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October 2023

The Moto GP is back - bigger than ever. Phillip Island is already preparing to gear up for a jam-packed racing schedule from October 20 to October 22 for the two premiere class MotoGP™ races headlining the MotoGP™ Guru by Gryfyn Australian Motorcycle Grand Prix 2023. More information and for your chance to win tickets see page 10.



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

KA BOOM!



On the idyllic Phillip Island, nestled off the coast of Victoria, Australia, lies a community renowned for its stunning natural beauty and peaceful atmosphere. But beneath the tranquil surface, a dark secret lurks. Each month, a new murder mystery unfolds, challenging the brilliant amateur sleuth and his mate Inspector Jack Flint of the Cowes Constabulary.

Together, they embark on a thrilling journey to unravel the complex web of clues and expose the hidden truths. Their keen intellect, unwavering dedication, and unwavering friendship prove to be an unstoppable force in the face of evil.

Join them on their monthly adventures as they solve one murder after another, bringing justice to the victims and restoring peace to the island community.

Leroy sat in Inspector Jack Flint's homey but cluttered office at the Cowes Police Station reviewing a recent murder case, now closed. The inspector was about to release a statement to the press and wanted to be sure he fully understood Leroy's brilliant deduction that had solved it.

Flint shook his head and put his hands up. "How the heck do you come up with your deductions. You never seem to get it wrong. Is it some kind of magic power?"

Leroy Smiled." Jack, you know better than to ask. You have your fair share, albeit small, compared to mine, of successes."

The Inspector grimaced. "Ouch, yes maybe, I'm Mister Plod compared to you."

Leroy inclined his head and smiled condescendingly at his friend. "Maybe later, over a beer, but essentially, it's an ability garnered from years as a barrister to discern the lie, apply logic, a keen appreciation for human behaviour, and careful attention to what is said and not said, plus body language - all easy stuff." Leroy's verbal flow was unexpectedly interrupted.

"Excuse me? Are you Inspector Flint?" A young, expensively dressed woman stood in the doorway. "I want to report a threat on my husband's life." Her name was Amanda Pringle, and her husband was John Pringle, the real estate magnate who owned several blocks of valuable real estate on Phillip Island and in Melbourne. "Yesterday, we received this in the mail." Mrs. Pringle handed the inspector a note made up of cut-out letters. "Prepare to die, you fat old parasite. Ka-Boom."

"Rather rude," sniffed Leroy.

Flint looked over the note, then dismissed it as harm-less. "A man like your husband must get threats all the time."

Mrs. Pringle seemed taken aback. "No, this threat is serious. This morning I was at my kitchen window pouring coffee. The garage door was open and I saw someone inside there, skulking about. I sent John's nephew out to look, but by then, whoever it was must have left. My husband's life's in real danger."

"Have you thought about hiring a bodyguard?" asked Leroy.

"John refuses. He's not taking it seriously." Inspector Flint was sympathetic but, as he told her, if her husband didn't take the threat seriously, there was little the police could do. He sent her

away with a warning to keep her eyes open and call if she saw anything strange.

A few hours later, a call did come in, but it wasn't from Amanda. It was from an ambulance team parked outside the Pringle residence. "There's been a car bomb explosion," the emergency worker informed them. "Both Mr. and Mrs. Pringle were killed." Leroy and Flint arrived to find the mansion's garage a smoking, charred ruin. The victims inside the car had never stood a chance.

A paramedic approached the inspector. "We actually got a call from Mr. Pringle, before the explosion. It seems his wife had tripped down the stairs and been knocked unconscious. He said he was going to drive her to the hospital. We told him to leave her alone, that we'd be there within ten minutes. But I guess he didn't want to wait."

Flint nodded. "So, he puts his unconscious wife in the car, starts it up, and bam! It explodes. Whoever wanted to kill him got them both."

When the crime scene investigators finally showed up, Flint and Leroy retreated into the mansion. They found the Pringle nephew in the kitchen near the rear of the house. Kenny Pringle had been at home all day. He verified the mailed threat and Amanda Pringle's fears about an intruder.

"When was that car used last?" asked the inspector.

"The one that exploded?" Kenny looked out the window and, although the wreckage wasn't visible, wisps of smoke wafted from around the corner to remind them of the carnage. "That's their only car. The other one's in the shop. Amanda used it this morning to go to the police. It hasn't been used since."

"Were you here when she fell down the stairs?"

"Yeah," Kenny said. "She was knocked out cold. I told Uncle John to wait for the ambulance, but he refused. I helped him get her into the car. I was standing right outside the garage when it exploded." His face was still black with soot and there were cuts on his face and hands.

Flint took his friend aside. "I feel terrible. The woman comes to us for protection and I send her home to get killed."

"I don't know exactly what happened," Leroy said. "But I've got a pretty good idea who was involved. You couldn't have prevented this."

What does Leroy suspect? What evidence made him suspicious? Will the brilliant sleuth be right once again!! Please turn to page 22 for the solution.

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

If the last couple of weeks is anything to go by, it is looking like a very warm summer coming up and we hope the weather pattern stays the same with the winds as well.

It's still early season and the water is slowly warming up with a bit to go still, and is the reason the fishing hasn't fired up yet. It will take a few weeks but providing the pattern stays the same, we could be looking at an old fashion cup weekend peak for the snapper. Fingers crossed we don't get a November like last year when it was unfishable for almost all of the month and the snapper catching season didn't really happen. The spawning season would have still taken place so future numbers should be ok.

The reports through September were as expected and patchy like the start of the season always is. The blossom was out very early and looked like a very early season but we didn't really see anymore than we would on an average year. Numbers appear to be good on the sounders but what I think was the problem was the weather was too good and we didn't have the sharp jumps or drops in the barometer which you need to get the snapper aggressive on the bite. Steady is good for settled weather but you don't often see many fish come back and it's when we get the big shifts that the best of reports come in.

There are definite patterns, and we have seen it over the years with fish like snapper where a steady barometer produces the odd fish but those who are able to jump in the boat before the change comes and as soon as it drops are the ones who come back saying that the snapper went crazy and they drove away from the fish.

The whiting got better and better during the month,

starting very slow but very inconsistent in size and hard to find then but then by the end of the month reports were coming back more like we would expect.

The water did clean and clear up towards the end of the month which helped and obviously more out fishing but it was the reports which were the most pleasing. The start of the month the sizes were all over the place and you didn't know what to expect, 24cm to 43cm and 6 fish if you were lucky then they settled and double figures and all about the same size became the normal. No one spot stood out more than the other and it was simply fish where you would expect them to be and work around. There were a couple of slightly unusual catches with a couple of customers fishing on corals for snapper coming home with a dozen whiting each and mid 30cm and above.

Calamari have been similar to whiting, they just haven't improved as much as the whiting has with regard to numbers being caught. The size has been good all winter, it's just the numbers that have been lacking. Lots of couta and pike were showing up which would drive the calamari into the weed making them difficult to catch. As one customer said it took him 5 hours to get one, then the next day he had 10 in 30 minutes.

