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ISSUE 139 AUGUST 2021



A heartfelt thanks to the businesses of Phillip Island and San Remo that were recently named as COVID exposure sites. Your COVID safe practices and procedures worked well to keep us all safe. Time to repay the kindness and buy local. Thanks to Christine Smith from Captivated Photography for this photo of the Speke Wreck at Kitty Miller Bay. Read about the Speke's demise in the Historical Society story on page 13.

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Book Reviews

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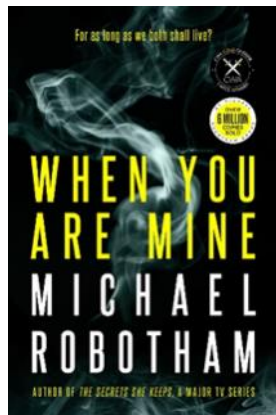
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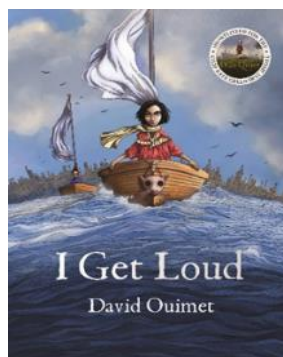
By Michael Robotham

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Our price \$29.99

This is an absolute ripper!

For as long as we both shall live? A pulse-racing standalone thriller by the #1 bestselling author of *The Secrets She Keeps*, now a major TV series, Philomena McCarthy has defied the odds and become a promising young officer with the Metropolitan Police despite being the daughter of a notorious London gangster. Called to the scene of a domestic assault one day, she rescues a bloodied young woman, Tempe Brown, the mistress of a decorated detective. The incident is hushed up, but Phil has unwittingly made a dangerous enemy with powerful friends. Determined to protect each other, the two women strike up a tentative friendship. Tempe is thoughtful and sweet and makes herself indispensable to Phil, but sinister things keep happening and something isn't quite right about the stories Tempe tells. When a journalist with links to Phil's father and to the detective is found floating in the Thames, Phil doesn't know where to turn, who to blame or who she can trust.



I Get Loud

By David Ouimet

RRP \$24.99

'Completely original. Unique, in fact' - *Philip Pullman*

I Get Loud, a gorgeous graphic novel for junior readers is the follow-up to the exquisite *I Go Quiet*, sees the introverted heroine go out into the world as she gains confidence in her voice and makes a friend for the first time. It is a tale of the emboldening nature of the imagination, the redemptive power of friendship and why we should all embrace our own beautiful, singular weirdness. A story of a special friendship and the strength and courage found within it.

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Healthy and Healing with Pip

ARE YOU CERTAIN?

This recent time has been intense for everyone, lockdown 5.0 in Victoria, I mean ... come on ... again!!?

sigh

It's easy to get caught up in the drama, the frustration, the disappointment and the stress. Right?

I am not immune to the stress.

Being a Wellness Coach and Reiki Master does not mean that I am a picture of calm and serenity all the time.

Sometimes I watch back-to-back episodes of 'Will and Grace' and eat Twisties and drink wine.

Ha ha ... we are all human.

And when we are faced with uncertainty, we reach for the things that give us comfort.

Our brain needs to feel in control.

Our brain needs routine to feel safe.

David Gillespie says in his book 'Brain Reset' that when we have too much change or uncertainty (in the outside world) it can create fear, anxiety, anger and - if unresolved - depression.

Lack of control is unsettling, and it causes spikes in dopamine in the brain, which affects our mood.

That low level anxiety that you feel can be relieved with a refocus of your attention. INWARD.

We are conditioned to look OUTWARD.

To watch the tv for direction.

To ask advice from our friends.

David Gillespie suggests that you can create certainty in your life, by having a routine or schedule that you do every day.

Lockdown or not ... you can do this routine and it will help you feel more calm and in control.

This reminded me of the David Attenborough documentaries about animal behaviour.

They all have a very clear set of behaviours that they do daily, weekly, monthly and yearly.

Birds fly South at certain times of the year.

Wolves hunt in the morning and sleep in the afternoon.

Turtles lay their eggs on the same beach every year.

These are not random behaviours.

There is an important reason for this repetition.

It gives structure and security to their life.

You can be responsible for your own certainty.

The whirlwind of chaos can whirl around you, and you can be aligned and peaceful and centred.

So, let's practice some routines, some rituals, some certainty-creating actions.

A) exercise at the same times each day.

B) eat at the same times each day.

C) read inspiring stories (not drama).

D) soothe yourself with less-addictive things ie. minimise alcohol, drugs, social media, gambling.

E) watch the news once a day to be informed (ideally after 12pm so you've done your self-care and you are in the best state) &

F) share with people who honour and support your version of certainty.

You can be your own certainty-bringer.

Even when we are not in the middle of a pandemic, you can do this.

What powerful skills to learn.

Blessings, Pip

p.s. Remember if you need help with resetting your mind-body-spirit, detaching from drama and re-aligning with your true purpose - get in touch with me about the Divine Alignment Coaching Program. Check my website for details: www.pipcoleman.com

Pip Coleman - Author, Reiki Master Coach, Speaker, Intuitive Interviews, Bowen Therapist (ISBT), Advanced Angel Intuitive, Meditation & Psychic Development Teacher.

