

PHILLIP ISLAND VIBE

Free

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January 2024

Phillip Island and wildlife authorities are coming together this summer to protect our native wildlife and educate people about how they can safely share the beach with animals and give them the best chance to thrive. For more information about the Share our Shores campaign see the advertisement on page18 and editorial on page17.

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Book Reviews

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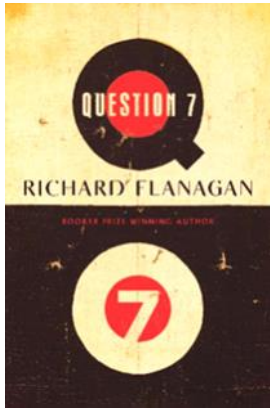
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QUESTION 7

BY RICHARD FLANAGAN

Price: RRP \$35.00

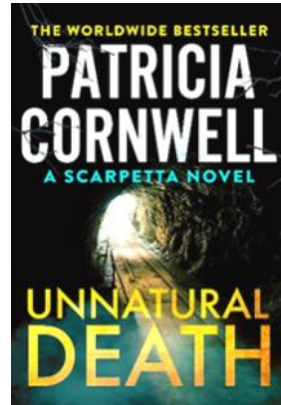
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Beginning at a love hotel by Japan's Inland Sea and ending by a river in Tasmania, Question 7 is about the choices we make about love and the chain reaction that follows.

By way of H. G. Wells and Rebecca West's affair through 1930s nuclear physics to Flanagan's father working as a slave labourer near Hiroshima when the atom bomb is dropped, this daisy chain of events reaches fission when Flanagan as a young man finds himself trapped in a rapid on a wild river not knowing if he is to live or to die.

At once a love song to his island home and to his parents, this hypnotic melding of dream, history, place and memory is about how our lives so often arise out of the stories of others and the stories we invent about ourselves.

Richard Flanagan's novels have received numerous honours and are published in forty-two countries. He won the Booker Prize for The Narrow Road to the Deep North and the Commonwealth Prize for Gould's Book of Fish. A rapid on the Franklin River is named after him.



UNNATURAL DEATH

BY PATRICIA CORNWELL

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PHILOSOPHICAL MUSINGS

BY JOHN BUTTROSE



“WAR! What is it good for?”

Many of us will remember Edwin Starr raging in a song from 50 years ago. The answer he gives is, “... absolutely nothin’”. Many would agree, and yet wars continue. Leaders initiate wars, encouraged and supported by their citizens, presumably knowing the dire consequences of armed conflict. But we have seen so many images of war over the last year; in Ukraine, Sudan and neighbouring states, and most recently in Israel and Gaza. There is no good coming from these wars, but, sadly, it seems little can be done to prevent a war breaking out or governing the way a war is conducted.

Modern warfare is an obscenity because it overwhelmingly impacts the innocent, the civilians; and the feelings of despair and sadness, of disillusionment, are widespread among many I talk to. But it would seem we have been conditioned to see war as a normal state, although, thankfully, not one directly affecting Australia. But Australia has been involved in every major conflict since the Boer War. We are spending eye-watering amounts of money on new armaments. We celebrate war with an almost religious intensity on April 25th and November 11th when the pity of war is characterised as a “glorious sacrifice”. Can the civilian lives destroyed by war count as a glorious sacrifice?

The misery and destruction resulting from war has long been written about. Christians found war to be a difficult theological problem. War was a constant during the Roman and Medieval periods, but the commandments sternly reminded the faithful that, “Thou shall not kill!” Killing was a mortal sin. How could those engaged in war ever hope to be received in Heaven?

Saint Thomas Aquinas, during the 13th century, attempted to reconcile this difficulty by setting out the criteria for conducting a just and righteous war in his *Summa Theologicae*. Although written nearly a millennia ago, his thoughts on what constitutes a just war have influenced such international agreements such as the Geneva Convention and the Hague Convention, and feature in much of the discussion about recent wars.

Aquinas divided his discussion into two parts ... *jus ad bellum* (rules when initiating a war) and *jus in bello* ... (rules governing conduct during a war). *Jus ad bellum* demands that; the war begins with the right, ethical, intentions; is initiated by a proper authority; has a good chance of success; envisages only proportional harm; and, importantly, is the last resort. *Jus in bello* demands that non-combatants, innocents and civilians should be protected, and that any action must be proportional to the desired objectives. It can be clearly seen here that the rules of war outlined here are aspirational, rather than prescriptive and would seem very difficult to apply effectively. There have been some international trials looking at crimes

against humanity committed during war, but prosecutions have been notoriously unsuccessful.

We are increasingly aware of conflicts around the globe as the heartbreaking consequences of wars are beamed into our homes nightly. There seem to be few consequences for any nations involved and their leaders, who do not behave ethically. The consequences are largely borne by the innocents, the civilians caught up in the fighting. The recent frequency and the devastating results of a war have prompted philosophers to re-examine the theories justifying a war and rules for engagement, and they have had an influence. There have been clear advances towards more ethical conduct in a war situation. There is an outcry from the UN, and many countries, including Australia, calling for a cessation of hostilities in Gaza. The behaviour of some soldiers in Australia’s SAS are being investigated. But can there be a hope that the perpetrators of the atrocities on October 7th in Israel will ever face a judgment and consequences?

Progress is slow for several apparent reasons. The assumption underlying the idea of a just war is that the two sides have similar values, beliefs and moral standpoints. In many conflicts this is clearly not the case. One side often sees the ‘enemy’ as less than human because of their behaviour, or religious beliefs, or ethnic background, and it is this which justifies the horrors unleashed. Many believe that ethical standards cannot, should not, exist in a war and that all and any methods should be employed to defeat an enemy in the shortest time and at least expense. In many cases there is an understanding that the state’s interests outweigh any moral concerns.

Some thought has been given to what happens after a war, known as *jus post bellum*. Imposing punishment on innocents or non-combatants should be avoided; the rights or traditions of the defeated deserve respect; the claims of victory should be proportional. The need to rehabilitate or re-educate an aggressor should also be considered ... and what responsibility does a combatant have to restore the material and economic damage they have caused? How are Ukraine and Gaza to recover from the extensive devastation we have seen?

