

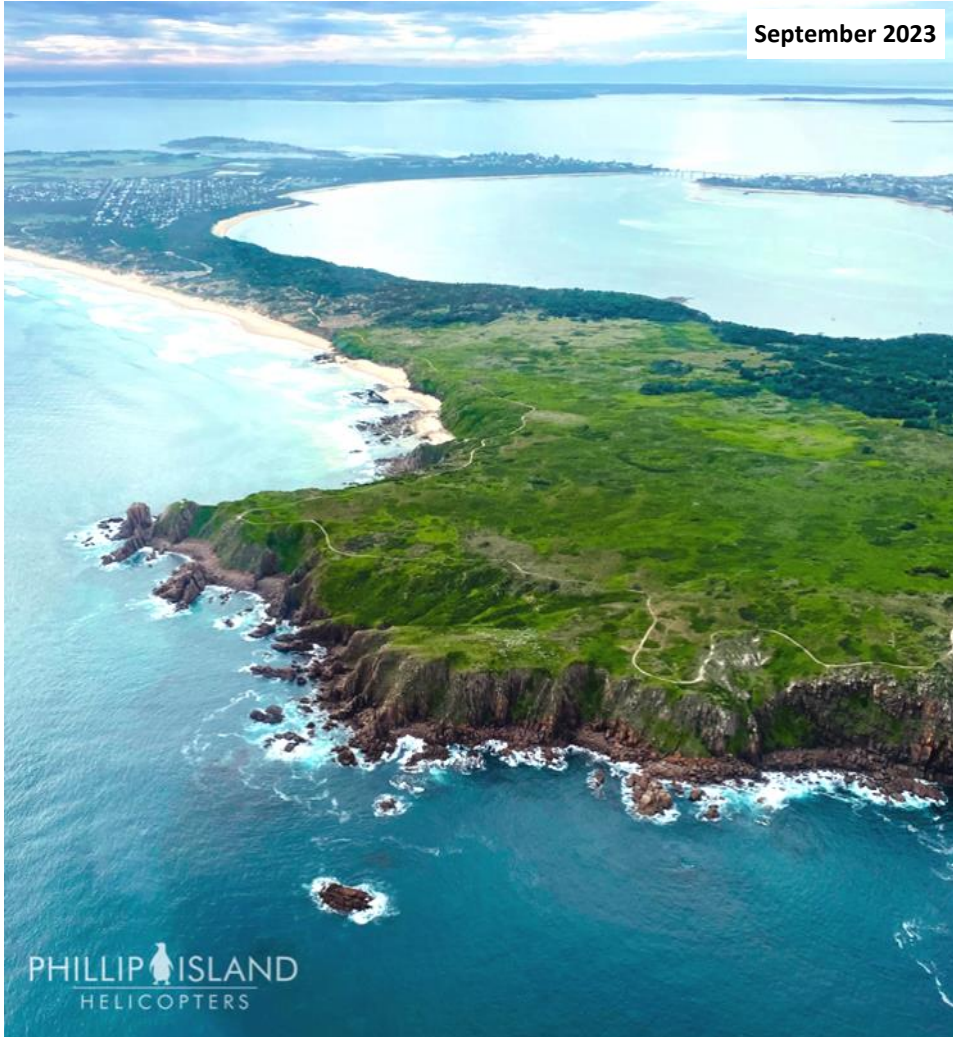
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September 2023

PHILLIP ISLAND
HELICOPTERS

Thanks to Phillip Island Helicopters for this stunning pic of Cape Woolamai with the wining walking tracks. Such great views to be seen on these walks of which there are varying lengths. Check out pages 17 and 23 for all the information on the Phillip Island Nature Parks Community Open Day coming up on September 10th. The National Vietnam Veterans Museum are also holding their open day on September 10th from 10am -4pm. Lots of great opportunities for locals.



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PHILOSOPHICAL MUSINGS BY JOHN BUTTROSE



In the analogy of 'The Cave', the philosopher Plato tells us there are absolute, or ultimate truths, unvarying and true for everyone, for all time. However, these truths are hidden from the majority of us. They are difficult to discover, accept and understand, and are therefore often unpopular with non-philosophers.

Like many of the ancient philosophers, Plato was most interested in how to live a good life. There are many definitions of "a good life", but for Plato to live a good life meant that we should attempt to live virtuously, upholding the perfect forms of the four ancient virtues; justice, courage, moderation and wisdom. The virtues inform our moral choices and behaviour and therefore choices we make are also clearly defined and absolute, always true and right. Plato of course understood these truths were aspirational, rather than a reality. He realised that most people understand that what is right and true for each individual is not absolute, but a matter of custom and culture. The reality understood by the prisoners in the cave analogy was determined by their situation, they had experienced nothing beyond those flickering shadows. Others will suffer different privations, and have a different view of moral truths. Our decisions about moral questions are made in light of our social norms and therefore, necessarily, there are many 'truths' in the world. Among liberal thinkers this is accepted being a natural condition of human society.

A liberal thinker accepts that there is a variety of moral truths, and that, within reason, and while dismissing abhorrent behaviour by a few individuals, one set of morals is as valid as another. There are no absolute truths, but there is a perceived danger that such acceptance of difference could lead to the attitude that "anything goes!".

Germaine Greer attracted a great deal of criticism for her views on female genital mutilation, arguing that attempts to outlaw the practice amounted to "an attack on cultural identity", adding, "One man's beautification is another man's mutilation." Many of us reading this would find the practice heartbreakingly cruel and her relativist position unacceptable. But is that our cultural biases, our liberal, relativist stance showing? Many governments around the world have seen that this practice violates all norms of human morality, and treat the practice as a criminal offence. We have also seen the angry "anything goes" response to debates about gender, about marriage equality, about abortion rights, about marijuana use, about the voice to parliament and many others. The rights of diverse individuals and minority groups are widely considered to be legitimate and should be an integral part of our society. Others fervently believe acceptance of these ideas is an affront to long accepted moral standards, an attack on society.

We accept, although often grudgingly, that a divergence of opinion is a part of the human experience, and we discuss the issue. At least that is the hope. Truth is not absolute, although we may wish it were. "Diff'rent strokes for diff'rent folks!"

If, however, if we are aware that many of our opinions are formed

in response to our personal cultural and historical contexts, we are obliged, as good philosophers, to step outside our own boundaries in an attempt to understand and compare various viewpoints and beliefs. We can take a walk in another's shoes, even if we find they pinch our feet mercilessly and we quickly abandon them for our comfortable old ugg boots. However, by walking with others we can achieve a more nuanced understanding of the world and the various forces and ideas swirling about us, even if we reject them in the long run. I would not be surprised if Greer was trying to start a debate, rather than stating a personal opinion. Perhaps she was hoping the outrage we feel at her viewpoint would encourage us to examine the foundations of our visceral disapproval of the practice, and try to understand the power of religious belief in societies other than our own.

Communication and the interchange of ideas and points of view leads to greater understanding and progress, better outcomes for all and a more peaceful and fairer world. As a result of listening to different points of view there have been legislative changes on many issues, illustrating a widespread relativist understanding that people have the right to live their true lives as they see fit. Some, of course, will vehemently disagree that this is 'progress'.

Some say the 'truths' about the natures of men and women have been long established and are absolute, never to be challenged.

The current debate about gender identity challenges old moral standards and many feel that moral norms will be erased and chaos will inevitably be the result. Others are not so sure.

