

# PHILLIP ISLAND VIBE

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February 2024



Many thanks to photographer Gerry Orval who supplied this stunning front page shot entitled "Good Morning Cowes". More of Gerry's work can be viewed on his Instagram page @the\_filtered\_fotographer. Thanks for sharing Gerry.



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

## Case of the missing evidence



The aroma of freshly brewed coffee danced with the salty tang of the sea breeze as Inspector Jack Flint, perpetually ruffled and brimming with gruff charm, navigated the narrow aisles of Pino's Coffee Shop. Beside him, Leroy, the unassuming island resident with a mind sharper than a ship's prow, sipped his herbal tea with quiet amusement.

"Murder on a Saturday?" Flint grumbled, cheese omelette crumbs clinging to his moustache. "Is there no respect for the weekend anymore?"

Their breakfast was cut short by a jarring ring. The call - murder at Wynn, Lose & Draw, the island's most prestigious law firm. Arriving at the grand, yet sterile, offices, they found Chester Wynn sprawled on his opulent rug, a crimson flower blooming on his left temple. The air crackled with suspicion as the usual suspects stood gathered, their faces thunderous under the harsh fluorescent lights.

There was Kiefer Lose, the new senior partner, a shark in a polished suit, his eyes glinting with ambition. Penelope Draw, the steely-eyed lawyer, her tailored suit whispering of quiet efficiency. And Ben Tingly, the boisterous junior partner, his athletic frame ill-fitting in the confined space. Each, according to their statements delivered in clipped tones, had arrived separately, drawn by Chester's panicked shouts just before the deadly silence descended.

Flint surveyed the scene with a seasoned eye. The office door - locked from the inside. The heavy award, Lawyer of the Year, sitting accusingly on the desk. And a curious detail - a freshly bound set of documents on the copy machine, three copies neatly stacked. Three, not four. An anomaly in this room designed for four partners.

Leroy, meanwhile, his keen gaze flitting across the room, had already found his first point of interest. In Kiefer Lose's office, a golf club lay abandoned on the floor, next to a toppled water

glass. He then peeked into the conference room, noting the four meticulously prepared settings, each adorned with pens, tablets, and crystal tumblers.

As the police secured the scene, the remaining partners retreated to the conference room, a silent storm brewing beneath their stoic facades.

"Cold fish, the lot of them," Flint grunted, eyeing them through the glass wall. "Hopefully you've got something for me to hang on, Leroy."

"Patience, Jack," Leroy replied, a subtle smile playing on his lips. "The answer, I believe, lies in those documents Penelope Draw prepared."

Flint's eyes narrowed. "The lawsuit? Are you saying..."

"No," Leroy interrupted. "Look closer. How many copies were there?"

Flint counted, brows furrowing. "Three. One for each of them."

"Precisely. But why three, when there were four people expected in the meeting?"

The revelation jolted Flint. The pieces clicked into place, forming a damning portrait. Penelope, the woman always in the shadows, had meticulously planned her escape. She'd prepared a document for everyone but Chester, eliminating the need for a fourth one - one that would never be used.

"She rushed, you see," Leroy explained, savouring the look of dawning comprehension on Flint's face. "Had to kill Chester, then pretend to join the others entering the office. Time was of the essence."

"The lady doth protest too much," Flint muttered, a begrudging admiration creeping into his voice.

Leroy chuckled. "Indeed. The seemingly insignificant details often paint the truest picture."

The arrest was swift and decisive. Penelope Draw, exposed by her own meticulousness, crumbled under the weight of Leroy's deductions. Justice served; the Island could breathe easy once more.

As the sun dipped below the horizon, casting long shadows across the cobbled streets, Flint found himself at Pino's, nursing a well-deserved beer. Across the table, Leroy raised his teacup in a silent toast.

"Another well-played game, Leroy," Flint conceded, a grudging respect in his voice. "You and your 'insignificant details' never cease to amaze."

Leroy smiled, a glint of mischief in his eyes. "Until the next puzzle, Jack. Until the next puzzle."

"The Case of the Missing Evidence" had been solved, but the quiet island held no shortage of secrets waiting to be unravelled. And somewhere in the salty breeze, beneath the watchful gaze of the lighthouse, another mystery beckoned.

# PHILOSOPHICAL MUSINGS

## BY JOHN BUTTROSE



### Thinking about the environment

The consensus among scientists is that the problems humans have created are severe and threaten the very survival of our species, and, of course, every other species on the earth, except perhaps cockroaches and bacteria. The threats we face are existential! This is a truly frightening prospect.

Technology has advanced at an incredible pace since the beginnings of the Industrial Revolution. Many of our labour saving, time saving, money saving and comfortable technologies use large quantities of the earth's resources, and the resultant, long lasting waste products from these technologies are poisoning the planet. We are beginning to understand that the damage is on a global scale, and not confined to small areas. We are also beginning to understand that the earth's resources are not infinite.

Modern capitalism relies on the concept of continual growth. The laissez faire mantra insists the market should never be restricted or contained. Hence, it is widely reasoned that resources should not be carefully managed but used as quickly and as profitably as possible ... and putting brakes on the economy in an attempt to limit the damage caused is an anathema to the capitalist model. But evidence is showing us that our current ways of living in the developed world are untenable.

There have been several answers proposed to our dilemma which seek to avoid such extreme measures. Some think we can simply find another home ... or at least mine the resources of nearby planets and asteroids to bolster the supply of raw materials needed to support our ways of living. Existing technology however does not offer such options; they remain a dream of a distant future. Other solutions also rely on technology ... improving the efficiency of existing technologies ... developing new and, frankly untried, technologies. Methods to sequester carbon dioxide, or to produce "green" hydrogen as a fuel are examples. The development of these technologies are in the early stages of development, would perhaps take too long to make a real difference. Can the renewable technologies produce enough power for our needs? Others promote the idea that market forces, perhaps in the form of a "carbon tax", would result in a radical change in business practices, but we know how controversial that is. Yes, there is significant progress in many areas, in many countries, but there are questions. Will these measures be developed in time and on a scale, to make a real difference in a global sense? Others are calling for a more radical reassessment. What we are doing now is going to destroy our one and only home; the way we are living now should cease ... and quickly! Many feel that humanity should be dealing directly with the cause of environmental problems. The proposed solutions do raise some interesting ethical dilemmas.