We are in that change over time as well with neither baited or artificial jigs better than the other and both worth a try. Like the whiting the usual spots are the best and not a lot of difference between boats and land based reports just at the moment. It will change and the artificial jigs will take over as being the best and that's when colours start to set a pattern.

We have only seen the odd gummy in the bay whereas offshore it has been much better, just not as many opportunities. The offshore gummies were good both east and west with ok flathead inbetween. There is plenty of baitfish around inside and outside, salmon, redbait and mackerel offshore and salmon, couta and yakkas inside so time to stock up.



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Health and Healing with Pip

Spring clean for the mind, body and spirit

Well, it's officially Springtime! Yeeharr!!

Longer days. More sunshine. Things are blooming. The world is beginning to feel lighter.

No wonder people feel an overwhelming need to clean their house.

Open the windows and doors. Let the wind blow through. Feel the freshness.

Normally, this is my favourite season.

But this year I surprised myself and I enjoyed the winter ... A LOT ... mainly because of the cold water dunking that I've been doing. I am kinda sad that those days of dunking in 10–11-degree water are past us now. Yes - I know ... I am crazy! Ha ha! Crazy addicted.

In fact, I just heard today that dunking in cold water is the ONLY behaviour where you can 2.5 x the dopamine in your brain.

The same can be done with cocaine which peaks at 9 minutes and then crashes out, so people take more and more of it, more often. And it has a lot of negative side effects.

Cold water dunking raises the dopamine for 2.5 HOURS. Wow! If you've tried it ... you know the high that you feel after getting out of the water. Right? (Hands up sea dragons, mermaids and mermen!)

And if you've NOT tried it ... seriously ... give it a go!!

I've been dipping with a group since November 2022, and it has changed my mind, body, and spirit.

There is so much power in a supportive community, especially when you are starting a new habit.

Also, I figured that if I started in spring the water would be warmer and I could acclimatize gradually in preparation for winter. That was a really good idea and it DID make the rest of the year easier.

Susan Soberg (leading researcher into cold water immersion) says that you only need to do 30 seconds- 90 seconds each day to get the benefits. That could be a cold shower, ocean, pool, river or rockpool. Whatever is easier for you. It is so simple.

The benefits of cold water immersion are so multifaceted ... there is nothing else out there that works on the parasympathetic nervous system AND the sympathetic nervous system at the same time.

That basically means that EVERYTHING in your body and mind gets juiced by doing this activity.

One of the main benefits for me has been losing weight ... I've

let go of 20 kgs since I started. Seriously! That was not why I started ... but I am delighted because I feel amazing!

One of the other big benefits is the mood elevation. Something that a lot of people love, especially after the last few years of collective stress that we've been exposed to.

And so, to support you in this shift into Spring, for the month of October I have put together a Spring Clean for the Mind, Body & Spirit offer.

If you're feeling sluggish, not sleeping well, just can't focus and you're afraid you'll never snap out of it....

I've got a special spring season restart and recharge session for you.

It'll help you feel energised, sleep peacefully, focus your mind, and shift that funky feeling! Yes!

In this 60-minute session, you'll get a little bit of reiki energy healing, a little bit of Bowen body alignment and a little bit of angelic guidance from the oracle cards. **and there is an extra BONUS below.

It's only \$77 ... you save \$43 (woo woo!)

**Availability limited to 10 people.

**Online or in-person sessions.

** BONUS – 5-minute cold water dunk with me – if you are curious about taking it to the next level.

Book now by contact me at pipcoleman@yahoo.com.au or text "spring clean" to 0437 670 820.

Pip Coleman - Menopause Coach, Published author, Reiki Master Coach, Guest Speaker, Bowen Therapist (ISBT), Advanced Angel Intuitive, Meditation & Psychic Development Teacher and Australia's leading Divine-ologist.

CONTACT

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PHILLIP ISLAND AND DISTRICT HISTORICAL SOCIETY

A Summer Tragedy By Pamela Rothfield

In the summer of 1889, Alexander and Lizzie Sutherland, along with their four children, embarked on an unforgettable adventure to Phillip Island. The island's shores, caressed by the gentle waves of the Western Port, held the promise of warm, carefree days and cherished memories.

The Sutherlands, an esteemed family with deep roots in education and culture, sought respite from their scholarly pursuits. This summer getaway from their bustling life at Melbourne University's Carlton College to the serene haven of Cowes would provide both Alexander and Lizzie a much-needed break for relaxation and tranquillity.

They arrived at Stony Point by steam train and embarked on the dear little ferry the 'Eclipse', soon reaching picturesque township of Cowes, framed by its north facing beach with the iconic Isle of Wight Hotel majestically gracing the foreshore.

For their children, Malcolm, Sheila, Lucy, and Brenda, aged 8, 7, 6, and 2 respectively, this journey was a thrilling escape into the unknown. Their parents, Alexander and Lizzie, both came from noteworthy lineages. Lizzie was the daughter of Robert Ballantine, the former Tasman Peninsula Superintendent of Convicts in Hobart.

Alexander hailed from a family of accomplished individuals, all possessing a Master of Arts degree. His brother, George, was a revered journalist at *The Age* for two decades and his sister Jane, a Heidelberg school artist, known for her Australian landscapes, was part of the pioneering plein-air movement in Australia. Yet, it was Alexander's contributions to education and his historical work, 'Victoria and its Metropolis; Past and Present', that left an indelible mark on history. This work (one of 15 books authored by him) also titled 'Colony and its people in 1888', contained biographies of many colonialists including Phillip Island locals and remains an invaluable resource for historians to this day.

So it was that their eldest son, Malcolm, was born into this world of literature, art, and music. His grandfather, George Sutherland, was an artist as well as a wood carver and even Malcolm's great grandfather carved ship's figureheads back in Scotland. It was an environment that nurtured young minds and encouraged intellectual curiosity.

However, amidst the carefree days of that summer in January 1889, tragedy struck the Sutherland family. Young Malcolm fell ill with Typhoid, a disease often contracted through contaminated food or water. Despite the family's best efforts and the island's soothing breeze, Malcolm succumbed to the illness after just eight days, leaving behind a void in his parent's hearts. He was laid to rest in our beautiful Phillip Island Cemetery, his spirit forever intertwined with the island's history.

Three years after Malcolm's passing,



Alexander and Lizzie found comfort in the acquisition of a new residence; the exquisite property in Dromana known as 'Heronwood'. The Sutherlands cherished this property which remained in their care until Alexander's passing in 1902. Today, the property is celebrated as the beautiful garden centre of Diggers.

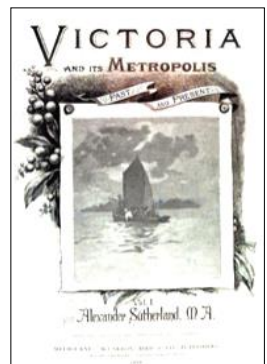
Alexander's life was a tapestry of education and journalism. He had taught at Hawthorn Grammar, attended Melbourne University, and served as a mathematical master at prestigious institutions like Scotch College and Carlton College. In 1901, he assumed the role of registrar at Melbourne University and also lectured on English language and literature. His dedication to education and thought-provoking journalism was an integral part of his legacy.