What do you think, or perhaps more pertinently, how do you think?



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Is Bitcoin a Waste of Energy?

My grandparents homesteaded in an uninsulated farmhouse with a wood burning stove for heating and cooking while perched on a windswept prairie where snow lay on the ground five months of the year and temperatures regularly dipped below -30C.

Although I grew up in the same area two generations later, by then we were blessed with a modern high energy consuming society. Reliable, cheap energy was available from baseload (non-intermittent) coal and natural gas power stations. If the weather ever became too brutal there was always a nicely heated and insulated home, shop or vehicle to shelter in.

It therefore stands to reason that our enviable first world lifestyles come at the cost of high energy use.

And it follows that Bitcoin's high energy use is the cost to our civilisation for creating the best money ever devised; a financial system for the 21st century and beyond, the cost for un-hackable network security, for money that is private and incorruptible and for a public but non-governmental, financial infrastructure that is owned by no one but accessible by everyone.

It's easy to criticise Bitcoin's energy consumption but what about our existing financial system? Every time you use your credit card you're probably not aware of the massive data centres with a hundred thousand servers performing transactions and fraud detection. You're probably not aware of the tower offices that are lit and air conditioned 24/7, the trading floors, the bank vaults, the armoured cars, etc. Those energy costs are enormous. By some estimates they are fifty times more than Bitcoin's.

And Bitcoin mining is one of the most sustainable industries in the world. It uses energy from over 50% renewable

sources and its CO2 emissions are low and falling.

Miners are incentivised by the competitive free market to go wherever they can find the cheapest energy.

For instance in Ontario, Canada nuclear reactors provide baseload electricity to consumers. Unlike intermittent energy sources like solar and wind, they can't be turned up or down in response to daily energy demand fluctuations. So when demand is low they are forced to pay someone to take their excess, a negative hit to their bottom line. This is where Bitcoin miners come in. Being mobile and modular they can set up near the reactor, absorb its unwanted excess to mine Bitcoin and thus turn a negative into a positive for the energy company - the miner and energy company share the Bitcoin revenues - while at the same time providing a new source of Bitcoin tax revenue for the local community. Everybody wins. And when energy demand is high, Bitcoin miners simply turn off.

It's in this way that Bitcoin mining provides a load balancing service which helps to stabilise energy grids, a feature which is increasingly finding favour with energy companies.

"The Bitcoin miners of today will become the energy producing companies of tomorrow" – Greg Foss, Bitcoin entrepreneur.

Energy giants ExxonMobil and ConocoPhillips are now mining Bitcoin in the oilfields of North Dakota USA using electricity generated from waste methane gas, a by-product of crude oil production that would otherwise be vented or flared because pipelines don't exist in the area to capture it. Given that methane is a highly potent greenhouse gas Bitcoin mining in the oilfields is helping to protect our environment.

At a much smaller scale, Tom Campbell runs a farm in County Armagh, Northern Ireland and produces renewable energy using a method called anaerobic digestion, the breaking down of biodegradable material (cow poo) to produce methane gas, which he then uses to generate electricity. Campbell primarily uses the electricity to power his farm but when there is excess he exports it to the grid, adding to the energy security of his country. And when the grid can't handle his excess, he uses it to profit from mining Bitcoin with energy that would otherwise be wasted.

These last two examples demonstrate how global energy production is becoming more diverse and decentralised, promoting increased energy security, and how Bitcoin mining is assisting this process by providing attractive efficiencies and subsidies.

"The decentralisation of Bitcoin mining is driving the decentralisation of energy production which is one of the most important trends in human history" – Andreas Antonopolous, author of The Internet of Money.

So clearly Bitcoin is not a waste of energy. Using mostly renewable energy sources, Bitcoin is ushering in a bright future of secure, private and incorruptible money while at the same time helping secure global energy supplies and protect our environment.

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Health and Healing with Pip

How to use the moon during menopause!

Until I went through menopause, I was unaware of the wisdom (and power) of using the moon phases to reset my body with its cycles. I've known about the moon's power to affect our emotions because people would go a bit loopy on the full moon nights ... in hospitals, pubs, cafes and anywhere that addicts hang out. And some women would say that their cycles somehow matched up with the moon.

We are supposed to be in tune with nature. We have (generally) become detached from that beautiful rhythm and harmony. That's why we feel SO GOOD when we go on holiday. We stop our alarms. We don't watch the clocks. We just rise and sleep with the sun. It makes me smile when people share how relaxed they were on their break ... but now ...

So, each woman has a unique hormonal cycle. A rhythm that plays within. It may or may not sync with other women or the moon, but it is entirely individual.

When you hit 45 (ish) and move into peri-menopause that cycle gets a bit ... let's say ... wackadoo ... ha ha ... one ovary decides not to release an egg every second month ... the hormones change ... and the cycle gets out of sync.

Lots of other things get out of sync too ... your emotions are a BIG one! Holy Moly! Right ladies?! No one told me that I'd feel such intense emotions ... or perhaps they did and I just thought ... nahhh that won't happen to me. I'm chill.

I can tell you now ... I was NOT CHILL. I was VERY, VERY NOT CHILL.

And thank goodness I was already reading and listening to podcasts about menopause because I wanted to understand what my clients were going through.

One of my mentors is Yasmin Boland who wrote the book *Moonology* and has a podcast called *The Mainly Moonology* podcast. She speaks about what the moon is doing on a weekly basis and gives tips to manage energy.

And I had a big AHA-moment while listening ... that when your cycle finishes (i.e. the meno-pauses) your body / mind / spirit doesn't have a physical guide to encourage rest, plan and act anymore. During your cycle you would have noticed that there were times when you felt more tired and needed to rest (usually during the menstruation phase) and there were times when you felt like you had boundless energy (usually during the ovulation phase). So, you can use the cycles of the moon as a similar guide.

New Moon – set intentions and make plans.

Waxing Moon – increasing energy / take action.

Full Moon – radical rest and recharge.

Waning Moon – decreasing energy / let go or finish off projects.

The important thing is to reset your body and energy by aligning with the natural world, which will give you back a feeling of control, peace, and harmony. When I create a MenoRecipe™ for my clients, I encourage them to incorporate moon activities into their self-care schedule.

*Note: I am very aware that a lot of women are already overloaded with tasks to do, and so before you add in self-care, I talk about what you can – a) Eliminate and b) Delegate ... so there is space to breath, relax and restore without guilt.

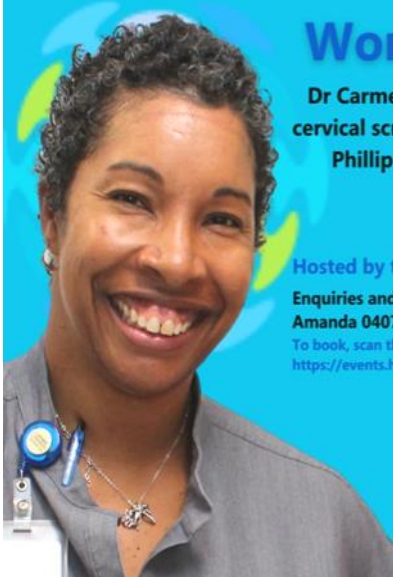
On a new moon, it's great to write your intentions, plans, desires, and goals in a journal. Let the juices flow. Have deep and meaningful conversations. Dream with deliberate intent. Create a vision board. Share a manifesto.

Get out there and shout it from the rooftops. The moon is supporting you with big love.