Arne Naess (1912 - 2009), a Norwegian philosopher and the originator of the phrase "deep ecology", argued that every living thing, human, animal and plant has a right to exist and thrive, and therefore has value. He coined the word "ecosophy", defined as "one's own personal code of values and a view of the [natural]

world which guides one's decisions." He argued that in order to become a fully realised human one must understand that human beings are an intrinsic part of nature, not separate from nature, and not above it. He concluded that we need to change urgently ... population needs to be reduced ... and we need to change the way we live to lessen the degradation of the environment and allow its recovery.

In evolutionary terms we are just another species, but our clever brains and fingers have allowed homo sapiens to significantly alter the environment. Hunter-gatherer societies were inescapably part of the environment. The inventions of agriculture were a turning point ... the domestication of animals and plants lead to a surplus of food, and, in turn, the development of towns and cities, and complex societies ... further divorcing homo sapiens from the natural world. Christian theology emphasised that the resources of the earth were for the leisure and use of human kind ... we had become the masters of nature. And so over the millennia the human world has grown increasingly complex and invasive of the natural world, until we face the situation we are in today. Naess argued that we need to reconnect with the natural world, in a deep and meaningful way ... something beyond just walking in national parks over the weekend. He was talking as a hard headed philosopher, a realist, here. There seems little of the spiritual in his thought.

Is it possible ... desirable? Have we come too far to ever "go back"? An economic version of Naess' thought is the idea of degrowth. Degrowth essentially means the deliberate shrinking of the global economy, as opposed the continual growth which underpins the capitalist ideology. The Austrian/French philosopher Andre Gaz came up with this rather clumsy, but perhaps effective, word. The underlying principle is to value well-being ahead of profit. Degrowth could mean we buy less stuff, grow our own food, use empty houses, build smaller houses, buy longer lasting clothing and other goods, drastically reduce our intake of red meat, and reduce the world's population. Many of these measures, if legislated, impact significantly on the personal liberties and the lifestyle choices we have very much come to enjoy. The effects on our present economic system would be catastrophic.

As individuals we can make lifestyle decisions along these lines, but can we rely on the global population, or even the majority of our Australian population, adopting such measures? Or would significant change require government action to enforce such restrictions? And would such measures succeed in a democratic country, where the principle of individual freedom has become a potent rallying cry? Maybe some of us are willing to give up some of our luxuries, but could we demand the same of the peoples of developing nations? Could we demand that developing nations remain as they are? Should developing nations be encouraged to "catch up", to grow, while the economies of the rich countries shrink?

What can you, as an individual, do to help address the climate challenge? What should you be expected to do ... by the government or society as a whole? Is government legislation and regulation warranted if personal freedoms and comforts are significantly affected? Can the principles of degrowth, and Naess' deep ecology be successfully applied on a global scale? Is it all too late? Let's discuss. 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](mailto:jbuttrose54@gmail.com)





## DOLLARS AND SENSE BY DAVID WELLS

### Gearing—It's not just for cars

Simply put, Gearing is the use of debt to purchase an investment (shares, property, artworks even) to achieve a financial gain. Borrowing money to buy an investment (that is, something that will increase in value over time) is gearing. Negative Gearing is where the income generated from the investment is insufficient to cover the interest on the loan and the borrower needs to make up the difference. It's only purpose is to grow a capital value over time – it should never be used just to reduce tax because it is still taking the investor backwards and the taxman never gives you any of his money back. Positive gearing is much, much better. Even just having a mortgage is using gearing. If you paid a 20% deposit and your mortgage was 80% of the value of your home, then you are geared at 80% and have a gearing ratio of 4 – your debt is four times the value of your share of the asset value. If you paid 50% of the value you would have a gearing ratio of one and be geared at 50%.

Nearly all home owners have used gearing and nearly all would say that it's a good thing – even that it's compulsory. Gearing is used for all sorts of properties, investing in factories, office blocks and shops is usually all done by using debt. Debt can also be used to buy a share portfolio and in the situation most like a house mortgage, we have Margin Lending. As the house is security for the loan, so are the shares purchased used as security for the investment loan and the borrower must contribute a "margin" in the form of more shares or a cash component of the portfolio. With shares, this margin is based on the shares held in the portfolio and each share available as security has a Loan Valuation Ratio. For any portfolio there is a minimum margin required and the loan must not exceed the value of that ratio. The better quality of the shares, the better the Ratio.

As with any loan, (property or shares) the margin of security for the lender is required to be maintained at the agreed level, so if a property falls in value enough that the mortgage exceeds the value of the necessary level of security, a bank

may be able to "call in the loan" and force the sale of the house. This happened a lot in the property crash of 1991 when at one stage the ANZ Bank was the largest property owner in the City of Monash. In shares, if the value of the share portfolio falls to the extent that the necessary margin is eroded then the lender may force the sales of shares to make up the margin.

The borrower instead may repay some of the loan or contribute more shares to restore the margin. This is the Margin Call of the GFC nightmares. In reality, it's easier to avoid the risk of a margin call than the risk of an equity deficit in a property geared at 80%.

That's the bad part of gearing – the debt doesn't do down when prices and valuations do, but it still must be repaid. Debt never comes for free!

When used wisely, debt is the best way to grow wealth for the average person as well as those who have even more money. The old saying that "money makes money" is really based on fact. The secret about using debt is a bit like chocolate. A little bit makes you want more, having too much may make you ill. As any bank will assess the capability of the borrower to repay a loan so will Margin Lenders look to the same capability these days. This applies to all sorts of properties and all sorts of shares.

Gearing can and should be used sensibly for both property and for shares, where appropriate for any individual. It should be considered as part of a broader diversified investment strategy covering both property and shares, too. Residential property returns about 3.7% p.a. gross before rates, insurance, agents fees etc so it's nearly always negative and in the long term becomes an illiquid asset that hardly keeps your value up with inflation, so why not consider other property types such as commercial property that may return around 6% -7% p.a. and the tenant pays the outgoings? Less negative at the start means more and more positive over time.

It's the same with shares - better shares have a better security value so you can get a bigger portfolio with less collateral or even better, get the same size portfolio with less debt and have the dividends cover the interest? Whatever you choose, make sure you have an expert professional to help guide and advise you and help you stay disciplined. With shares an investor has the benefit of adjusting the portfolio size so that gearing is positive or neutral from day one, which is always a better deal.