Tragically, in 1902, Alexander's life was cut short by a heart condition, aged 50. The entire community mourned his loss, and his dear friend, Henry Gyles Turner, penned a heartfelt tribute. He wrote: As Melbourne celebrated the Coronation of their King, Alexander Sutherland, a man who had tirelessly preserved the memory of Australia's pioneers, passed away.

Alexander left behind not only a legacy of academic excellence but also a loving family that had thrived in the warmth of his affection. Alexander's 23-year marriage to Lizzie was a testament to their unwavering love. Their home was a sanctuary of pure life and generous altruism, where the bond between parents and children flourished.

As Alexander Sutherland found his final resting place in Kew, surrounded by representatives of literature, science, and learning, his grieving wife, Lizzie, tenderly placed a wreath of violets and primroses on his coffin. These flowers, carefully selected that morning from the garden he had nurtured, symbolized a farewell that no words could adequately express – a farewell to a man whose life had enriched the hearts and minds of all who had the privilege of knowing him.

Through their son Malcolm, Phillip Island maintains an everlasting connection with this exceptional family named Sutherland.



Phillip Island and District



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**My Strange Shrinking Parents
by Zeno Sworder
Price: RRP \$25.99
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Notable Book: Children's Book Council of Australia (CBCA) - Picture Book of the Year 2023.

It goes without saying that all children believe their parents to be strange.

Mine were unusual for a different reason...

One boy's parents travel from far-off lands to improve their son's life. But what happens next is unexpected.

What does it mean when your parents are different?

What shape does love take?

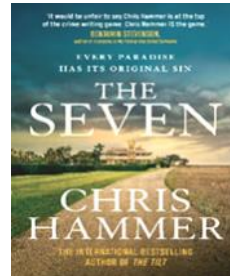
And what happens when your parents sacrifice a part of themselves for you?

In this heartbreaking and heart-warming story, CBCA award-winner Zeno Sworder reflects on his own migrant parents' sacrifices to create a universal story about what it means to give to those you love.

Drawing from the sacrifices his Chinese mother made to raise her young family in a small country town, Sworder's drawings are full of beautiful detail and fairytale settings that explore his own journey from child to parent.

With humour and pathos, Sworder reflects on the strange nature of giving and receiving love and celebrates those parents who embrace a hard life for themselves in the hope of a better life from their children.

Full of depth and generosity as well as insight and candour, Sworder brings this gorgeous fable to life.



**The Seven by Chris Hammer
Price: RRP \$32.99 (10%
discount to registered
customers)**

The latest stunning thriller from the bestselling author of Scrublands and The Tilt

Yuwonderie's seven founding families have lorded it over their district for a century, growing ever more rich and powerful. But now-in startling circumstances-one of their own is found dead in a ditch and homicide detectives Ivan Lucic and Nell Buchanan are sent to investigate.

Could the murder be connected to the execution of the victim's friend thirty years ago-another member of The Seven-or even to the long-forgotten story of a servant girl on the brink of the Great War? What are the secrets The Seven are so desperate to keep hidden?

With the killer still on the loose and events spiralling out of control, the closer Ivan and Nell get to discovering the truth, the more dangerous their investigation becomes. Can they crack the case before more people die?

The Seven is a compelling thriller filled with intrigue, emotional depth and an evocative sense of place-where nothing is ever quite what it seems. Chris Hammer, the acclaimed and bestselling author of the international bestsellers Scrublands, Treasure & Dirt and The Tilt, can take his place among the world's finest crime writers.

'A darkly simmering mystery, gorgeously told ... Utterly brilliant'. Dervla McTiernan, author of The Ruin and The Murder Rule.

'It would be unfair to say Chris Hammer is at the top of the crime writing game. Chris Hammer IS the game.'

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DOLLARS AND SENSE BY DAVID WELLS

Australia's Place in the World - A Perspective

Australian's have a history of "punching above our weight" in many areas – sports such as swimming and cricket and the Olympics, in research and even in military prowess. We also do that in many other fields and we have always been inventive, too. The aircraft "black box" and the clothes hoist are just two major Australian inventions and Australians have been involved in some of the most important medical breakthroughs too. Just think penicillin, the bionic ear, spray on skin and the first vaccines for cancer. We have more Nobel Laureates for our population than we have cause to expect. We have also invented plastic bank notes, ultrasound scanning aircraft escape shutes and we mustn't forget "race-cam", among hundreds of other amazing international successes. It's a pity that most have been sold overseas to be developed.

On the world economic scene we also punch above our weight. We are the world's 11th largest economy, the world's largest exporter of iron ore and wool and the second largest exporter of coal, LNG and wheat while being the third largest exporter of beef and education, to name just a few of our major export earners. Australia and New Zealand are the world's largest exporters of dairy products but are the only countries without government subsidy or protection. Overall Australian's collective achievements are amazing for a country of our size. Unfortunately, there are two handicaps we have never been able to overcome. The first is distance and the second is our population.

In terms of distance, we are 16,000 kilometres from Europe while New York is only just over 5000 kilometres. Sydney to San Francisco is just on 12,000 kilometres. Those distances really affect immigration and trade even while transport is so much faster now than it was in the nineteenth and twentieth centuries. Firstly this means the cost of transport makes our imported goods cost much more here and our exported goods cost much more at the other end – that's a double whammy. As well, most European emigrants went to the USA and Canada in preference to facing the months long trip to the Antipodes. In fact, if it hadn't been for the gold rushes in the

1850s in the eastern states and 1890's in West Australia, Australia's population would be significantly less than it is now.

Even now, our population of 25.6 million makes us the 55th most populous country and even Europe has eleven countries with a greater population. The United States has 332 million and even there, both California and Texas have greater populations than Australia. If a drug

company is facing a shortage of a drug, then California is more likely to be supplied than Australia. Both China and India (the most populous country) have more than 40 times our population. This means that we miss out on many things when it comes to commercial reality. While our economy is regarded as one of the most significant, especially as a resources bell-wether, our share market only comprises 2.2% of the world's total share market valuation. However, in Australia, our listed companies are only responsible for 45% of Australia's GDP (a measure of the economy) while 55% comes from unlisted companies and small and medium enterprises along with all our tradies and self-employed. It's the same with our incomes – most is sourced from the unlisted businesses. One point here is that our listed companies draw more revenue from overseas. BHP, the largest resource company in the world by market capitalization and the largest on the Australian share market earns most of its revenue from its exports. It's very important to realise that our economy is far, far more than just what is represented by our share market.

In terms of average income (in \$US) per head of population Australia comes in fourth with \$64k, behind Norway (\$106k) Sweden (\$98k) and the USA (\$76k).

