

# PHILLIP ISLAND VIBE

Free

phillipislandvibe@outlook.com

P: 0407 266 271

www.phillipislandvibe.com.au



May 2024



Cape Barron Geese are so symbolic of Phillip Island and the nature that inhabits it. This striking photograph was taken by local photographer Milka Hasanovic.



**RICK NORTH**  
PH: 03 5678 5190  
FAX: 03 5678 5191  
office@picra.com.au  
AU22840



**COMMERCIAL & DOMESTIC  
SERVICE, INSTALLATION, MAINTENANCE  
AND SALES**

## ANIMAL TALES

PET SUPPLIES  
AUSTRALIAN JACARU OILSKIN DOG  
COATS AND DOGUE CARDI  
KNIT DOG JUMPERS

Shop 2,  
148 Thompson  
Avenue, Cowes.  
Ph 5952 5516



## Sorohan Plumbing



Your plumbing  
maintenance  
specialists

Phone Dave  
0487 921113

sorohanplumbing@iinet.net.au



**35 Coghlan Road, Cowes Ph 0409 817 209**  
Monday to Friday 9am - 5.30pm and Saturday and  
Sunday 9am - 4pm



We are local, located in San Remo and we are committed to providing quality service for your residential domestic home or commercial business. Our qualified tradesman have the experience, expertise and skill to meet your air conditioning and heating needs.



Installation for any domestic home, standard unit or we can install high performance systems that are individually designed so you get an energy efficient system to suit your homes requirements. We install and service a wide range of air conditioning and heating brands.

P: 1800 931 631  
E: service@alwayscoolair.com.au  
www.alwayscoolair.com.au





# 2025 Scholarships

Newhaven College is offering the following for entry in 2025:

## General Excellence

This scholarship is awarded to applicants in Secondary School for students who excel in Academics, Sport, Performing Arts (Dance, Drama, Music), Leadership or Community Involvement.

## Music Scholarships

Awarded to musically talented students entering Years 5, 7, 9 and 11 in 2025, music scholarships include individual tuition and academic tuition fee reductions.

## Peter Reith Scholarship

In recognition of Mr Peter Reith's extraordinary contribution to the founding of Newhaven College, this scholarship will be awarded to a student who, like Peter, strives to make a positive difference in the world through their actions.

Direct enquiries to: Belinda Manning on [belinda.manning@newhavencol.vic.edu.au](mailto:belinda.manning@newhavencol.vic.edu.au) or call 03 5956 7505. For further information visit: <https://www.newhavencol.vic.edu.au/enrolments/scholarships>

**Applications close Monday 20 May**



**NEWHAVEN  
COLLEGE**





## Health and Healing with Pip

### I only felt nauseous once!

Hey Vibers ... that's what I am calling you now. Do you like it? As you know I like to write about all things wellbeing and woo woo ... and I am up for trying new things because I believe that we grow faster when we shift out of our comfort zone.

So, I was talking to my Yoga Teacher and Aruvedic mentor about fasting and the benefits for your mind, body and spirit. Apparently, Autumn and Spring (at the change of the season) are perfect times to do this sort of cleansing and detoxifying process.

Note: I recommend that you speak to an expert about fasting before trying it. This process was designed specifically for me by Dominique Salerno, who also supported me through the total of 9 days, and my experience of it is unique to me.

Firstly, I wanted to talk about what is fasting and what are the benefits.

Fasting means not eating for a certain period of time. It can be complete or partial, lengthy, of short duration, or intermittent. A fast usually lasts from 12 to 24 hours, but some types continue for days at a time.

The benefits of fasting have been studied and here are some of them:

1. Fasting has profound effects on our metabolism and how our cells operate and regenerate, which can reduce hypertension, arthritis, and neurodegeneration (the breaking down of nerve cells, such as in the brain) (Longo & Mattson, 2014).
2. Fasting strengthens the immune system and makes our bodies more stress resilient (Longo & Mattson, 2014).
3. Some studies have found that fasting is as effective as the typically prescribed drugs in treating seizure disorders and conditions such as rheumatoid arthritis (Hartman et al., 2012; Muller et al., 2001).
4. Fasting helps the body stay young. It literally refreshes your cells. This means that it may be able to help with degenerative diseases like Alzheimer's and Parkinson's and support people in overcoming strokes (Gudden et al., 2021).
5. While these effects are more easily seen in older adults, it is possible that fasting can help with cognitive functioning in younger adults as well (Seidler & Barrow, 2021).
6. One of the coolest potential applications of fasting is in fighting cancer. Cancerous cells derive their sustenance from what the host body eats, so fasting deprives the cancerous cells of the sustenance they need to survive. This is why some doctors are now recommending that people fast while undergoing chemotherapy and other kinds of cancer treatments (Nencioni et al., 2018).
7. Fasting is a well-established way to lose weight. Studies have found that people who fast, whether intermittently or for very long periods of time, lose weight (Cho et al., 2019). Since intermittent fasting may be more sustainable over time than diets that focus on restricting overall calories, it is often described as one of the most effective ways to lose weight (Welton et al., 2020).
8. Having high blood sugar can lead to many health problems, including diabetes. Fasting is a very effective way of lowering blood sugar levels and reducing insulin resistance – so effective that people with diabetes who fast consistently can end up not needing to take insulin or even qualifying as diabetic (Albosta & Bakke, 2021).

So how does fasting work? After your body has gone about 12 hours without any new food intake, it begins to run out of stored glucose from your last meal. At this point, a metabolic switch is thrown, and your body goes from storing fat and burning carbohydrates to turning the fat in the body into fuel (Anton et al., 2018). Why would your body do this? The goal of

this switch is to preserve the body's muscle mass while continuing to function without new energy inputs.

Fasting activates the process of ketosis in the body. Ketosis is the conversion of fat cells into ketones, which the body can use as fuel. This is the primary mechanism by which fasting seems to promote weight loss.

But fasting doesn't just make us into fat-burners. It also activates a process called autophagy. In autophagy, enzymes in your body break down poorly functioning or dead cell matter in your body, recycling those cells or using the material to make new cells (Longo et al., 2021).

My experience of fasting was interesting:

Day 1 – After doing my previous 3 days of clean eating this was easy. Although I was a little hungry, I just kept on drinking my water, herbal teas and had some licks of Celtic sea salt sometimes. My stomach felt warm and there were some gurgling noises, but mostly I felt comfortable and enjoyed reading my new book.

Day 2 – Surprised that I am not feeling hungrier actually. I am peeing like a racehorse (as the saying goes) because of all the tea and water. But otherwise feel fine. There have been some aha moments around the amount of time that I think about food during the day. Wow! And I did a meditation to focus my energy on particular parts of my body that I knew needed autophagy. I imagined the enzymes were like little PacMan emojis.

Day 3 – To be honest I really was dubious about getting to this point on water alone. It is so ingrained in my routine (and in our society) to eat and drink all the time. I am not missing chocolate as much as I thought I would. And the only thing that was a bit unpleasant was feeling slightly nauseous this morning ... but 2 cups of peppermint tea sorted that out.

\*Note: I still did my morning cold water dip and exercised on day 1 but not on day 2 or 3. And I started a body brushing routine each morning to help with lymphatic drainage and waste removal from my body.