At the full moon, it is a great time to let go of any unhealthy thoughts, beliefs, situations still hanging around and blocking you. Write down all the stuff that's weighing you down, including people you want to release, and burn the paper with compassion and forgiveness. You could also dance it out. Go to a secluded spot and scream it out. Movement and vocalising are fantastic ways to release.

If you'd like to talk about the self-care activities for your unique MenoRecipe™ ... remember you can book in for a complimentary "Your MenoRecipe™" session anytime by sending me an email at pipcoleman@yahoo.com.au.

Blessings Pip




Women's Business

Dr Carmen Brown from BCH will talk about cervical screening and women's health at the Phillip Island RSL at Cowes, Thursday 7 September at 12 noon. Entry is \$10.

Hosted by the Phillip Island Health Hub Auxiliary

Enquiries and bookings:
Amanda 0407 684 838
To book, scan the QR code or go to:
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A classic crime story from our esteemed crime writer, Leon Herbert



Death by Mushroom

Leroy, the brilliant if eccentric amateur resident sleuth of Phillip Island, challenged his mate Inspector Jack Flint of the Cowes constabulary over a pasta lunch at Pino's Trattoria to solve a mystery story he had written somewhat quickly penned and typed the previous evening after watching a Channel 7 news clip over the alleged death by poison mushroom saga that was



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gripping the residents of nearby Leongatha and possibly many avid crime story enthusiasts around the world who were also fond of eating mushrooms they believed were safe, and which had piqued his interest! The inspector accepted the challenge, read the story while eating his spaghetti novella and got to the probable solution by a sometimes circuitous route after changing his mind a few times. Can readers achieve the same success? Well maybe.....

- The story is set in a small town in the Yarra Valley, where a local winemaker, Alex, invites his estranged wife, Mia, and their two teenage children, Ben and Zoe, for a reconciliation dinner at his vineyard. He also invites his best friend and business partner, Leo, and Leo's wife, Ruby. Alex and Ruby are having a secret romantic affair with each other.
- Alex prepares a beef wellington pie with mushrooms that he picked from the nearby forest, unaware that they are death cap mushrooms. He serves the pie to his guests, along with wine from his cellar. Everyone enjoys the meal, except for Zoe, who is a vegetarian and only eats salad.
- A few hours later, everyone except for Zoe starts to feel sick and vomit. Alex calls an ambulance, but it is too late for Mia, who dies on the way to the hospital. Ben and Ruby are in critical condition, while Alex and Leo are stable but still unwell.
- The police arrive at the vineyard and suspect that Alex may have poisoned his family and friends intentionally, as they find out that he was in debt and had a life insurance policy on Mia. They also discover that he had a heated argument with Leo earlier that day over the future of their business.
- However, Zoe defends her father and tells the police that he loved her mother and would never hurt anyone. She shows them the mushrooms that he used for the pie and explains that he thought they were edible. She also reveals that she saw Alex and Ruby kissing in the cellar when she went to get more wine.
- The police send the mushrooms to a lab for testing and confirm that they are death cap mushrooms. They also interview Alex and Ruby at the hospital and confront them about their affair. Alex admits that he was planning to leave his wife and run away with Ruby, but he denies any involvement in the poisoning. Ruby says that she didn't know about the mushrooms and that she loved both Leo and Alex.
- The police are still unsure about who is telling the truth and who is lying. They wonder if Alex was really innocent or if he had an accomplice. They also question if Leo or Ruby had any motive to kill Mia or anyone else. They decide to keep investigating until they find more evidence or a confession.

Well Vibe readers? Ever thought to become a whodunit writer? Maybe test your skills first as a sleuth. Check out the solution on later pages and try to be imaginative while remaining intent on producing a logical solution, even if it is arguable. Turn to page 18 for Leroy's solution. He's not always right, just most times!

CRYPTO ISLAND



IMPORTANT UPDATES FOR CRYPTO INVESTORS

The past few months have seen the price of Bitcoin and Ethereum move in lockstep with daily volatility and monthly gains followed by a series of corrections. In the past fortnight there were several significant downward corrections that directly impacted on both Bitcoin and Ethereum, the two largest crypto companies. Underlying these trends are a number of significant market and regulatory developments.

In, no particular order here are some of the recent developments:

Moving Towards An Easy User Experience

The Ethereum wallet developer, Argent, is pushing forward with an 'invisible wallet' that would only require an email address and a password. This should have happened years ago! An easier user experience is critical to the wider adoption of the crypto arena, especially first-time investors.

Hong Kong Boosts Confidence In Retail Crypto Investing

Hong Kong aims to become a centre for retail trade in crypto. The regulators have approved two new crypto exchange licences. This appears to be at odds with the approach currently taken by the regulators in Beijing. This could open up opportunities for local Hong Kong residents and more importantly boost confidence in crypto investing worldwide.

The USA Moves Closer To Clarifying Crypto Regulations

The regulators in the USA have repeatedly warned against fraud and market manipulation. The

world is waiting for regulations that will attempt to protect investors and impose strict conditions on crypto exchanges that operate in the US. The risk is that if the conditions are too onerous, the exchanges could move their business platforms to other countries.

Pay Pal Joins Crypto

Pay Pal is arguably one of the largest 'Financial Technology' companies in the world. It has announced the launch of an Ethereum based stable coin named PayPal USD. This stable coin will trade as PYUSD.

PayPal is one of the earliest and most successful internet based financial service companies with over 430 million users and 29 million merchants. This development provides an exciting opportunity in terms of exposure, reach and user experience. Time will tell whether investors outside of USA will be attracted to PYUSD.

Macro Economic Trends

- Inflation in the US fell again and is now at its lowest yearly rate since March 2021. Rising oil prices may push the consumer price index higher in the short term.
- The US Federal Reserve pushed interest rates higher. Reserve Banks base their views on data from the past, which is a bit like driving while looking in the rear vision mirror.
- The European and Chinese economies are under performing. The world is watching China, in particular, with further stimulus measures expected.

Crypto Platforms Provide A Gateway For Scammers

It is estimated that half of all proceeds from fraud and financial

scams in Australia are being washed through cryptocurrency platforms according to data from the Australian Financial Crimes Exchange (AFCX).

Once funds have been transferred to crypto it is extremely hard to recover them according to David Pegley the managing director of the AFCX. To protect investors, several banks have imposed limitations on transfers to crypto exchanges. Victims and their legal advisers have been left frustrated by blind spots in the financial system that have allowed funds to be siphoned into crypto exchanges before vanishing. The exchanges have also been duped by scammers.

How To See Through Investment Scams

Recently the National Bank of Australia issued the following guidance on spotting the signs of a scam:

- If it sounds too good to be true. Scams promise investments with high returns and minimal risks. The investments could involve shares, currency trading, bonds real estate and cryptocurrencies.
- Unexpected Contact. Never take investment advice from someone you have never met who calls unexpectedly via social media or a phone call or text.
- Alternative payment methods. Scammers often ask for payment using cryptocurrencies, gift cards or Western Union money transfers.
- Remote Access Requests. Gaining access to your devices to set up a 'trading platform' is often a way for criminals to load malicious software onto your laptop or mobile phone. Some suggest that most investment apps are probably fakes.
- Requests for your bank login details. Never provide these details to a third party. Similarly, never provide details of your superannuation accounts to a third party.