Every war is a swirling mass of righteous intentions and immoral actions, conflicting justifications and heartbreaking outcomes, cock-a-hoop politicians and dead toddlers. The rules have been established, but why are they largely ignored. Can wars ever be just? The current crises in Africa, Ukraine and the Middle East are complex and difficult to comprehend fully, and demand deep thought. The rules are clear if we must go to war. We can be better than this.

Join a philosophical discussion group. We meet on the first Thursday of the month at Wild Food Farm cafe in Rhyll to discuss the big questions about life, the universe and everything. Contact John Buttrose: jbuttrose54@gmail.com

CRYPTO ISLAND



THE UNRAVELLING: EXPLORING THE COLLAPSE OF CRYPTOCURRENCY EXCHANGES

Cryptocurrency, once hailed as the future of finance, has experienced a tumultuous journey since its inception. While the decentralised nature of cryptocurrencies promotes financial autonomy, it also brings with it a set of challenges. One of the most significant challenges is the collapse of cryptocurrency exchanges, which has left investors in disarray and raised questions about the viability of digital assets.

Here are some of the reasons behind the collapse of cryptocurrency exchanges and the impact it has on the broader crypto ecosystem.

1. Lack of Regulation:

One of the primary factors contributing to the collapse of cryptocurrency exchanges is the absence of robust regulatory frameworks. Many early exchanges operated in a regulatory grey area, allowing for a lack of oversight and accountability. The decentralized and pseudonymous nature of cryptocurrencies made it challenging for authorities to monitor and regulate these platforms effectively.

2. Security Vulnerabilities:

Security breaches have been a recurring issue in the cryptocurrency space. Several high-profile hacks and cyberattacks have resulted in the loss of millions of dollars worth of digital assets. Exchange platforms, acting as custodians of users' funds, became attractive targets for hackers seeking to exploit vulnerabilities.

The collapse of exchanges often stems from the inability to secure users' assets adequately.

3. Insufficient Due Diligence:

The rush to capitalize on the booming cryptocurrency market led to the creation of numerous exchanges. Some exchanges lacked proper risk management practices, financial transparency, and adequate internal controls. As a result, investors were unknowingly placing their trust and funds in platforms with weak foundations.

Exchanges that failed to implement robust internal protocols and conduct regular audits were more susceptible to financial mismanagement, fraud, and insolvency. The lack of transparency and accountability exacerbated the collapse of such platforms.

4. Market Volatility:

The inherently volatile nature of cryptocurrency markets played a significant role in the downfall of many exchanges. Sharp price fluctuations and unpredictable market trends can lead to liquidity issues for exchanges, especially those with limited capital reserves. In times of extreme market stress, exchanges may struggle to meet withdrawal demands, leading to a loss of confidence among users and triggering a collapse.

The collapse of cryptocurrency exchanges highlights the challenges and vulnerabilities within the crypto ecosystem. While the technology underlying cryptocurrencies holds immense potential, the lack of regulatory oversight, security vulnerabilities, insufficient due diligence, and market volatility have collectively

contributed to the downfall of numerous exchanges.

As the cryptocurrency space continues to evolve, it is crucial for stakeholders, including regulators, developers, and investors, to collaborate in creating a more secure and resilient ecosystem. Implementing robust regulatory frameworks, enhancing security measures, conducting thorough due diligence, and promoting transparency are essential steps towards preventing future collapses and fostering the long-term sustainability of the cryptocurrency market.

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

Another Christmas has come and gone and in another month we will be two years in the new shop. Time just seems to fly by quicker and quicker every year. While it's certain Christmas will come and go every year, there is absolutely nothing certain about the weather at all. "We are going to get the hottest summer on record" and "we'll be in drought" and "the whole country is going to burn away". While there are parts of the country that are in devastating floods and fires, we get that every year somewhere around Australia. Instead of trying to forecast Armageddon, put more effort into the forecast for the next day or so and get that right. I think with the weather of the last few years, people are far more cautious than ever and ready for extremes but it's when the forecast is a long way out that people get caught out. We had a situation a week or so back where the forecast was for perfect conditions all day but when you actually looked at the charts or barometer, it told a very different story and the weather that followed caught a few out. Sometimes it's like they put the forecast together the day before and don't bother checking for changes. Do yourself a favour and buy a barometer, learn how to use it and also learn how to read the charts, you will find that you can put together a far more accurate forecast. Thankfully in the boats the fishing hasn't been too bad so when you do get out after a few frustrating days of bad weather, it's worth the wait. In the bay the numbers are up and down but the quality of most species has been very good. We have seen a few quality 50cm whiting already and while the 8kg snapper have been a little elusive, the quality

take home 40cm are plentiful. Calamari are the most frustrating this season with them looking like they are here and a bag is no problem, to the next days of nothing. We have seen lots of bait fish in the bay for your fresh baits with some very big salmon also swimming around. Leather jackets and flathead more than big enough to target with the odd rock flathead showing up on a whiting rod. Gummies of a healthy 6 to 8kg, mostly males, in the channels and even a couple of mulloway and kingfish in the bay already.

Land based reports are a mixed bag as usual but still quality and well worth the effort of heading down to the beach or jetty. Calamari reports have been better land based than boats this year with the beaches in front of the jetties although we had a couple of evenings from the San Remo jetty during the month that were like the old days of squid and ink going everywhere. Baited jigs from the beaches is still the best method with the only problem being the tricky winds at times. Land based Snapper reports had been a little quiet this year but as is with fishing, someone always sees you catch that fish. Several from Cowes and a handful from Newhaven but don't think you are going to wander down during the middle of the day, the reports are coming from those who are putting in hours and hours over night and putting up with lots of rubbish, rays and seven gill sharks in the meantime. If you don't mind salmon, grab yourself a handful of lures and a shoulder bag and just go for a walk along the surf beaches on the island or Kilcunda.