In all investment cases do not use debt to fund non-physical assets or high risk assets unless you can survive losing all the investments. Never, ever use it to buy Cryptocurrencies or similar. You could lose the lot in that scenario and still have the debt left to repay. North Korea's single largest form of foreign funds is hacked and stolen cryptocurrency.

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## Health and Healing with Pip

### Let's talk about sex baby!!

Well now that got your attention, didn't it?

February is the month that we celebrate Valentine's Day and so I thought it might be cool to talk about love and romance (and sex) from a divine-ology perspective. That is, from the angle of energy, mindset, and connection.

According to Tony Robbins, human beings need 6 things to thrive:

- Certainty
- Uncertainty
- Love & connection
- Significance
- Growth
- Contribution

If you are getting these needs met by positive means, you will thrive and have a joyful, peaceful, and fulfilling life.

If you are getting these needs met in negative ways, you will survive, but you'll most likely feel unsatisfied, unhappy, and frustrated with your life.

Since it's all about love & connection this month I'd like to ask you to answer these questions ... (note – do this whether you are in a relationship or not).

Are you allowing yourself to be helped? (No guilt)

Are you pleasing yourself equally to pleasing others?

Are you getting (& giving) good quality loving?

Are you feeling deeply nurtured?

You'll notice that these questions apply in all levels and areas of your relationships. Your family, your partner, your friends, and yourself.

If you answered no to any of these, at least you're being honest. That's the first step. Most people either don't know why they feel unhappy, or they squash the truth because they fear the consequences of change. For example, you might think: what if I do what pleases me and other people think I'm selfish.

I'm here to say that denying yourself true love and connection is not protecting you, it's a form of self-abuse, usually because of

years of practicing putting everyone else's needs before your own. I know that's a bit of a downer ... so ... let's talk about what you can do?

1. Each morning ... take a few minutes and ask yourself "what can I do today that would make me feel loved?" Not what can others do... what can I DO. Remember that you are the only person who can do this. It could be as simple as going for a walk to your favourite place and spending 15 minutes of quiet time.
2. Hug yourself (or find someone to hug every day). Hugs release endorphins that make you feel loved. We are physical beings who need to be touched. Animals are also a great option. Minimum action is to hug a pillow, a soft toy, or even a couch cushion.
3. Connect with your version of the divine - earth, goddess, animal spirits, ascended masters, or higher power - by meditating or praying. (Note - I have a meditation portal to help with this – to check it out go to: <https://divinealignedbeing.thinkific.com/courses/divine-reconnection-meditation-app> )

And the last thing ...

4. Make a list of at least 10 things that will bring the 'sexy back' into your life. Sensual movement, create a sexy playlist on Spotify, pole dance classes, spicy movies (not necessarily porn / let's be honest most are not good... choose wisely), get sexy pyjamas or wear sensual fabrics under your suit or dress. How creative can you get?

I'd love to hear how you go with this sexy mission for February.

Feel free to send me a message on Facebook

@pipcolemanauthorcoach or an email [pipcoleman@yahoo.com.au](mailto:pipcoleman@yahoo.com.au)  
Blessings Pip

p.s. As a Divine-ologist, I spend my days reminding people how to connect with their divine support specialists, so that they can feel more peaceful, aligned, centred, calm, confident, passionate, energetic, on purpose, fulfilled, and awake. Sometimes my courses and classes don't suit your schedule, right?

And I was asking "how can I serve the people who can't get to meditation class or a workshop?"

And MY guides said ... "Give them the option to connect with us ANYWHERE, ANYTIME, ALL DAY, ALL NIGHT ... give them an app."

And so this portal is ALL ABOUT YOU!

It is a collection of meditations with the Angels, Archangels, Animal Spirit Guides, Ascended Masters, Goddesses and Moon Meditations (new and full) ... to support your divine reconnection. Jump in at lunchtime, on a public transport, as you go to sleep or before you get out of bed. Your divine support specialists are there for you whenever you need them.

I hope you enjoy experiencing these guided journeys as much as I enjoyed channelling them. Here's the link: <https://divinealignedbeing.thinkific.com/courses/divine-reconnection-meditation-app>

It's only \$7.99 USD per month.



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## PHILLIP ISLAND AND DISTRICT HISTORICAL SOCIETY

### The Lady of the Speke - By Pamela Rothfield

The renowned tale of the Speke shipwreck in 1906 is familiar to many on Phillip Island. In its time, the Speke stood tall as one of the largest three-masted, square-rigged, all-steel-hulled ships globally—a noble vessel with graceful lines and towering masts, boasting a size of 2,876 tons and a length of 93 metres.

Constructed in Wales in 1891, this beautiful steel ship encountered misfortune on February 22, 1906. Drifting broadside onto a reef east of Kitty Miller Bay, it was on its journey from Peru to Geelong, having already passed through Sydney, with an empty cargo hold and a hefty load of Peruvian river stones in ballast for a subsequent wheat shipment.

The mishap was attributed to the captain's navigational error, mistakenly identifying Cape Schank Lighthouse as the Split Point Lighthouse at Aireys Inlet. Tragically, during the incident, one crew member lost his life when a lifeboat capsized. The remaining 25-man crew, however, managed to reach the beach after a viberheroic struggle, albeit exhausted.

Fast forward 34 years after the ship's tragic demise, a fifth-grade schoolboy named Stanley Goodall (Hec) stumbled upon a ship figurehead after a maritime-themed excursion piqued his interest. Intrigued, he informed his headmaster, Mr. Kevin Gerraty of Cowes State School, about his discovery. The figurehead, in a sorry state with a missing eye, broken nose, and held together with a length of rope from the ship itself, resided in the workshop of William E. Thompson at his home 'Talofa' in Talofa Avenue, Cowes. Mr. and Mrs. Thompson, notable philanthropists on Phillip Island, were responsible for numerous contributions to the community, including greening the main street of Cowes with the planting of golden cypress and donating the first Warley Hospital to the island community.



Before residing in Mr. Thompson's workshop, the figurehead spent three decades in a barn owned by Stanley Kennon behind the Hollydene Guest house, coincidentally constructed from timber salvaged from the Speke wreck.