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Instagram: @coleman_pip Twitter: pipcoleman1

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Reference - Check out David Gillespie's book.

"Brain Reset" - Break the cycle of anxiety, depression, stress, and addiction and restore mental calm and stability.



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Is wellness in social media good for you?

If you find you spend hours on social media - your ability to have a positive relationship with your body, increase energy levels and even overcome mental issues such as depression can be seriously impeded. It's so easy to get lost in the myriad of Instagram accounts offering exercises, yoga moves, workouts, diet tips, food plans, mindfulness, meditation, performance training... the list goes on. Not to say that any or all of what you come across doesn't hold merit, it's just that it can be difficult for many of us to choose the right path that suits our lifestyle and needs, especially if we are solely relying on what 'new' fad our most loved "influencer" has just posted. So where does that leave you? Are you one who is constantly on your phone flicking through countless clips with great intentions but no follow through? Couple this use with work and home life commitments and it's easy to see why many of our good intentions fall flat.

Ok so it's easy right? Just ignore everything that gets thrown at you and spend less time on social media... and wal ah! Well let's be honest, it's probably not as simple as that, we need to look at strategies to ensure that your social media use becomes empowering and structured rather than damaging.

I have devised 4 questions that get back to the basics and assist in identifying what type of movement is actually suitable to you;

1. **Time?** How much time can you *honestly* commit to movement each day?
2. **Fitness level?** Are you physically able to exercise for 10 or 30 mins before you are exhausted? Can you lift your own body weight alone?
3. **Motivated?** Do you have the motivation to exercise on your own or do you need support?
4. **Stressed?** Are you finding that you are constantly stressed and overworked and struggle to switch off?

Time - If you honestly can only commit to 5 mins then stick to high intensity interval training to ensure you get the most out of your limited time. Instagram can be great for this, but don't get lost in the scroll. Find one account that you love and stick to this for your workouts. You can see results using this method but you need to be highly committed and don't waste time scrolling!

If you can free up 30 mins or more, then you have a great opportunity to explore and find something that you can become passionate about. Having a passion for what you do will keep you committed, reduce stress, establish relationships and get results. Go explore! Check out what new things are on offer in your local community, try a range of things until you find something that you enjoy and find challenging.

Fitness level - If you find it difficult to maintain rigorous exercise for 10 mins and find lifting your bodyweight difficult, then try to steer clear of unsupervised online workouts. You could injure yourself through poor form if you don't know what you're doing and you may become disheartened and lose motivation if you tried to keep up and failed. To bring yourself up to speed the right way, maybe look at small group or personalized services to get you on the right track. If that's not for you, then maybe look at low impact exercise such as pilates, yoga or swimming. If, however 30 mins exercise and lifting your body weight is a breeze but possibly are plateauing, look for something new, once again get out there and explore!!

Motivation - Do you have the intention of fitting in movement before work, but find you hit snooze 15 times so you barely have

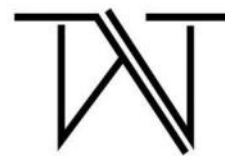
time to brush your teeth? For most keeping fit and healthy requires motivation. Try to move with others to hold yourself accountable. Pre book a movement class, seek a mentor, ask a friend to meet you for a walk, or even start a basketball team. The key here is that by committing to others, we become accountable and therefore whether you are motivated or not, you create a world of not having any choice!

If however, you are one of those people that bounce out of bed like a kid at Christmas ready to go, then we salute you! I find people that are so committed to their health goals amazing, they don't find the time to exercise, they make the time to exercise. Motivation usually doesn't just happen, people who are highly motivated have usually developed this trait over many years, so don't feel disheartened if you're not quite there yet, it can and will come if you're willing to hang in there!

Stressed - Are you finding that you are constantly stressed, overworked and struggle to switch off?

If you answered yes, then turning to social media is not a great way for many of us to switch off and de-stress. If anything flicking through clips of a supermodel doing the latest yoga move and wondering why you can't and aren't, is so detrimental to your wellbeing that you'll probably find its contributing to your stress. A better use of your down time would be to work on identifying what's causing you stress and feeling overworked. If you can't change habits or job etc, you may want to look into guided meditations or yoga to bring your mind to a state of peace.

I hope my tips on being in control when you view the plethora of wellness information that comes your way everyday will hold you in good stead forevermore. If you are looking for more support or information, I'm more than happy to help. Please reach out online via www.islandbarre.com.au or on socials @islandbarre_ Stay fabulous. Abigail



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DOLLARS AND SENSE BY DAVID WELLS

Aged Care - do you need to sell your house?

This is the first part of a two part explanation of aged care costs and how to cope with them. This article attempts to explain how aged care is funded and how much capital may be required for it. Many people believe that they would have to sell their home to cover the costs but in many cases this may not be the case.

Aged care is something most of us will face at some time, but many, even most, people fail to plan long enough ahead to avoid the stress for them and their children when it's time. The system is funded and controlled by the Commonwealth Government rather than the states so conditions and requirements are similar across the country. Our government expects that we all contribute to our aged care in a significant way. This contribution isn't cheap but the government's subsidy is restricted by a means test.