If you are visiting from out of town, drop into the shop and we can point you in the right direction and the best place to fish to suit the gear you have. We also have plenty of tackle if you have left anything behind and the bait freezers are overflowing. We have maps for the land and GPS marks to help you out in the boat. If you haven't been down for a while, we have moved and are now located in a bigger shop with far more variety. We are still in San Remo, but now in Back Beach Road, beside the library.

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TOMATOES/HYBRIDS

Last issue we spoke of megablooms, the fusing of several flowers together to form a giant size bloom. Since then I've done a bit more research and discovered that an American has recently grown a whopping 7lb (3kg) tomato from a megabloom; in this case the fusing of six flowers together. Unfortunately, this tomato did little to resemble a tomato and in fact looked more like a grotesque tumor! This is not my aim in encouraging you to allow your megablooms to flourish, as my intention personally, is to grow a tomato that looks and tastes like a tomato, but for a 750gm-1kg size. Two seasons ago I grew a "Aunt Ruby Green German" to 680gm, so I want to set myself a new record.

Further to this, I recently cross pollinated a Giant Italian variety with a Croation Giant. The Croation normally has a smooth skin, the Italian is a ribbed variety.

I went one step further and pollinated a megabloom on the Croation, to create what I have called the "Crotalian". A fused bloom of four flowers from two giant sized specimens. My very own hybrid.

If this is a successful blending and the tomato concerned turns out to be a tasty giant fruit that looks like a tomato and not some bizarre creation, then I will save the seeds and offer this as a seedling to my customers next season.



There are several ways to hand pollinate your tomato bloom, the simplest is to shake the stem and allow the pollen from the male bit to fall onto the stamen and pistil. The pistil is the very tip of the stamen, when magnified resembles in shape, a skittle. There are more complicated ways to achieve pollination, I will discuss this in the next issue. Presently, I have ten tomato plants encompassing five varieties, all very large fruit varieties. A rough count of tomato fruit growing in various stages, is at time of writing, 25-30. By the time you read this I hope that number has doubled. Tomatoes are my passion, but I have giant cucumbers from Russia, zucchini, yellow squash, giant pepper, chilli.... And so on. By the time the next issue of the Vibe comes out my giant cucumbers will be well established so we might have some pics. And a bit more information on some of these interesting fruits forthcoming. In the meantime, if you have any questions regarding your tomatoes, or any other vegetables, please drop the Vibe a line or email me direct on burnsiestomatoes@gmail.com. I will attempt to answer any queries.

Happy gardening, Burnsie The Rhyl Gardener.



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Our Bright Future

Bitcoin, together with Artificial Intelligence, are hands down the most disruptive tech innovations of our time and will reshape the future in ways we can't easily predict.

But we can predict a bright future because our old, indebted financial system and its controlling elite will be swept away, just like every other fiat (government) currency system in history, while the adoption of Bitcoin is just as inevitable as the adoption of electricity was to our modern society. It's simply better money. It's still early days but it has already won. Most people have yet to notice.

Invented by Satoshi Nakamoto in 2009, Bitcoin is digital gold. It is internet money that cannot be corrupted by governments, corporations or the wealthy. It's also strictly limited in amount, unlike our inflationary fiat system where the elite can spin up cash from thin air - a hidden tax - while enriching themselves and financing warfare without our approval.

Bitcoin is the most powerful, decentralised, secure and censorship resistant computer network in the world. It's had zero downtime in 10 years and never been hacked.

Cash and gold are old technologies. Bitcoin is high tech money for our digital era, the 21st century and beyond.

Will it be used by AI's to pay each other?

Yes. AI's are already using Bitcoin and its second layer the Lightning network because it is cheaper, faster and more secure.

Will AI be used by governments to control us?

No. Not with a Bitcoin standard in place. Financially sovereign humans, and not governments, will be in charge. AI's will become our servants. Their purpose will be to enhance our quality of life.

Will AI destroy all our jobs?

Surely this argument has surfaced with the appearance of every new, paradigm shifting technology. It's driven by the uniquely human fear of change. Despite this humanity has survived and thrived by being astonishingly adaptable.

With each new technology our quality of life has improved because the dangerous, the tedious, the boring or repetitive jobs fell by the wayside leaving more interesting and challenging and creative pursuits for our fulfillment.

And with a Bitcoin, standard life will continue to become more affordable. Prices of goods and services in terms of Bitcoin have dramatically dropped since its inception and will continue to do so, but at a slowing pace, forever. This is what happens when a civilization adopts hard money ie, a type of money that is hard to make more of.

Also, technology is inherently deflationary. Think about it. What technology hasn't become cheaper (or free) in real terms with time? For example, each of the many free calculator apps you can choose to download on a smartphone today was, for an impoverished engineering student fifty years ago, a highly coveted and expensive piece of hardware.

Will AI become human?

Some are sounding the alarm. The Elon Musk/Ray Kurzweil/Google materialistic model makes the towering assumption that once all the world's information is available for

processing by massive computing power AI's will magically gain human-like consciousness.

A more humble model suggests AI's can never be trained to feel human emotion. How can a machine ever be trained to love someone, or be loved, to know the euphoria of a first kiss, the headiness of the smell of spring flowers, the comfort of the touch of a kind hand?

With a Bitcoin standard we can look forward to a future where AI gets flipped and re-branded to IA; from Artificial Intelligence to Intelligence Amplification; for the benefit of all humanity.

A bright future indeed.



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PHILLIP ISLAND AND DISTRICT HISTORICAL SOCIETY

George Berrys Beach By Pamela Rothfield

Many curious minds on Phillip Island ponder the origin of the name of Berrys Beach, reminiscing about the days when the sandy stretch was known locally as 'Barrys Beach'. Enter George Berry, born around 1815 in Westmorland, England, son of a weaver, who arrived in Port Phillip in 1841.