In 1940, under the guidance of Mr. Gerraty and Mr. Thompson, senior boys from Cowes State School meticulously restored the figurehead, cleaning and repainting the delicately carved piece. By 1941, the restoration was complete, and the next challenge was to mount the figurehead for public display. Remarkably, during a return visit to the shipwreck site, the children located the mounting timbers still attached to the remaining fragments of the wreck on the beach. Utilising these timbers, they successfully completed the mounting.

In November 1941, Professor George S. Browne, the professor of Education at Melbourne University, visited the island to unveil the restored lady at Cowes State School.

Now over 80 years since the schoolboys first restored the once weathered face of the Lady of the Speke, she graces the Phillip Island Historical Museum, standing as a symbol of resilience and restoration.

Scattered on Kitty Miller beach it is still possible to find round Peruvian bluey-green river stones, once part of the Speke's ballast. To those unfamiliar with their origin, these rocks initially spark excitement upon discovery – until the Lady of the Speke's history reveals their unique connection to her beloved ship, the SS Speke. Do we detect a mischievous smile on her face?



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## Bitcoin is hope

Cash is going extinct. It's a done deal. Bankers and governments want only digital payments using Central Bank Digital Currencies (CBDC's). Not only is it cheaper and therefore good business but it gives them full control.

Just like China. Socialise with the wrong people, say the wrong thing or late pay your parking ticket and your Social Credit Score may drop to a level where you can't get the job you want, can't get approval to travel or are limited in how much you can withdraw from your bank account.

Government controlled digital prison.

"It's creepy convenient to buy coke with your face from China's vending machines now, but your Social Credit Score needs to be 350 and above otherwise the door won't open for you" – 2023 tweet by @songpingang

But take heart, there's hope. There's Bitcoin.

Bitcoin is set to replace cash and CBDC's with a financial system fit for our digital age. It promises free markets, personal financial sovereignty and a more peaceful future.



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"Don't write off Bitcoin as simply a vehicle for financial speculation. For millions of people around the world, it's an escape hatch from tyranny, nothing less than freedom money" – Alex Gladstein, Chief Strategy Officer of the Human Rights Foundation.

Invented by Satoshi Nakamoto in 2009, Bitcoin is digital gold. It's 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 to enrich themselves and fund continuous wars.

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.

There's a lot of confusion around Bitcoin and so-called cryptocurrencies. Make no mistake; much of it is intentional so that venture capitalists can fleece unwary investors. Many of the thousands of other cryptocurrencies are scams.

In a nutshell, a blockchain that is centralised is nothing special. It's just a financial ledger recording who owes whom, like an excel spreadsheet. The real magic happens with decentralisation, where control is distributed into the computers (nodes) of thousands of people spread across the globe.

Bitcoin was first. It's revolutionary and unique. None of the other cryptos which followed come close to Bitcoin's decentralisation.

"Bitcoin is the innovation, all other cryptocurrencies are speculations" - Michael Saylor, technology entrepreneur and Chairman of Microstrategy Ltd.

Consequently, and remarkably, Bitcoin has no corporation, no headquarters, no employees and no leader. Bitcoin is a public infrastructure that is accessible by everyone and controlled by no one individual, but a community of thousands.

"The essence of Bitcoin is its ability to operate in a decentralised way without having to trust anyone" – Andreas Antonopolous, author of The Internet of Money.

After only 15 years Bitcoin is already approaching a market capitalisation of one trillion dollars and a user base of 50 million people globally. By some estimates it's growing twice as fast as the internet.

It's seeing rapid innovation and adoption in parts of the world where fiat currency has failed as a medium of exchange.

In Africa for example, where less than half the population has internet access, Machankura is a Bitcoin digital wallet conceived by 29 year old South African software developer Kgothatso Ngako which uses a mobile phone technology similar to text messaging to allow people to send and receive Bitcoin on old flip phones, without a smartphone or an internet connection.

And in the west Bitcoin is being embraced by the savviest savers and investors to store their wealth against the ravages of inflation.

The adoption of Bitcoin is just as inevitable as fire, gunpowder and electricity. It's simply better money. It's already won but most people haven't yet noticed.





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

It has been one of the strangest holiday periods of weather we have seen since taking over the shop, east winds for weeks on end, humid, one or two days only anywhere near 30 deg, fuel prices actually down a bit for a holiday period and it seems even the fish had enough and just disappeared for a couple of weeks. While the weather kept a lot of people off the water with only very limited opportunity there was still plenty of people fishing from the land. The reports all round were ok with the quality of most fish. The numbers were nowhere to be seen and if you had a feed, you were doing well. The tuna has been here for some time, but the weather has meant not too many have had a chance to get out for a look. Snapper have gone, although we did see a couple of 5kg models, and the whiting nursery has started up again and for the first time in many years we are seeing dozens of very tiny pencil whiting. Because there have been so many visitors, the majority fishing land based, we are getting more land-based reports than normal and from areas not fished all that often.

Frustrating is the best word to sum up the tuna over the last month with dozens of schools and plenty of fish but not a lot caught. The trick is to work out when they are going to bite and that's exactly what the more successful anglers do. How do they do it? They spend hours on the water working the fish until something gets them started, tide, barometer, light change - so many different things can make a difference but if you keep records of your fishing, you will find patterns. Often the success of your trip out fishing has little to do with the lure colour, type, or bait but more to do with timing. We get to speak to hundreds of people a year and plenty of fishing reports in those conversations and if we get a dozen reports, especially of tuna I can guarantee there will be 8 to 10 different lures involved. The trick to any lure fishing is to have a variety and try different ones at different times of the day. There are definitely popular ones, but it never ceases to surprise me how often people will use a spread of the exact same lure, catching nothing, instead of mixing it up until you find what works.

Whiting went on holidays over the first part of January but have been better over the last week. While the numbers are better the size has fallen off a cliff with the very small ones moving in. I don't know that the big ones have moved out or gone anywhere they just have a lot more competition now. This is also backed up by the odd few people coming in with a quality bag of 40cm ones. If I were to give you the best place to chase them, I would list every possible spot around the bay because that's what the

the reports are telling us. We had 2 customers in the shop, at the same time, during the week and while one was telling us they fished a spot in the morning and could get nothing but very small ones, the other person came up showing us a picture on his phone of a esky of high 30cm into 40cm he caught in the same spot but late in the evening. Late in the day has definitely been better for the bigger ones but either way have a plan and be prepared to change it, moving around to look for better fish.