There are four levels of fees - two controlled by the government and two by the residential facility chosen to provide care. The first level, the basic daily care fee is 85% of the basic Single Person Aged Pension rate. Now that's \$52.71 per day and every resident pays this without exception. For aged pension recipients this amount is paid directly to the Aged Care facility.

The second level is a means tested care fee, which is designed to assist in covering costs of clinical and personal care. As this is means tested some people will pay more than others and can range between zero and nearly \$260 per day. On a sliding scale people with income below \$28,000 or assets below \$51,000 will be fully supported by the Commonwealth until those with income above \$70,775 or assets above \$173,500 will receive no subsidy. The family home is not assessed above the upper asset limit. Fortunately this fee has both an annual cap and a lifetime cap, which means that currently no one will pay more than just over \$28,000 per year and more than \$68,012 in their lifetime. The third level is Accommodation and this is set by each aged care establishment. This is for the quality of the accommodation and is called a Refundable Accommodation Deposit

(RAD). It can range from between \$300,000 to, in a few cases more than \$1 million. This is the equivalent of the old (until 2014) Accommodation Bond but with significant differences. The RAD need not be paid in full in which case a Daily Accommodation Payment (DAP) takes its place and is charged daily. The Accommodation costs are based on the quality of the accommodation offered and is agreed through the government what the charge may be. It is expected that this will cover all the basic care and accommodation requirements to a standard level across the facility.

If a resident wants more than basic, then the residential care facility may also charge for "additional Services" or "extra" services to include such things as cable TV, hairdressing, extra menu choices and wine with meals or other extras that will make life seem more like home for some. These are set by the facility and in some cases are required to be accepted before a place may be offered. In some cases residents may be able to pick and choose which extras are purchased while in some cases it may be "all or nothing". The packages are likely to be very different between facilities and is one of the major points of differentiation (and cost) between various places.

For some illustrative examples (estimates only) we can look at person A – a widow on a full single pension with a home and assets worth \$650,000 and financial assets of \$30,000 where she has to enter a facility with a RAD of \$400,000; couple B with a home and assets worth \$1,000,000 and a pension fund worth \$700,000 drawing \$24,500 each as a pension and other assets of \$350,000 and one going into a facility with a \$550,000 RAD; a widower also on a full single pension with no home but renting and financial assets of \$50,000.

Our widow would be assessed as having a basic care fee (\$52.71), a means tested care fee of Zero and a DAP of \$44.27, an amount of \$96.98 per day, plus extra services. Our couple who are better off would be assessed as having the basic daily care fee of \$52.71, a means tested care fee of \$12.62, a total of \$65.32. This would have been higher had the partner not been remaining in the home. On top of this would be the DAP of \$60.88 per day – totalling \$126.20 plus extra services.

Of course if the RAD was paid in full then there would be no DAP.

These can seem like huge numbers and many people expect that they may have to sell the family home to cover their costs.

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That's not necessarily so if some thought is given to how to manage the costs, which is the subject of the next article. There are a number of strategies we can use. Aged Care is a cost that most of us will have to look at, at some stage and like all life choices, the outcome will be better if we start looking sooner rather than later.

Next month – ways of affording aged care.



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

MURDER IN LOCKDOWN

The Premier Dan Andrews announced on TV that a five-day lockdown for Melbourne would kick off at midnight the next day.

Inspector Jack Flint and his mate, the Island's resident amateur sleuth Leroy Cunningsworth, were taking advantage of the brief sabbatical to enjoy enjoying a breakfast at a Coffee Shop on the Cowes beachfront when the call came in.

"Murder on a weekend?" Inspector Flint muttered between bites of his cheese omelette. "What's this world coming to?" They arrived at the law offices of Wynn Loose & Draw in Thompson Avenue to find Chester Wynn sprawled on his Oriental rug, his left temple a bloody mess. It would not be a crime scene without a group of three suspects standing in the reception area outside the victim's private office, in the company of a police officer.

"Why are you people working today?" Flint barked. A tall man in a polo shirt stepped forward. "An old client just filed a lawsuit against Chester for malpractice," he explained. "It could cost the firm millions. Of course, with Chester dead, we stand a much better chance of winning."

The tall balding man with a moustache introduced himself - Kiefer Loose, the law firm's new senior partner. "We came in today to get a jump-start on the law suit." The only woman of the group stepped forward. "We all arrived at about the same time," said Penelope Draw, an attractive middle-aged attorney with a no-nonsense attitude and looking professional. "Chester went into his office and closed the door. I had documents to prepare for the meeting. I went back and forth between my office and our workshop office." She pointed to a cubicle outfitted with copy machines and office supplies.

"I had just finished making copies for everyone and binding them when I heard Chester shouting. Then came a loud thud. I knocked on his door. The others were knocking on his two other doors. We all walked in and found him. Someone had hit him with that award from his desk labelled Lawyer of the Year. Funny, huh?" Kiefer Loose didn't smile at the irony. "I was in my own office," he said, "right beside Chester's. Like Penelope said, we all heard the murder. My side door opens directly into Chester's office. I knocked and heard the others knocking."

The third suspect was a bulky young man with unsmiling eyes and a dour look. "Ben Tingly," he announced and shook the sergeant's hand. "Junior partner. There are no secretaries today, so I took it on myself to set up the conference room. As you can see, it's also next to Chester's office, on the other side, and has a connecting door. My story is the same. I heard Chester and what I suppose was the attack."