Contrary to some claims that George's occupation was a stonemason, UK records reveal that prior to coming to Australia George followed in his father's footsteps and practised the trade of a weaver. In 1846, George charted his destiny in Melbourne by marrying Susannah Head and establishing their home in Saltwater, which is today known as Footscray. It was there that George undertook the cultivation of the land, immersing himself in the life of a farmer.

Around 1854, George, accompanied by his expanding family, made a move to Derrimut, about 17 kms west of Melbourne, where they resided for a decade.

Subsequently, the adventurous Berry clan journeyed a further 25 kms west to Melton, potentially forging connections with fellow farmer James McIlwraith.

The McIlwraiths, pioneers who settled on



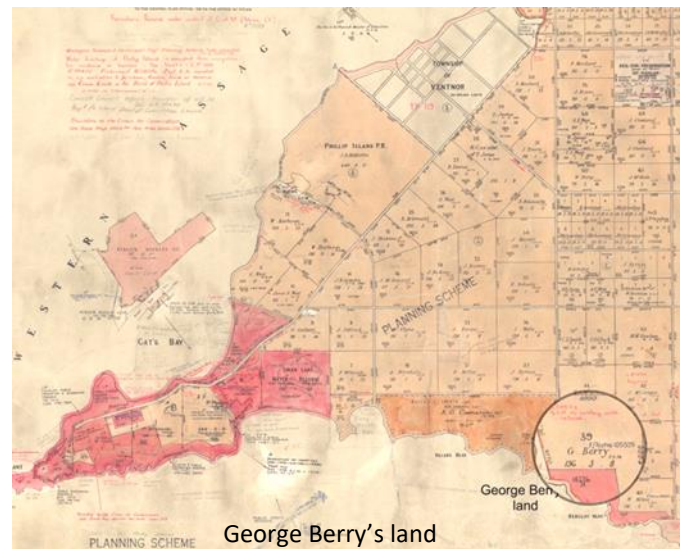
George Berry

Phillip Island in 1868, may have enticed George to do likewise, with tales of lush pastures.

In 1870, George claimed his stake on lot number 39, nestled along the south coast of Phillip Island, spanning 136 acres. Today this land lies at the very southern end of Berrys Beach Road. With determination etched in the landscape, he constructed a wattle and daub hut for Susannah and five of their children. In 1872, the birth of his daughter Ada in that hut, signalled the last addition to the Berry brood. On his land George delved into mixed farming, embracing dairying, poultry, pigs, and the cultivation of oats and barley. However, by the mid-1870s, George shared the plight of fellow settlers grappling with the harsh realities of island life. The lack of water, voracious caterpillars, armyworms, and relentless rabbit plagues wore down the farmers, pushing many to abandon their dreams and meagre abodes.



Susannah Head



Sadly, by the late 1870s George made the poignant decision to bid farewell to Phillip Island and the Berry family embarked on a journey to Avenel before ultimately returning to the Gippsland region, where George and Susannah spent their last years in Korumburra.

Joshua Gliddon's book, "Phillip Island - In Picture and Story," etches a postscript to George's island life describing how stones once carved for George's hearth found purpose in the homes of neighbouring settlers.

The narrative takes a turn in 1925, when part of George's land east of Native Dog Creek was claimed by the Crown and designated as a wildlife reserve—a testament to the enduring legacy of a farmer's toil and the island's ever-evolving tale.

The one question still remains – how did George Berry's name get switched for Barrys? It seems that the colloquial use of the name 'Barrys Beach' is simply a tale of vowels gone rogue.

Oh, how the mysteries etched in the sands of linguistic evolution can confuse!

Phillip Island and District



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Phillip Island Camera Club - Photographing Fireworks



Happy New Year to all VIBE readers from the Phillip Island Camera Club!

With Christmas and New Year celebrations fresh in our minds, many of us have probably taken the opportunity to capture the bright and exciting fireworks displays as still images or videos. Were you happy with your images? Well, as far as still images go, there are no hard and fast rules, but a few tips and steps will ensure you can successfully capture those dynamic displays!

Digital cameras and phone cameras have made this so much easier than when using film which made things so much more difficult. James Millward, a PICC member, captured the Cowes Christmas fireworks and provided a few tips for shooting firework displays. James' tip is that it's best to use a tripod to mount your camera and a remote to trigger the shutter, if you have one. The first steps are to turn on Long Exposure Noise Reduction then put your camera into Manual mode. Really it isn't as scary as it sounds - set the aperture to between f2.6 - f5.6, ISO to 100 - 400, exposure time set to Bulb. Manual focus on infinity. To do this, choose a distant light source and focus on that until it's sharp. James normally tries to set this up while it's still light. This means that later when it's dark he's not having to try and focus the lens.

You'll need to set your camera on your tripod and point it into the sky where you expect the fireworks to appear. Depending on the location, including water and reflections in the composition can also add interest. Remember, you may only have a matter of minutes to take your shots. With the camera already pre-focused to infinity and pointing in the general direction of where the fireworks will be, once they start you can then take your first shot. Hold the shutter down for between 3 - 5 seconds before releasing it. Hopefully you will have captured a number of the fireworks. If you check and your image is blown out (overly bright), reduce the time you have the shutter open, or drop the aperture a stop.

James took the two shots at left with an Olympus camera, which has a function called Livecomp. This enables him to see in real time on the camera screen the captured image of the fireworks as it develops. It allows multiple fireworks to be combined in the one image. This is in addition to the Bulb setting (mentioned above);

allowing longer exposures to be taken, without them being blown out.

The two images shown above were both taken in Livecomp, using an initial exposure of 13 seconds at f2.8, ISO 200, 12mm focal length, with an additional 15 - 20 seconds on top of that to capture multiple fireworks explosions. To take these images, James used an Olympus OMD EM1 MKii with a 12 - 40mm F2.8 lens, mounted on a tripod, and a wired remote shutter release.

By using these tips, and with practise, you too can achieve stunning shots of fireworks displays! Thanks to James Millward for providing the above information and images. Both images are copyright of photographer James Millward and may not be used without permission.