Here are a few times for water fasting:

1. Consult with an expert first – Naturopath or Aruvedic or Holistic GP.
2. Ease your way into and out of the water fast ... by doing 3-5 days of clean eating before and after eg. Only steamed veggies and soups. Come out the way you went in (like a labyrinth).
3. Schedule a few days off to do your fast, so you can rest and focus on this deeply nurturing process.
4. Expect to feel hungry but know that this feeling will pass. You are not going to starve on a 3-day water fast. But if you feel lightheaded drink more fruity herbal teas and rest.

Now I am feeling proud of myself for completing this exercise. I've never done a water fast before, but I will be doing it again, probably as a weekly ritual of 24-hours.

Remember if you have questions or comments feel free to contact me at [www.pipcoleman.com](http://www.pipcoleman.com)

Pip Coleman



Driveways / Paths / Patios / Steps / Garages / Crossovers  
Pattern & Stencil Paving / Plain & Coloured Concrete  
Exposed Aggregate / Bob Cat / Tip Truck Hire  
Excavator - 3 Tonne  
[newwaveconcreting@icloud.com](mailto:newwaveconcreting@icloud.com)

# Book Reviews

**By Turn The Page Bookstore,  
40A Thompson Avenue,  
Cowes**

**Thank-you to our customers for their support. Brendan and Kylie.**

**Telephone: 5952 1444**

**Facebook: Turn the Page Bookshop**

**Email: [info@turnthepagebookshop.com.au](mailto:info@turnthepagebookshop.com.au)**

**Website: <https://www.turnthepagebookshop.com.au/>**



## Funny Story

**By Emily Henry**

**Price: RRP \$34.99**

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

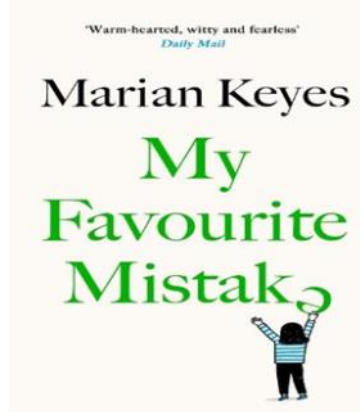
Set over one sizzling summer comes a shimmering, joyful new novel about the happily-ever-after that wasn't and the exes determined to make the best of it from the *#1 Sunday Times* bestselling author of *Happy Place* and *Book Lovers*. Daphne always loved the way Peter told their story.

That is until it became the prologue to his actual love story with his childhood bestie, Petra.

Which is how Daphne ends up rooming with her total opposite and the only person who could possibly understand her predicament- Petra's ex, Miles.

As expected, it's not a match made in heaven - that is until one night, while tossing back tequilas, they form a plan. And if it involves posting deliberately misleading photos of their adventures together, well, who could blame them?

**But it's all just for show, of course, because there's no way Daphne would actually start her new chapter by falling in love with her ex-fiance's new fiancée's ex . . . right?**



## My Favourite Mistake

**By Marian Keyes**

**Price: RRP \$34.99**

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

**How do you start again, after losing everything? Find out in the global no. 1 bestseller's latest heartstopper...**

Anna Walsh had a dream life - according to everybody else. She lived in New York, had a long-term boyfriend, and had The Best Job In The World working as a highly successful beauty PR.

So why did she decide to take a flamethrower to the lot?

Because now she's back Dublin, living with her parents.

She's undeniably forty-eight, with no partner, no job, and no direction.

Anna's lost her purpose. She needs a new challenge to help her fall back in love with life again.

When an opportunity arises to solve a PR crisis in the tiny town of Maumtully, Anna leaps at the chance.

But will the appearance of an old love interest derail her plans?

## ISLAND ELECTRICAL MAINTENANCE

**Lights gone out? No power?**

**Safety switch tripping?**

**No hot water?**

**For prompt & reliable service**

**Call Dave on 0409 435 207**

R.E.C. 20993



**Phillip Island - Bass Coast**

- **Individual Daily Support**
- **Respite -Short and Medium Term Accommodation**

**Highly Experienced with Disability Accreditation**

**Enquire Now 0408 325 396**

# PHILOSOPHICAL MUSINGS

## BY JOHN BUTTROSE



### Tolerance

To all appearances it would seem there is not much tolerance about. Incidents of racial or religious intolerance have been very much in the news lately.

We could define tolerance as, "The ability or willingness to tolerate the existence of opinions or behaviours one dislikes or disagrees with." As a society, we seem to be more tolerant, and this can only be a good thing. We have come to accept much which, even a few years ago, would never have been tolerated ...photographs of Sam Kerr sweetly kissing her girlfriend ... the marriage equality plebiscite ... the apology to the Stolen Generations ... more understanding of transgender people ...the YES case for the Voice to Parliament, despite setbacks, mean the issues are more widely understood and accepted than before. These measures lessen the pain of discrimination and relieve the lonely, precarious lives which so often result from intolerance. We do not, however, easily accept challenges to our opinions, ideologies and religious dogmas, and there are many who would find the above examples difficult to accept.

There is a clear paradox in the interplay between tolerance and intolerance. Sexual assaults against women are rightly no longer being classed as just a bit of fun. Most would agree that racist jokes and racist language are completely unacceptable, even if said in the heat of the moment or as another bit of fun. Quite rightly, for the most part, society does not tolerate sexual harassment, homophobia, racism or many other manifestations of intolerance.

We should be intolerant of such behaviour, but therein lies a paradox.

This paradox was described by Karl Popper in the 1940s. "In order to maintain a tolerant society, the society must be intolerant of intolerance." If, he says, a tolerant society permits the existence of intolerant philosophies and actions, it eventually will no longer be tolerant. Popper put forward the idea that a society which tolerates intolerant ideas will eventually succumb to the forces of intolerance, and this is inherently dangerous.

John Rawls also explored this paradox, but came to a slightly different conclusion. He said a just society must tolerate intolerance because, if it did not tolerate different views then the society would no longer be just. He did, however, sound a warning note. A society has a right to self preservation. Where intolerance is a real danger to the stability of a society, or where intolerance would limit the freedoms of people, then the society can refuse to tolerate the intolerant. Measures taken during the pandemic raise questions here. Should we be more tolerant of those intolerant protesters flouting the rules set in place by the government

because their individual freedoms had been severely curtailed.

These measures did cause inconvenience and suffering. Were the protests truly a danger to the stability of society, and rightly shut down? Or should we have been more tolerant of the government restrictions aimed at reducing the harm done to society by the pandemic?

Some groups defend their actions by resorting to the principle of free speech. Free speech is at the core of any tolerant and just society. But we can see that intolerance of different peoples and religions, justified as free speech, does promote violence and instability. Words cause harm. Consequently, according to Rawls, hate speech disguised as free speech should be shut down less the society becomes unstable. How far should we tolerate the intolerable, when the defence relies on the ideas of free speech? Should we be permitted to say freely what we believe, even if the majority determine the ideas are intolerable? And, in such debates, who is to decide what is tolerable or not?

Some religious groups promote the passing of a law guaranteeing them the freedom to practice their religion according to their beliefs. Sadly, and in many cases, this means the freedom to be intolerant of homosexuality, transgender people, other religions etc; in accordance with their religious interpretations. The paradox, and the apparent hypocrisy, of this position does take some unpacking. Should religious belief or doctrine justify intolerance towards other groups in our society? Religious groups are demanding tolerance of their beliefs, including their right to employ only people who fit with their religious beliefs. Should such views and discriminatory behaviour be tolerated? Why should one group be given the go ahead to be intolerant, to discriminate?