Leroy wandered around the office. He examined the pile of freshly bound background documents, then crossed to Kiefer Loose's door. Inside, he could see a golf club and a water glass lying sideways on the rug. Strolling past the conference room door, he glanced in and

saw four places set at the table, with water carafes, crystal tumblers, pens, and tablets at each place setting.

"What did you do after calling the police?" Leroy asked.

"Nothing," Ben replied. "We all came into the conference room and just sat down until your people arrived."

Kiefer Loose nodded and sighed. "Well, as long as we're here, we may as well have the meeting. Excuse us, gentlemen." He grabbed the background documents from the top of the copy machine and passed out all three of them, one to each partner of the firm.

"Bunch of cold fish," Flint muttered as they disappeared into the conference room. "I hope you got someone for me to arrest, Leroy. That'll wipe the smug off their faces."

Leroy smiled wryly, and nodded in the affirmative. "Yes, I believe the killer is.

At this point, readers are urged to review carefully the evidence and the statements of the witnesses. The clue or clues are there, somewhere. Leroy was blessed with great detective skills. What, readers may ask, makes for a good detective, especially an amateur sleuth with an uncanny ability to nail the culprit. Clearly a sharp intellect, careful attention to the spoken word, body language, the workings of the mind, and meticulous attention to the crime scene, all help, but it's more, lots more.

Well readers, having reviewed the story very carefully, who killed Chester Wynn? Maybe some of you have what it takes to nail the culprit. What clue implicates the killer? Check page 18 for the solution.

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Surf news by Ed Amorim @prosurfcoaching_

Surfing is now an Olympic sport. Our past dreams as a competitor have now come true. Making surfing an Olympic sports means a lot to us surfers in general. Forget all the wild and romantic dreams of times gone by. Now a kid can dream and have a goal in life to one day represent our nation at the Olympics. You might need training at our school too.

The Olympic committee promoted surfing to a global audience like never before. All the worlds important media and broadcasters took surfing to people in the industry and everyday Australians, allowing everyone to enjoy a new sport and the opportunity to learn rules, techniques and get to know their new surf idols. The national team had four athletes, two males and two females. The Games bring the world together to forget this crazy time and to just celebrate sport. This year is different with new restrictions but we enjoyed seeing surfing for the first time. Creating an atmosphere so we can discover the fastest, strongest and most powerful person in the planet to be crowned with the gold medal. Time for us to discover new techniques, equipment and technology developed by the nation's best. Time to show our support to our favourite nations and hope they achieve the best position on

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the podium. Time to see history being written and also to see people that make the difference smashing statistics and surprising the world by extending their limits and setting new world records. How good was Owen Wright? We congratulate this legend for outstanding effort bringing home a bronze medal. He'll go down in the history books as the first ever Australian surfer to win an Olympic medal. How good is that?

New Art at Woolamai - playing with the sunset. This new monument incorporates the view and is very cool art being a metal surf board that tells you history and is a great addition to our community.

Life is like surfing a wave in many ways. Think about it. Sometimes we have good, fun walls in front of us but also the hard closeout. The blue, clean days to enjoy but also the grey, soggy ones come along for us to deal with. There's the easy part of the journey and the spooky part that starts budling up in front of you and you need to deal with. You need experience going down first dropping the wave so you can come up to the top. You have barrels but you also need to recover after a heavy wipe-out. You have that wave when everything looks like connecting and the ones where you make multiple mistakes and nothing works. That magic wave you choose can quickly turn into crap and sometimes you just have to make it the best wave of the day. Life needs to have bad days so we can appreciate the good ones and depending how hard you go, the ups and downs can be easy or hard to tackle. Take it easy my friends, the best thing is that we always have another magic wave to be surfed and you will need to be there, positive and well positioned so you can paddle hard for it again.

Don't miss out. Be present and happy with what you have in front of you now. You never know, it can be a surprise and make life easy, like a good morning of surf.

Video analysis is a great way to work on important fundamentals and polishing techniques. Images don't lie. Book a video analysis with @prosurfcoaching_ Contact us for more information on 0490 406005.

Let's keep moving. From now on we will organise a super zoom session for everyone with a bit of chat about different subjects, tips, training and lots more. We hope everything has been ok, safe and well during the recent lockdown. We here on Phillip Island coped well with the situation and we did our part by staying home in isolation and staying positive. A few of us surfed for activity or did different exercises to maintain the mind and soul to be healthy and positive. Thank you for all the messages from our friends. We're good here thank you. If you're interested in our zoom get togethers, send us a confirmation message so we can invite you personally.

Bad times - Good attitude Today we would like to send a big hug and our best vibes to our friends from around the world that are experiencing lockdown time. We are all in this together, just remember it's normal to feel sad during this pandemic. It will all pass. All those feelings, the fear, pressure and this crazy drama will end and we will be able to get back to our lives, side by side with the ones we love and doing what we enjoy. It's time to discover your feelings, your essential needs and educate yourself to fix bad habits to make your life better in the future. Please keep safe and be positive. See you all soon enjoying the beach together and getting many good waves. Stay well and safe.