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

<http://www.phillipislandcameraclub.com.au/>

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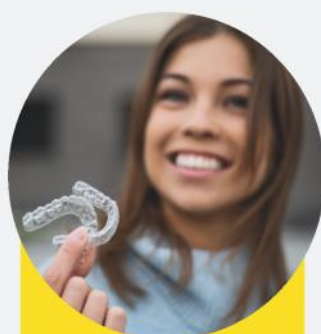
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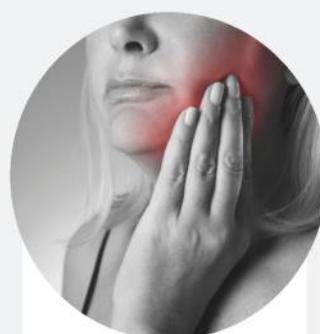
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**Quick Leftover
Turkey Paella**



WHAT YOU NEED:

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- 1 Garlic Pod, chopped
- 1 Lemon
- Coriander, chopped to garnish

WHAT TO DO:

Make the Paella Rice as per instructions.

Fry the onion in some oil until soft. Add the turkey and fold in to mix the turkey into the rice. Arrange the prawns on top of rice and bake for 10 minutes in oven. Sprinkle over coriander and serve with lemon wedges.



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Russell Broadbent MP
Federal Member for Monash

Remember to slow down and take it easy on the roads.

Look out for each other and enjoy the holiday season.

46C Albert Street, WARRAGUL VIC 3820
 russell.broadbent.mp@aph.gov.au
 5623 2064
 Russell Broadbent MP

Authorised by Russell Broadbent MP, Independent Federal Member for Monash, Warragul



Health and Healing with Pip

A year of being #brave

Have you heard about the one-word intention process?

Basically, instead of making a hopeful list of resolutions for the year and then a week later you've lost the list, started drinking and smoking (when you didn't before) and told most of your family members to f**k off, ha ha, don't lie to me, you've done it. Instead of that, I make a one-word intention for the year. This one word is the anchor and reset for me. In 2023 my word was #brave. As I went about my daily life I would think about how I could be #brave and these are some of the things I did this year.

- Joined the cold-water immersion group on the island @millowlseadragons to push my limits and be brave ... cold water, new people, early mornings, and new skills to learn.
- Went to a Tony Robbins live event – Unleash the Power Within – in Sydney and WALKED ON FIRE! I know right!
- Did a whole year of cold-water immersion, right through winter (temperature got down to 9 degrees). Super brave.
- Did an ice bath workshop with Will Frost at Island Healing that was 4 degrees! Yep – BRAVE!!
- Stood my ground, claimed my power, and held my centre when I was confronted by a bully. Brave inner child move!
- Honestly looked at my business viability and am in the process of re-imagining it for 2024.
- And faced my fear of unknown and uncertain spaces, like rock pools and seaweed touching me eeeekkk. BRAVE!

BRAVE! BRAVE! When you choose a word, be mindful and bring it into everything that you do. Here are some suggestions to get you started:

If it's **PEACE** - choose peace when you speak to people, when you work, and when you play. If it's **RESPECT** - consciously choose to respect yourself, others, and the wider community. If it's **DECLUTTER** - take baby steps to declutter your home, your car, your body and mind. If it's **FREEDOM** - create space in your life to be free, schedule in free-time, and allow others to be free. If it's **NO** - give yourself the gift of saying 'no' to one request a week (or day) to disengage your people-pleasing knee-jerk reaction. Then you can say 'yes' to yourself more often. If it's **LET THEM** - anything that you can't control (and that is everything and everyone who is NOT YOU), have a mantra of "let them", let them eat what they want, let them drive how they do, let them not see you for the holidays, let them talk about you behind your back, let them have opinions that are not the same as yours. (note: DON'T let them overstep your boundaries or disrespect you directly – that's not cool.) The beauty of this process is that you get the benefit of feeling great when you act and align with your intentional word, and you feel that you are achieving your goals all year. I have found that it is **MUCH** less pressure than a list of resolutions.

I'd love to hear your one-word intention for 2024. jump onto Facebook or Instagram and tag my page @pipcolemanauthorcoach and share. And if you have questions or want to have a deeper discussion contact me via my website www.pipcoleman.com or email: pipcoleman@yahoo.com.au
Happy New Year my friends. Blessings Pip x



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Renewed efforts to protect Phillip Island's hooded plover population

Phillip Island and wildlife authorities are coming together this summer to protect our native wildlife and educate people about how they can safely share the beach with animals and give them the best chance to thrive.

Phillip Island Nature Parks' Sharing Our Shores campaign, run in partnership with Bass Coast Shire Council, the Bass Coast Dog Owners Association, and the Conservation Regulator aims to raise awareness about some of our most vulnerable species, including the beach-nesting hooded plover, and how beach visitors can support their survival. Reserve Manager Ben Thomas says the joint campaign is about sharing the coast safely and helping care for these threatened shorebirds during their breeding season.

"It is a shared community responsibility that we all help safeguard the unique and wonderful wildlife we have on Phillip Island to ensure they are protected," Mr Thomas said.

Sharing Our Shores is aligning with the Conservation Regulator's Operation Save Our Hoodies (SoHo), which is educating beachgoers and enforcing rules around hooded plover nesting sites.

Hooded plovers are a tiny, native bird that nests along the high tide line and in sand dunes during spring and summer. Their eggs and chicks are difficult to see and at risk of being trampled or disturbed by beach users and their dogs.

"We encourage all beach users to be mindful of wildlife in the area. Keep to the designated paths and have your dog on a lead, away from signed nesting areas."

"This campaign is about respecting all beach users, which is why the regulations prohibit dogs between the hours of 10am and 5pm on some beaches."

Sharing Our Shores runs to 31 March 2024 and involves both patrols by Authorised Officers along the Phillip Island coast and an educational poster competition.

Local students are encouraged to create artwork that communicates the importance of harmony between residents, visitors and the natural environment that supports local conservation efforts.

Bass Coast Shire Council Mayor Clare Le Serve said residents and visitors had an important role to play in supporting local conservation efforts.