Our share market sectors in order from the largest are Financial, Mining, Healthcare and then Industrial. Compare that with the USA which has its largest as Information Technology, Health, Consumer Cyclical and then Communications. Their information technology is relatively larger than our banking and finances sector.

Most of our exports are non-processed or mining products and most of the largest export markets are in Asia, the one region where we do have a transport advantage. Europe doesn't feature and is the one region where we don't have an effective free trade agreement – not from Australia's choice. Australia and New Zealand also have the most open economy in the world and the free trade agreements are very important for us to maintain our average living standards given our size.

The relative size of our market and our location at the end of the earth (from the European and American perspectives) mean that we don't rate that highly when it comes to shortages of supply in some areas, such a drugs, motor vehicles and technical manufacturing and these days, even steel.

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Moto GP back - bigger than ever

Thousands of fans are expected to converge on the island for three days of nail-biting racing, live music, and a heap of family-friendly entertainment.

The MotoGP is the biggest sporting event in regional Victoria and we are expecting up to 100,000 people to descend on to Phillip Island over the Grand Prix weekend.

"This is the cornerstone of Bass Coast Shire Council's events program, bringing with it an economic benefit of more than \$42 million. It is also a major driver for off-season tourism, employment and international exposure to key markets." said Mayor, Cr Michael Whelan.

"Phillip Island has successfully hosted the Australian MotoGP for close to 30 years at our world famous Phillip Island Grand Prix Circuit and we are thrilled to again host this brilliant family event featuring community days, activities and a range of exciting programs to support the main races".

Recently, Bass Coast Shire Council Mayor Michael Whelan and Acting CEO Greg Box met with Travis Auld, the new Moto GP CEO and his team in preparation for the event.

"We are thrilled to have met with the new Moto GP CEO, and are very keen to continue the great partnership between our two organisations. We look forward to continuing to work together to make the Grand Prix a brilliant and fun filled experience for the whole community." said Greg Box, Acting CEO, Bass Coast Shire Council.

Community Day A community day will be held on Friday October

20th, which provides free general admission tickets for Bass Coast residents. To receive a complimentary ticket, just present your proof of residency. You can avoid the queues and collect tickets in advance on Thursday from Gate 1 or from any gate on the Friday.

Ticket Giveaway Bass Coast Shire Council are excited to be launching a community competition on Wednesday 27th September via the Council Facebook page.

4 x double general admission tickets for Sunday only

4 x double general admission tickets for the three days

4 x Family tickets consist of 4 general admission tickets) for the three days

Cowes Entertainment Precinct Thompson Avenue in Cowes will remain an entertainment hub and will be filled with live music and entertainment along with the BMW Superscreen showing race footage, rider interviews and movies throughout the weekend.

There are plenty of events occurring across the weekend, for more information on these, as well as traffic management plans, visit www.basscoast.vic.gov.au/motogp.

The homecoming ride will be held on Wednesday 18 October leaving from San Remo at 3.00pm and making its way across the bridge where participants can do a lap around the track.

The Royal Australian Air Force will be conducting flying displays near the circuit over the weekend. These displays, while thrilling to watch, can be loud and disruptive to pets. Whilst we are told that the jets will be quieter than previous years, Council encourages people to take the necessary precautions to ensure their pets are safe.

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 📧 russell.broadbent.mp@aph.gov.au
 📞 5623 2064
 📌 Russell Broadbent MP

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



Phillip Island Camera Club - Springtime photography in the gardens

With the arrival of the warmer weather and gardens springing to life, now's a great time to go outside with your camera and capture new blooms as well as the active insects, birds and wildlife around us.

With this in mind, fourteen of our camera club members took the trip to the Cranbourne Royal Botanical Gardens on a bright, sunny day, and were not disappointed by the photography opportunities offered to us. Entry is free and your visit will be rewarded with a huge variety of Australian plants in beautiful landscaped surroundings.

Here's some tips for springtime photography in the garden. For landscape views, it's suggested you use a wide-angle lens (24mm/28mm), a standard telephoto lens (40mm – 60mm) for general purpose shots and a telephoto lens with macro capabilities (100mm macro) for close ups. If you do not have a selection of lenses to choose from, use your wide-angle lens at its widest setting

Let's get cooking

Simple and delicious recipes from
Paul at Hill Top Farm Butchers



Osso Buco Ragù



WHAT YOU NEED:

800g Beef Osso Buco	2 tbsp Tomato Paste
1 tbsp Flour	½ cup Dry White Wine
2-1 tbsp Olive Oil	500ml Beef Stock
Half head of Fennel, chopped	2-3 Bay leaves
1 Onion, diced	Salt to season
1 Carrot, diced	1 tsp Black Peppercorns
1 head of Garlic, peeled and crushed	Hill Top Herb Mix

WHAT TO DO:

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



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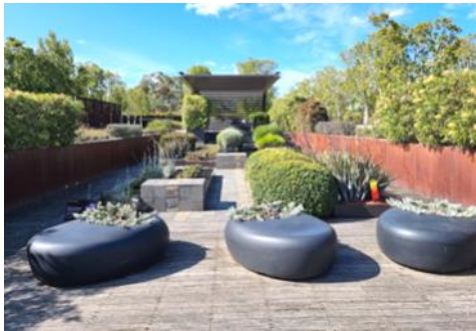
Depart Port Welshpool on a captivating 6 hr boat tour on the lookout for whales, dolphins, seals, along the picturesque east coast of Wilsons Promontory.



(e.g. 35 – 75, set at 35). This will allow you to get closer to the subject for focussing. You may wish to use a tripod or monopod (especially in low light) but you may find you can manoeuvre more freely around your subjects with a handheld camera. It is suggested that you try to take the best image possible in the field to avoid having to spend time editing your images. If you use mobile phone images, there are plenty of apps to make tonal, colour and exposure adjustments. Use shallow depth of field alongside compositional tools to draw attention to your subject. It's suggested that you use a low aperture value – f/2-f/5.6 to narrow the amount of focus in your image (i.e. less is in focus) for close-up flowers. When deciding on your composition, consider the light and how it illuminates your subject or scene in front of you. Use natural light and shoot when it is bright but overcast. Soft, diffused light is best to reveal the detail you may wish to capture. On a bright, sunny day, consider back-lighting to show the light shining through flowers and leaves. If it's windy, use a fast shutter speed such as 1/500 sec to avoid movement blur.



Robert McKay used a shallow depth of field to highlight the detail, structure and colours of the flowers.



Lorraine Tran used the lines of the pavers and garden walls to lead the eye into the photograph of this landscape garden at Cranbourne Botanic Gardens.



Gary Parnell focused on capturing the birdlife at the Cranbourne Botanic Gardens. He captured this image of a flying welcome swallow using his Canon R5 with RF 100 - 500 lens set at 1/4000 secs, F5.6 and ISO 1250.