Calamari continues to frustrate, and the big snapper and gummies have all but gone leaving a bay full of small pinkies and gummy pups. They are everywhere and you have a couple of choices, keep chasing until you find something bigger or simply ride it out with some bigger baits and hope that something of better quality will come along. Waiting it out will work better towards the deep water while chasing will be a method for the corals. Still some good salmon in the bay and we have had plenty of reports about garfish around the Rhyll area and behind the police station.

The land-based reports have come from all over the place and would take me a whole page to list them all. The reports we have had contained some quality catches, pinkies, salmon, whiting, mackerel, garfish, gummies, and plenty more. The beaches marginally better than the jetties and while this part of the report may seem brief, land-based fishermen are not too keen to share exactly where.

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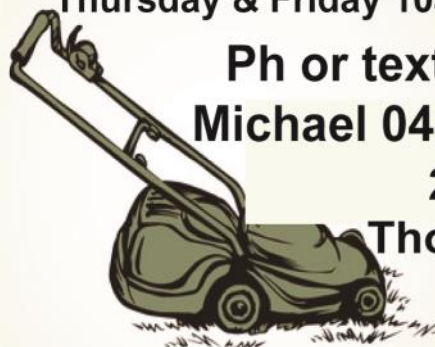
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## Tomatoes and their origins

Originally the size of a pea, "Solanum Lycopersicum" (Tomatoes) were found to be growing as a sprawling vine over the rocks in the mountains of Mexico, Sth America and Central America. The Aztecs used the fruit in their cooking and when the Spanish conquered the Aztecs, they took the small pea-like fruit to Europe during the 16th century.

Botanists were initially very wary of the fruit as it was recognized as a member of the Nightshade family, associated with poisonous cousins. (potatoes are also in the nightshade family).

Over the past 500-600 years humans have constantly changed the genetics of the small fruit and through selective experimentation have developed the fruit we have come to know today as a tomato. In this development process two strains have emerged, Determinate and Indeterminate. The determinate grow into a bush of a determined size and only produce one crop of fruit.

The tomato we all grow today is of the indeterminate strain, and are now cultivated as an annual.

In the January edition of the Island Vibe, we discussed Hybrids and the process of pollination, touching on cross pollination. The Americans seem to grow the biggest and the best when it comes to vegetables, and in particular GIANT size vegetables. Their pumpkins are Gi-Normous, as are their Mega-bloom tomatoes. However, in most cases these are rare exceptions grown purely for their size with no consideration to taste or practicality. Having had the experience they have of these giant fruits, one can learn from them and take away some practical tips that we can use in our everyday veggie gardens.

When we speak of pollination, all the flying insects in our garden do a pretty good job. (Bees, flies, moths, wasps etc.) In a lot of areas of Victoria, bees seem to be in short supply; some speculate that the bushfires have contributed to this shortfall.



*Croatian Giant at approx. 350gm, expected to reach 500gm+  
Netting bag is to deter birds and rats.  
All my tomatoes are covered thus.*

*Don't ever let it be said "Burnsie is just a tomato grower." Crystal Apple & Russian Cucumbers, Black Jack Zucchini & Yellow Squash.*



*Any queries, questions or problems, drop me a line via The Vibe or on my email: burnsiestomatoes@gmail.com  
Happy gardening.*



Hand pollination can be used where there seems to be a shortage of insects, or your plants are in a green-house. I spoke in January of shaking the tomato plants in the morning as this action imitates the wind, moving the pollen into the right area to get a tomato started. Your plants don't sleep when you do, they are busy producing pollen overnight ready to get things happening the next day.

In a video I watched recently, an American grower hand pollinated his tomatoes by splicing open the Anther, taking a cotton bud and rubbing it around to collect pollen, then transferring that pollen to the Stigma/Pistil of another flower that he had peeled all the outside petals from. To me, although effective, it seems like overkill. You can obtain a similar result by picking a flower, then taking that flower to another and rubbing it around the inner base of the other flower, (where the ovaries are) ensuring also to give the end of the stigma (where the pistil is) a good rub with your picked flower. Nine times out of ten you will get a tomato started with this method.

In January I spoke of my Giant Russian Cucumbers. Below is a pic of same and the progress of my "Croatian" tomato!

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## Phillip Island Camera Club - Birds in flight

Birds are always very popular photographic subjects. Bird portraits can be captivating and showcase the fine features of our feathered friends. Behavioural shots, where the bird is involved in an activity such as feeding, preening or maybe even fighting can provide interest to the viewer.

Taking it up another notch, Birds In Flight or BIF, provide challenges to photographers and involves capturing birds in their natural environment and 'on the wing'. We are very fortunate on Phillip Island to have an abundance of locations that lend themselves to capturing BIF.

Swan Lake, The Nobbies and many of our coastal beaches and walk ways, present great BIF opportunities. The trick is to study the birds and their habits to know where they will be. For instance, late afternoon at Swan Lake can be a great time to capture birds as they prepare for the night ahead. Listen for the honking of Cape Barren Geese as they fly towards you. Ideally keep the sun at your back so the light hits the bird's wings to define the feather details.

When shooting Birds In Flight, a fast shutter speed is needed to freeze the action. Generally speaking, the smaller the bird, the faster the required shutter speed. My go-to shutter speed is around 1/2000 to 1/2500 second. On some subjects, I increase this to 1/3200 second, or even faster. When shooting Kookaburras recently, I had to use 1/4000 second to freeze the subjects, as they swooped for food. As a tip, if birds are flying into a stiff wind, they will be slower and easier to snap. Keep in mind the aperture you use as well. Depending on how close you are, large birds may need a smaller aperture

i.e. larger f/stop, maybe f/8, to make sure the whole bird is in focus. If they are a bit distant from you, this may not be necessary, as the bird will be smaller in the frame. You can use a larger aperture, (smaller f/stop) on smaller birds. This gives the added benefit of being able to keep the shutter speed higher with lower ISO.

If your camera allows it, a useful setup is to manually control the Aperture and shutter speed, and set the camera to use Auto ISO. Start with a faster shutter speed to get some safe, sharp keepers, even if the ISO is a bit high. You can then gradually decrease the shutter speed and lower the ISO to get cleaner images. Also practice your panning technique; this will help you take cleaner shots at lower shutter speeds. In the right conditions, you may be able to take the shutter speed down to 1/1250 or less.