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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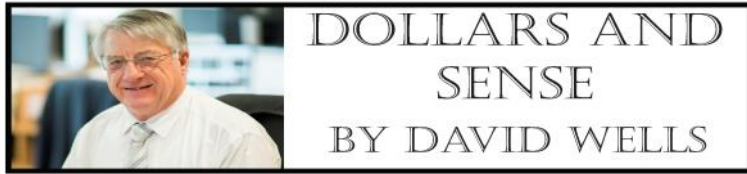
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DOLLARS AND SENSE BY DAVID WELLS

Back to Basics

Over the last few years my articles in this column have usually assumed that my reader is familiar with the share market and what investing in the share market involves. Perhaps it is time to go back to the basics and explain the share market, the rules surrounding the market and investing and what value an investment advisor provides to the process.

Put simply, the share market is just that, a marketplace. Listed companies in that marketplace have listed on the Stock Exchange (ASX in Australia) to open their company to public investment; you as a potential shareholder have the ability to select a company from those listed in the local (or international) market and invest your hard earned dollar in the hope that that company will be profitable and return you a share of the profits. Hence the name share market.

The regulator of our Australian Share Market who sets the rules and acts as watchdog on behalf of the investors and companies is the Australian Securities and Investment Commission (ASIC), an independent Australian Government body which administers the rules under the Australian Securities and Investment Act (2001) and regulates all registered companies, financial markets, providers of financial services and credit services.

So you, the potential investor, have the capacity to invest in a wide variety of companies across a myriad of market sectors such as energy, materials, industrial, consumer discretionary, consumer staples, healthcare, financials, information technology, communication services, utilities and real estate. Incidentally these are also where most of your superannuation funds are invested, so everyone with a public superfund is almost certainly already investing in the share market!

Firstly, is it a profitable business? You look at the books, you look at how it is run by the current management, you look at how it is marketed, you look at its location, you look at the products and services it offers, you research the laws and regulations governing the delivery of those services, you review the potential for expansion, growth, extension of range of product and services, you identify the competitors

and what threat they represent to the business and its ongoing existence. You look at the market sector and what the current trends are and whether the business you are considering can follow those market trends. It is a lot of work and work unfortunately many small business purchasers don't do before investing. They then face the consequences of their decision.

It is no different in the share market but to access the information you need as a lay person, is difficult and often you are blinded by marketing and publicity or what a mate said at dinner last night about his stocks. This is where the value of employing an investment advisor from a reputable broking house is obvious. Firstly everything that investment advisor and the broking house does is regulated and monitored by ASIC. Compliance with the regulations is strict and a reputable advisor will operate strictly within those guidelines and must always act in the clients' best interests.

The advisor and the company under whose license he is legally required to operate will have access to extensive in house and external research on the companies listed on the share market. They monitor, research and compare a company's performance 24/7, something you as an investor are unable to do as you have a job, a family, a social life and community responsibilities. The advisor is able to educate and inform you on new developments in the marketplace, new floats (that is new companies listing on the market and seeking investors), new product developments which have the potential to enhance a company's profits, changing management in large companies which may cause concern in the marketplace, and anything else that may affect the profitability of companies in which you are investing.

A good advisor will try to develop your ability to make informed decisions about what and where you invest your money. They will offer you options and not just push one type of investment or stock but tailor their advice to what you are trying to achieve. Indeed one of the first questions they should ask you when discussing your current or future portfolio, is what your goals and objectives are in investing. They will ask you about your current financial position, what assets and liabilities you have to assess whether you are financially ready and able to invest in the share market. It is essential that your relationship with an advisor is open and honest to ensure they get the best results for you as a client, (their legal and moral responsibility). Ofcourse there are discount brokers who are happy to take your money without the care of making sure you're doing the best thing.

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There is so much more to taking that first step to investing in the share market, but it doesn't need to be scary, expensive or out of reach of anyone. If you have questions or would like to know more please pick up the phone and call me, David Wells 0409 861 597. This article is a response to a question from a reader. If you have any questions, please feel free to contact the editor or myself. Feedback is most welcome.

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Would that be funny? Growing up with John Clarke
Lorin Clarke

Would that be funny? Growing up with John Clarke

By Lorin Clarke

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A family memoir about the beloved comedian John Clarke by his daughter, writer Lorin Clarke. A warm, witty and uplifting book about how our families make us who we are.

When satirist John Clarke died, in April 2017, many people mourned his passing as if they had lost a friend or a member of the family. Many of us felt we grew up with him. After all, for the best part of half a century, since he burst into our lives as Fred Dagg in 1974, he was a performer, an actor, a writer, a satirist and as a commentator in both Australia and New Zealand.

In this fascinating memoir, Lorin Clarke tells the story of growing up with her famous father, her art historian mother Helen, and her little sister Lucia. Much has been written about John Clarke, but this is the insider's view-of his childhood, his relationship with his parents, his decision to leave New Zealand and live in Australia, and the choices he and Helen made to create a family life that is right out of the box.

Would That Be Funny? is a story about the almost imperceptible things that make a family what it is, from long-told folklore, in-jokes, and archetypes, to calamities like world wars, deep-seated traumas, and sudden loss.

Lorin Clarke, author of the celebrated podcast The Fitzroy Diaries brings to life her idyllic, hilarious and deeply nerdy childhood, and in doing so reveals not only the private man behind satirist John Clarke but the sense of love and security that comes from being able to laugh at yourself.



Outback

By Patricia Wolf

Price: RRP \$32.99 (10% discount to registered customers)

The No. 1 International Bestseller. This deeply atmospheric thriller is the gripping opening of a new crime series for fans of The Dry by Jane Harper.

TWO MISSING BACKPACKERS. ONE VAST OUTBACK.

DS Lucas Walker is on leave in his hometown, Caloodie, taking care of his dying grandmother. When two young German backpackers, Berndt and Rita, vanish from the area, he finds himself unofficially on the case.

But why all the interest from the Federal Police when they have probably just ditched the heat and dust of the outback for the coast? Working in the organised crime unit has opened Walker's eyes to the growing drug trade in Australia's remote interior - and he becomes convinced there is more at play.

As the number of days since the couple's disappearance climbs, Walker is joined by Rita's older sister. A detective herself with Berlin CID, she has flown to Australia - desperate to find her sister.

Their search becomes ever more urgent as temperatures soar. Even if Walker does find the young couple, will it be too late?

This deeply atmospheric thriller is the gripping opening of a new crime series for fans of The Dry by Jane Harper, Cara Hunter and Chris Whitaker.



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BEFORE



AFTER





Phillip Island Camera Club - Intentional Camera Movement

Usually, we delete photos that are blurry or unclear. But have you tried a fun technique called Intentional Camera Movement (ICM) to get this blurry abstract looking effect? All you need to do is to move your camera (or lens) while you are taking the photo.

Your camera can be hand held or mounted on a tripod. Set your camera to shutter priority mode with say half a second shutter speed (you may need to experiment with this) and 100 ISO. You will need to keep your shutter open for longer than usual. You'll also need to have the image stabilisation off and use manual focus. A longer lens will produce a greater blur than a wider lens. If you pan your camera slowly, then it would be better to use a slower shutter speed. The movement you make with your camera may be up or down, left to right or right to left or you could twist it round which may be a bit more tricky! You could pivot your camera whilst holding the zoom lens hood. You'll probably find the things in the centre of your image will be less blurred than those towards the outer part of the image.