Should all religions be guaranteed this freedom, or only the Judaeo-Christian versions? A few years ago the issue of female genital mutilation was being discussed in relation to certain religious beliefs. And arranged marriages? Should such religious beliefs be tolerated?

Karl Popper thought the suppression of intolerant ideas and philosophies to be unwise. He thought intolerance should be kept under control by rational argument and public opinion. He did concede that the response to rational argument is often very defensive, rational arguments are denounced or ignored. In some cases the response is violent and disruptive, and we have seen recent examples of this. Does reason work in these circumstances?

There is one further point to consider. Should some seemingly intolerable actions be tolerated because the outcomes are positive; in other words, "the end justifies the means".

Perhaps the main principle we should all follow is simply, "be kind".

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)

## PHILLIP ISLAND AND DISTRICT HISTORICAL SOCIETY

### The Phillip Island Rocket Brigade By Pamela Rothfield

With the numerous shipwrecks dotted around our coast, it is understandable that maritime rescue is firmly intertwined with the history of Phillip Island. One of the more innovative approaches to saving passengers and crew from a watery grave was introduced to the island in the late 1890s. It was known as the Rocket Brigade.

The concept of these rocket brigades was inspired by their proven success in life saving in United Kingdom.

The Phillip Island Rocket Brigade comprised between 14 and 16 volunteers who was first captained by Constable O'Shannassy, followed by John Blake Cleeland, Arnie Brown and Gus Smith to name a few. These teams of men were poised to play a pivotal role in the rescue of stranded seamen in the vicinity of Phillip Island and nearby coastal areas.

The Rocket Brigade was armed with an innovative rescue apparatus which was the brainchild of Captain George William Manby (below), developed in England in 1807.



Manby witnessed the tragic grounding of the HMS Snipe, near Great Yarmouth where dozens of people drowned despite the ship foundering only 100m from shore.

He was a prolific inventor from a young age. In the 1770s, when still a child, he constructed a rudimentary rocket attached to a line, which he launched over the roof of a church close to his home, igniting his lifelong fascination with rocketry. Witnessing the disaster of the Snipe in 1807 Manby's interest in rocket technology was rekindled, but now for the purpose of rescue operations. He devised a system that could propel a 24-pound shot, linked to a 20mm thick line, up to distance of nearly 400 metres. This setup was employed in conjunction with a device known as the 'breeches buoy'—a life-saving harness equipped with a flotation ring.

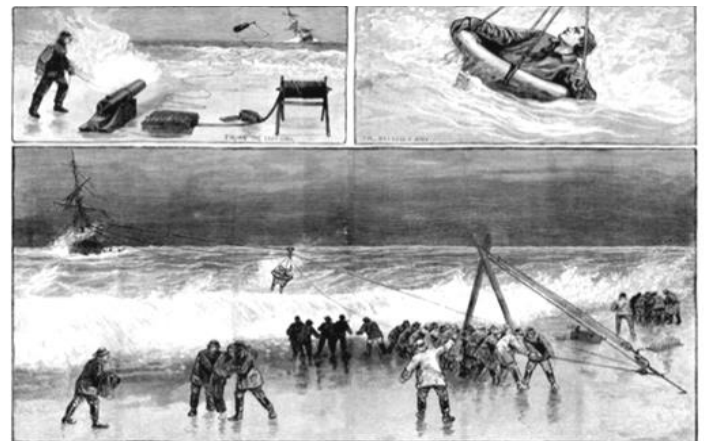
The rescue process involved firing the line to the distressed vessel from shore, which was then securely attached by the ship thus rescuing passengers and crew members by pulling them to safety in the breeches buoy, securely harnessed to a zip line mechanism and whizzing above the tumultuous waters below; akin to a flying fox set up. His rockets were nicknamed 'Manby's Mortars'.



Manby's invention was successfully deployed the following year, in 1808 during the shipwreck of the brig Elizabeth, earning him the British government's praise and a massive £6000 grant to manufacture more rocket launchers for coastal use.

It was estimated that by the time of Manby's death in 1854 nearly 1,000 people had been rescued from stranded ships by means of his rocket apparatus.

In the 1860s, Manby's life saving rocket devices made their way to Australia. The first reported to have been used in Newcastle, NSW. An early instance of the device's successful deployment was during the catastrophic storm of July 1866, when the schooner Lismore was stranded as it struggled to enter the port of Newcastle. The Lismore grounded some distance offshore. Nevertheless, the quick action of the local rocket brigade ensured that a line was successfully secured aboard, leading to the safe rescue of all the crew members.



Amidst the pioneering spirit that spurred the creation of Rocket Brigades across coastal regions, Phillip Island's own brigade stands out with a unique twist in its history. While embodying the same dedication and readiness as their counterparts, such as the Newcastle rocket crew, Phillip Island's brigade never found themselves in the thick of an actual sea rescue. They honed their skills, poised for the moment they would be called to action, yet that moment remained just beyond reach. The closest brush with a potential rescue occurred on the 25th April, 1901, during the harrowing ordeal of the shipwreck of the Artisan off Cape Paterson.

This incident highlighted the brigade's unwavering readiness to serve and save.



J. B. CLEELAND  
outside the Rocket Apparatus Station, Newhaven

As violent gales lashed the Bass Coast, instilling dread of maritime disasters among the inhabitants of Phillip Island and other coastal areas, the rocket brigade prepared to shift from practice to crucial engagement. The early detection of the Artisan's distress witnessed by John Blake Cleeland from his vantage point high on Cape Woolamai, set the wheels in motion for a rescue effort that underscored the brigade's importance.

Their rescue expedition to Cape Paterson was a testament to more than just physical endurance, traversing from Newhaven across the Narrows to San Remo, in tempestuous weather, navigating the challenges of the storm-swollen Powlett River and the almost impassably rough terrain, laden with an array of life saving apparatus was a demonstration of the community's resilience and the critical role such volunteer organizations played in coastal safety.

Upon reaching the shipwreck site, the brigade discovered that the Artisan's crew had miraculously reached shore safely, finding refuge in a nearby hut. While the brigade's direct intervention in a rescue was not needed, their readiness to brave the elements and the logistical hurdles of a rescue mission underscored the essential service they stood ready to provide.

The story of the Artisan's attempted rescue solidified the brigade's place in the island's history of coastal safety, showcasing their readiness to respond to the call of duty, even if it never came.