"Phillip Island is loved by many, and we want everyone to enjoy and respect this special part of the world together," Mayor Le Serve said.

"I urge dog owners to check local signage and take advice from the rangers and authorised officers who will be doing an important job this summer to help protect local wildlife and ensure everyone has a safe and enjoyable experience."

Hooded plovers are protected under the Wildlife Act 1975 and it is illegal to disturb, injure, or destroy them; damage their habitat; or interfere with warning signage. Penalties range from \$96 on-the-spot fines up to a maximum penalty of \$46,154. Dog owners must also be aware of local beach regulations, particularly areas where dogs are prohibited, and always keep pets on-lead or under their control, as they face fines up to \$4,807 if their dog attacks wildlife.

The Conservation Regulator investigates reports of habitat destruction and dogs harassing hooded plovers. Reports can be made to Crime Stoppers Victoria on 1800 333 000.

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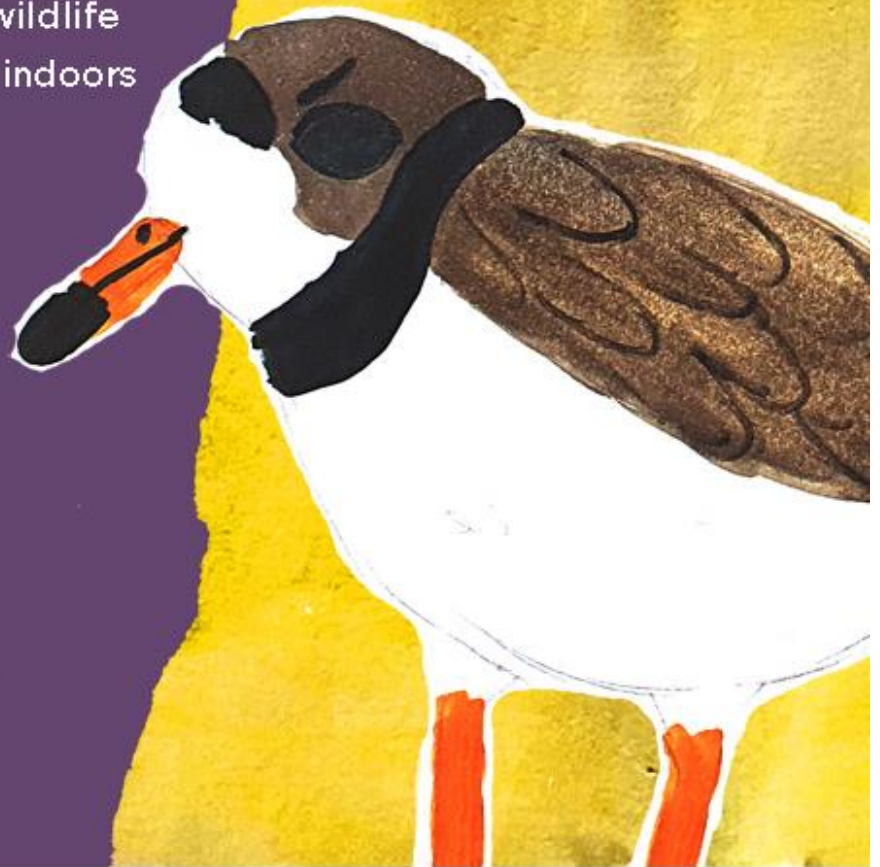
- Stick to paths, avoid dunes
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None Of Us Are Perfect!

It's the holiday season and most of us are slightly less well off financially than we were a few weeks ago. Into the New Year is the time for new resolutions, too, but they don't always last despite our best intent. Rather than try to espouse any real financial wisdom I thought I'd show you that whatever mistakes you may have made, historically there have been some really poor decisions (in hindsight) by others, in most cases richer than us. So, here is just a few real big financial "misses".

Decca Records, one of the largest names in music recording in 1963 had the first chance to sign up a scruffy looking foursome in the UK. Decca thought guitar bands were over and these boys were scruffy and wouldn't sell enough, so they turned them down. As they say, the rest was history and John, Paul, George and Ringo went on to become the world's top selling pop band for EMI as the Beatles. The British Government and the light bulb. In 1873 the British were offered the rights to Edison's new invention, the electric light bulb. They turned it down as "suitable for our transatlantic friends...but unworthy of the attention of practical or scientific men". The world, as we know, is now dependent on light bulbs. Definitely not a light bulb moment.

Ross Perrot and Microsoft. Perrot, a successful entrepreneur and a one time US Presidential candidate, was in 1979, offered a majority stake in Microsoft for \$300m in now money. He thought it was too expensive but Bill Gates held firm. That stake would now be worth more than AUD\$2.05 trillion. Ouch.

J K Rowling, Harry Potter and publishers. It was 13th time lucky for JK Rowling. She sent her first manuscript to an agent who immediately dismissed it; she then found another agent who showed it to twelve publishers who all turned it down. The thirteenth, Bloomsbury, took it on but only with a small advance. Millions of books later, the Harry Potter franchise is now worth \$15 billion and JK Rowling is the

world's highest paid author. I wonder if those twelve acquisition editors kept their jobs?

Atari and Apple. Speaking of jobs, Nolan Bushell was the boss at Atari when his employee set up a new company. He offered Bushell a third of the new business in 1976 for USD\$50,000 (just over AUD\$400,000) now.

Bushell turned him

down and missed a chance to become uber rich. He could have joined Steve Jobs at Apple and his stake would have been worth more than AUD\$1.51 trillion.

Warren Buffet and Dexter Shoes. In 1993 Warren Buffet's Berkshire Hathaway Inc bought an American shoe company, Dexter Shoes for 1.6% of Berkshire Hathaway in shares worth US\$433 million at the time. Buffet thought it could grow and be the largest shoe manufacturer in the world. Chinese production changed that and Dexter Shoes eventually went into bankruptcy. That \$433 million would have been worth more than US\$13 billion today. A case of "boot on the other foot"? Buffet has quite a few of these stories he could tell round a campfire.