Phillip Island Camera Club members have been experimenting with this technique over the last couple of weeks. They have chosen a variety of subjects. ICM images can emphasise the lines, forms and colours of nature in a landscape or seascape. This technique can help you capture the essence of a scene. Other members of the club have used ICM in flower photography to get an abstract feel to the colours and shapes of the flowers. Street photography is another great subject. It provides a unique way to accentuate architectural lines of buildings or can help to convey the fast-paced energy of urban life. Street photography can be infused with a sense of motion and dynamism.

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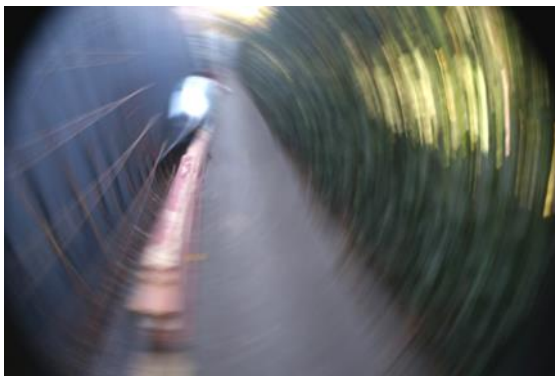
This is how you could go about taking your ICM shots: first, choose your subject, possibly something with clear lines and interesting shapes. The more colour and texture the better! Think about the lighting conditions – low light works well. Next, select your settings (as outlined above) and compose your image, but remember the end result won't resemble what you see through the viewfinder. However, think about the size and position of the main elements of your subject. Finally, move your camera while you are pressing the shutter to give your photo a unique and captivating look, all determined by speed, direction and smoothness of your camera movements. Let your imagination run wild and see what you come up with. You may just end up surprising yourself!



The cheery colours of the polyanthus were the subject of this ICM image. A Samsung mobile phone camera was moved from left to right above the subject for this image.



James Millward captured this dynamic image using his handheld Olympus m4/3 OMD-EM5 MKII. The lens of the camera was zoomed from 40mm – 150mm in one movement while taking the shot. It was taken at Eagles Nest near Inverloch. Image by James Millward.



Jon Hogan took this shot of a walkway with metal reinforcing wire mesh, a stack of wood and a kayak (the white blur) against the fence on the left side and Chinese star jasmine on the right side. Image by Jon Hogan.

All images are copyright of the photographers.

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

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



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Lamb cutlets with Potato

Rosti on your sandwich press



WHAT YOU NEED:

- 6 lamb cutlets
- 2 potato rosti
- (Hill Top Farm meat)
- 1 tsp souvlaki rub
- 1 tbs olive oil
- Place cutlets, oil & souvlaki rub in a zip lock bag.



Leave to get to room temperature

WHAT TO DO:

Set your grill plates to press mode and heat until hot.
Place cutlets on grill, close lid and cook for three minutes (medium rare) or until cooked to your liking.
Remove from grill, set aside in foil. Place rosti on grill and close lid cook for 3 minutes. Serve with cutlets for a great Camping meal.



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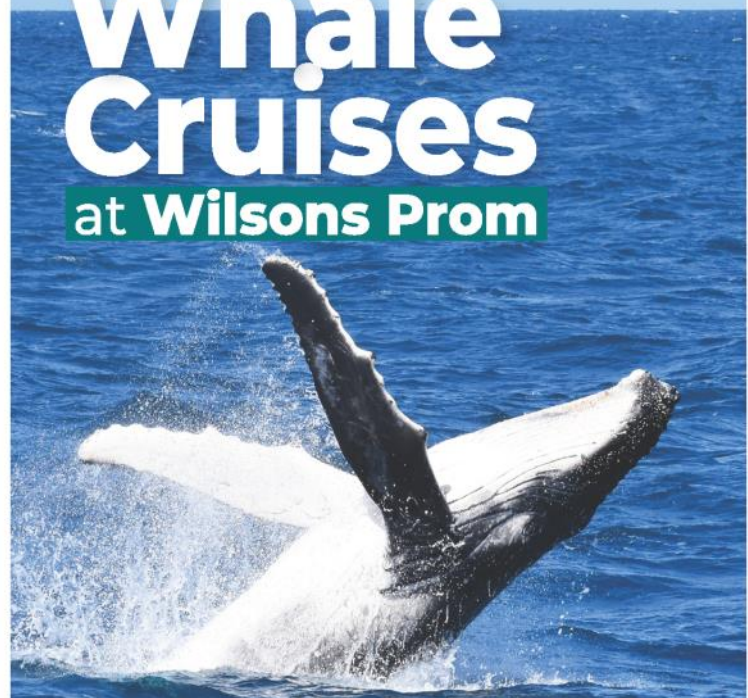
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PHILLIP ISLAND AND DISTRICT HISTORICAL SOCIETY

The Oystermen of Rhyll By Pamela Rothfield

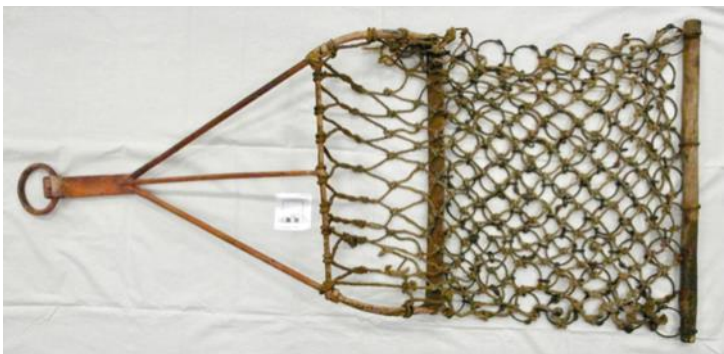
Transport yourself to the year 1858 and envision the sun's gentle ascent over the serene waters of Rhyll. A multitude of small boats silently toil, reaping the abundant oyster beds concealed just beneath the water's surface. These are the diligent oystermen, over a hundred in number, who would become the cornerstone of the soon-to-be village known as Rhyll. Their ceaseless efforts sustain them by capitalizing on the tranquillity of these waters.

The inception of Rhyll's oyster industry can be traced back to the early 1850s, when European settlers began to explore the fertile waters Western Port. Among them was John McHaffie, an astute businessman with intimate knowledge of Phillip Island and its shoreline, thanks to his pastoral license secured from the Government in 1842. McHaffie, a shareholder in the St. Kilda Oyster Company, recognised the potential riches hidden within the calm and sheltered waters on the island's eastern side. This marked the genesis of oyster dredging operations in Western Port during the early 1850s. The oysters harvested were destined for Victoria's larger townships and often found their way to the bustling Victorian goldfields.

Initially a modest undertaking, oyster harvesting soon gained momentum due to surging demand. The allure of gold drew hordes of people to Melbourne, propelling the expansion of the oyster industry in Rhyll and across Western Port.

By the late 1850s, Rhyll had emerged as a prominent hub for oyster harvesting within Western Port. The vicinity teemed with around 100 oystermen and 25 to 30 vessels engaged in a substantial oystering enterprise. Reports indicated that the man-made oyster beds stretched almost from one shore of Western Port to the other. These oysters were meticulously gathered and prepared for transport to Melbourne and Geelong, where they graced the tables of restaurants and seafood markets.