Finally, the dreaded focus issue! How do you focus on a bird that keeps moving? Many modern cameras will have a Continuous Autofocus function for moving subjects. Use this if available and always, ideally, try to focus on the eye. Alternatively, watch the behaviour of your subject; you will find that they often come back to the same branch or will fly in repetitive patterns. This gives you the opportunity to pre focus on a position and wait for the bird to come to you; often providing some nice wing displays as they prepare to land.



*Left: Graeme photographed this Cape Barren Goose at Swan Lake using a Canon R5 700mm focal length – f/10, 1/3200 sec, ISO 3200. Note that all parts of the body and wings are in focus, while the background is blurred.*

*Right: This Lapwing was photographed on the Cowes foreshore using a Canon 7D – 500mm focal length – f/6.3, 1/1250 sec, ISO 1250 and shows how light falling on parts of the bird's body provide highlights and help to define the shape of the bird.*



*Left: This Tern with a small fish in its mouth was photographed at the Nobbies, taken during a recent PICC excursion using a Canon R5 – 451mm focal length – f/6.3, 1/2500 sec, ISO 640.*

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Thanks to Graeme Lawry, President of the Phillip Island Camera Club for writing this article and providing the images. All images are copyright of the photographer, Graeme Lawry, 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.

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# Drug driving? The consequences will blow your mind.

Police are conducting drug tests across Victoria, which helps to keep our roads safe. Being caught with illicit drugs in your system could result in a minimum fine of \$577 and possible licence suspension. Drug driving? Chances are you will be caught. Anywhere. Anytime. Anyone.

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## Sticky Beef Ribs



### WHAT YOU NEED:

Sticky Beef Ribs  
1kg Boneless Beef Short Ribs  
1 Onion, chopped  
1 jar Sticky Rib Sauce  
1 cup Beef Stock  
2 tbs Tallow (beef dripping)  
2 tbs Dalmatian Rub

### WHAT TO DO:

Add tallow to fry pan and fry beef ribs in pan until golden brown.

Remove ribs and place in a slow cooker, add onions to pan and fry and cook until brown then add to the slow cooker. Mix sauce, stock & rub then pour over ribs. Cook on medium heat for 6 hours or until tender. Remove from cooker & pour gravy into a small pan, simmer until it turns into a thick sauce and pour over ribs. Great to make tacos, pulled beef burgers & chilli.



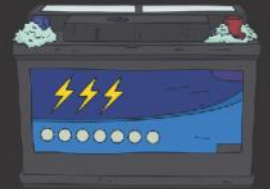
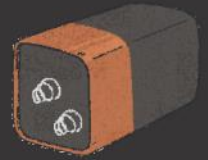
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👤 Russell Broadbent MP

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

## Metricon Masterpiece: Ahmed Family's Journey to Dream Living in Drouin



Meet the Ahmed family, proud local business owners in Drouin, who recently turned their dream home into reality. Formerly residing in Morwell, Kamran's daily commute to his business The United Petrol Station in Drouin left him with minimal family time. To remedy this, the Ahmed's decided to make a life-changing move and establish their roots in Drouin.

Choosing to build anew with Metricon was a carefully considered

decision for Kamran and Aneela. Unlike established homes where material quality and structure remain a mystery, a visit to Metricon's display homes convinced them of the unmatched design and quality. Kamran shared, "Once we walked through the Metricon display homes, the evident quality made it an easy decision to opt for a new build."

Their dream family home, the Designer by Metricon Botanica 36 with a Grove façade, was handed over in November. The Ahmed's meticulously curated their home, selecting the floorplan from the Drouin display and the facade from the Traralgon display, creating a perfect blend of modern aesthetics and functionality.



Jeff Mahoney, their New Home Advisor, played a pivotal role in making the process seamless. Kamran praised Jeff's dedication, saying, "Jeff Mahoney was fantastic, taking us through every detail of the process and contract. His experience and expertise were excellent, and personally, I think he's a nice person - very trustworthy and reassuring."

The Traralgon Studio M Selections team further contributed to the Ahmed's' home journey. Collaborating with them, the team helped handpick every fixture, finish, and colour, bringing their vision to life. Kamran expressed his satisfaction, saying, "We are now moved in and really enjoying the modern design, thanks to the collaborative approach of the Traralgon team."

Renting while building, the Ahmed's were eager to escape their small living quarters. Site Manager Brad Little played a crucial role in expediting the process. Kamran commended Brad's meticulous attention to detail, efficient communication, and dedication to ensuring every aspect of their home was perfect. "Now we have this beautiful home that we love," Kamran added.

If you would like to explore how you could build with Australia's leading home builder head into your local Metricon display or visit [metricon.com.au](http://metricon.com.au)

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## Hopes for more fledglings, as new research uncovers what makes little penguins resilient

More little penguins are attempting a rare second clutch this breeding season, fuelling hopes it could improve breeding outcomes and significantly boost the number of fledglings at Phillip Island's iconic Penguin Parade this year.

New international research, just released, has examined climate and human stressors on 18 penguin species in penguin hotspots across the world, including Phillip Island, uncovering key information about how targeted local management is making penguins more resilient.

The study, published in the *Global Change Biology* journal, is part of an international effort of scientists from Spain, France, the United Kingdom, Australia and New Zealand, including Phillip Island Nature Parks, highlighting the need to prioritise effective conservation strategies.

The research provides insights into how different challenges, from changes in sea environments due to climate shifts, to the impact of industrial fisheries, and human disturbances on land are affecting penguins around the world.

Phillip Island Nature Parks Marine Scientist Associate Professor Andre Chiaradia said penguins on Phillip Island, like their counterparts across the globe, faced unique challenges and there was a need for collective action to protect the incredible birds. In this current breeding season under a strong El Nino year, the little penguin breeding season saw challenges like irregular parental care and extended foraging trips, causing food shortages and increased chick mortality.

"Global studies are crucial in understanding the broader picture of environmental challenges and wildlife conservation but are also essential for informing local conservation efforts,"

Associate Professor Chiaradia said. "Despite these setbacks, the resilient little penguins are now attempting a second clutch, an ability observed in less than four per cent of seabird species. If successful, this could significantly boost the fledgling success of this battling season."