Phillip Island and District



Historical Society  
EST 1961

**Join us!**

We protect, promote and share local history.  
Annual Membership \$30

e: [history@waterfront.net.au](mailto:history@waterfront.net.au)  
Phillip Island & District Historical Society

**We have moved to Factory 8,  
16 Shorland Way, Cowes**

**Wesell2u**

**Lawn mower repairs,  
servicing and parts**

- Line trimmers, blowers, chainsaws and more
- Lawn mower hire
- Tools and household goods, both new and used

**WE BEAT OR MATCH ANY WRITTEN QUOTE**

**Open Monday, Wednesday,  
Thursday & Friday  
10am-3.30pm**



**Ph or text BH  
only Michael  
0435 779 709**



**ISLAND  
PRIMARY  
PRODUCE**

**PADDOCK TO PLATE**

**TRADING HOURS**



**Monday - Friday  
8am - 5pm  
Saturday  
8am - 3pm  
Sunday  
8am - 2pm**

**Phone orders taken**

**Jake and Tania McStay**

**511 Ventnor Rd, Ventnor Ph 5956 8107**



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

For many that is it, for others it is the best time of the year, quiet boat ramps, sunny but cool autumn days and with the cooler water comes fish that are building their winter fat layers and taste better than any other time of the year. It is the time for big gummies and school shark, quality size pinkies, plenty of bait fish to re-fill the bait freezer and the big salmon will start to show on the beaches and for those set up for them, the barrel tuna will not be too far away. This is season number 18 for us in the shop and to say it has been one of the strangest would be an understatement. It's not only the weather and the winds but the fishing has been all over the place as well with some species much better than expected and others just have not shown up. The trick for the winter will be don't put the boat keys or the fishing gear too far away because based on the pattern so far, we could get anything and plenty of fishing days could present themselves over the upcoming months.

Over Easter we ran our good Friday appeal fishing competition and thanks to the generosity of sponsors and entrants we donated over \$5,000 to the appeal. Sadly though, that could have been one of the last comps we are able to organise. There is legislation going in front of the Victorian parliament that will bring an end to fishing comps and could have a long term flow on effect on fishing in general. There is a lot to read and its not hard to find, just google it, "new animal protection legislation fishing".

In a recent newspaper article VRFish told The Weekly Times any club that runs an event, whether organised to raise money or not, faces having to comply with new mandatory animal care regulations. The Bill states "a person must not organise or

arrange an event that wholly or partly involves animals in contravention of the regulations", otherwise they face penalties of \$11,539 for an individual or \$57,693 for a body corporate. The main problem with the new legislation is, unlike the old legislation, the new animal care protection fails to exclude fishing competitions and some other forms of fishing, and one has to wonder if there is more to it as some of the groups backing it have been against fishing for many years. The legislation would give the RSPCA the control to hand out fines as they see fit under the new laws with the worry this will extend beyond competitions. The questions have been obviously asked of the government by some bodies to do with fishing and the answers they have received is even written in their FAQ'S, "the new legislation will have no affect on fishing". The problem is this is only verbal and FAQ's. It hasn't been written into the legislation. One answer I heard from a labour member was everything will be ok and fixed up even if it gets passed as is, it will be changed. Not sure I would trust a politician and the process to change after. Can be very lengthy and drawn out. What can you do? Call or write to your local member and make your concerns known and get online or drop in and sign one of the petitions that are going around asking for this legislation to be changed.

Good signs over the last week with better tides. The reports of whiting especially have been very good and from almost all areas, deep and shallow. The fish are better in numbers and size with very few reports of the just size ones. Most spots have fished ok but almost everyone told us that change of tide was the trick, the last hour of the tide the best. The other common thing to come from the reports was before the whiting came on the bite or just after the whiting finished biting there were plenty of pinkies around and some very respectable size ones also.

Calamari are just continuing how they have been all season, ordinary and difficult to work out, although over Easter we did see some quality models around the 1.5kg mark and good numbers as well of smaller ones but they again went quiet this week. I don't think there is one specific reason or a need to think they have disappeared, it's just this season wasn't the best for them. We are getting the odd reports from jetties and beaches but absolutely no pattern to them and no method standing out more than the other.

Pinkies have been good in size this season when you get on to the bigger ones but we still seem to have as many undersized as we normally see. They are showing up in the whiting spots but also in that flat area across the corals or the old elephant triangle. They have been great for the school holidays as the kids out in boats fishing are more than happy catching the smaller ones while mum or dad wait for bigger ones to show up.

# **Security Doors & Fly Screens**

The Island's Best Quality at the Lowest Price, Guaranteed...  
- Custom Made & Locally Repaired -

**LOCKSMITH - 5952 5552**

"Proudly Securing the Island Community Since 1996"

[www.phillipislandonline.com](http://www.phillipislandonline.com)





## Phillip Island Camera Club - Still growing strong after 30 years

The 'Founding Father' of the Phillip Island Camera Club (PICC), Robert McKay, a current member of the PICC management committee recaps the history of the club as it celebrates its 30th anniversary.



Robert McKay, co-founder of the Phillip Island Camera Club. Image by Trevor D'Ambrosio, workshop presenter at our April 2024 meeting on portrait photography and use of light boxes.

I joined the Melbourne Camera Club in 1975 and found travelling to attend meetings both at Melbourne and later at Warragul (when I moved to Phillip Island in 1991) expensive and time consuming. I decided to see if there was any interest in forming a camera club here on the Island.

In late 1993 I approached the gallery that was located in Chapel St and was advised that Joan Williams (a Life Member of Doncaster Camera Club) had visited the gallery a couple of days earlier with the same idea. Joan and I got together and with the help of the volunteers at the gallery formed the club. Our first meeting was held at the Tudor Inn in Chapel Street in June 1994. The guest lecturer was Paul Robinson who still comes to our club as a judge. We were originally named the club Phillip Island Camera Society (PICS), but the majority of members decided on Phillip Island Camera Club.

Meetings were originally held on a Thursday evening, but it was decided that Monday afternoon would suit the majority of members. To this day meetings are still held on the first Monday of the month.

We originally met at the former art gallery in Chapel St, and later at the Phillip Island Bowling Club, Heritage Centre and currently we meet at the Newhaven Yacht Squadron.

PICC Incorporated was invited to join the Artists Society of Phillip Island (ASPI) but later left ASPI and became reincorporated.



Working Horses by Robert McKay

Joan was the president for the first two years after which I took on the role for about 10 years. After a few leadership changes, it looked as if the club would fold, but Lyn Young stepped up and took on the running of the club. The club flourished under her leadership. After Lyn, Susan Brereton took on the role. She was followed by Jenny Sierakowzki and last year Graeme Lawry accepted the presidency.

For three years PICC produced a quality calendar to provide income for the club. We have held displays at the ANZ Bank Foyer in Cowes, held children's photo competitions at our 10th and 20th Anniversaries, and photographed local events such as The Cape Aquathon. The club holds regular excursions both on and off Phillip Island.

We hold regular evaluations of our images and enter photographic competitions, where members have gained notable prizes. The club has had its highs and lows over the years, but has progressed to be a friendly, strong and viable club.

Hopefully I can reminisce at the 40th Anniversary!

Robert McKay

The PICC 30th Anniversary Exhibition of Photographs (print and digital) and memorabilia will be held at Berninnet Gallery, 91 – 97 Thompson Avenue from 17th May (opening) to 23rd May. All welcome to attend.

For more information about the Phillip Island Camera Club email Graeme phillipislandcameraclub@gmail.com or phone 0407 092 352. <http://www.phillipislandcameraclub.com.au/>



The Pinnacles by Robert McKay. This image is being used to honour Rob's contribution to the club on a mug to commemorate the PICC 30th Anniversary.

**MLP**  
BUILDING



MLP Building Pty Ltd - Registered Building Practitioners DB-U 44011



**HONESTY - INTEGRITY - RELIABILITY**  
**HIGHEST QUALITY WORKMANSHIP**

Custom Build - Extensions - New Home Construction - Decking - Verandahs - Home Theatres - Commercial Fit-Out

We cover ALL of your Residential Building, Construction & Carpentry needs & ALL Trades are covered including Electrical, Plumbing, Plastering, Painting & much more.....