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PHOTOGRAPHY – COMPOSITIONAL WEIGHT

Phillip Island Camera Club “Making Photography Fun”



Compositional Weight, sometimes called visual mass or visual weight, is the idea that certain things in photos draw the viewer’s attention more than others. When viewing a photo there is something that draws the eye initially. The eye then takes in secondary parts and finally the smaller details. It is not enough just to understand this photographic concept but we must use it in our own images.



Above: Cairo by Brenda Berry Below: Diagonal Windows by Will Hurst



The following are some tips to help.

Use Principles of Symmetry and Balance to Make a Subject Stand Out.

To be absolutely certain the viewer’s eye is drawn immediately to your subject, compose the image so that the subject is in the centre of the image. Drawing a line down the centre of the shot, the subject should look similar on both sides of the line.

Consider Contrast.

Another way to impart visual weight into your photos is to take advantage of opportunities for high contrast. Higher contrast leads to greater visual weight—a single black sheep amongst a flock of white sheep will draw the eye.

Trust Your Instincts.

You will be aware of Compositional Weight too. As you are setting up the shot, take note of where your eye wanders. Viewers of your image will have a similar experience. Knowing what visual weight is, pay attention to photos and surroundings to gain a further feel for the concept whilst using it in your own images.

If you found this article of interest and would like to find out more go to

www.phillipislandcameraclub.com.au/contact/

Or for more information on Phillip Island Camera Club phone Jenny on 0408 355130.

Ref: *Daily Photo Tips Compositional Weight*

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*I love a sunburnt country
 A land of COVID plans,
 Of powerless mountain ranges,
 And lots of flooding rains.
 Face masks on our horizons,
 People limits by the sea,
 The beauty and the terror
 It's the COVID jab for me!!!
 Fran Peters
 San Remo*



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PHILLIP ISLAND AND DISTRICT HISTORICAL SOCIETY

The Speke - Written by Pamela Rothfield with thanks to John Jansson for his maritime expertise

A telegram from Cowes was the first indication of the drama unfolding on Phillip Island on the wild afternoon of Thursday 22 February 1906.

On that afternoon it just so happened that most of the residents of Phillip Island were attending a race meeting despite the wild and windy conditions. The 3,000-ton sailing ship the Speke from Liverpool, said to be one of the largest three masted full-rigged vessels afloat, (at the time she was the second largest ship of that rig in the world only being beaten by her sister ship the Ditton by an inch or two) was bound for Melbourne from Sydney Heads carrying wheat.

Battling the treacherous seas and gale force winds, Captain Tilston misjudged his bearings and mistook Cape Schanck Lighthouse on the north coast of Western Port for that of Split Point Lighthouse at Airey's Inlet – some 80kms away.

At 1.30pm on that Thursday afternoon the Speke was driven ashore in the severe gale, ramming into rocks near the Kitty Miller Bay. Immediately after striking the rocks she swung round and lay broadside on the rocks with the wild seas breaking over her.



Members of the crew of the Speke, Captain Tilston (seated left) and Mr. Cooke, 2nd Mate (seated right).

A heroic struggle ensued. Two lifeboats were lowered but with the seas pounding them on to the rocks, there was no hope of them being of use. The lifeboats were almost immediately hopelessly smashed and the men who were in them had a frantic fight for life. Among the men who had gone into one of the boats was the seaman Frank Henderson. As the boat was battered relentlessly against the rocks all its occupants were thrown out into the monstrous waves, but all except Henderson managed to swim and scramble to the rock shore and then climb beyond the reach of those treacherous seas. Henderson was either drowned or battered to death.

Despite the perilously dangerous seas the second mate, Mr Cook, readily followed orders from Captain Tilston to go over the side and carry a life-line ashore. He successfully managed to fix the line around a boulder and the remainder of the men, numbering in total 26, slid from the ship to the safety of the rocky shore.

A pair of trousers belonging to Frank Henderson were found two days later with a tear in the region of the right hip, which indicated that the body had been taken by sharks.

Captain Tilston was so grateful for the hospitality and assistance shown by the Phillip Island community, upon their rescue, that he gave one resident a compass box and another an original oil painting of the Speke by Woolston L. Barrett in 1891, both of which are today in the Phillip Island and District Historical Society's collection along with other items from the Speke. Frank Henderson's body was never found. Captain Tilston had his master's certificate suspended for 12 months after being found guilty of careless navigation although it is thought that the lightly ballasted hull combined with the atrocious weather would have contributed to this tragedy.



Phillip Island and District



Historical Society
EST 1941

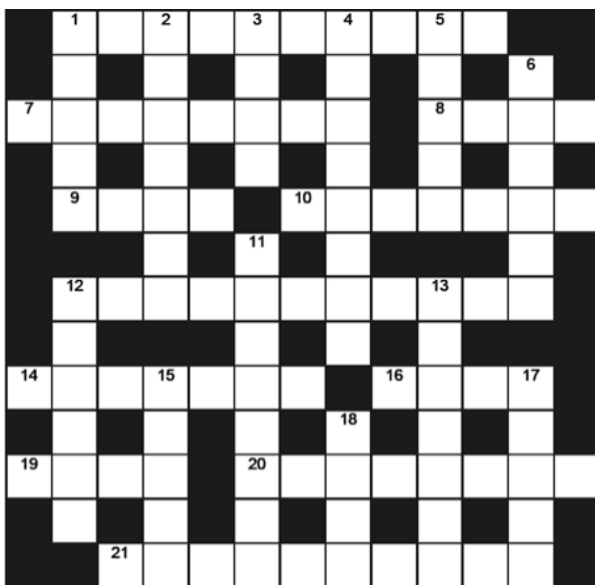
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e: history@waterfront.net.au
Phillip Island & District Historical Society