In terms of composition, a high viewpoint can show the design and structure of a garden. For wider landscape images, look for lead in lines such as paths or hedges to draw the eye in. Look for garden features, such as fountains and statues to add interest. For close up images, try to position yourself on the same level as your subject. Changing your position slightly can alter the background. Consider shooting upwards to show flowers reaching for the sky. Look for interesting shapes, patterns, textures and colour combinations. Consider including bees, butterflies or dragonflies or other insects. Think about and experiment with horizontal and vertical images. Gardens offer you an invitation to get creative to capture their beauty. So, what are you waiting for?

For more information about the Phillip Island Camera Club email Graeme phillipislandcameraclub@gmail.com or phone 0407 0922 352.

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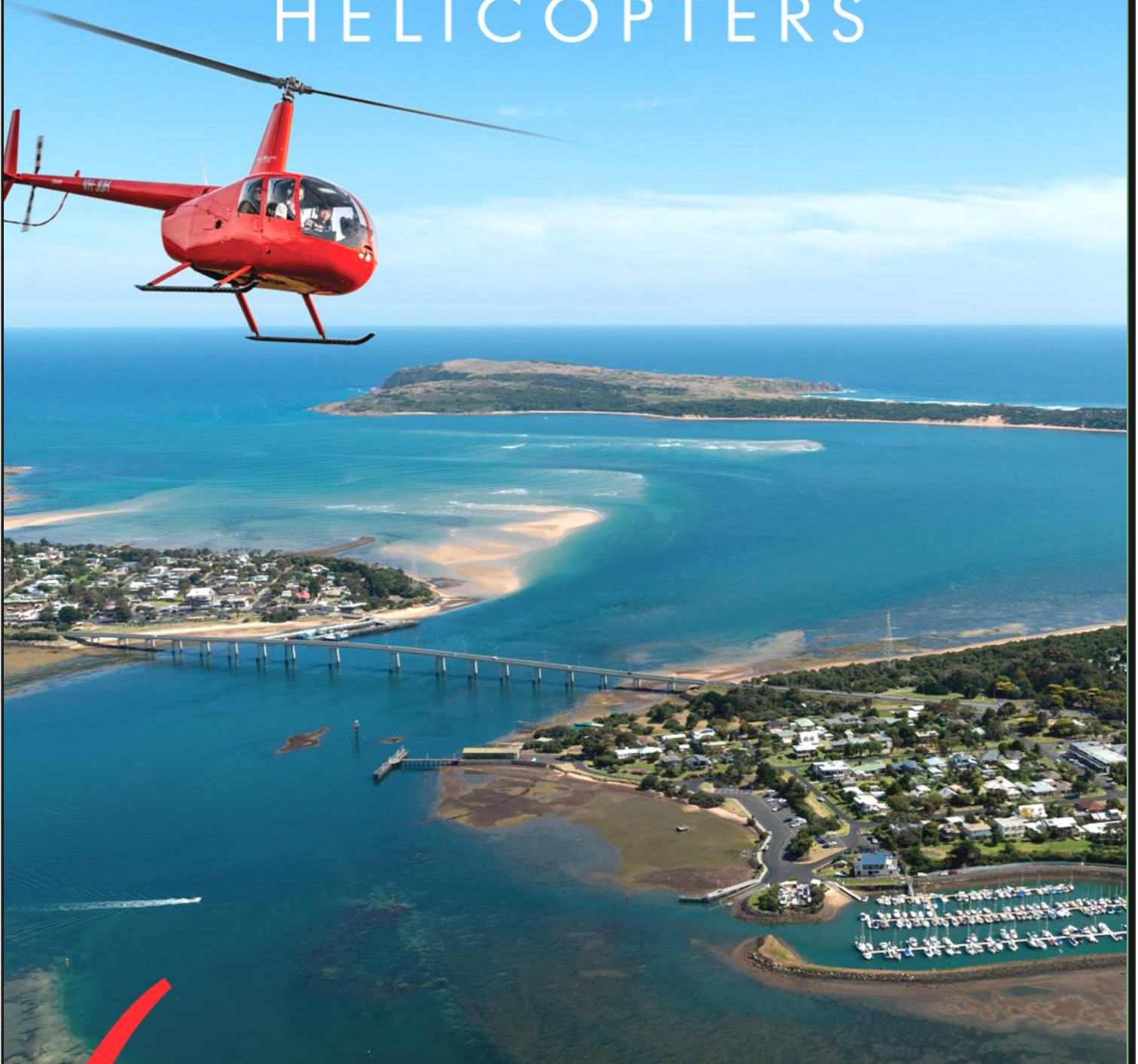
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CRYPTO ISLAND



The art of financial forecasting

Many will recall the biblical story of Pharaoh's dreams, which were interpreted to forecast seven years of famine, preceded by seven years of plenty. That story is, arguably, the first explanation of economic cycles.

Recent price movements in the crypto arena suggest that crypto investments are starting to move in cycles just like shares and real estate investments that move in cycles. It is therefore suggested that readers should revisit the subject of economic forecasting.

Economic forecasting is never perfect, but it can be eerily close to accurate. A search of published material on economic forecasting suggests that farmers initially made significant contributions to the art of economic forecasting.

Farmers understand market fluctuations caused by weather and solar patterns and, on closer examination, they identified a large degree of cyclicity. Two farmers stand out— Samuel Benner and George Tritch.

They were responsible for what we now refer to as 'The Benner Cycle' and 'Mr Tritch's Chart.' Both lived in the United States of America and published their findings in the 1870s.

While some critics dismiss the accuracy of their forecasts, their forecasts are worth thinking about as a long-term framework.

Mr Tritch's Chart—shown below—is as follows:

- The top line shows when panic has happened and will happen again
- The middle line shows years of good times, high prices and a good time to sell investments
- The bottom line shows years of hard times, low prices, and good times to make investments

Forecasting for today?

The 2019 calendar year proved to be a turning point in Mr Tritch's

chart. We all know 2019 as the year when Covid-19 changed our lives. How did a US farmer who has been dead for 130 years predict a major turning point like Covid-19?

The chart shows that the next major turning point is likely to happen towards the end of this year and this is cause for cautious optimism.

Sources of hope

Research suggests that the following industries are likely to provide investors with sustainable returns:

Medical products and services without government interference, B2B (Business to business) companies (not focused on end consumers, High Tech companies in areas such as big data, artificial intelligence etc, Water supply, purification etc, Food, Leisure and Businesses that benefit from demographic changes, particularly ageing.

Crypto developments are impacting all these industries. Investors can invest directly in these industries, and they can find selective crypto investment opportunities, including Exchange Traded Funds (ETF's). The advantage of Crypto focused ETF's is that investors benefit from the research and monitoring of the investments. One of the most difficult issues facing crypto investors is keeping up with the latest developments and understanding new technology. Readers should always seek professional advice before developing an investment plan.

Pharaoh's dream and modern dreaming's

Taken together there are some curious pieces of information in this article, and perhaps they explain something about the spirit of the age in which we live.