**CONTACT US TODAY FOR A FREE, NO OBLIGATION QUOTE!**

Contact Matthew Pollard direct;  
(M) 0411 387 407 (e) [mlpbuilding550@gmail.com](mailto:mlpbuilding550@gmail.com)

\*Check us out on Instagram @mlpbuilding\*



**MOTHERS DAY HIGH TEA**

*Lighten Up Theatre invites you to our first fundraiser of the year!*

Saturday May 11 2024  
1pm - 3.30pm  
Newhaven Hall  
23 Cleeland Street Newhaven

Delicately filled sandwiches  
Savoury canapés  
Cakes and slices  
Scones with jam & cream  
Choice of tea or coffee

Local live entertainment, Market stalls & Raffle on the day!

FOR BOOKINGS PLEASE VISIT  
<https://www.trybooking.com/CQPYT>  
or call Trish on - 0400 817 481

**\$30**  
per person  
(BOOKINGS ESSENTIAL)




**Russell  
Broadbent MP**  
Federal Member for Monash

**National** 20-26 MAY 2024  
**Volunteer**  
Something for Everyone **Week**



**A huge thank you to the volunteers of the Monash electorate for the integral work they do for our communities - whether that be through emergency services, local sport or youth and senior activities.**

📍 46C Albert Street, WARRAGUL VIC 3820  
✉ [russell.broadbent.mp@aph.gov.au](mailto:russell.broadbent.mp@aph.gov.au)  
☎ 5623 2064  
👤 Russell Broadbent MP

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

## Lights out for shearwater seabird migration

Phillip Island Nature Parks is enlisting the help of local businesses and communities to protect short-tailed shearwater chicks on their first migration north.

This year, the annual campaign, Dark Sky So Shearwaters Fly, will run from 19 April to 10 May, and will ask residents and businesses in the bird flight path to switch off their lights for up to 10 nights to minimise risks to the seabirds and to motorists.

Each year, shearwater chicks make their 14,000km first flight to Alaska in late April or early May.

Bright manmade light sources can be a fatal attraction for the young seabirds as they learn to fly. They are drawn to street lighting and land on roads, becoming a hazard to themselves and to motorists, particularly on the San Remo bridge.

Phillip Island Nature Parks Senior Scientist Dr Duncan Sutherland said it had been a tough year for shearwater breeding, so all help was needed to ensure the fledglings made a safe, successful trip north.

"Monitoring of our research nest boxes in February suggested it would be a less productive breeding season this year," Dr Sutherland said. "Not only were there fewer eggs laid in December than the past few years, but the hatching success of those eggs was also lower. This means there are likely to be fewer chicks migrating this April."

Last year, 419 short-tailed shearwater birds were rescued from roads, of which two had to later be euthanised due to extensive injury. Another 237 birds were found dead on the roads after being hit by cars.

Cape Woolamai and the Penguin Parade were hotspots for live rescues, while dead seabirds were retrieved at Forrest Caves and the start of The Esplanade in Surf Beach, with the sites accounting for more than half of the deceased birds in the area.

To minimise casualties and fatalities of the chicks, Phillip Island Nature Parks has partnered with the Department of Transport and Planning, Bass Coast Shire Council, AusNet, WE-EF LIGHTING, Bunurong Land Council Aboriginal Corporation, the Victorian Ornithological Research Group and the local community as part of the Shearwater Rescue Program.

"Our target is to have 35 businesses sign up to our campaign and pledge to turn their lights off in the interest of keeping the shearwater chicks and the community safe," Dr Sutherland said.

"Turning off artificial light sources at night and being vigilant when driving during this short period will give young shearwater chicks the best chance of a safe departure this year."

AusNet Services will switch off the lights on the San Remo bridge for up to 10 nights during the peak departure period to minimise the number of birds flocking to the bridge, causing a hazard to drivers.



**Let's get cooking**  
 Simple and delicious recipes from  
 Paul at Hill Top Butchers



## STEAK AND POTATOES



### WHAT YOU NEED:

- 1kg sliced Ribeye
- 1kg Potato Wedges
- 2 tbs Soy Sauce
- 2 tbs Dalmation Rub
- 2 tbs Olive Oil
- 2 tbs Tallow
- 5 Garlic Cloves, chopped

### WHAT TO DO:

Place 1 tbs tallow in large heavy pan and heat to medium. Mix soy sauce with garlic and pour over potatoes and sprinkle on bbq rub. Add to the pan and cook on one side for 4 minutes then turn and cook until soft and brown.

Remove and set aside.

Place pan on high heat, mix steak with bbq rub and add to pan cook for 4 to 5 minutes. Add potatoes and cook for 2 minutes sprinkle with herbs, olive oil and serve.



## Recycle items loose and not in bags.



To find out more visit  
[basscoast.vic.gov.au/whichbin](http://basscoast.vic.gov.au/whichbin)



## Your town. Your bank.

Everything you need

Find out more. Call 5678 5833 (San Remo),  
 5952 3383 (Cowes), 5678 8773 (Grantville)  
 or search Bendigo Bank San Remo,  
 Cowes or Grantville.



Bendigo and Adelaide Bank Limited ABN 11 068 049 178, AFSL/Australian Credit Licence 237879 A1455027 OUT\_36125452, 20/03/2024

## FOR SALE



Tamarillo (tree tomato) in pot \$25



Jade in pot \$10

CONTACT IAN AT RHYLL 0458 277979

## Bass Coast Shire Council Presents "Unseen" Exhibition Series by internationally renowned local artist Matthew Bagley

### A Captivating Journey into Ocean Conservation

Bass Coast Shire Council is excited to announce the upcoming "Unseen" Exhibition series by internationally acclaimed artist Matthew Bagley. Growing up in San Remo and graduating from Newhaven College, local photographer Matthew is now renowned all around the world.

"We are delighted to have Matthew back home to showcase our region to the world" said Mayor, Cr Clare Le Serve.

"This 'Unseen' Exhibition series, offers a unique blend of art and technology to address critical environmental issues which affect our world and are close to our hearts," said Mayor Cr Clare Le Serve.

This innovative series delves deep into the impact of human consumption on our oceans, offering a captivating blend of art, technology, and education.

Matthew Bagley's latest series, "Unseen," takes viewers on a mesmerising exploration of forgotten and discarded ocean debris being reclaimed by Mother Nature. Using ultraviolet photography, Matthew has captured the beauty and devastation of discarded manmade objects found during his nighttime free diving adventures on the San Remo coastline.

The "Unseen" Exhibition series invites visitors to interact with the photographs using their smartphones, unlocking a captivating augmented reality experience. This immersive journey provides in-depth information about the life cycle and detrimental effects of common pollutants on marine ecosystems, sparking meaningful conversations and raising awareness about ocean conservation. The "Unseen" Exhibition series will be held at Berninnet Art Gallery, Phillip Island, from October 26th to December 8th, 2024.

#### About Matthew Bagley

Matthew Bagley is a renowned artist known for his innovative approach to capturing environmental themes through photography and augmented reality. His work has been featured in galleries and exhibitions worldwide, sparking conversations and driving awareness about pressing environmental issues.

Bagley's work has been exhibited in prestigious galleries and museums around the world, including New York, London, Berlin, Paris, Moscow, Monaco, Budapest, and Barcelona.