Brain Food

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



Vibe Quick Crossword

Across

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

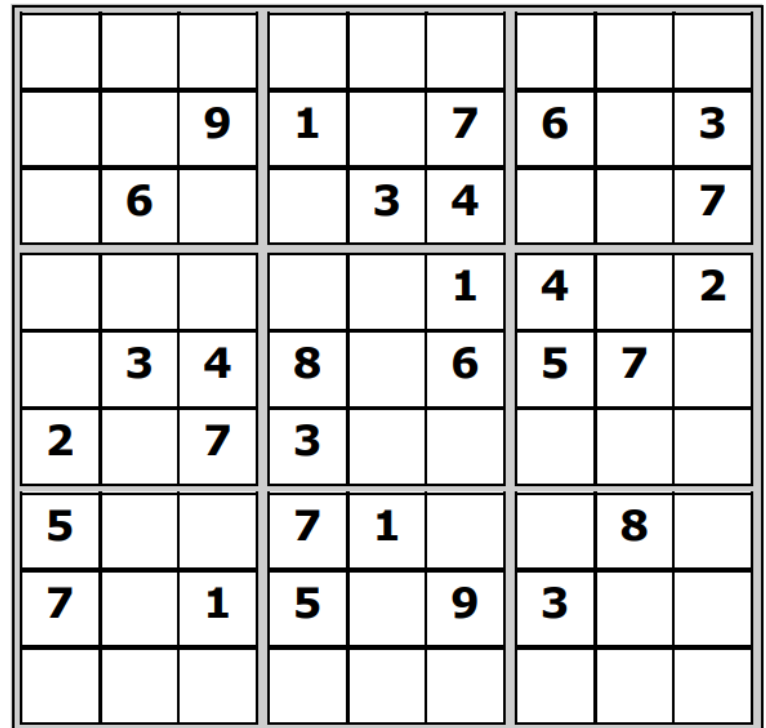
Down

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

TRIVIA QUIZ



1. In mythology, who held up the heavens? 2. What type of weapon is sarin? 3. The most southerly point of mainland Europe is in which country? 4. Augusta is the capital of which US state? 5. What type of food is tortoni? 6. In land area, which country is greater - Canada or China? 7. In Russia, what might an old woman or grandmother be called? 8. Where were the legendary "Hanging Gardens"? 9. Which 11 letter word begins and ends with "und"? 10. Which Australian actor hosted the 2009 Academy Awards? 11. Which country is second only to France for consumption of champagne? 12. Which country's flag has a red disc on a white background?



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

PHILLIP ISLAND SENIORS

MONTHLY UPDATE

Hi to our fellow community members.

What a few weeks it's been. We wish everyone the best of health and hope you are coping ok, not just with lockdown but with the shock that it hit our beautiful community in such a huge way. We love our visitors who help keep our local businesses afloat along with our locals. And we feel for the business owners and their staff especially during these last few weeks. We hope they return stronger and let's all get on board with supporting them as much as possible.

An amazing thing I've witnessed is people being kind and taking care of each other. Even total strangers offer to help their fellow islanders with grocery pick ups etc. This is why I love our Island home. When the going gets tough, we dig in deep. Just a typical Aussie thing to do really. Great Aussie spirit.

As for the Phillip Island Senior Citizens Club, we are trying to forge ahead one month at a time.

We are very happy to announce that we ARE able to have our lunch on Friday 6th August 2021. Bookings are essential as we have limited numbers but would love to see you. Call Liza on 5900 2921 or 0431 867 058 to book. The 3rd September, 1st October, 5th November and 3rd December are the dates for our lunches heading towards the end of 2021. Don't forget to call the club to book your place at any of the lunches on the number above. Bookings will essential and we look forward to seeing your beautiful faces again soon.



Let's get COOKING

Simple and delicious recipes from Paul at Hill Top Farm Butchers



Seafood Linguine in Olive Oil

WHAT YOU NEED:

- 1kg bag mixed Seafood
- 1 chopped bunch Parsley
- 4 Garlic cloves sliced
- 1/4 cup Olive Oil
- Salt & Pepper



- 1 pk Linguine
- 1 Cup mixed Cherry Tomatoes cut in 1/2
- Pinch dried Chilli

WHAT TO DO:

Boil pasta in salted water until al dente. Add 3 tbs of oil to large fry pan fry off Calamari for 2 to 3 minutes. Remove and set aside. Do the same with the prawns and scallops too. Add 1/2 the oil and add the garlic, Chilli, tomatoes and parsley stalks and fry for 2 minutes, then add the seafood. Toss in the linguine and a little of the pasta water and top with the rest of parsley, oil, season and serve.