The oyster extraction process in Rhyll involved the use of a contraption called a "dredger." This tool, a triangular arrangement of iron bars about a metre long, sported a ring at its upper end for attachment to a rope. The bottom bar, wide and hoe-shaped, scraped the seabed. Numerous iron rings dangled from this bar, holding a net to collect oysters and other marine treasures. As oystering vessels cruised along, these dredgers were cast overboard, trailing behind and scouring the seafloor. A skilled oysterman on deck managed the operation, intermittently hoisting up the laden dredge, emptying its contents, resetting it, and sorting the oysters, discarding



An Oyster Dredger used by the Richardson family.

debris.

For a decade, the burgeoning oyster industry in Rhyll thrived. However, the early 1860s ushered in challenges that would severely impact its fortunes. Oyster drills, voracious borers armed with hard radular (or teeth), infiltrated oysters, inflicting fatal damage. These drills bored into the oyster's shell, released digestive enzymes, and ultimately killed the oyster.

Simultaneously, a devastating disease named QX, caused by the parasite *Marteilia sydneyi*, decimated oyster populations across Australia, including Rhyll. The affliction took a substantial toll on oysters and hindered the industry's recovery. These twin scourges decimated Rhyll's oyster industry for decades, prompting operators to dismiss their staff, liquidate their vessels, and abandon the once thriving oyster haven.

In July 1862, Dr. Louis L Smith, M.L.A, penned a report for The Illustrated Melbourne Post, documenting his visit to the deserted oystering settlement in Rhyll. He described well-constructed cottages, some with intact doors and windows, surrounded by neat gardens boasting peach and apple trees. These cottages, once home to oyster fishermen, reflected the decline of the oyster fisheries.

While oystering persisted in other Western Port locales, concerns over the depletion of Sydney oyster beds prompted governmental action. In 1884, prohibitions on dredging in Western Port were enacted to counter overfishing. These restrictions constrained the areas eligible for dredging licenses. Eleven years later, in 1895, the ban on oyster dredging in Western Port was lifted, reviving the industry.

By 1910, Rhyll's oyster beds experienced a revival, yielding a remarkable harvest of five million oysters in 1914 alone. Excessive dredging, however, depleted supplies, dwindling to 120,000 by 1924. Oystering persisted in Rhyll through the 1930s, with local men engaging in a profitable part-time endeavour. Licensing requirements and bag limits of seven bags (each containing about 300 oysters) per man per week, curbed the activity. Nevertheless, this limit still allowed the sale of each bag for a tidy sum of between 30 to 40 shillings each. Rhyll's oystering tradition endured until the 1960s, carried on by figures like Jim Osterlund, Frank Jansson, and Ken Wood.

As the sun sinks and darkens Rhyll's tranquil waters, one can almost hear the echoes of past oystermen resonating in the gentle cadence of the tides.



Ozzie Underdown's oyster boat operating from Rhyll.



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

Finally it looks like the weather has turned and spring is well and truly here, something you would know already if you get hay fever or have a garden full of blossoming trees. There is also a noticeable change in the weather as well with a bit more warmth in the air, still some cool mornings and patches of wind but the bad is not lasting as long, typical of spring. We notice it in the shop with more enquires for new rods and reels and we even have to top up the bait freezer every few days, unlike winter. For the last month we have been flat out ordering new stock for the season with plenty of the old usuals again but also some new stock as well. This will all start to come in over the next couple of months with most expected by November. We are also back open 7 days a week again and have turned on all the bait freezers so back to our usual variety of baits. All predictions are for a good season of weather and fish numbers are expected to be above average as well. That's what the experts are saying anyway, problem is we all know the definition of an expert, time will tell.

It's very early but the reports have started coming in from the few opportunities we have had, both in the bay and offshore. Most of the reports offshore have been of flathead or salmon with the odd gummy and the conditions have caught a few out with the swell holding for days even after the wind had dropped off. It's made chasing tuna difficult, often not being able to go as far or in the direction you want to because of the conditions and we have had several come in for some bait after changing their mind once they got offshore. Some of the days have turned out to be stronger than expected once you get offshore but because it has been from a northerly direction it has allowed you to at least fish the flathead or gummy grounds. It's just when you get to where the big tuna have been that it gets un-fishable. The flathead we have seen have been reasonable in number, you will get annoyed by the little ones but ½ a bag of 40cm to 45cm is possible. Gummies have been the standard larger size and in very good condition with a hand full of schoolies mixed in with them as well. There has been a handful of barrels caught but with so few and so few chances because of the weather it's very hard to get a read on where they are. The only thing that has been common to the reports we have had is that the fish are out wide and don't seem to have come in close as yet, possibly because of the rough weather. Who knows? But last year the barrels fished all the way to the end of October so still time.

Back in the bay, slowly the calamari are showing up in almost all the usual spots now with the bay finally cleaning up and the

weed slowing down. You still get times through the tide where the weed/grass is a problem but not like it was and you only need to move a little or wait a minute and it goes. Typical early season, it's a combination of baited and artificial jigs but if you are fishing on the beaches you will need baited jigs. For those using artificial jigs colour is more of a guess than good judgment this time of the year so I wouldn't be too stressed and just try anything and everything you have got. Still very few reports from the jetties and its been more the beaches, its still hot and cold but the numbers and reports are growing which is promising.

A few have ventured out in search of a snapper and spent a night on the water up around Corinella with mixed success but probably as good as you expect for this time of the year. Those caught have also been the quality you would expect, the problem is there is still plenty of cold water rubbish in between. A handful of gummies with the snapper which is not a bad by-catch. There will be several more early ones caught over the next month and most from the very top end of the bay, then once the water warms up we will see reports starting to come from all over the bay and some of the jetties also.

Bass Coast Shire Council's Waste Calendars are now available for 2023/24

Waste calendars for annual kerbside bin collection are now available. Get yours now!

The new calendars take effect from September. Download a copy now or pick up a hard copy from any of Council's Customer and Visitor Service Centres.

Since the introduction of the FOGO (Food Organics & Garden Organics) service, Bass Coast Shire residents have consistently led the state for recycling having been amongst the best recyclers in the state, according to Sustainability Victoria - so let's keep it up!

The Waste Calendars include information on the additional recycling collections over the summer holiday period, the free greenwaste disposal period from 4 to 26 November, and the 'Detox Your Home' event on 8 June 2024.

There are two collection zones:

Zone 1 - Cape Woolamai, Wimbleton Heights, Ventnor, Newhaven, Rhyll, Smiths Beach, Sunderland Bay, Surf Beach, Sunset Strip, Bass, Grantville, Pioneer Bay, Jam Jerrup, The Gurdies, Lang Lang, Silverleaves, Cowes.

Zone 2 - Corinella, Coronet Bay, Tenby Point, Dalyston, Harmers Haven, Kilcunda, San Remo, Archies Creek, Cape Paterson, Inverloch, Wonthaggi, South Dudley, Wattle Bank.

Please visit Council's website to find out further information about collections including owner/occupier responsibilities and waste tips.

Visit www.basscoast.vic.gov.au/bincalendar to download a new calendar, or to request a bin calendar in the post, please contact Council's Waste Team on 1300 BCOAST (226 278) or (03) 5671 2211 or email basscoast@basscoast.vic.gov.au.

Behind-the-scenes insight into Nature Parks for local community

Phillip Island Nature Parks will throw open its doors to Bass Coast Shire residents in September, providing an opportunity for locals to get behind the scenes and gain exclusive insights into the island's important conservation and eco-tourism work. This year marks the 12th annual Community Open Day where locals can discover all Nature Parks' attractions, celebrate the unique and remarkable conservation work being done on Phillip Island, and connect with local rangers, volunteers and staff.