His photographs have been featured in numerous publications, such as Australian Geographic, Vital Impacts photography collection, The Washington Post, The Guardian, and Vanity Fair.

Moreover, his images have garnered recognition in prestigious nature and wildlife photography competitions worldwide, including the Australian Wildlife / Nature Photographer of the Year, IPA silver award and many more.

## SLIDING DOOR REPAIRS

### Now servicing Bass Coast

**Are your doors sticking, catching or just not sliding properly?**

- Timber & aluminium sliding doors • Security doors • Bi fold doors • Track & Roller replacements • Screen replacements
- Cavity doors • New locks fitted
- Wardrobe doors and much, much more

**We fix your sliding doors!**

**Ph 0438 538 244 [info@asdrm.com.au](mailto:info@asdrm.com.au)**

[www.allslidingdoorrepairsmelbourne.com.au](http://www.allslidingdoorrepairsmelbourne.com.au)



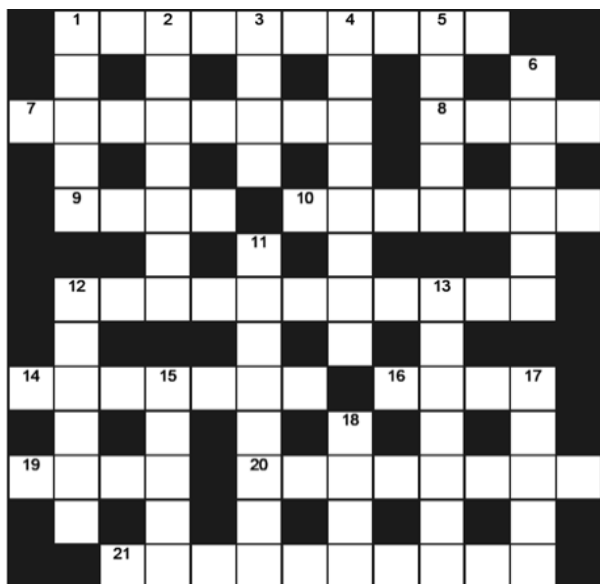
ALL  
**Sliding Door**  
REPAIRS MELBOURNE



A FAMILY OWNED  
**AUSSIE**  
BUSINESS

# Brain Food

Find all the answers & solutions to Puzzles & Quiz on page 18 (No peeking!)



Vibe Quick Crossword

**Across**

- 1 Frightens (10)
- 7 Elegant (8)
- 8 Join (4)
- 9 Amend (4)
- 10 Widely separated (7)
- 12 Alleviated (11)
- 14 Space (7)
- 16 Dry (4)
- 19 Assist (4)
- 20 Bestows abundantly (8)
- 21 Condescends (10)

**Down**

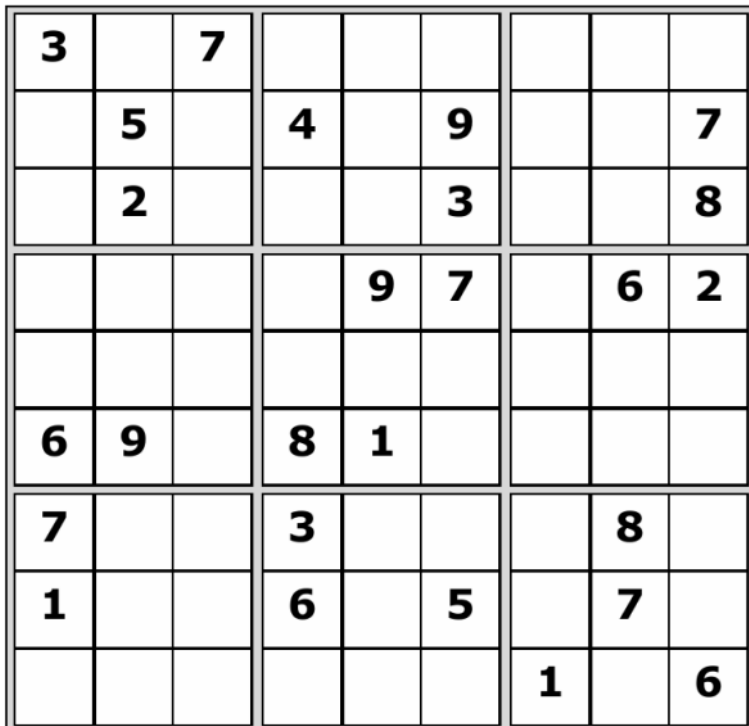
- 1 Stern (5)
- 2 Accept (7)
- 3 Fools (4)
- 4 Misleading (8)
- 5 Impish (5)
- 6 Rise (6)
- 11 Round (8)
- 12 Lessens (6)
- 13 Pushes (7)
- 15 Greek letter (5)
- 17 Lees (5)
- 18 Furnace (4)



## TRIVIA

1. How many times has Australia hosted the Commonwealth Games?

2. How many children did Queen Victoria have? 3. What is trichology the study of? 4. Where in the US is the Country Music Hall of Fame? 5. Which desert is the world's largest? 6. Which country is over 4000 km long but averages only 180km wide? 7. Which popular cosmetic drug is prepared from botulin? 8. What was Taiwan formerly known as? 9. What is the world's most eaten crop? 10. Which famous department store claims they had the world's first escalator?



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

## Who Am I?

I was born on 4th August 1961 in Honolulu, Hawaii  
 My parents separated when I was two years old and in 1967, my mother re-married and we moved to Indonesia to live.  
 When I was ten, I returned to Honolulu to live with my maternal grandparents until I graduated from high school in 1979.  
 In 1983, I graduated from Columbia University, New York, with a B.A. in political science. I then went on to work at Business International Corporation and New York Public Interest Research Group.  
 In 1988, I entered Harvard Law School and at the end of my first year was selected as an editor of the law review based on my grades and a writing competition.  
 My first book Dreams From My Father was published in mid-1995.  
 I taught constitutional Law at the University of Chicago Law School for twelve years from 1992 – 2004.  
 In 1993, I joined Davis, Miner, Barnhill & Galland, a 12-attorney law firm, where I was an associate for three years.  
 In 1996, I was elected to the Illinois Senate, succeeding State Senator Alice Palmer as Senator from the 13th District and resigned in November 2004 following my election to the US senate.  
 In 2008 I became the Democratic Party candidate for the US Presidential election beating Hilary Clinton  
 Who am I?



## DOLLARS AND SENSE BY DAVID WELLS

### More Investment Rules

Last month I wrote down some basic investment rules that apply to all investing – business, property and the share market. They are the guidelines we need to think about every time we make an investment of any sort, without them we will never apply the discipline that's needed to be successful. I know many of you don't consider yourself to be an investor but even if you only have superannuation you are an investor, or you have employed someone to look after anything financial, whether it be your finances, your super, or a real estate agent selling your house for you, you do need to know that they are doing their best. If they aren't applying these rules all or most of the time, they are taking excessive chances with your money!

The rules may seem simplistic, but most investors don't follow them as much as they should. Incorrectly attributed to Einstein, the quote "insanity is continually doing the same experiment and expecting different results" can be applied to most investors and investment managers who don't follow the rules and still expect to be successful. These rules aren't presented in any order of importance – they are all important and key to sensible and successful investment.