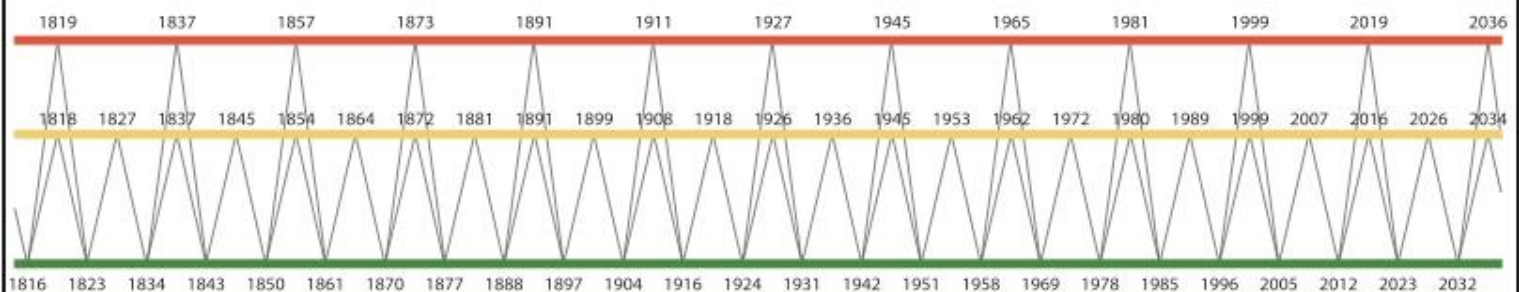
I have used the word dreaming in the same way as the Aboriginal people do when they explain complex matters with a simple story.

'Tell him he's dreaming,' is Darryl Kerrigan's famous line in the classic Australian film, The Castle. Sometimes it pays to dream. To be a good investor you need to form a view of the future, and to be able to explain things in terms of a framework.

Hopefully this article will provide such a framework. Some people refer to Mr Tritch's Chart as a guide to investing on the waves. It isn't perfect, but it's the best guide I can find.

Happy dreaming.

MR TRITCH'S CHART



The top line show when panics have happened and will happen again

The middle line shows years of good times, high prices and a good time to sell investments

The bottom line shows years of hard times, low prices and good times to make investments

PHILOSOPHICAL MUSINGS

BY JOHN BUTTROSE



What is philosophy?

In some ways that is a tough question to answer, as the word can be used to describe different things, but perhaps it is best to go back to the beginning, a very good place to start, back to Ancient Greece, around 2400 years ago.

Philosophy literally means, 'the love of wisdom'. "Philosophy" can describe a suite of ideas, e.g. "the philosophy of Karl Marx". Philosophy also refers to the academic pursuit, where university scholars mull over the minutiae found in the old texts and ideas, and would seem to have very little to contribute to the every day struggle to live a life wisely. Philosophy, I think, should be seen as the active pursuit of wisdom, the getting of wisdom. The definition of wisdom is equally problematic, of course.

But we can all do philosophy. It is an activity which enriches our understandings and broadens our horizons. It is about testing received opinions and world views. Philosophy asks us to seriously engage in critical thinking, and prompts us to ask the difficult questions of those in power, and, especially, of ourselves. Socrates (470 - 399 BCE) did warn us that an unexamined life is not worth living.

Socrates is the best known of the philosophers who gathered in Athens during the 5th and 4th centuries BCE, and with some reason. His wisdom and methods have guided much philosophical thought over the millennia since his execution in 399 BCE. Socrates himself never wrote. We know of his work through the writings of Plato, who was a follower of Socrates and a very significant philosopher in his own right. He wrote extensively, mainly in the form of a dialogue or a play, usually featuring Socrates as one of the characters. Plato's earlier dialogues are seen to represent the thought of Socrates, while the later ones, written many years after the death of Socrates, are more likely to be explorations of his own thought and philosophy.

One of these later dialogues, *The Republic*, describes Plato's ideal society ... a highly organised, and quite restrictive city

state, ruled by philosopher kings. Only trained philosophers, he argues, have the intellectual skills to be able to guide a society successfully. The well known allegory of "The Cave", related by the character of Socrates, forms an integral part of the book. In it Socrates/Plato outlines the task and the likely fate of a philosopher.

Imagine, says Plato, a dimly lit cave. The inhabitants of the cave are chained to the floor facing the back wall, unable to turn. They can not see what is behind them, or the faint glimmer of light from the entrance. Behind the people is a low wall on which puppeteers hold aloft various cut out shapes and figures as they walk along the top of the wall. Further back is a large fire which illuminates the cave and casts shadows of these shapes and figures on to the back wall. These flickering shadows are the only reality for the people chained to the floor. I am sure we can update this image to the modern, media saturated world where people are increasingly trapped by their devices and life styles, often choosing to experience a very narrow range of the real world.

Returning to the cave. One extraordinary individual, the curious philosopher, through strength of character and mind manages to turn away and realises that what the people are seeing is merely a poor representation of an imitation of reality. A mere flickering shadow of the truth. The philosopher tries to alert the rest of the people to the true state of affairs, but is ignored. Making further strenuous efforts, the philosopher manages to break the chains, crawl to the entrance, and finally reach the outside. Brightness. Colour. Infinite variety. The brilliant light and warmth of the sun. The philosopher returns to tell the chained people of the wonderful world outside the confines of the cave, only to be met with skepticism and disbelief, and finally anger. The prisoners in the shadows take up their chains, and beat the philosopher to death. As we know, the truth is not always well received.

Plato tells us the philosopher had entered the "realm of forms". Here, in the light, it is possible to see the truth of things. Here it is possible to see true redness, not the thousands of variations of red we see and describe daily; the variety colours that our eyes see and our brain tells us is the colour is red. Here we also have the true and perfect form of a horse, not the myriad of shapes and colours of horses we have in the real world. We know that animal in the paddock is a horse because we can all imagine the characteristics of the perfect horse which resides in the realm of forms, and can therefore recognise the common features of horsiness in the great variety of horses we see during a drive in the country.

Of course Plato was not really interested chestnut horses. More importantly, he sees there is the perfect form of truth when thinking of more abstract ideas, such as morality. The true meaning of the four ancient virtues of honesty, courage, resilience and wisdom can also be found in the "realm of forms", and we can all imagine the perfect form of each of these virtues. And our task as a wise person is to exemplify, and live these virtues as far as possible, because no-one is perfect, in our daily lives. Living virtuously, by always trying to act honestly and courageously, with fortitude and wisdom, allows one to lead a good and happy life.



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Offshore Theatre tackles a difficult subject

Offshore Theatre Group is very proud to present their production of 2.20 AM by Melbourne playwright Rebecca Lister.

Director Melissa McMillan brings a brave, stylised approach to the often avoided sensitive subject of suicide. She directs with an edgy, fresh, minimalist style and offers a powerful story which takes the four characters from debilitating grief to a shared experience of hope for the future.

Most of the action takes place in a Writers Workshop which meets weekly over a period of 9 months.