Dr Francisco Ramirez, from the Institut de Ciències del Mar in Barcelona, said by examining trends, threats, and conservation strategies on a global scale, researchers could identify patterns, shared problems, and potential solutions that transcend individual regions.

"We're witnessing firsthand the impact of global environmental changes on the iconic penguin populations. This highlights the urgency for local and global communities to come together and implement effective conservation measures," Dr Ramirez said.

## Concordia Mandolin and Guitar Ensemble Concert

Sunday, March 10th at 2pm

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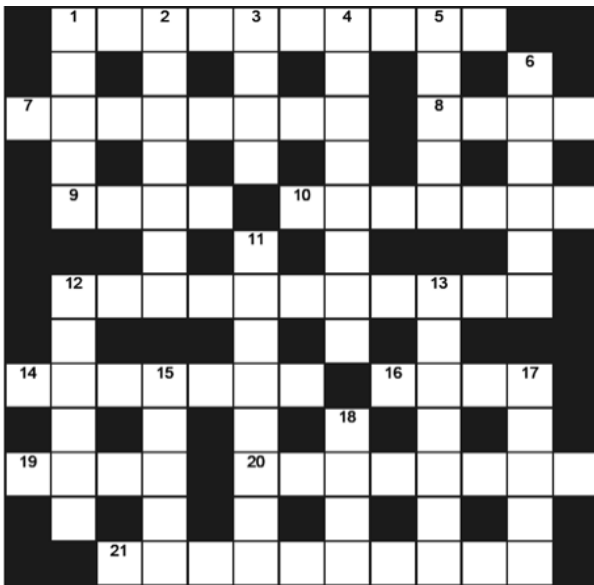
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# Brain Food

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



**Vibe Quick Crossword**

## Across

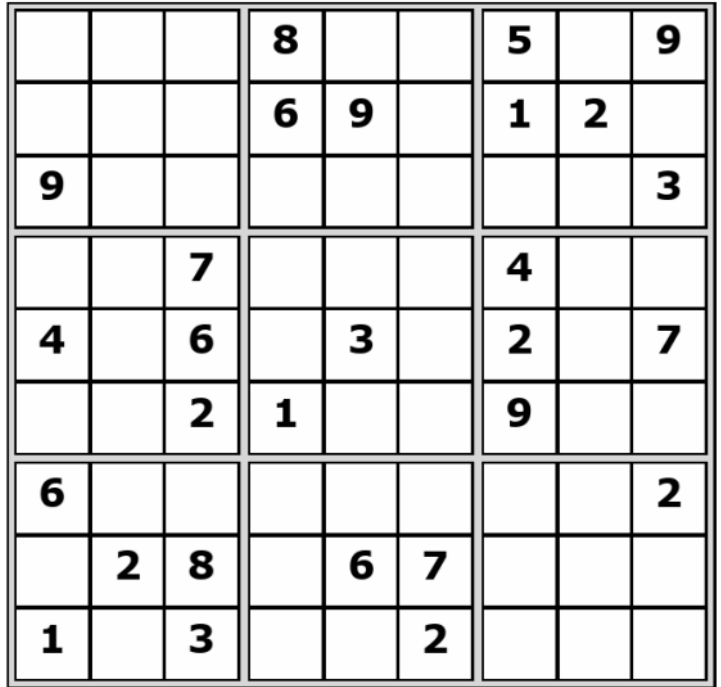
- 1 Five sided (10)  
7 Specific (8)  
8 Flatten (4)  
9 Review (4)  
10 Stretchy fabric (7)  
12 Stubbornly (11)  
14 Amaze (7)  
16 Away (4)  
19 Smile (4)  
20 Protested (8)  
21 Commemorates (10)

## Down

- 1 Cost (5)  
2 Zero (7)  
3 Pimples (4)  
4 Eight legged creatures (8)  
5 Adjust (5)  
6 Delightful (6)  
11 Jack climbed up this (8)  
12 Baked buttery treat (6)  
13 Shortfall (7)  
15 Imperial measure (5)  
17 Grasses (5)  
18 Slightly open (4)

## TRIVIA

1. Which sign of the zodiac is between Libra and Sagittarius? 2. The German work 'lederhosen' translates to what? 3. 'Blood and Fire' is the motto of which organisation? 4. Which state is responsible for more than half the production of Australian wine? 5. Which vegetable is a Allium porrum? 6. Which science deals with the history of the earth as recorded in rocks? 7. What is Hugh Grant's profession in the film Notting Hill? 8. Which US breed of horse has dark spots on a light background? 9. What is the name of the pet dinosaur on the TV cartoon "The Flintstones"? 10. What is an eight-sided shape called?



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

## Concordia Mandolin and Guitar Ensemble

This ensemble is a plucked string orchestra comprising of about twenty members. They play various instruments including mandolin, mandola, double bass and classical guitar.

The group was formed in 1978 and is based in the Eastern suburbs of Melbourne, however many of those who make up the orchestra are based locally including conductor Basil Hawkins, double bass and accordionist Juliette Maxwell, guitar leader and composer Michelle Nelson, former mandolin and leader Judy John and guitarist Carol Robinson.

An upcoming concert will be held on Sunday March 10th at 2pm at Corinella Public Hall, 38 Smythe Street, Corinella.

Tickets are available at the door and are \$25 for adults, \$20 concession, \$10 students and children under 16 free.

The program will include a wide variety of European folk music, classical to contemporary, including original works by Michelle Nelson.

Everyone is welcome to attend and enjoy uplifting music on a lazy long weekend.





# Book Reviews

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## Foul Play

By Fiona McIntosh

Price: RRP \$34.99

**(10% discount to registered customers)**

The heart-stopping new crime thriller in the Detective Jack Hawksworth series by blockbuster author Fiona McIntosh. Superstar footballer Luca Bruni is being blackmailed for a night of lust he swears he didn't participate in...except the ransom photo denies that. A media darling on and off the field, he has powerful charisma, a perfect home life he'll do anything to protect, and more money than he knows what to do with. He's determined to defy the extortion racket.

When Detective Superintendent Jack Hawksworth learns that the cunning mastermind behind this crime has already swindled a dozen of the world's most highly prized male athletes, he is instructed to keep the situation from escalating and prevent a media frenzy.