**"Tax is a consequence, not a cause"** - often misapplied, especially by those spruiking geared (funded by debt) investments in property or shares. Yes, interest is tax deductible but it's never the full cost of the debt. The taxman never gives you any of his money – he just takes less of yours, and you must have paid it first. If the subsequent interest amount means that you have a cost to write off against other income, then it's negative gearing. If it leaves taxable income, then it's positive gearing. Positive gearing is always preferred but not always possible on property, unlike shares. Tax is a consequence of being successful in making money which is the entire reason to invest in the first place. If you pay tax on it then rejoice in being successful.

I know it's still a pain to pay tax, but you will still have more money in your pocket than the taxman takes. Never let the tax situation influence you to make an investment decision. It's a factor in calculating net returns, nothing more.

**"Let the trend be your friend"** - none of us can move or influence markets ourselves and the great bulk of investment funds in property and shares will follow trends most of the time. That's trends in home styles, in businesses trends, trends in technology, even in different investment markets – sometimes shares, sometimes property and sometimes bonds. We can't change that personally, so we need to use them to our advantage by investing early and leaving early but similarly to "let your profits run" don't be too greedy. The trend is the tide – it will be coming in and out most of the time and all ships (investments) will rise and fall accordingly. The trend will nearly always provide most of your gain – use it wisely.

**"Time in the market is more important than timing the market"** - while not advocating either a passive or active investment role, again it doesn't matter in what asset class, it is a consistent approach and preparedness to ride ups and downs that has the greatest rewards. It is impossible to accurately and reliably pick the best time to buy or crunch numbers. It has been shown by better researchers than I that for either property or shares consistently holding better assets in that asset class will usually reward an investor the most. It doesn't mean holding the same asset by any means but the same class and of the same or better quality. "Buy and Hold" should only apply to an asset class anyway.

**"What sounds too good to be true is almost certainly too good to be true"** - the long term return rate on property and shares is in the order of just under 10%. If you're offered or, worse "guaranteed", any amount greater than this you are probably being set up to take extraordinary risks or to be in a Ponzi scheme. Responsible share brokers and financial advisors will never guarantee such a return and real estate agents shouldn't either. There is a risk/ reward trade off on legitimate investments and above these rates of return the risk is inherently too high. Yes, you will get these sorts of returns along the way in some cases but they are never guaranteed and never the norm. We often read and hear of people losing their money on bogus investment schemes – in almost every case they have been caught out chasing unrealistic returns – being too greedy, or trying to make "a fast buck" on a "sure thing" based on unaccredited, unsubstantiated advice.

**"Investing is not gambling and gambling is not investing"** - most Australian Superannuation funds are in the Australian share market in very good investments. Yes, you can punt the market but that is gambling, not investing. There is a significant difference so use it to your advantage and don't be scared, just

## Your local share broker and adviser

- Do you have Managed Funds either in or out of your Self Managed Super Funds?
- Do you want an investment for your children or grandchildren?

Available for appointments in Melbourne, Warragul or wherever you prefer. Call me to discuss investment alternatives that could really work for you.



David Wells MSAA  
Senior Investment Adviser

Shaw and Partners  
Level 36, 120 Collins Street  
Melbourne VIC 3000

Telephone: 03 9268 1157  
Mobile: 0414 234 770

[dwells@shawandpartners.com.au](mailto:dwells@shawandpartners.com.au)

Wealth Management | Global Investing | Portfolio Management | Investment Advice for SMSFs

Your partners in building and preserving wealth

[www.shawandpartners.com.au](http://www.shawandpartners.com.au)

AFSL 236048

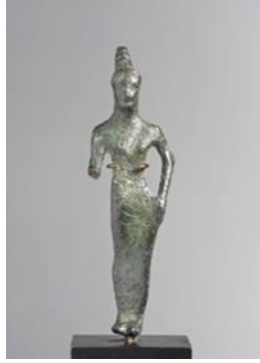
**Shaw and Partners**  
Financial Services

take responsible, creditable, independent advice that reflects your goals, your financial needs and your financial capabilities, don't look for "get rich quick schemes". There are many other investment rules/ considerations, but it all comes back to making informed decisions based on research, your financial situation and most of all accredited, experienced and reputable financial advice. An investor should always take care that expected returns are based on reality – on real investments and real risks. Investment is not a game, but it can be a life changing commitment!



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

## The Vanishing Act



Inspector Jack Flint of the Cowes Constabulary rolled the library ladder over the shards of glass and water. then climbed to the top rung. "This skylight must be how the thief got in," he said, pointing to the smashed skylight and the rope dangling down into the room from a crossbeam. "Forensics can use this ladder to dust for prints."

"There won't be any prints," said a familiar, high-pitched voice. The Inspector gazed down to see his mate and the Island's brilliant sleuth standing below him in the Newhaven College's research library.

"What're you doing here?" Flint barked.

"The victim asked me to help out."

Leroy, it turned out, was a friend of Professor Plotnik the man who had acquired the small Etruscan statue that had just been stolen.

"I spent a fortune of my own money on that statuette." The burly professor wrung his hands. "I left it on the center table when I exited the building last night. I locked the door. But, of course, anyone up on the roof could have looked in and seen it."

Inspector Flint shook his head. "No thief goes around college rooftops with a rope, just hoping someone left valuables on a table. It had to be someone who knew the statuette and knew your rather careless habits."

A small, wiry man stepped forward, brandishing an authentic English accent Leroy would have killed for. "Next to no one knew about the statue, officer. I'm Donald Westbank, an Etruscan expert. I arrived yesterday from London. Dr. Plotnik and I examined the statue together and, frankly, I was thrilled. What a find! I was a little jet-lagged, so I left the library around six, just in time for that little storm you had. I took a cab to the North Pier Hotel and ordered from room service. When I got here this morning, I found Gina, the professor's assistant, unlocking the doors."

Gina, an athletic-looking graduate student, came forward with her story. "I left Professor Plotnik and Mr. Westbank here yesterday at 5:30 p.m. My dorm room is just around the block. I did some studying until seven, when the rain stopped. Then I joined a friend at the Wing Ho for Chinese food. I got back to my room around 8:30pm."

"And your dorm building is on the other side of this block?" Flint asked. "Are the roofs all connected?"

"How would I know if the roofs are connected?" she said. "And I resent your implication." Flint blushed.

So do I," the professor added. "It must have been an outsider. If you want to know my whereabouts, I left the library around 7:15pm to drive to my brother's for a birthday party. I spent the night with his family and was the last one to get back here this morning."

Inspector Flint took Leroy aside. "I'm in the dark," he whispered. "But I know you've got it all figured out."

"As a matter of fact, no," Leroy lied. "I haven't a clue."

I don't believe you," Inspector Flint growled. "You know who did it."

It pained Leroy to lie, but he managed to swallow his pride. "On the contrary, Flint. I'm completely stumped."

Flint bellowed, but Leroy stuck to his story.

After Inspector Flint and the others left, Professor Plotnik breathed a sigh of relief. "Thank you, old friend, for not giving me away."

"Well, you didn't commit any crime, other than breaking a school skylight. The statuette was a forgery, I imagine?"

"Right," the professor admitted. "I didn't discover it until yesterday with Westbank. Luckily, he was new to the piece and too jet-lagged to see it. A clever forgery, but one that could ruin my reputation. I had to get rid of it or else be made a laughingstock. What gave me away?"