Ronald Wayne and Apple. Ronald Wayne was the third original partner in Apple, with Steve Jobs and Steve Wozniak, actually drawing up the partnership agreement. Wayne was the financially secure one and thought that he was risking too much so after only 12 days into his role he sold his 10% stake in the business for only US\$800 (about A\$6,000 today). That stake would be worth more than \$450 billion right now.

David Wells and Microsoft. I was working for a company with connections to Microsoft in 1986 and was offered US\$10,000 (about A\$14,000) worth of shares in the Microsoft Initial Public Offering prior to listing in the USA. That would have bought 476 shares at \$21. Having a young family and no spare money, I turned it down. Those 476 shares, with bonus issues and share splits would now be 135,600 shares worth A\$75,095,038. I have a consolation as I probably would have sold them when they'd doubled!

Whatever opportunities we have missed in life, there are always those that have missed bigger ones. Missing opportunities happens to us all as we can only make decisions based on what we know and can do today. Yesterday is history and tomorrow is mystery. I'll finish with a quote from Nolan Bushell in 2015 who missed out on a third of Apple Corp in 1976: "I've got a wonderful family, I've got a great wife, my life is wonderful. I'm not sure that if I'd been uber, uber, uber rich that I'd have had all of that".

Have a safe, happy holiday season and may all your financial decisions be the right one for you!

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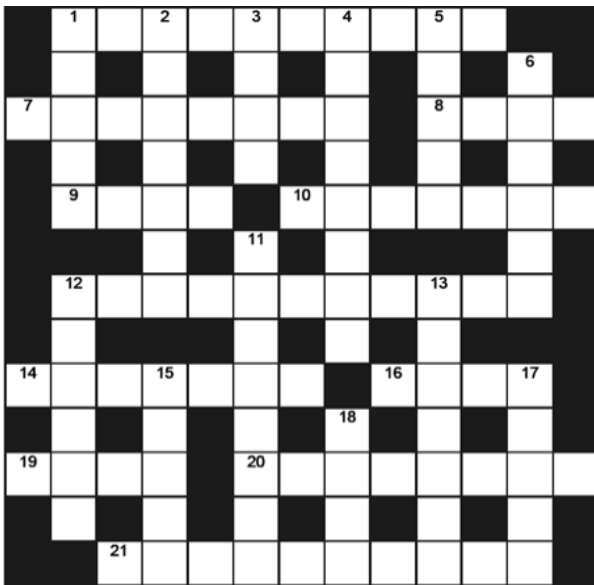
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Find all the answers & solutions to Puzzles
& Quiz on page 26 (No peeking!)



Vibe Quick Crossword

Across

- 1 Technical diagrams (10)
7 Continuously attacks (8)
8 Onion like vegetable (4)
9 Consumes (4)
10 Waste reservoir (7)
12 Vengeance (11)
14 Pasta dish (7)
16 National business register (4)
19 Midday (4)
20 Violently disfigure (8)
21 Milky dessert (10)

Down

- 1 Range (5)
2 Living environment (7)
3 Extra (4)
4 Cultivated (8)
5 Soothes (5)
6 Benevolent (6)
11 Spice (8)
12 Logic (6)
13 Pancreatic hormone (7)
15 Declare invalid (5)
17 Sweetie pie (5)
18 Unit of matter (4)



2023 TRIVIA

1. Which currency did Croatia adopt on the 1st of January 2023? 2. In which UK city is the 2023 edition of the Eurovision held? 3. Which two countries hosted the 2023 FIFA Women's World Cup in 2023? 4. What is the official Pantone colour for the year 2023? 5. In which month was the coronation of King Charles III? 6. On which streaming platform was the Beckham documentary released in October 2023? 7. Which actor from the sitcom Friends passed away on the 28th of October 2023? 8. Who was named 'sexiest man alive' by People magazine in 2023? 9. In which country was the 2023 Cricket World Cup hosted? 10. Which former pope was buried on January 5th, 2023?

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

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

Phillip Island Senior Citizens Club Monthly Update

Happy New Year everyone. Hope you had a nice Christmas with lots of food, socialising and merriment. We have a lot of great things booked for our members at our lunches on the first Friday of each month in 2024, so hope to see you there.

Looking for something to do in the holidays? Why not check out the Phillip Island Model Train show at 6 Lions Court Cowes. Parking out the back off Watchorn Road Cowes. \$10 adults, \$5 kids, family 2 adults and 3 kids \$25. 10am to 5pm Saturday 20th January and 10am to 4pm Sunday 21st January 2024. Plus you'll be helping to raise money for the Phillip Island Senior Citizens Club if you buy from our world famous sausage sizzle on the Saturday!!!

Also, don't forget to call our secretary Liza on 0431 867 058 to book for February lunch which will be on Friday 2nd February. She will be taking your calls anytime from 2nd week in January. Also we will be having the Police Pipe Band to help us open up for the year on that lunch day.

We always have a variety of products and vouchers for people to win and these are all donated by our local businesses for which we are eternally grateful and thankful. So in honour of these businesses we'd like to say a very big thank you to the following for your donations. You are generous beyond belief and we love you all for it. So thank you to.....

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Once again thank you! Thank you! Thank you! And hopefully we can continue to have a business friendship for years to come.

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

A Yuletide Murder Yarn and a Silent Night at The Nobbies

The salty breeze mingled with the sweet aroma of Christmas treats as tourists gathered at The Nobbies, a picturesque haven overlooking the vast ocean and home to the enchanting nightly return of the world's smallest penguins.

This year, the spotlight was on Theodore

Wainwright, an artisan known for his intricate wooden sculptures displayed against the coastal backdrop.

However, Leroy's festive spirits plummeted when he stumbled upon Theodore's lifeless body near the penguin habitat.

Inspector Flint, drawn by the allure of a Yuletide mystery, joined the scene. Among the suspects were rival artisans, disgruntled customers, and even a person inconspicuously disguised as a penguin enthusiast.