For the first time, the community can attend the general viewing of the Penguin Parade at no charge over two nights – Sunday, September 10 and Monday, September 11.

In addition, residents can obtain free entry to the Koala Conservation Reserve, Churchill Island and exciting Antarctic Journey at the Nobbies Centre during the day on Sunday.

Nature Parks Chief Executive Officer Catherine Basterfield said the Community Open Day was an opportunity for locals to enjoy exclusive access to the incredible wildlife and conservation work being undertaken on their doorsteps.

"Phillip Island is one of Australia's most celebrated and loved places, and we love this part of the world as much as the people living here do," Ms Basterfield said. "The Community Open Day is an opportunity for us to thank our local supporters, connect the community and inspire the next generation of conservationists by sharing what we do and the outcomes of our important work."

Nature Parks' own penguin expert Dr Andre Chiaradia will host a Secret Life of Penguins talk at 4.30pm on Sunday before the magical Penguin Parade at sundown, and will be a special guest host on the general admission stands on both nights.

The Penguin Parade Visitor Centre will open early on Sunday at 12pm, with a Welcome to Country at 2pm and live music

from 3pm. Inside, the expo will provide the local community a chance to connect and learn more about conservation work across Phillip Island (Mallowl) with stalls manned by Nature Parks rangers and other community groups. Activities at the centre will include a Conservation Dogs Demonstration at 1pm, and art activities run by the Penguin Foundation and the Nature Parks' Reconciliation Action Committee. Community members can learn about our koalas and bush stone-curlews on ranger-led tours at the Koala Conservation Reserve at 10.30am and 12pm on Sunday. The Barb Martin Bushbank Nursery will also be open at the reserve, while the Nobbies Centre will stage an educational talk about local seals and art activities for children. At Churchill Island, there will be horse and carriage rides from 10am on Sunday, the Island Harmony Choir and a showcase of blacksmith activities, whip cracking, cow milking, sheep shearing and a working dog demonstration.

Entry to all activities and Nature Parks' attractions is free throughout the day for residents, students and landholders of the Bass Coast Shire and Aboriginal and Torres Strait Islander Community members.

The event is ticketed and you can see the full timetable of events and register for your free tickets at <https://www.penguins.org.au/openday>.

Please bring your ticket and proof of your residency such as a rates notice, bill, or driver's licence to enter. Accompanying friends are welcome but must pay the applicable entry fees.

For further information call 5951 2830 during business hours or visit www.penguins.org.au

Love your Nature Parks all year round!

Did you also know that all Bass Coast Shire residents can purchase a Locals Pass and become part of the Phillip Island Nature Parks community all year round with unlimited entry, great offers and activities?

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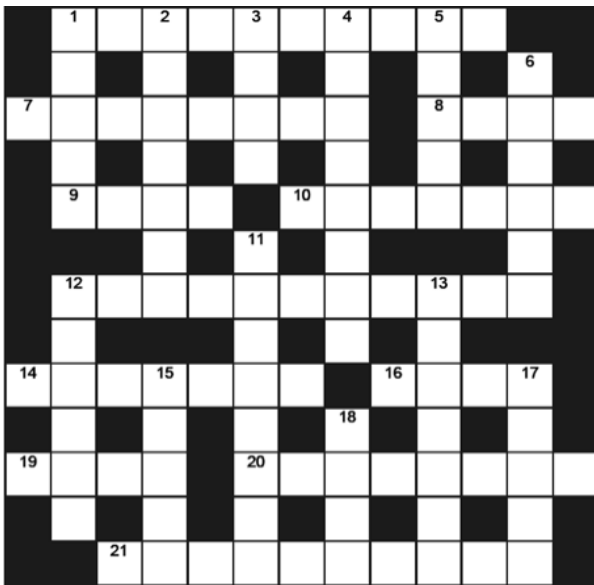
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Brain Food

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& Quiz on page 22 (No peeking!)



Vibe Quick Crossword

Across

- 1 Thin noodles (10)
7 Let down (8)
8 Dog hands (4)
9 Lucid (4)
10 Fleeting (7)
12 Big finds (11)
14 Reprimanded (7)
16 Number (4)
19 Solid (4)
20 Teaches (8)
21 Technical tool (10)

Down

- 1 Outlooks (5)
2 Gives in (7)
3 Small amount (4)
4 Approved (8)
5 To let slide (5)
6 Resides (6)
11 Unified and consistent (8)
12 Trickery (6)
13 Copy (7)
15 A citrus fruit (5)
17 Occurrence (5)
18 Expert (4)

TRIVIA QUIZ



1. Which company has the motto "The Ultimate Driving Machine"? 2. Where is Nemto Island located?

3. In Indian cookery what dish literally translates as Red Juice? 4. What Iconic world landmark is situated in the Cusco Region, Peru? 5. What's the more common name of thyroid cartilage? 6. In which language does "konnichiwa" mean "hello"? 7. How many oceans are there on Earth? 8. What is the chemical symbol for potassium? 9. When was "Oops...I Did It Again" by Britney Spears released? 10. Which four colors make up the flag of Brazil?

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.

SOLUTION TO DEATH BY MUSHROOM MYSTERY

- The real culprit is Ruby, who wanted to get rid of Mia and Ben so that she could inherit Alex's vineyard and run away with Leo. She knew that Alex liked to pick mushrooms from the forest and she secretly replaced them with death cap mushrooms that she bought from a shady dealer. She also tampered with the wine bottles and added a small dose of antifreeze to make the poisoning more severe.
- Ruby pretended to eat the pie, but she spat it out when no one was looking. She also drank very little wine and vomited it out later. She acted sick and went to the hospital with the others, hoping to avoid suspicion. She planned to kill Leo later by injecting him with a lethal drug that she had hidden in her purse.
- However, her plan was foiled when Zoe saw her kissing Leo in the cellar and told the police. The police also found traces of anti-freeze in the wine bottles and the dealer who sold her the mushrooms. They arrested Ruby and charged her with murder and attempted murder. She confessed to everything and said that she did it for love and money.

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Hill Top Farm Meats open butchering and cooking school

Hill Top Farm Meats have recently opened their butchering and cooking school and are taking bookings.

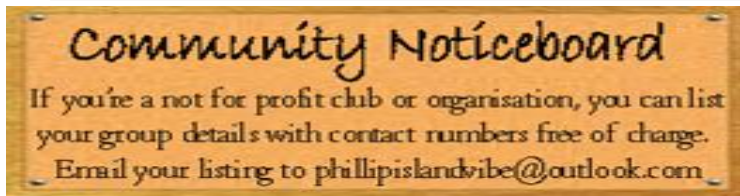
They offer from small group classes for adults to classes for school children wanting a cooking experience.

The courses include Venison butchering, Jerky making, Sausage making, Salami making, English pork pie, scotch egg and meat pie making.

You can also learn and hone your skills in basic butchering and cooking of your favourite meat cuts.

For further information contact the cooking school on 0409 817209.





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

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

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

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

Phillip Island Club (Senior Citizens) Carpet bowls, cards, ballroom dancing, craft. Membership \$15 per year. Fridays 12noon, 3 course lunch \$20. 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 16 Warley Avenue, Cowes.