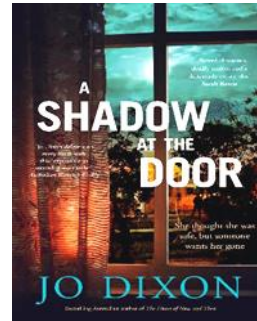
Intrigued by the creativity of the crime and the shockwaves it is creating through the global sporting fraternity, Jack begins a journey into a case that has tentacles far more wide-reaching than he ever imagined - and far more deadly.

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GOODREADS READER REVIEWS for the Jack Hawksworth series- 'Gritty, intense, chilling!'

'Tension lined the pages and the pace was electric.'

'The research is impeccable and the plot enthralling.'



## A Shadow At The Door

By Jo Dixon

Price: RRP \$34.99

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From the bestselling author of *The House of Now and Then* comes a vividly portrayed story that reveals the darkness of greed and desire where people will stop at nothing to get what they want.

**No matter the cost ...**

After a brutal attack and the breakdown of her marriage, life has taught former TV star Remi Lucan that it's safer to not rely on anyone. Instead, she's buried herself in Hobart, transforming her dilapidated sandstone house back to its former splendour, and it has been her proudest achievement. Better than her short-lived acting career. Definitely better than being a smile-on-command trophy wife. But when she runs out of money, her wealthy ex-husband tries to force the sale of the property and Remi realises her only option is to lower her defences and take in tenants.

At first her biggest problem is adjusting to the intrusion of two unlikely housemates, but when a series of 'accidents' turns ugly, it becomes clear these incidents are more than pranks. Someone is out to get Remi, and they won't stop until they destroy her...

Another twisty mystery from the bestselling author of *The House of Now and Then*. PRAISE FOR JO DIXON: 'Debut novelist Jo Dixon delivers on every front with this impossible to second-guess thriller...' - Australian Women's Weekly. 'A page-turning debut with a genuinely satisfying ending.' - Kelli Hawkins, author of *Other People's Houses*

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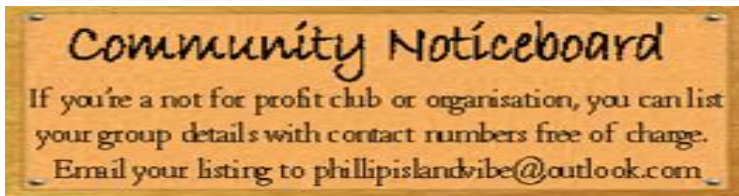


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**Phillip Island Bicycle User Group** Every Wed 10am starting at Amaze'n Things car park. Very social, speed is the slowest rider. Contact Trevor Hayes 0408 574360.

**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/)

# Phillip Island Senior Citizens Monthly Update



It's February and the Phillip Island Senior Citizens Club is back for another year of delicious monthly lunches with most months having entertainment for our members as well. Some of the entertainment coming up this year includes the Police Scottish Pipe Band, Irish Dancers, Talks from Mecwacare Corza - singer, Gil Tucker - talks about his life as an actor, Chris - singer and an Aviation exhibition from a local expert in aviation.

We hope you have enjoyed your holidays and had a chance to get out during the nice weather and socialise and enjoy our bustling, beautiful island.

Our club is doing well and looking forward to another year of sharing stories and love and laughter with our members at our monthly lunches. And we always welcome anyone new who would like to try us out as well. We only ask you become a member after you've had a couple lunches and wish to continue! And if you try us out in the months before July, then you only pay half price for membership! Our yearly membership is \$15. But if you join before July this year, you will only pay \$7:50. Bargain!

Our lunches are on the first Friday of each month and for a very affordable \$20 you get served a 3 course roast meal. We would love to see some more gentlemen join us to lunch so please come along for a delicious meal and great company.

We also have raffle tickets you can buy. You get 2 tickets for \$1:00 and have a chance to win many great prizes very generously donated to us by local businesses. Plus you have a chance to get free bread on the day as well which is again very generously donated to us by Woollies and Coles.

If you are interested in coming to our lunches please don't hesitate to call Liza on 0431 867 058. We look forward seeing our gorgeous members back for lunch and, hopefully meeting new friends soon.

## PUZZLE SOLUTIONS



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

## ANSWERS TO TRIVA QUESTIONS

- Scorpio.
- Leather trousers
- Salvation Army
- South Australia
- Leek
- Geology
- Bookshop owner
- Appaloosa
- Dino
- Octagon





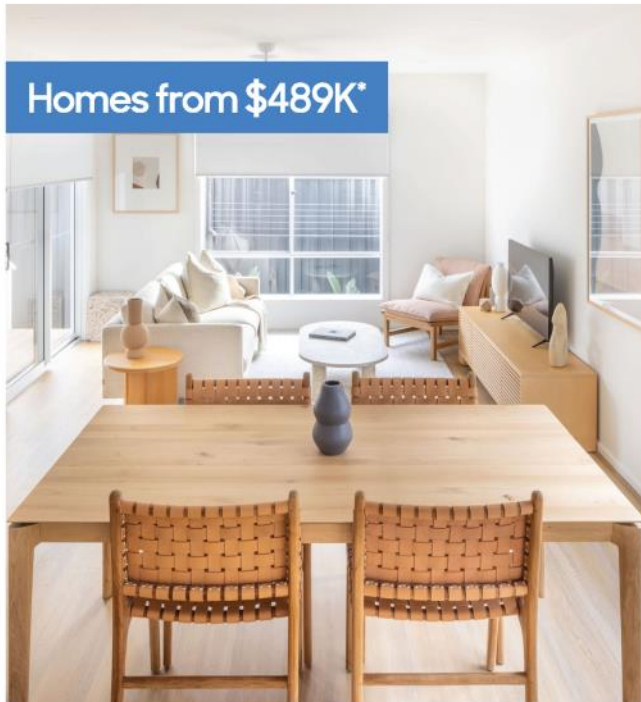
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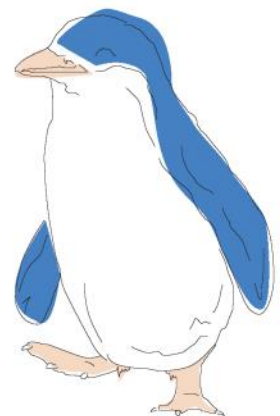


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