****Clue 1: The Penguin Parade Ticket****

Leroy uncovered a Penguin Parade ticket near Theodore's booth, an anomaly that puzzled him. Why was it there? It seemed a deliberate attempt to divert attention.

****Clue 2: The Carved Penguin Ornament****

A shattered penguin ornament, Theodore's masterpiece, lay on the sandy ground. Leroy sensed a deeper motive behind the destruction - a symbolic act meant to silence the voice of the penguins' artistic advocate.

****Clue 3: The Footprints in the Sand****

As Leroy scrutinized the sandy terrain, he noticed a set of



footprints leading away from Theodore's booth. They were distinct, not the usual imprints of the casual parade-goers, adding an air of mystery to the crime scene.

****Alibi 1: The Rival Artisan****

Vivian Craftwell, a rival artisan, claimed to be on the opposite side of The Nobbies during the incident. However, a witness shattered her alibi, revealing that she had been near Theodore's booth around the time of the murder.

****Alibi 2: The Disguised Penguin Enthusiast****

A person masquerading as a penguin enthusiast insisted being a mere spectator enjoying the coastal beauty. Leroy's scrutiny uncovered inconsistencies in this story, making him a prime suspect in the ghastly affair.

Readers should be satisfied with the solution given the generosity of clues!

The Solution:

In a dramatic confrontation overlooking the vast ocean, Leroy gathered the suspects. The shattered penguin ornament and the distinctive footprints led him to the disguised penguin enthusiast, an undercover rival artisan harbouring a vendetta against Theodore for perceived artistic theft.

The Penguin Parade ticket, strategically placed to mislead investigators, further implicated the culprit. Leroy, drawing inspiration from the silent steps of the penguins, declared, "In the dance of the waves and the feathery enigma, justice finds its rhythm."

The author, writing this whodunit after decided to adopt a light-hearted engaging tone rather than the more brutal tone expected from his typical murder whodunit, hopes that the January 2024 edition of the Phillip Island Vibe Magazine, Leroy's narrative, infused with the charm of The Nobbies and the penguins' nightly return, will leave them with a sense of wonder and mystery unique to the island's enchanting setting and the portent for more chilling murder whodunits in the months that follow

Very best wishes for 2024 and hopefully interest from readers in a hardcover collection of selected 50 murder whodunits expected to have as its title "The Phillip Island Murder Club" or something akin to that.....



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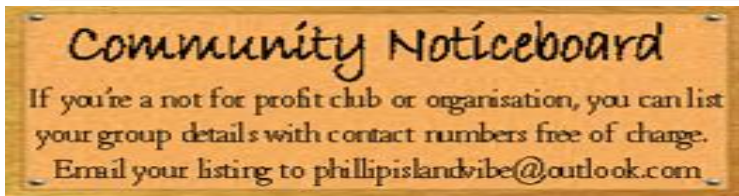
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Phillip Island Bicycle User Group Every Wed 10am starting at Amaze'n Things car park. Very social, speed is the slowest rider. Contact Trevor Hayes 0408 574360.

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, 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 (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 San Remo and Phillip Island Our friendly Club helps care for & brings our Community together through fund raising & community activities, including our Cowes Op Shop. New members & volunteers welcomed. Call President, Rob Robertson 0412 331218 or Sharon Buxton (op shop) 0437 585546.

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 .

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/)

The Rotary Club of Phillip Island and San Remo Making a Difference Locally and Globally

The Rotary Club of Phillip Island and San Remo is a strong supporter of the community, leading efforts that bring about lasting change. They don't limit their dedication to local borders; they work globally to support important causes and positively impact many lives.

Their commitment to local welfare spans from supporting schools and many community groups. In the past year, they've provided tangible aid to families affected by floods in northern Victoria and NSW. Additionally, they've also sponsored local youth in programs such as Rotary Youth Leadership Awards and Model United Nations, organised breakfasts at local schools, and tailored other initiatives to meet the unique needs of the Phillip Island and San Remo communities.

Looking forward, the club has proudly announced a \$100,000 sponsorship spread over five years to design and establish a rehabilitation courtyard within the new Cowes Community Hospital. This partnership with Bass Coast Health aims to create a dedicated area where patients can recover from injuries and illnesses, focusing on their physical and mental well-being.

Their global influence extends to Timor-Leste, where they've spearheaded impactful freshwater projects. This endeavour has enabled more than 18,000 students to access safe drinking water, halted the daily use of 30-50,000 plastic bottles, and eliminated the necessity for 13 tonnes of fire-wood, previously utilised for water boiling purposes.

The club has been at the forefront of implementing the "SkyHydrant" water filtration system, a highly successful initiative. Due to its effectiveness, Rotary International has committed to installing an additional 10 units in Timor-Leste in 2024.

The club does more than just make breakfasts, and cook BBQ's - they build, create, volunteer and serve the community in many and varied ways.

At the heart of their efforts lies the Rotary Op Shop in Cowes. Beyond being a charming space filled with treasures, it serves as a gateway to effecting change.

The Op Shop's impact goes far beyond its diverse range of goods, it creates a chain reaction of goodwill and positivity. Each contribution sparks hope, fuels empathy, and profoundly impacts lives in ways that might not be immediately evident.

The Op Shop makes essential items affordable for all, showcasing their core dedication to feasible, impactful change. Buying from and donating to the Rotary Op Shop means joining a meaningful movement, embodying Rotary's spirit of "Service Above Self."

A traditional, community focused, volunteer-run shop: All proceeds support Rotary Club Of Phillip Island and San Remo, aiding those in need.

PUZZLE SOLUTIONS

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

ANSWERS TO 2023 TRIVA QUESTIONS

1. Euro
2. Liverpool
3. Australia and New Zealand
4. Viva Magenta
5. May
6. Netflix
7. Matthew Perry
8. Patrick Dempsey
9. India
10. Pope Benedict XVI

FUN FACTS

- It's impossible to lick your elbow. You're probably trying it, anyway!
- You can't hum if you're holding your nose. We bet you're trying that one, too!
- No one is entirely sure why duck quacks produce no echoes.



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