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Winter grooming: Tips and tricks for caring for your pet's winter coat

It may be the last month of Winter, but everyone will still need to ensure their pets are prepared for the cooler weather, with Cowes temperature's averaging 7-14 degrees across August. Whether you have a dog, cat, rabbit or guinea pig, regular brushing will help you identify fleas and prevent matting. A pet's winter coat can hide trouble, such as lumps, bumps or sores. When brushing, carefully examine your pet's skin for any unwanted illnesses and if your pet has a skin tag or bump that causes concern, speak to your local vet for advice. Avoid giving your pet a full trim during the winter months to help keep them warm and cosy. If your pet is short-haired, it is important to ensure they're equipped with a winter knit or coat to keep them protected against the elements.

PETstock's National Grooming Manager Tiff Edwards says that cold weather, wind and heaters within the home can all contribute to a pet's dry skin.

"Using a moisturising shampoo and conditioner during winter will keep your pet's skin and fur feeling healthy and comfortable," says Tiff.

"With such a wide range of grooming products to choose from, choosing the right one for your pet can be overwhelming. Thankfully, team members and grooming professionals at PETstock are well equipped to suggest the perfect products to suit you and your pet's needs."

PETstock Cowes has a wide range of grooming tools, winter knits, bathing accessories and cosy bedding to suit a pet of any size and any age.





COMMUNITY NOTICEBOARD

If you're a not for profit club or organisation, you can list your meeting times and contact details here free of charge. If you're not listed and would like to be email us at: phillipislandvibe@outlook.com

Red Cross, Phillip Island Branch meets every 2nd Thurs of month, 1.30pm, Uniting Church Hall, Chapel Street, Cowes. New Members welcome. Ron Hateley 59522549 or Averil Roberts 59522602.

Phillip Island Lions Club - Steptoos Emporium - Outdoor Trash and Treasure market every Sat and Sun 9.30 - 12.30pm. Dunsmore Rd, Cowes. (Next to Transfer station.) Ph. 59002896 or email - lionsclubphillipisland@gmail.com

Phillip Island Bicycle User Group Every Wed 10am starting at Amaze'n Things car park. Very social, speed is the slowest rider. Contact Ruth Scott 0409 946696.

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 Tuesdays 7-8pm. Contact Emma Hadrian 0432 349335 or email: emma.hadrian@guidesvic.org.au

Phillip Island Club (Senior Citizens) Carpet bowls, cards, ballroom dancing, craft. Membership \$15 per year. Fridays 12noon, 3 course lunch \$15. Island Celebration Centre Hall for hire. Phone 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 56-58 Church St 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 info: Dianne Glanz 0417 610 611 or 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 of people 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 second Monday night of each month at 7.15 start. New members are very welcome. To find out more details please contact Eden White edendwhite74@gmail.com

Island Voice Meets last Wed of the month 5.30- 7pm PIRSL New members welcome Contact Sec.Linda Marston 0428 344 726

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

Men's Shed meets at the rear of the RSL every Tues & Thurs mornings 9.30am-noon. Anyone most welcome to join us. Contact Terry Heffernan 0438 808428 or 59526955.

Phillip Island TOWN Club Weight Loss Group Thurs 9-11.00am, Ryhill Hall. Joining fee \$48, 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. Contact Ken 59568803 or David 0412485913, Blue Gum Reserve Dunsmore Rd, Cowes.

The National Vietnam Veterans Museum needs volunteers to work in the front of house sales area, particularly on weekends. Contact Julie on 5956 6400 if you are interested in joining our fantastic team.

Phillip Island RSL Day Club every Monday, 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 Mon of month, Heritage Centre meeting room, 1:30-4 pm. Contact Susan Brereton on 0408 136 717 or phillipislandcameraclub@gmail.com

Country Women's Association, 1st Thurs month, CWA Shop, Thompson Ave, Cowes, 1pm. More info: Jan 59525177, Judy 59568480.

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. Contact us via email: phillipislandadultridingclub.com.au

Cape Woolamai Coast Action is a volunteer group who meet on the second Saturday Monthly from February to November. We undertake general 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

Phillip Island-San Remo-Bass Coast Vegan Community Sharing and promoting what's vegan & plant based. Everyone welcome. phillipislandbasscoastvegans@gmail.com

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

Phillip Island Medical and Health Action Group PIMHAG Meets the second last Thursday of the month 5pm-6.30pm PIRSL New members welcome Contact Sec Linda Marston 0428 344 726

Phillip Island Day View Club proudly supporting The Smith Family. Feb-Dec - 4th Monday of the month at 11am, Phillip Island Golf Club, Cowes. Bookings essential. New members welcome. For information contact Irene 59523447.

Phillip Island & District Historical Society. Cowes Heritage Centre, contact Secretary Christine Grayden 0400 900612. Check out our History on pidhs.org.au.

Phillip Island Library Free wifi and kids programs, Story time every Tues 11-11.30, Baby Rhyme time every Thursd 10.30-11am, Lego Club every Tues 4-5pm. www.wgrlc.vic.gov.au or call 59522842.

Friends of the Library book chat 1st Wed of every month at 2pm, Feb-Nov. Phillip Island Library. Friends of Library meeting 10.30am, 3rd Sat of every month. New members welcome. Call Celia 59521901.