The Probus Club of San Remo 2nd Mon of each month 10am at the Newhaven Hall, 23 Cleeland Street, Newhaven. New members most welcome. For more information contact Anja 0408 035 163 or email probussanremo@gmail.com

Phillip Island Scout Group – Cubs: Wed 6.30pm-8pm, **Scouts:** Thur 7pm-9pm, **Venturers:** Mon 7pm-9pm. Located at Bluegum Reserve, Dunsmore 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 at 7.15 pm at the Croquet Club. New members are very welcome. To find out more details please contact Bob Wolstenholme at bobwolstenh@yahoo.com.au

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

Phillip Island 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 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.

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 welcome. Contact Brian Walmsley at the Phillip Island RSL Community Mens Shed on email mensshed@pirsl.com.au Leave details and Brian will respond.

Phillip Island TOWN Club Weight Loss Group Thurs 9-11.00am, 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 for gardening and cleaning. 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. Email: phillipislandadultridingclub.com.au

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

Cowes Branch Country Women's Association (CWA) 1st Thursday of the month February-November. currently meeting at Rotary Shed-Dunsmore Rd 1pm Ph 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 Join us for "Sharing, Fun and Friendship". We are a group of women who are engaged in social issues, learning new skills and fundraising for women and children. We meet the 2nd Wednesday of the month at St John's Hall, Chapel Street, Cowes at 7 pm. Contact Sally Matthews 0409521825 and Rosie Brewin 0409792245

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

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

Phillip Island View Club builds friendships and connections for local women. Raises funds to support 5 children through the Smith Family. Meets on the 4th Monday of the month at 11.00am at The San Remo Hotel, San Remo. New members welcome! call Chris Sproson on 0406 469 824

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

Phillip Island Library, Myli Libraries is closed temporarily for the redevelopment of the Cowes Cultural Centre. Our Click and Collect and returns location is Phillip Island Community and Learning Centre 16 Warley Ave, Cowes. Library items may be returned outside the office at PICAL 24 hrs and pick-up of holds is available on the following days, Tues- Thurs 9.30-2pm.

San Remo Library, Myli Libraries is open at 92 Back Beach Road, San Remo. Opening hours are Mon- Fri 9.30-5.30pm and Sat 9.30-1pm. Please ring 5644 3320

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

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

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

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 on the first Thursday of each 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. \$37 (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 We now meet the 1st Wednesday of the month at the Rotary Rooms, 101 Dunsmore Rd., Cowes. for more information - Lyn 0400126435 or Gill 0431672777. We fundraise to purchase much needed equipment for specialists and medical staff offering services at the Health Hub. New members very welcome.

Phillip Island Bowls Club 40 Dunsmore Rd, Cowes. New members welcome, open to all ages. Social bowls every Thursday at 12noon and barefoot bowls over Christmas holidays. Corporate bowls from January till March. Free coaching available. Come and give it a try - contact the Club on 5952 2337.

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.

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

PHILLIP ISLAND SENIOR CITIZENS MONTHLY UPDATE

Wow....can you believe it's September already! Springtime. At the Phillip Island Senior Citizens Club we have been busy gathering vouchers and gifts, very kindly donated by local businesses for our upcoming Xmas lunch raffle and our regular monthly lunch raffles. We will be mentioning these businesses in the next few months as our way of saying thank you for their gracious generosity. This month we would like to thank the following: Jo Viney from Brinnie T Design, 6/34 Thompson Ave, Cowes, brinniethome.com.au for your very generous donation of crystal glasses. One lucky member will absolutely love winning these. Also to Amaze 'n Things for a family pass; and the Phillip Island Nature Parks for a 4 park pass for a family of four. All three to be raffled at our Xmas lunch on Friday 1st December. At our August lunch we had 6 students from the Phillip Island Village School attend and speak to us about what is different about their school and what they like about it. Located in Ventnor, Phillip Island Village School (PIVS) was established in February 2016 and currently has 48 students, with the maximum size being 65. Children from Foundation to Level 6 (Prep to Grade 6) attend and can then either move on to the Village High School in Ryanston, which opened in 2020, or attend a main stream secondary school.

The school has its own kitchen so students are provided with both morning tea and lunch, all of which are vegetarian and freshly cooked on site. There is no school uniform and working with mentors rather than teachers, students are offered a wide range of physical, academic, social and community activities. PIVS keeps some animals and has a garden that students can get involved in, either learning animal husbandry or growing vegetables. There are many opportunities for camps and outdoor activities as well as interests that the students themselves identify. Whilst the academic subjects are taught to age or skill appropriate groups, other groups can be mixed aged and reflect shared interests. This encourages the students to support each other and act as mentors themselves. The PIVS academic program uses the Victorian Early Learning and Development Framework and the Victorian Curriculum as it's basis.

We'd like to say a very big thank you too to local Brewery Green Gully Brewing for their very generous donation of 16 cans of beer for our Father's Day lunch on Friday 1st September. Our members thoroughly enjoyed them.

And everyone enjoying being entertained by the great Corza who sang alot of our members favourites and had our members up dancing and singing along.

Coming up in October we have the gadget lady on Friday 6th. And to celebrate Seniors Month, on Friday 13th October we have our Hot to Trot in Summer Fashion Show which is free for everyone to attend whether you're part of the club or not.....and you don't have to be a senior citizen to attend. There are clothes for all aged women of a large variety of sizes too. This will be at 10am at our club room.

For information about any of the above, please don't hesitate to call our secretary Liza on 0431 867 058. She's only too happy to help.



Students from the Phillip Island Village School, pictured with Principal Jo are from left Eva, Cleo, Rhian, Claire and Louise.

PUZZLE SOLUTIONS

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

ANSWERS TO TRIVA QUESTIONS

1. BMW
2. Papua New Guinea
3. Rogan Josh
4. Machu Picchu
5. Adam's Apple
6. Japanese
7. Five
8. K
9. 2000
10. Green, yellow, blue and white.



COMMUNITY OPEN DAY

Sunday 10 September 2023

Celebrate, Connect, Inspire

FREE* entry to Nature Parks attractions:
Penguin Parade (General Viewing on 10 & 11 September),
Antarctic Journey, Koala Conservation Reserve
& Churchill Island

Walks and talks with rangers,
researchers and volunteers

Kids activities

Exclusive presentations




Conservation Expo

BOOKINGS
[penguins.org.au/
OpenDay](https://penguins.org.au/OpenDay)

Limited tickets
available
pre-booking
essential

Phillip Island
**NATURE
PARKS**

Full program and updates: penguins.org.au/OpenDay

#PhillipIslandNP   

Info: community@penguins.org.au or call 5951 2830



*We acknowledge the Traditional Owners of the land on which we live, work and learn, the Bunurong.
We pay our respects to their Elders past, present and future.*

* Entry to activities and attractions is free for residents, landholders, Aboriginal and Torres Strait Islander Community members and students of Bass Coast Shire. Proof of residency such as rates notice, drivers licence, bill etc is required to gain free entry.

Accompanying friends are welcome though will be required to purchase tickets.

All other terms and conditions apply. Check penguins.org.au/OpenDay for details.

NO stamp duty NO council rates NO hidden costs

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Downsize now to Lifestyle Phillip Island **only 350m to the beach** and save up to **\$18,000**** before prices rise on the 1st of October.



From \$502,000*

Arthur

1.5 1.5 1



From \$602,000*

Lyell

2 2 1



From \$602,000*

Chester

2 2 1 1

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*Price correct as at 1 August 2023. Subject to change without notice.

**Price increase is based on the current average Lifestyle Phillip Island home price.