The original soundtrack and impressionistic lighting compliment the story of the four individuals who have each been affected by the suicide of a loved one. The plot is based on the premise that writing can facilitate healing. 2.20 invites the audience in to an intimate space of witness.

The play is a courageous choice by Offshore covering a dark subject. Through clever direction and very strong casting 2.20 will leave audiences feeling touched by this story of release.

Dates and times are Thursday October 19th, Friday October 20th and Saturday October 21st evenings at 7.30pm.

Thursday October 26th and Friday October 27th evenings at 7.30pm.

Saturday October 28th matinee at 2 pm.

Tickets are available through TryBooking. \$20 on Opening Night, Thursday October 19th and \$30 or \$25 all other shows.



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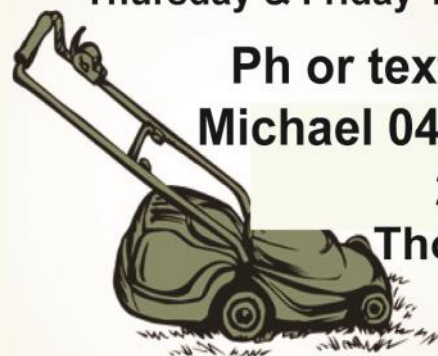
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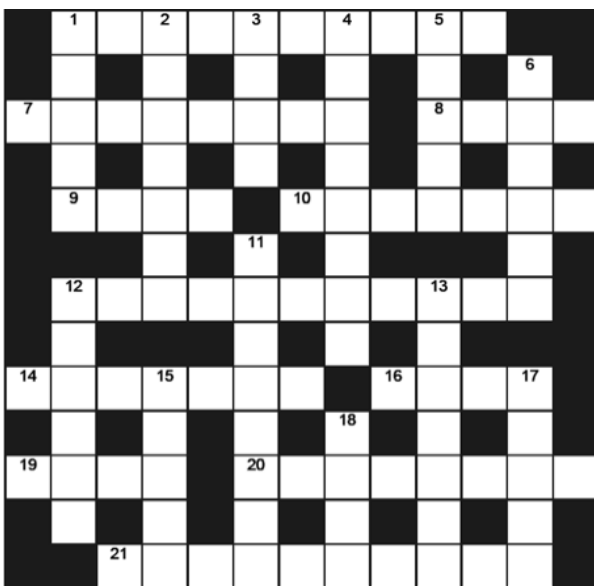
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Brain Food

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



Vibe Quick Crossword

Across

- 1 Specialist (10)
7 Collapse (8)
8 Afternoon (collq) (4)
9 Unit of imperial measure (4)
10 Fleetingly (7)
12 Sweet smelling flower (11)
14 Glass like rock (7)
16 Shun (4)
19 Implore (4)
20 Fearless (8)
21 Marketed (10)

Down

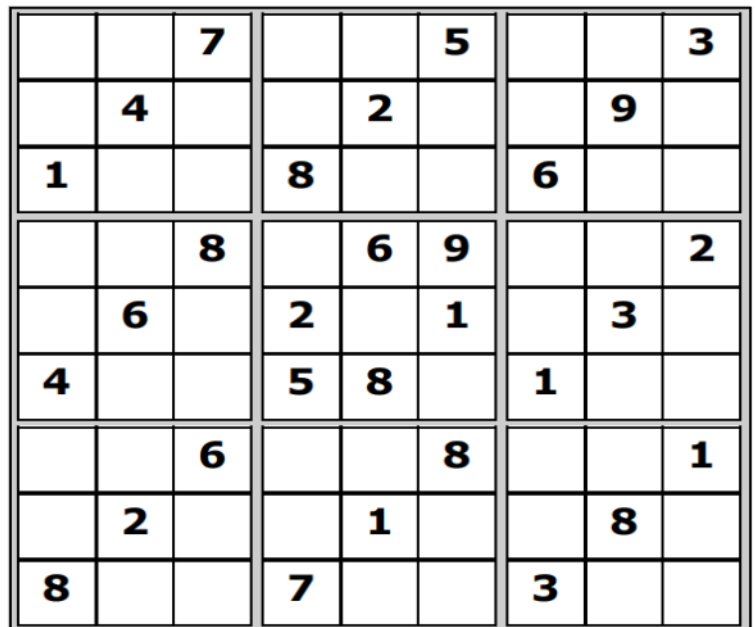
- 1 Late (5)
2 Witch's pot (7)
3 Bites (4)
4 Happy (8)
5 Conscious (5)
6 Grow (6)
11 Explosive (8)
12 Barely (6)
13 Dog houses (7)
15 Splinter (5)
17 Sightless (5)
18 Immediately (medical)(4)

TRIVIA QUIZ



1. Baghdad is on which river?
2. What is the minimum age at which a person can become US President?

3. What do Scots worldwide celebrate on November 30th?
4. What country lies between Estonia and Lithuania?
5. Where on your body is your sagittal crest?
6. What did Hans Christian Anderson's ugly duckling become?
7. In motor racing what colour flag warns drivers of a hazard ahead?
8. What language gives us the words corridor, bankrupt and ballot?
9. What is the cut grass area between the tee and the putting green on a golf course called?
10. Which international club began in Chicago in 1917?



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

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Saturday October 7, 2023

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Has Australia Missed the Boat?

Blackrock Ltd, the world's largest fund manager with trillions of dollars under management, applied for a Bitcoin exchange traded fund (ETF) in June 2023 on behalf of its individual investors and pension funds.

Co-founder and CEO Larry Fink remarked; "Let's be clear. Bitcoin is an international asset... Bitcoin will revolutionise finance... It's digitizing gold in many ways".

But he sung a different tune in 2018; "People are speculating on it... How much money laundering is being done... We are not hearing from our clients that they want to use it as an asset class".

Fink is not the only critic in traditional finance to do a 180 on Bitcoin.

Billionaire investor Howard Marks wrote in 2017 that "Digital currencies are nothing but an unfounded fad, or perhaps even a pyramid scheme". Four years later he admitted that he "jumped the gun" and is glad his son bought a meaningful amount of Bitcoin for their family. He went on to say; "I now feel my past negativism as having been knee jerk skepticism and thus premature".

Other titans of Walls Street like Paul Tudor Jones "Bitcoin is 100% certain" and Stanley Druckenmiller "Better than Gold" and Bill Miller "Gold is just an inferior version of Bitcoin" have also been accumulating Bitcoin as a new savings technology to store their wealth.

And note they are talking about Bitcoin, not Crypto.

Ray Dalio, founder of the world's largest hedge fund Bridgewater, changed from; "Bitcoin is a bubble" to "I believe Bitcoin is one hell of an invention. To have invented a new type of money via a system that is programmed into a computer and that has worked for around 10 years and is rapidly gaining popularity as both a type of money and a store hold of wealth is an amazing accomplishment".

These big name Bitcoin reversals indicate a changing attitude that many hard core Bitcoin advocates have experienced themselves in their own journeys down the Bitcoin rabbit hole.