South Coast Speakers Toastmasters meets every 2nd and 4th Wed of month, 7.30pm at San Remo Hotel. Develop oral communication and leadership skills. More information Brigitte Linder 0421 812691

San Remo Bowls Club Summer. Every Wednesday 12.30pm for 1pm start. Stick draw. New bowlers and visitors most welcome. 1a Wynne Road, San Remo, next to Recreation Centre. Ph 56785558.

Phillip Island Patchworkers We meet Monday Nights at 7.30 p.m. The first, second and last Tuesday of the month at 10.30 a.m. also first and third Friday of the month at 10.00 a.m. and Corinella Crafties second and fourth Wednesday of the month 10.30 a.m. For more information please contact Gayle Rowden 0400634282 or 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

Phillip Island University of the Third Age (U3A) provides learning and social activities such as choir, creative writing, stagecraft, Spanish, canasta and many more. For retirees and semi-retirees. Most activities are ran at 56-58 Church Street, Cowes. For further info call 5952 1131 or 5952 6461.

Boomerang Bags Phillip Island and San Remo Volunteers sew re-usable bags to supply local shops and reduce plastic. Sewing bee every Wednesday 10am-4pm Garden Room 2, PICAL 56-58 Church St Cowes. Everyone welcome (no sewing experience necessary). email Kylie@boomerangbagspivr.org

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

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

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

Rotary Club of Phillip Island & San Remo "Fundraising for our community". New members welcome. Phone Keith Gregory 0439 020996.

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

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 and Warley Ave, Cowes. Facebook @cowescommunitymeal

Cowes AA Big Book/Steps Meeting, 7pm Tues nights, St. Phillips Anglican Church. Corner Thompson Ave & Church St.(opp. Coles) Ph. 0417 317470

Artist Society of Phillip Island (ASPI) meet regularly for Visual Artists, Textile Art, Plein Air, Writers, Portraits & Appraisals & Workshops throughout the year. Two Art Shows at Easter & Cup Weekend. Memberships Available Contact Lois Green 5956 9595

First Friday Philosophy Lunch We meet once a 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. \$35 (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 for more information.

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 Deb McCann 0428 523 706

Phillip Island Health Hub Auxiliary meets 1st Wednesday of every month at 1.30pm at the PI Health Hub in Cowes. We fundraise to purchase much needed equipment for specialists and medical staff offering services at the Health Hub. New members very welcome. For more info – Wendy 0417 245 692.

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 George Mol on 0407 851065.

Phillip Island Community Art & Craft Gallery Contact Secretary Aleta Groves 0419 525 609 or 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



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**PUZZLE
SOLUTIONS**

	T	E	C	H	N	I	C	I	A	N			
	A		A		A		H		W		E		
P	R	O	L	A	P	S	E		A	R	V	O	
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**SOLUTION TO WHODUNNIT
MURDER IN LOCKDOWN**

“Was it Loose?” Inspector Jack Flint asked eagerly.
 “The guy with the golf club in his office? I don’t like his look. He had the look of a killer.”
 It was an uncharacteristic gut reaction from the seasoned Police Inspector.
 “No,” Leroy said.
 “Come on Jack, you know better than to jump to conclusions, just because a suspect looks guilty, or goofs off doesn’t mean he’s a killer. My friend, I think our solution lies in those background documents Miss Draw put together.”
 Flint’s eyes gleamed. “You mean it had something to do with this lawsuit?”
 “No. Look at the number of copies. How many were in the pile that Loose picked up from the document room?”
 “One for each person. Three.”
 “So, why did Penelope Draw make three copies when there were going to be four people in the meeting—the three of them plus the deceased?”
 Flint thought for a second, then grinned. “The lady was in a rush. She had to get her copies made, then go in and kill her senior partner. She didn’t have time to put together a fourth document that would never get used. It’s elementary, Leroy, elementary.”
 Leroy also grinned. Happy his Inspector friend had regained his forensic sanity.

ANSWERS TO TRIVA QUESTIONS

1. Atlas
2. Nerve gas
3. Spain
4. Maine
5. Ice cream
6. Canada
7. Babushka
8. Babylon
9. Underground
10. Hugh Jackman
11. UK
12. Japan.

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

2021/2022 Phillip Island and San Remo Tourism Partnership Package

Our tourism industry has experienced an unprecedented impact from various events this year. Working together we will continue a journey to rebuild our visitor economy in the region, across the State and the Country.

To support our local businesses who deliver the visitor experience in the Phillip Island/ San Remo surrounds we have updated our tourism partnership package to support your presence online and connect you to industry initiatives/networks and development opportunities throughout the year.

This package is supported by:

- Destination Phillip Island Regional Tourism Board
- Bass Coast Shire Visitor Information Centre Network
- Visit Victoria and the State Government of Victoria

Package includes :

- + Business listing on visitphillipisland.com.au & visitbasscoast.com.au
- + industry support, opportunities and communications
- 12 month ATDW (Australia Tourism Data Warehouse) listing for eligible businesses* Valued at \$295 *ATDW offer ends 30 June 2022

For more information and sign up for those not already a partner visit our official tourism website visitphillipisland.com.au and go to the Industry Site or email us at info@visitphillipisland.com.au



Destination

Phillip Island

Regional Tourism Board

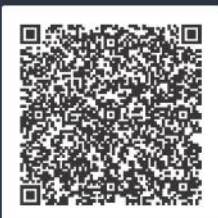
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