lunch \$20. 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 first Wednesday of each month, 7.15pm start. New members are very welcome. To find out more details please contact Eden White edendwhite22@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

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

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 to come and try Thursday and Friday mornings 10am-12pm. Please phone before coming to the club. Secretary 0493 614265 John 0409 858985. 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.

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

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/)

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

Rotary Club of Phillip Island and San Remo Our 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

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

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

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

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 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

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

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

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

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

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

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

Solution to the "Watch our for the Killer" whodunit

Leroy crooked a finger at Longo. The tall, young officer crossed to his side and bent down, his ear within an inch of Leroy's mouth.
 "Do as I say," Leroy whispered. Longo nodded.
 "Arrest Officer Maloney."
 Longo stood up slowly. A second later, his side arm was drawn and aimed at the beefy giant. "Maloney, you're under arrest."
 "What?" Maloney blustered. "You're kidding."
 "Afraid not," said Leroy. "You arrived early for your shift, for a meeting with Wheeler. You killed him. My guess is you got blood on you and took a quick shower. We'll check the clothes in your locker."
 "That's ridiculous," said Maloney.
 "You left by the emergency exit, but you made one mistake."
 "Guys, you can't believe this little freak."
 "You forgot your watch."
 "What are you talking about? I have my watch right here."
 "I know. But when I met you in the vestibule, you didn't have it. You asked me for the time. While the other two went out to get me, you retrieved your watch and put it on."
 "No," Maloney protested. "I left my watch here at the end of yesterday's shift."
 "But you've been on vacation for a week." Officer Longo smiled.
 "Good work, Royco."

PUZZLE SOLUTIONS

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

ANSWERS TO TRIVA QUESTIONS

- Amazon
- Medals
- Admiral
- Gavel
- Femur
- Fennel
- 6klm
- Thomas
- Puck
- The Indian Pacific
- Henry
- Octagon



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