Even Michael Saylor, one of the most outspoken Bitcoin advocates today, was not sold on Bitcoin when he first tweeted about it in 2013; "Bitcoin's days are numbered. It seems like just a matter of time before it suffers the same fate as online gambling".

He has come a long way since then converting the treasury of Microstrategy, the technology company he founded 34 years ago, to holding nearly 1% of all the Bitcoin in existence.

Today Saylor has this to say; "The deniers are pretty much

silenced now. Bloomberg, NY Times, Wall Street Journal, CNBC, Congress, the SEC, the CFTC, the US Treasury, all the central banks of the world - they all kind of acknowledge that it's not tulip bulbs, it's a real asset, it's a digital commodity".

Meanwhile in Europe mega banks Deutsche Bank and Societe Generale are preparing to become Bitcoin depositor custodians.

And it's not just the finance industry. Heading into the 2024 US presidential election no less than four candidates are publicly voicing their support for Bitcoin. Some emphasize Bitcoin as freedom first and tech innovation second while others the reverse. But all "get it".

"As President, I will make sure that your right to hold and use Bitcoin is inviolable" – Robert Kennedy Jr, May 2023

With Bitcoin adoption growing rapidly worldwide it's worrying that Australia is falling behind in the technology innovation race. We don't yet "get it".

Here's the Australian Financial Review on 13 May 2022; "Bitcoin... it's a world that relies on the greater fool theory".

And our government's failure to incentivise entrepreneurs in the burgeoning Bitcoin industry means others, including much smaller nations like El Salvador, Oman, UAE and Bhutan, are taking first mover advantage.

We do, after all, have low hanging fruit. Our landfills and underground coal mines vent environmentally harmful methane gas to the atmosphere. It could be captured and used to generate electricity to mine Bitcoin.

Australia would benefit by diversifying our energy sources, stabilizing our energy grids, providing high tech, high paying jobs and adding a new source of public revenue.

We'd have to be quick though. The opportunity gate is closing.

"Someone is sitting in the shade today because long ago someone planted a tree" – Warren Buffet

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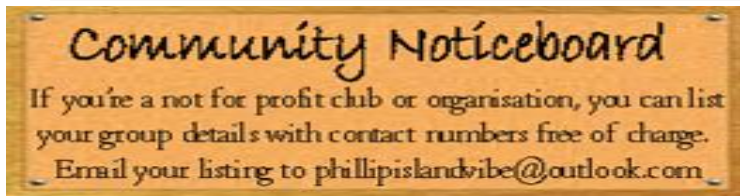
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Phillip Island Lions Club Trash and Treasure market. Sat & Sun 9.30-12.30. Dunsmore Rd, Cowes (next to transfer/recycling depot). Volunteers welcome. Text only 0433 191 654 f/b Phillip Island Lions.

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, 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 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, Ryhill 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 (except November, when meeting will be held on 13th) at the Newhaven Yacht Squadron Clubrooms, 1:30 - 4pm. Contact Graeme on 0407 092 352 or email phillipislandcameraclub@gmail.com.

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 Seniors Monthly Update

What beautiful weather we've been having. So encouraging to head outside and down the street for a coffee or down to the pier to see the sun glistening on the calm, inviting ocean.

We've been busier than ever at the club organising vouchers for our Christmas lunch raffle. The biggest raffle of the year! We are now also taking names for our Christmas lunch, so if you're a member and want to be part of the celebrations, don't forget to book with our secretary Liza Lee on 0431 867 058.

Our Father's day lunch went off with everyone at lunch enjoying the entertaining Corza getting our members singing along and laughing on the day. During the lunch we had lucky door prizes for the men, who won a range of prizes including donations from Green Gully Microbrewery in Cowes who very generously gave our club two boxes of eight beers to give away. There was also small glasses of wine and chocolates that were won. And the main prize, an apron made by Gwyneth. Carvell won a sign saying "old guys rules" and a very generous \$100 voucher from Bowens, Cowes was won by long time member David Garret (pictured right). David was over the moon as he always shops at Bowens.

How sad it was that at the start of the school holidays, our Australian flag was stolen from our flagpole outside our club. They also tried to break into the club but thankfully couldn't. That didn't stop them from doing damage to both the pole and our front door though. Ian Burns our Treasurer/cleaner /maintenance person and gardener (yes he wears alot of hats at our club) managed to fix the door. And we have a new flag coming soon.

Anyway, we haven't let the theft and attempted break in deter us. Coming up in October lunch we have the gadget lady with all our favourite stuff to help make daily life easier. In November we have a Gippsland local who is an expert in all things Melbourne Cup, bringing his paraphernalia

horses who ran etc. And then in December we have our big Christmas lunch as mentioned above. And speaking of Christmas lunch, we'd like to take this opportunity to thank some of the local businesses who have very graciously donated prizes for our Christmas raffle. These include Phillip Island Ten Pin Bowling, Grumpys Mini Golf, Maru Park, Phillip Island Winery, The Coffee Co. and French Island General Store. We'd also like to take this time to acknowledge and thank some of the local businesses who donate regularly throughout the year including the Phillip Island Bakery, Putters Cafe at the Cowes Golf Club, The RSL and Priceline to name just a few. Our members are so excited each month with the choice of prizes on offer. Our raffle sales have increased tenfold which helps out our club enormously with our day to day operations.

So, as you can see we are revved up and excited for the last couple months for this year. Don't forget to book if you're coming to lunch, or if you're new and want to join in on all the fun, call our secretary Liza on 0431 867 058 so you don't miss out.



PUZZLE SOLUTIONS

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

ANSWERS TO TRIVA QUESTIONS

1. Tigris
2. 35
3. St Andrews Day
4. Latvia
5. Skull
6. A swan
7. Yellow
8. Italian
9. Fairway
10. Lions Club

SPECIAL OFFER FOR PHILLIP ISLAND COMMUNITY ONLY

If you can't wait for green waste in December, don't worry, we can help. Just stack your green waste in your driveway or on the lawn and we'll come to you and mulch it and you even get to keep the mulch! Our minimum charge is \$50 which is about a 6x4 trailer load. You don't need to take it to the tip. We will come to you.

Ph 0427 052173
to arrange this
great offer any
time - all year
round



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Spend less & live more with brand new homes only 350m from the beach!

Call **1300 50 55 60** or walk in to our
Lifestyle Lounge at 60 Thompson Ave, Cowes.
Monday to Friday 9 – 5pm & Saturday 9 – 5pm

This downsizing community presents spacious, XL designer homes with world class amenities, and boundless opportunities to live your life your way, surrounded by the natural delights of Phillip island.

Downsize and free up cash in your current home by moving into a brand new home!

Explore this vibrant downsizing community, where you'll find spacious, XL designer homes boasting world-class amenities and endless opportunities to savor life while surrounded by the natural delights of Phillip Island.

Make the wise choice to downsize and release equity from your current home by transitioning to a brand-new home designed with you in mind. Enjoy more time and more money today!

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

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