Leroy pointed to the floor. "The rainwater. It means the skylight was broken before the rain stopped at seven last night. But according to your story, you didn't leave the library until 7:15pm"

Plotnik nodded. "I used the ladder to get up to the skylight and fake the break-in. The rain was just beginning to let up. I never imagined it might give me away." Can I shout you a coffee at Pino's?

Leroy declined the generous offer.

**STANDOUT RESUME SERVICES AUSTRALIA**

**Resume plus 2 cover letters for \$100**

**ATS compliant and aligned to the job description**

**You only pay when 100% satisfied - not before!**

**The service includes revision, phone chat  
and a quick turnaround**

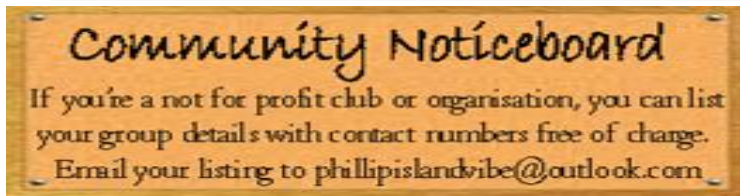
**We provide unbeatable quality, service and value**

**You won't be disappointed. Treble your chance of an interview.**

**Contact us: Leon Herbert, Editor**

**Phone 0402 264 744**

**E: cvriter@gmail.com Melbourne**



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

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

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

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

**Phillip Island Club (Senior Citizens)** Carpet bowls, cards, ballroom dancing, craft. Membership \$15 per year. Fridays 12noon, 3 course lunch \$20. Island Celebration Centre Hall for hire. Ph 5900 2921 or 0431 867058 for more information.

**Phillip Island Community & Learning Centre (PICAL)** recreational, educational and some welfare services to reflect local community needs. For further info call 59521131, www.pical.org.au or pop in at 16 Warley Avenue, Cowes.

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

**Phillip Island Scout Group – Cubs:** Wed 6.30pm-8pm, **Scouts:** Thur 7pm-9pm, **Venturers:** Mon 7pm-9pm. Located at Bluegum Reserve, Dunmore Road Cowes. New members welcome. Email: gl.phillipisland@scoutsvictoria.com.au

**Phillip Island World Vision Club** 2nd Wed of each month 1.30pm, St Phillip's Church Hall, Cowes. A friendly group undertaking fundraising events around the Island to raise funds for sponsored projects around the world. New members welcome. Call Thelma 56785549.

**IAA Island Astronomy Association Inc.** Our Club meets on the first Wednesday of each month at 7.15 pm at the Croquet Club. New members are very welcome. To find out more details please contact Bob Wolstenholme at bobwolstenh@yahoo.com.au

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

**Phillip Island and District Railway Modellers** is a model train club that meets every Sunday to run trains at the Cowes Senior Citizens Club (back door) from 1:00pm to 4:30pm. Visitors are welcome, new members more welcome. More details Geoff N on 0419 357 097 or Geoff B on 0429 419 011. Or email to piadrm@gmail.com

**Home Library Service** For information on applying for our home library service or volunteering, please speak to library staff on 5644 3320 or visit our website www.myli.org.au/about/volunteers

**The Probus Club of Phillip Island Inc** meet 4th Wed of month 10am, Anzac Room, Phillip Island RSL, New Members most welcome. Further info Chris Cannin 0434 489011 or Ash Rizvi 59521604.

**Lions Club of San Remo & Newhaven** 2nd & 4th Tues of month St Augustine's Church, Phillip Island Rd, San Remo, 6.30pm. Contact Secretary Andrew Page 0410 785081, 56780162 or sanremo.newhavenlions@gmail.com

**PIRSL Community Men's Shed** meets at the rear of the RSL every Tues, Wed & Thurs mornings 9am-noon. Anyone welcome. Contact Brian Walmsley at the Phillip Island RSL Community Mens Shed on email mensshed@pirsl.com.au Leave details and Brian will respond.

**Phillip Island TOWN Club Weight Loss Group** Thurs 9-11.00am, 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 open at 91-97 Thompson Avenue, Cowes. Opening hours are Mon, Tues, Thurs and Frid 9.30am - 5pm, Wed 9.30am - 6.30pm and Sat 10am - 1.30pm

**San Remo Library, Myli Librariy** 92 Back Beach Road, San Remo. Hours Mon- Fri 9.30-5.30pm and Sat 9.30-1pm. Phone 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.** All varieties of craft such as Embroidery, Beading and Knitting. 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. 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

**Bass Coast Kinship Support Group** We meet at the Ventnor Recreation Reserve on the Second Tuesday of each month from 10am to 12pm.All Kinship Carers are welcome! Contact Anita 0475 740 927

**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

Our regular lunches are on the first Friday of each month. Only \$20 for a 3 course roast meal and a chance to make new friends. We usually have about 80 people in attendance so it is a great turn out. There are fabulous vouchers and prizes to win through our raffles on the day. Raffle tickets cost only \$1 for two tickets and we have a great range of prizes donated by supportive local businesses.

As always, we welcome all new members who would like to come along and see what we are all about. We really enjoy having fun and a good laugh. New members can come along a few times and then decide if you would like to join. Yearly membership is only \$15. What a bargain.

We also host regular entertainment and special events. Just recently we have had our huge Easter garage sale and sausage sizzle, March fashion show and our special Mother's day luncheon where entertainment was provided by Koza Rock N Roll. We thank these kind sponsors who support our club: Ladasha Jewellery for her wonderful gift and our latest major sponsor Ray White Real Estate, Cowes.

For more info and/or to book events or lunches, please call Pauline on 5900 2921 and leave a message with your name and phone number so she can call you back asap. We look forward to seeing you soon.



Lots of fun at our recent Easter event. Above: Pauline Potter (secretary) and Teena Burns (president) draw the raffle and below, member John receives a visit from Easter Bunny Terri.



# PUZZLE SOLUTIONS



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

**WHO AM I SOLUTION: Barack Obama**

**ANSWERS TO TRIVA QUESTIONS**  
 1. Five 2. Nine 3. Hair 4. Nashville 5. Sahara  
 6. Chile 7. Botox 8. Formosa 9. Rice  
 10. Harrods



**BOOK NOW & SAVE**

**20% OFF\***

**ADULT & CHILD WHALE CRUISE  
GIFT VOUCHERS**

\*ENDS 20/05/24 - NOT IN CONJUNCTION WITH ANY OTHER OFFER  
APPLICABLE ON ADULT & CHILD TICKETS ON WHALE CRUISE GIFT VOUCHERS



# PHILLIP ISLAND DENTAL

*Creating Smiles in Cowes*



**Emergency Dentistry**  
Appointments Available Daily



**Wisdom Teeth**  
FREE CONSULTATION



**Check and Clean**  
No GAP (Health Funds)  
\$200 New Patients



**Teeth Whitening**  
FREE HOME KIT



**Pensioner Offer**  
No Gap (Health Funds)  
\$149 Check and Clean



**Dentures**  
FREE CONSULTATION

*Your premium local dentist*

**BOOK YOUR APPOINTMENT NOW**

📍 Shop 3,209-213 Settlement Rd, Cowes  
🌐 [www.phillipislanddental.com.au](http://www.phillipislanddental.com.au)

☎ (03) 9120 2122